



SWIM LESSONS

Spears 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!**



January - March 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
January M/W	1/5 - 1/21	12/12/25	12/15/25	3 Weeks
January T/TH	1/6- 1/22	12/12/25	12/15/25	3 Weeks
February M/W	2/2 - 2/18	1/23	1/26	3 Weeks
February T/TH	2/3-2/19	1/23	1/26	3 Weeks
March M/W	3/2 - 3/18	2/20	2/23	3 Weeks
March T/TH	3/3 - 3/19	2/20	2/23	3 Weeks
Saturday Session #1	1/10 - 2/14	12/12/25	12/15/25	6 Weeks
Saturday Session #2	2/28 - 4/4	2/20	2/23	6 Weeks

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST
Each 3-week M/W or T/Th Session	\$78	\$102
Each 6-week Saturday Session	\$78	\$102

REGISTER



ymcagreensboro.org/swim-lessons

CHOOSE YOUR CLASS

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	4:00-4:30 pm	6:00-6:30 pm				
M/W Ages 5-12	4:40-5:10 pm	6:40-7:10 pm	5:20-5:50 pm	5:00-5:40 pm	5:45-6:25 pm	6:30-7:10 pm
T/Th Ages 3-5	6:00-6:30 pm	4:00-4:30 pm				
T/Th Ages 5-12	6:40-7:10 pm	4:40- 5:10 pm	5:20-5:50 pm	6:30-7:10 pm	5:45-6:25 pm	5:00-5:40 pm
Saturday Ages 3-5	9:00-9:30 am	9:40-10:10 am	10:20-10:50 am			
Saturday Ages 5-12	9:00-9:30 am	9:40-10:10 am	10:20-10:50 am	11:00-11:40 am	11:00-11:40 am	

Specialty Class Offerings

Stage	Monday/Wednesday	Saturday
Parent and Child Class (6 months-3 years)	9:15am - 9:45am	9am - 9:30am
Teen Beginner Class (Ages 13-18)		9:40am-10:10 am
Adult Beginner Class (18+)		10:20am-10:50 am
Adult Intermediate Class (18+)		11:00am-11:30 am