



# SWIM LESSONS

## Reidsville 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**!



## Winter 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION
<b>January   M/T/W</b>	1/5-1/14	12/12-1/2	12/15-1/2
<b>February   M/T/W</b>	2/2-2/11	1/20-1/29	1/23-1/29
<b>March   M/T/W</b>	3/2-3/11	2/20-2/26	2/23-2/26

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST – REIDSVILLE CITY RESIDENT	COMMUNITY GUEST
Each 2-Week M/T/W Session	\$72	\$87	\$102

# CHOOSE YOUR CLASS

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

Month	Parent/Child
January	5:30pm–6:00pm
March	5:30pm–6:00pm

### Swim Basics & Swim Strokes

MONTH	Stage 1 Water Acclimation	Stage 2 Water Movement	Stage 3 Water Stamina	Stage 4 Stroke Introduction	Stage 5 Stroke Development	Stage 6 Stroke Mechanics
January   Ages 3–5	5:15pm–5:45pm					
January   Ages 5–12	6:15pm–6:45pm					
February   Ages 3–5	5:20pm–5:50pm					
February   Ages 5–12	6:15pm–6:45pm	6:30pm–7:00pm				
March   Ages 3–5		5:00pm–5:30pm				
March   Ages 5–12	6:15pm–6:45pm	6:15pm–6:45pm				