



SWIM LESSONS

Kathleen Price Bryan 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 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
April M/W	4/6-4/22	3/20 - 4/2	3/23-4/2	3 Weeks
April T/Th	4/7 -4/23	3/20 - 4/2	3/23 - 4/2	3 Weeks
May M/W	5/4 - 5/20	4/24 - 4/30	4/27 - 4/30	3 Weeks
May T/Th	5/5 - 5/21	4/24 - 4/30	4/24 - 4/30	3 Weeks
June M/W	6/1- 6/17	5/22 - 5/28	5/25 - 5/28	3 Weeks
June T/Th	6/2 - 6/18	5/22 -5/28	5/25 - 5/28	3 Weeks
April Saturday Session	4/18 - 5/23	3/20 - 4/2	3/23 - 4/2	6 Weeks
June Saturday Session	6/6 -7/18	5/22 - 5/28	5/25 - 5/28	6 Weeks

*(Please note there are no swim lessons 7/4)

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

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

	Stage A
Saturday Ages 6 Months–3 Years	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	5:30pm–6pm	6:10pm–6:40pm				
M/W Ages 5–12	5:30pm–6pm		6:50pm–7:20pm	6:10pm–6:40pm	6:50pm–7:20pm	
T/Th Ages 3–5	1:30pm – 2:00pm 5:30pm – 6pm	6:10pm–6:40pm				
Th/Th Ages 5–12	2:15pm – 2:45pm 5:30pm – 6pm	6:10pm–6:40pm		6:50pm–7:20pm		
Saturday Ages 3–5	9:40am–10:10am	10:20am–10:50am				
Saturday Ages 5–12	9:40am–10:10am	10:20am–10:50am				

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

Stage	Swim Basics
T/TH Evenings Teen/Adult	6:50pm–7:20pm
Saturday Mornings Teen/Adult	9am–9:30am