



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!**

Fall and Winter 2019 Diverse Abilities SWIM LESSON SESSION DATES:

September M/W	9/9-9/25	Session: 3-Week
September T/TH	9/10-9/26	Session: 3-Week
October M/W	10/7-10/23	Session: 3-Week
October T/TH	10/8-10/23	Session: 3-Week
November M/W	11/4-11/20	Session: 3-Week
November T/TH	11/5-11/21	Session: 3-Week
December M/W	12/2-12/18	Session: 3-Week
December T/TH	12/3-12/19	Session: 3-Week
Saturday A	8/24-10/5	Session: 6-Week
Saturday B	10/12-11/16	Session: 6-Week
Saturday C	11/23-12/21	Session: 5-Week

***Please note there are no Saturday Classes on August 31st!**

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.

