



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSONS FOR A LIFETIME



Diverse Abilities Swim Lessons Ragsdale YMCA

YMCA SWIM LESSON PHILOSOPHY: At the Y, we believe that swimming is a LIFE SKILL. The **Diverse Abilities Swim Lesson Program** is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. Lessons are offered in **group settings or 1:1 student to teacher ratio**; each lesson is 25 minutes in length for three or four weeks, followed by an off week. We use the off week for make-up days if needed. Saturday lessons run continuously, unless otherwise noted. The group lessons are offered on Monday/Wednesday, Tuesday/Thursday, and there is an eight week session, listed below with early afternoon options.

All Diverse Abilities Swim Lessons include water safety; swim basics swimming skills, swim strokes swimming skills, and all lessons are conducted in an inclusive environment. At the Y, we are **BUILDING STRONG SWIMMERS and CONFIDENT KIDS!**

Winter/Spring 2020 Diverse Abilities SWIM LESSON SESSION DATES:

January M/W	1/6-1/22	Session: 3-Week
January T/TH	1/7-/1/23	Session: 3-Week
February M/W	2/3-2/19	Session: 3-Week
February T/TH	2/4-2/20	Session: 3-Week
March M/W	3/2-3/18	Session: 3-Week
March T/TH	3/3-3/19	Session: 3-Week
April M/W	3/30-4/22	Session: 4-Week
April T/TH	3/31-4/23	Session: 4-Week
Saturday A	1/11-2/15	Session: 6-Week
Saturday B	2/22-3/28	Session: 6-Week
Saturday C	4/4-5/16	Session: 6-Week

*Please note there are no Saturday Classes on April 11th, May 23rd, and May 30th.

Days and Time: Lessons are offered Mon/Wed and T/TH between 4:00pm-7:00pm, and Saturday mornings 9:30am-2:00pm.

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

To Register: All registration is done with the Aquatics Director. Please email Justine Intiso to receive in-take and registration forms.

Contact Justine Intiso, Aquatics Director at 336.882.9622 or 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.

