



SWIM LESSONS

Spears 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	6/20	3 Weeks
July T/TH	7/7 - 7/23	6/15	6/20	3 Weeks
August M/W	8/3 - 8/19	7/15	7/20	3 Weeks
August T/TH	8/4 - 8/20	7/15	7/20	3 Weeks
September M/W	9/9 - 9/28*	8/15	8/20	3 Weeks
September T/TH	9/8 - 9/24	8/15	8/20	3 Weeks
Saturday Session #4	8/1 - 9/5	6/22	6/25	6 Weeks
Saturday Session #5	9/19 - 10/24	8/17	8/20	6 Weeks

* - Note that the M/W September session will begin on Wednesday, September 9th due to the Labor Day holiday.

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

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	5:00-5:30 pm	5:35-6:05 pm	6:10-6:40 pm			
M/W Ages 5-12	5:00-5:30 pm	5:35-6:05 pm	6:10-6:40 pm	5:00-5:40 pm	5:45-6:25 pm	6:30-7:10 pm
T/Th Ages 3-5	6:10-6:40 pm	5:35-6:05 pm	5:00-5:30 pm			
T/Th Ages 5-12	6:10-6:40 pm	5:35-6:05 pm	5:00-5:30 pm	6:30-7:10 pm	5:45-6:25 pm	5:00-5:40 pm
Saturday Ages 3-5	9:00-9:30 am	9:35-10:05 am				
Saturday Ages 5-12	9:00-9:30 am	9:35-10:05 am	10:10-10:40 am	10:45-11:25 am	10:45-11:25 am	

Specialty Class Offerings

Stage	M/W	T/Th	Saturday
Parent and Child Class (6 months-3)	9:00-9:30 am		10:10-10:40 am
Teen Beginner Class (Ages 13-18)		6:45-7:15 pm	
Teen Intermediate Class (Ages 13-18)		7:15-7:45 pm	
Adult Beginner Class (18+)	6:45-7:15 pm		11:30am-12:00pm
Adult Intermediate Class (18+)	7:15-7:45 pm		11:30am-12:00pm