



SWIM LESSONS

Mary Perry Ragsdale 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–August 2026 | Swim Lesson Session and Registration

GROUP LESSONS	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
July M/W	July 6 - July 22	June 15 - July 2	June 20- July 2	3 Weeks
July T/Th	July 7 - July 23	June 15 - July 2	June 20- July 2	3 Weeks
August M/W	Aug 3 - Aug 19	July 15 - July 30	July 20 - July 30	3 Weeks
August T/Th	Aug 4 - Aug 20	July 15 - July 30	July 20 - July 30	3 Weeks
August Sat	Aug 1 - Sept 5	June 22 - July 29	June 25 - July 29	6 Weeks

We are excited to announce an important update to our swim lesson program! Beginning in September, our swim lesson program will transition to a perpetual enrollment model. An updated schedule with this change will be created soon.

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST
Each 3-week M/W & T/Th Session	\$78	\$102
Each 6-week Session	\$78	\$102
Private Swim Lessons	\$180	\$240
Speciality Lessons	MEMBER	COMMUNITY GUEST
Each 3-week Porpoise Club Session	\$96	\$112
Each 6-week Porpoise Club Session:	\$96	\$112
Each Diverse Ability Session of 6-lessons	\$60	\$85

» REGISTER



ymcagreensboro.org/swim-lessons

CHOOSE YOUR CLASS

Parent & Child | Group Diverse Ability

Stage A Water Discovery Child is required to have a parent/guardian in the water	Group Diverse Ability Lessons Participants are required to have an aide or parent in the water
Saturdays Ages 6 Months to 3 Years 9:35 a.m. – 10:05 a.m. Members: \$78 Guests: \$102	Saturdays Ages 3+ 9:00 a.m. – 9:30 a.m. Members: \$60 Guests: \$85

Swim Basics & Swim Strokes | Ages 3-12 (classes subject to change)

	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	5:00 p.m.- 5:30 p.m.	5:35 p.m.- 6:05 p.m.	X	X	X	X
M/W Ages 5-12	5:00 p.m.- 5:30 p.m.	5:35 p.m.- 6:05 p.m.	6:10 p.m.- 6:40 p.m.	6:10 p.m.- 6:50 p.m.	X	X
T/Th Ages 3-5	5:00 p.m.- 5:30 p.m.	X	5:00 p.m.- 5:30 p.m.	X	X	X
T/Th Ages 5-12	5:00 p.m.- 5:30 p.m.	X	5:35 p.m.- 6:05 p.m.	5:35 p.m.- 6:15 p.m.	6:20 p.m.- 7:00 p.m.	6:20 p.m.- 7:00 p.m.
Saturday Ages 3-5	10:10 a.m.- 10:40 a.m.	10:45 a.m.- 11:15 a.m.	10:45 a.m.- 11:15 a.m.	X	X	X
Saturday Ages 5-12	10:45 a.m.- 11:15 a.m.	11:20 a.m.- 11:50 a.m.	10:45 a.m.- 11:15 a.m.	11:20 a.m.-12 p.m.	10 a.m.-10:40 a.m. 11:20 a.m.-12 p.m.	10 a.m.-10:40 a.m.

Porpoise Club | Swim Team Prep Ages 6-17 (classes are subject to change)

Saturdays (Members: \$96 Guests: \$112)	9:00 a.m. to 10:00 a.m.
------------------------------------------------	-------------------------

Teen / Adult (Ages 13+) Swim Basics & Strokes (classes subject to change)

Stage	Weekdays (Member: \$78 Guest: \$102)	Saturdays (Member: \$78 Guest: \$102)
Swim Basics (30-min)	X	9:30 a.m.-10:00 a.m.
Swim Strokes (40-min)	Mon / Wed 7:00 p.m.-7:40 p.m.	X