



SWIM LESSONS

Bryan 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**!



July – September 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
July M/W	7/6-7/22	6/15-7/2	6/20-7/2	3 Weeks
July Tuesdays	7/7-8/11	6/15-7/2	6/20-7/2	6 Weeks
August M/W	8/3-8/19	7/15-7/30	7/20-7/30	3 Weeks
August Tuesdays	8/4-9/8	7/15-7/30	7/20-7/30	6 Weeks
September Wednesday	9/8-9/28	8/15-9/03	8/20-9/3	6 Weeks
September T/Th	9/-10/	8/15-9/03	8/20-9/3	3 Weeks
August Saturday Session	8/1-9/5	7/22-7/29	7/25-7/29	6 Weeks
September Saturday Session	9/19-10/24	8/17-9/16	8/20-9/16	4 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	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 July/ August	5:30pm–6:00pm 6:10pm–6:40pm	6:50pm–7:20pm	N/A	N/A	N/A	N/A
M/W Ages 5–12 July/August	5:30pm–6:00pm	6:10pm–6:40pm	6:50pm–7:20pm	N/A	N/A	N/A
Tuesday Ages 3–5 July/August	5:30pm–6pm 6:10pm–6:40	N/A	N/A	N/A	N/A	N/A
Tuesday Ages 5–12 July/August	5:30pm–6:00pm	6:10pm–6:40pm	6:50pm–7:20pm	N/A	N/A	N/A
Saturday Ages 5–12 August	9:40am–10:10am	10:20am–10:50am	N/A	N/A	N/A	N/A
Saturday Ages 3–5 August	9:40am–10:10am	10:20am–10:50am	N/A	N/A	N/A	N/A

Teens and Adults Ages 13+

Saturday Mornings Teen/Adult	11:00am – 11:30am	
Tuesday Evening Teen/Adult	6:50pm–7:20pm	

COMBINATION CLASSES

STARTING IN SEPTEMBER 2026

	Stage 1/2 Water Acclimation	Stage 2/3 Water Movement	Stage 3/4 Water Stamina	Stage 5/6 Stroke Introduction
Wednesday Ages 3-5 September	5:30pm-6:00pm 6:10pm-6:40pm	6:50pm-7:20pm	N/A	N/A
Wednesday Ages 5-12 September	5:30pm-6:00pm	N/A	6:10pm-6:40pm	6:50pm-7:20pm
T/Th Ages 3-5 September	5:30pm-6pm	6:10pm-6:40pm	N/A	N/A
T/Th Ages 5-12 September	5:30pm-6:00pm	N/A	6:10pm-6:40pm	6:5pm-7:20pm
Saturday Ages 3-5	9:40am-10:10am	10:20am-10:50am	N/A	N/A
Saturday Ages 5-12	9:40am-10:10am	N/A	10:20am-10:50am	N/A



Visit ymcagreensboro.org/saw

BE WATER READY



SAFETY AROUND WATER AT THE Y

From oceans to lakes to streams to swimming pools, water is everywhere: **71% of the Earth's surface is covered in it!** And while water can be an irresistible place for kids to explore, play and enjoy splashy fun, it can be risky for those who haven't yet developed their water smarts.

Did You Know?

- **9 in 10 parents see swimming as an essential life skill, yet 24% have low confidence in their kids' ability to stay safe around water.**
- **Parents and guardians have a critical role to play in teaching their kids water safety skills – but they don't have to do it alone!** With more than 110 years' experience equipping people with the skills they need to stay safe in and around water, the Y is America's most trusted swim instructor. Each year, the Y teaches more than one million kids life-saving swimming and safety around water skills.

WHAT IS THE Y's SAFETY AROUND WATER PROGRAM?

Safety Around Water consists of eight lessons designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. **A typical session includes:**

- Exercises to help kids adjust to being in the water
- Instruction in two skill sets kids can use if they unexpectedly find themselves in the water: Jump, Push, Turn, Grab and Swim, Float, Swim.
- Safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

[YMCA NAME]

[PHONE]

ymcagreensboro.org/saw



For a better us.®

Contact the Y today to get water smart!