



# 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**!



### February–March 2026 | Swim Lesson Session and Registration

| GROUP LESSONS       | SESSION DATES | MEMBER REGISTRATION | COMMUNITY GUEST REGISTRATION | SESSION LENGTH |
|---------------------|---------------|---------------------|------------------------------|----------------|
| February   M/W      | 2/2–2/18      | 1/23–2/2            | 1/26–2/2                     | 3 Weeks        |
| February   T/Th     | 2/3–2/19      | 1/23–2/2            | 1/26–2/2                     | 3 Weeks        |
| March   M/W         | 3/2–3/18      | 2/20–3/1            | 2/23–3/1                     | 3 Weeks        |
| March   T/Th        | 3/3–3/9       | 2/20–3/1            | 2/23–3/1                     | 3 Weeks        |
| Feb–March Saturdays | 2/28–4/4      | 1/23–2/2            | 1/26–2/2                     | 6 Weeks        |
| April–May Saturdays | 4/18–5/23     | 3/20–4/1            | 3/23–4/1                     | 6 Weeks        |

| SWIM LESSON SESSION            | MEMBER | COMMUNITY GUEST |
|--------------------------------|--------|-----------------|
| Each 3-week M/W & T/Th Session | \$78   | \$102           |
| Each 6-week Session            | \$78   | \$102           |
| Private Swim Lessons           | \$180  | \$240           |

| Speciality Lessons                        | MEMBER | COMMUNITY GUEST |
|---|--------|-----------------|
| Each 3-week Porpoise Club Session         | \$96   | \$112           |
| Each 6-week Porpoise Club Session:        | \$96   | \$112           |
| Each Diverse Ability Session of 6-lessons | \$60   | \$85            |

» REGISTER



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

# CHOOSE YOUR CLASS

## Parent & Child | Group Diverse Ability

| Stage A   Water Discovery<br>Parents are in the water with their children       | Group Diverse Ability Lessons<br>Participants are required to have an aide or parent in the water |
|---|---|
| <b>Mondays   Ages 6 Months to 3 Years</b><br><b>Members: \$78 Guests: \$102</b> | <b>Starting February 28th!</b><br><b>Saturdays 9:00–9:30 a.m.   Ages 3+   6-weeks</b>             |

## Swim Basics & Swim Strokes | Ages 3–12 (classes subject to change)

|                             | Stage 1<br>Water<br>Acclimation | Stage 2<br>Water<br>Movement | Stage 3<br>Water Stamina  | Stage 4<br>Stroke<br>Introduction | Stage 5<br>Stroke<br>Development         | Stage 6<br>Stroke<br>Mechanics |
|-----------------------------|---------------------------------|------------------------------|---------------------------|-----------------------------------|--|--------------------------------|
| <b>M/W   Ages 3–5</b>       | 5:00 p.m.–<br>5:30 p.m.         | 5:35 p.m.–<br>6:05 p.m.      | <b>X</b>                  | <b>X</b>                          | <b>X</b>                                 | <b>X</b>                       |
| <b>M/W   Ages 5–12</b>      | 5:00 p.m.–<br>5:30 p.m.         | 5:35 p.m.–<br>6:05 p.m.      | 6:10 p.m.–<br>6:50 p.m.   | 6:10 p.m.–<br>6:50 p.m.           | 6:10 p.m.–<br>6:50 p.m.                  | <b>X</b>                       |
| <b>T/Th   Ages 3–5</b>      | 5:00 p.m.–<br>5:30 p.m.         | <b>X</b>                     | 5:00 p.m.–<br>5:30 p.m.   | <b>X</b>                          | <b>X</b>                                 | <b>X</b>                       |
| <b>T/Th   Ages 5–12</b>     | 5:35 p.m.–<br>6:05 p.m.         | <b>X</b>                     | 5:35 p.m.–<br>6:05 p.m.   | 5:35 p.m.–<br>6:15 p.m.           | 6:10 p.m.–<br>6:50 p.m.                  | 6:10 p.m.–<br>6:50 p.m.        |
| <b>Saturday   Ages 3–5</b>  | 10:10 a.m.–<br>10:40 a.m.       | 10:45 a.m.–<br>11:15 a.m.    | 10:45 a.m.–<br>11:15 a.m. | <b>X</b>                          | <b>X</b>                                 | <b>X</b>                       |
| <b>Saturday   Ages 5–12</b> | 10:45 a.m.–<br>11:15 a.m.       | 11:20 a.m.–<br>11:50 a.m.    | 10:45 a.m.–<br>11:15 a.m. | 11:20 a.m.–12 p.m.                | 10 a.m.–10:40 a.m.<br>11:20 a.m.–12 p.m. | 10 a.m.–10:40 a.m.             |

## Porpoise Club | Swim Team Prep Ages 6–17 (classes are subject to change)

|  |                         |
|--|-------------------------|
| <b>Mon &amp; Wed (Members: \$96 Guests: \$112)</b> | 6:45 p.m. to 7:45 p.m.  |
| <b>Saturdays (Members: \$96 Guests: \$112)</b>     | 9:00 a.m. to 10:00 a.m. |

## Teen / Adult (Ages 13+) Swim Basics & Strokes (classes subject to change)

| Stage                        | Weekdays (Member: \$78 Guest: \$102) | Saturdays   (Member: \$78 Guest: \$102) |
|------------------------------|--------------------------------------|---|
| <b>Swim Basics (30-min)</b>  | Mon / Wed   6:10 p.m.–6:40 p.m.      | 9:30 a.m.–10 a.m.                       |
| <b>Swim Strokes (40-min)</b> | Tue / Thur   6:10 p.m.–6:50 p.m.     | 8:45 a.m.–9:25 a.m.                     |