



SWIM LESSONS

Hayes-Taylor 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	3/20-4/3	3/23-4/3	3 Weeks
May M/W	5/4-5/20	4/24-5/1	4/27-5/1	3 Weeks
June M/W	6/1-6/17	5/22-5/29	5/25-5/29	3 Weeks
April Saturday Session	4/18-5/23	3/20-4/3	3/23-4/3	6 Weeks
June Saturday Session	6/5-7/18	5/22-5/29	5/25-5/29	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 | Stage A for Children Ages 6 Months–3 Years

	Stage A
Saturday Ages 6 Months–3 Years	10:20am-10:50am

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 6:50pm–7:20pm	6:10pm–6:40pm				
M/W Ages 5–12	5:30pm–6pm	6:10pm–6:40pm	6:50pm–7:20pm			
Saturday Ages 3–5	9am–9:30am	9:40am–10:10am				
Saturday Ages 5–12	9am–9:30am	9:40am–10:10am				

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

Stage	Swim Basics
M/W Evenings Teen/Adult 13+	4:50pm–5:20pm