



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSONS FOR A LIFETIME



## Adaptive Swim Lessons Ragsdale YMCA

**YMCA SWIM LESSON PHILOSOPHY:** At the Y, we believe that swimming is a LIFE SKILL. The **Adaptive Swim Lesson Program** is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. All lessons are 1:1 student to teacher ratio; each lesson is 25 minutes in length for 3-weeks, followed by an off week. Saturday lessons run continuously, unless otherwise noted. All Adaptive Swim Lessons include water safety; basic swimming skills, lifejacket education, boat safety, and all lessons are conducted in an inclusive environment. At the Y, we are **BUILDING STRONG SWIMMERS and CONFIDENT KIDS!**

### Winter/Spring 2019 ADAPTIVE SWIM LESSON SESSION DATES:

January M/W	1/7-1/23	Session: 3-Week
January T/TH	1/8-1/24	Session: 3-Week
February M/W	2/4-2/20	Session: 3-Week
February T/TH	2/5-2/21	Session: 3-Week
March M/W	3/4-3/20	Session: 3-Week
March T/TH	3/5-3/31	Session: 3-Week
April M/W	4/1-4/17	Session: 3-Week
April T/TH	4/2-4/18	Session: 3-Week
Saturday A	1/5-2/9	Session: 6-Week
Saturday B	2/16-3/23	Session: 6-Week
Saturday C*	3/30-5/11	Session: 6-Week

\*No Classes April 20<sup>th</sup>



**AUTISM SPEAKS®**  
It's time to listen.

**Days and Time:** Lessons are offered Mon/Wed and T/TH between 4:00pm-7:00pm, and Saturday mornings 9:30am-12:30pm.

**Cost:** Each Session Costs **\$15**; includes all six lessons! The remaining fees are covered by sponsorship, grants, and community donations.

**To Register:** All registration is done with the Aquatics Director. IEP or proof of diagnosis is required to enroll in the program. All registration forms will be done at the first lesson.

Contact Justine Intiso, Aquatics Director at 336.882.9622 or [Justine.Intiso@ymcagreensboro.org](mailto:Justine.Intiso@ymcagreensboro.org) for details.

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

