



# SWIM LESSONS

## Hayes-Taylor Memorial 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–Sept. 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
<b>July   M/W</b>	7/6–7/23	6/15–7/2	6/20–7/2	3 Weeks
<b>August   M/W</b>	8/3–8/20	7/15–7/30	7/20–7/30	3 Weeks
<b>Spetember   M/W</b>	9/8–9/28	8/15–9/3	8/20–9/3	3 Weeks
<b>August Saturday Session</b>	8/1–9/5	7/22–7/29	7/25–7/9	6 Weeks
<b>Sept. Saturday Session</b>	9/19–10/24	8/17–9/16	8/20–9/16	6 Weeks

\*(Please note there are no swim lessons 7/4 and 9/9)

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST
Each 3-week M/W Session	\$78	\$102
Each 6-week Saturday Session	\$78	\$102

**» REGISTER**



[ymcagreensboro.org/swim-lessons](https://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	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 Adult and Teen 13+	4:50pm–5:20pm