



SWIM LESSONS

Hayes-Taylor 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**!



April-June 2024 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
April M/W	04/01-04/17	3/10-03/27	3/13-03/27	3 Weeks
April T/Th	04/02-04/18	3/10-03/27	3/13-03/27	3 Weeks
May M/W	05/06-05/22	04/10-05/01	04/13-05/01	3 Weeks
May T/Th	05/07-05/23	04/10-05/01	04/13-05/01	3 Weeks
June M/W	06/03-06/19	05/10-05/29	05/13-05/29	3 Weeks
June T/Th	06/04-06/20	05/10-05/29	05/13-05/29	3 Weeks
Spring Saturday Session 1*	04/20-05/25	3/10-04/10	3/13-04/10	6 Weeks
Summer Saturday Session 1	06/08-07/13	05/10-06/01	05/13-06/01	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

» REGISTER



ymcagreensboro.org/swim-lessons

CHOOSE YOUR CLASS

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

	Stage A	Stage B
M/W Ages 6 Months–3 Years		
T/Th Ages 6 Months–3 Years		
Saturday Ages 6 months–3 Years	8:30am-9:00am	9:00am-9:30am

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	6:00pm-6:30pm	5:30pm-6:00pm	5:30pm-6:00pm			
M/W Ages 5–12			6:30pm-7:00pm	5:00pm-5:30pm	6:00pm-6:30pm	6:30pm-7:00pm
T/Th Ages 3–5	5:00pm-5:30pm	5:30pm-6:00pm	6:00pm-6:30pm			
Th/Th Ages 5–12			5:00pm-5:30pm	5:30pm-6:30pm	6:00pm-6:30pm	6:30pm-7:00pm
Saturday Ages 3–5	10:00am-10:30am	10:30am-11:00am				
Saturday Ages 5–12	11:00am-11:30am	11:30am-12:00pm	12:00pm-12:30pm	12:30pm-1:00pm		

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

Stage	Swim Basics	Swim Strokes
M/W Evenings Adult 18+	4:30pm-5:00pm	
M/W Evenings Teen 13–17		
T/Th Evenings Adult 18+	4:00pm-4:30pm	4:30pm-5:00pm
T/Th Evenings Teen 13–17	6:30pm -7:00pm	
Saturday Mornings Adult 18+	9:30am-10:00am	10:15am-10:45am
Saturday Mornings Teen 13–17	10:45am-11:15am	11:30am-12:00pm