



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE

Swim Lessons Eden Family YMCA

Swim Starters: Children ages 6 months- 3 years old (with parents)

Swim Basics: Children ages 3-5 years old or Children ages 5-12

Swim Strokes: Children ages 3-5 years old or Children ages 5-12

Swim Basics: Adults ages 13+

YMCA SWIM LESSON PHILOSOPHY: 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!

REGISTRATION

REGISTRATION DATES: 1/28-2/7

SESSIONS: T/TH (3 WEEKS) FEBRUARY 12TH-FEBRUARY 28TH

COST PER SESSION: \$30 YMCA MEMBERS \$50 NON-MEMBERS

Contact Chris Carter at 336-623-8496 or chris.carter@ymcagreensboro.org for more details

EDEN FAMILY YMCA
301 S. Kennedy Ave.
Eden, NC 27288
www.edenymca.org

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



SWIM LESSON CLASSES

Class 1: Water Acclimation/Movement

Times: 6:30-7pm

Ages: 3-5 years old

This class is intended for 3-5 year olds who have never taken swim lessons before or are still beginners in swimming. They will be introduced to water safety skills such as floating on their back, blowing bubbles in the water, basic kick and scoop movements, as well as jumping into the water, submerging and resurfacing. All skills will be taught with the use of a training noodle as added flotation.

Class 2: Water Acclimation/Movement

Times: 6:30-7pm

Ages: 6-12 years old

This class is intended for 6-12 year olds who have never taken swim lessons before or are still beginners in swimming. They will work with the instructor to be able to go under water and resurface, basic kick and scoop movements and floating on their back. Noodles will be used as a flotation device if needed.