



# 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**!



## Spring 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION
<b>April   M/T/W</b>	4/13-4/22	3/20	3/23
<b>May   M/T/W</b>	5/4-5/13	4/24	4/27
<b>June   M/T/W</b>	6/1-6/10	5/15	5/18

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
April	5:20pm-5:50pm
May	5:20pm-5:50pm

## 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
April   Ages 3-5	5:15pm-5:45pm					
April   Ages 5-12		6:15pm-6:45pm	6:30pm-7:00pm			
May   Ages 3-5	5:20pm-5:50pm					
May   Ages 5-12	6:15pm-6:45pm	6:30pm-7:00pm				
June   Ages 3-5	5:20pm-5:50pm	6:15pm-6:45pm				
June   Ages 5-12	5:20pm-5:50pm		6:30pm-7:00pm			

