



# SWIM LESSONS

## Mary Perry Ragsdale Family YMCA

At the Y, we believe that swimming is a **life skill**. The YMCA Swim Lesson Program is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. At the Y, we are building **strong swimmers** and **confident kids**!



### March–May 2024 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
<b>March   M/W</b>	3/4-3/20	2/12-2/29	2/14-2/29	3 Weeks
<b>March   T/Th</b>	3/5-3/21	2/12-2/29	2/14-2/29	3 Weeks
<b>April   M/W</b>	4/3-4/29	3/11-3/26	3/13-3/26	4 Weeks
<b>April   T/Th</b>	4/2-4/25	3/11-3/26	3/13-3/26	4 Weeks
<b>May   M/W</b>	5/6-5/22	4/8-4/29	4/10-4/29	3 Weeks
<b>May   T/Th</b>	5/7-5/23	4/8-4/29	4/10-4/29	3 Weeks
<b>Saturday Session 1</b>	3/2-4/13	2/1-2/26	2/3-2/26	6 Weeks
<b>Saturday Session 2</b>	4/27-6/1	3/11-4/15	3/13-4/15	6 Weeks

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST
Each 3-week M/W or T/Th Session	\$72	\$96
Each 6-week Saturday Session	\$72	\$96
Each 4-week M/W or T/Th Session	\$96	\$128
PORPOISE CLUB SESSION	MEMBER	COMMUNITY GUEST
Each 3-week M/W Session	\$90	\$108
Each 3-week Thursday-only Session	\$45	\$54
Each 6-week Saturday Session	\$90	\$108
Each 4-week M/W Session	\$120	\$144
Each 4-week Thursday -only Session	\$60	\$72

» REGISTER



[ymcagreensboro.org/swim-lessons](https://ymcagreensboro.org/swim-lessons)

# CHOOSE YOUR CLASS

## Parent Child | Stages A & B for Children Ages 6 Months–3 Years

	Stage A	Stage B
Saturday   Ages 6 Months–3 Years	9:30am–10am	10:40am–11:10am
*Parent Child classes will return 3/2/24		

## Swim Basics & Swim Strokes | Stages 1–6 for Children Ages 3–12

	Stage 1 Water Acclimation	Stage 2 Water Movement	Stage 3 Water Stamina	Stage 4 Stroke Introduction	Stage 5 Stroke Development	Stage 6 Stroke Mechanics
M/W   Ages 3–5	5:30pm–6pm 6:10pm–6:40pm	5:30pm–6pm 6:10pm–6:40pm	6pm–6:30pm	6pm–6:40pm		
M/W   Ages 5–12	6:40pm–7:10pm 7:15pm–7:45pm	6:40pm–7:10pm 7:15pm–7:45pm	6:40pm–7:10pm 7:15pm–7:45pm	6pm–6:40pm 6:40pm–7:20pm	5:30pm–6:10pm 6:50pm–7:30pm	5:30pm–6:10pm 6:50pm–7:30pm
T/Th   Ages 3–5	5:30pm–6pm	5:30pm–6pm	6pm–6:30pm			
Th/Th   Ages 5–12	6pm–6:30pm	6:30pm–7pm	6:30pm–7pm 7pm–7:30pm	6:40pm–7:20pm 7pm–7:40pm	6pm–6:40pm	6pm–6:40pm
Saturday   Ages 3–5	10am–10:30am 12:45pm–1:15pm	10am–10:30am 12:45pm–1:15pm	10am–10:30am 12:45pm–1:15pm	11:20am–12pm		
Saturday   Ages 5–12	10:40am–11:10am 12:10pm–12:40pm 12:45pm–1:15pm	10:40am–11:10am 12:10pm–12:40pm 12:45pm–1:15pm	10:40am–11:10am 11:20am–11:50am 12:10pm–12:40pm 12:45pm–1:15pm	10:40am–11:20am 11:20am–12pm 12pm–12:40pm 12:45pm–1:25pm	10am–10:40am 12pm–12:40pm	10am–10:40am 12pm–12:40pm

## Porpoise Club | Swim Team Prep Designed for Children Ages 6–16

Monday and Wednesday Evenings	6:10pm–7:10pm
Thursday Evenings	5:30pm–6:30pm
Saturday Mornings	11am–12pm

## Swim Basics and Swim Strokes for Teens and Adults Ages 13+

Stage	Swim Basics	Swim Strokes
M/W   Evenings Adult 18+	7:10pm–7:40pm	7:10pm–7:50pm
Saturday   Mornings Adult 18+	9am–9:30am or 9:30am–10am	9am–9:40am
Saturday   Mornings Teen 13–17	10am–10:30am	12pm–12:40pm