



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**!



Oct.– December 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
October T/TH	10/6–10/22	9/18–10/1	9/21–10/1	3 Weeks
November T/TH	11/3–11/19	10/15–11/1	10/20–11/1	3 Weeks
November Wednesdays	11/4–12/16	10/15–11/1	10/20–11/1	6 Weeks
November Saturdays	11/7–12/19	10/15–11/1	10/18–11/1	6 Weeks

*(Please note there are no swim lessons 11/25)

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST
Each 3-week T/Th Session	\$78	\$102
Each 6-week Wednesday Session and Saturday Session	\$78	\$102

» REGISTER



ymcagreensboro.org/swim-lessons

CHOOSE YOUR CLASS

Parent Child | Stage A for Children Ages 6 Months–3 Years

N/A	N/A

Swim Basics & Swim Strokes | Stages 1–6 for Children Ages 3–12

	Stage 1 and 2 Water Acc. and Movement	Stage 2 and 3 Water Mvt and Stamina	Stage 3 and 4 Water Stamin Stroke Intro	Stage 4 Stroke Introduction	Stage 5 and 6 Stroke Development	Stage 6 Stroke Mechanics
T/TH Ages 3–5 October/November	5:30pm–6:00pm 6:10pm–6:40pm	6:50pm–7:20pm	N/A	N/A	N/A	N/A
T/TH Ages 5–12 October/Novemeber	5:30pm–6:00pm	N/A	6:10pm–6:40pm	N/A	6:50pm–7:20pm	N/A
Wednesdays Ages 3–5 November	5:30pm–6:00pm 6:10pm–6:40pm	6:50pm–7:20pm	N/A	N/A	N/A	N/A
Wednesdays Ages 5–12 November	5:30pm–6:00pm	N/A	6:10pm–6:40pm	N/A	6:50pm–7:20pm	N/A
Saturday Ages 3–5 November	9:30am–10:00am	10:10am–10:40am	N/A	N/A	N/A	N/A
Saturday Ages 5–12 November	9:30am–10:00am	N/A	10:10am–10:40am	N/A	N/A	N/A

Teens and Adults Ages 13+

Saturday Mornings Teen/Adult	11:00am – 11:30am	
T/TH Evenings 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