



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!**



Summer 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION
July M/T/W	7/6-7/15	6/15	6/17
July T/TH	7/7-7/23	6/15	6/17
August M/T/W	8/3-8/12	7/15	7/19

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST - REIDSVILLE CITY RESIDENT	COMMUNITY GUEST
Each 2-Week M/T/W Session	\$72	\$87	\$102
Each 3-Week T/TH Session	\$72	\$87	\$102

CHOOSE YOUR CLASS

Parent Child | Stages A & B for Children Ages 6 Months-3 Years

Month	Parent/Child
July T/TH	9:00am-9:30am
July M/T/W	6:15pm-6:45pm

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
July Ages 3-5 M/T/W	6:15pm-6:45pm					
July Ages 3-5 T/TH	9:30am-10:00am					
July Ages 5-12 M/T/W		7:00pm-7:30pm	7:00pm-7:30pm			
August Ages 3-5	6:15pm-6:45pm					
August Ages 5-12	6:15pm-6:45pm	7:00pm-7:30pm	7:00pm-7:30pm			