



# 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](http://ymcagreensboro.org/swim-lessons)

# CHOOSE YOUR CLASS

## Parent & Child | Group Diverse Ability

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

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

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