



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**!



OCT.-DEC. 2026 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
October M/W	10/5-10/21	9/18-10/1	9/21-10/1	3 Weeks
November M/W	11/2-11/19	10/15-10/29	10/20-10/29	3 Weeks
December M/W	11/30-12/17	11/15-11/26	11/20-11/26	3 Weeks
November Saturday	11/7-12/9	10/5-11/4	10/8-11/4	6 Weeks

*(Please note there are no swim lessons 11/28)

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

» REGISTER



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–6:00pm	6:10pm–6:40pm	6:50pm–7:20pm			
Saturday Ages 3–5	9:00am–9:30am	9:40am–10:10am				
Saturday Ages 5–12	9:00am–9:30am	9:40am–10:10am				

Swim Basics and Swim Strokes for Teens and Adults Ages 13+

Stage	Swim Basics
M/W Evenings Adult 18+	4:50pm–5:20pm