

the  **LESSONS FOR
A LIFETIME**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**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 2020 Diverse Abilities SWIM LESSON SESSION DATES:

November M/W	11/2-11/18	Session: 3-Week
November T/TH	11/3-11/19	Session: 3-Week
December M/W	11/30-12/16	Session: 3-Week
December T/TH	12/1-12/17	Session: 3-Week
Saturday (No Classes 11/28)	11/14-12/19	Session: 6-Week

Days and Time: Lessons are offered Mon/Wed and T/TH between 4:00pm-7:00pm, and Saturday mornings 9:00am-1:00pm.

Cost: Each Session Costs **\$25; 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 intake 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.