



# 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 and Tuesday/Thursday.

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 Diverse Abilities SWIM LESSON SESSION DATES:

January M/W	1/4-1/20	Session: 3-Week
January T/TH	1/5-1/21	Session: 3-Week
February M/W	2/1-2/17	Session: 3-Week
February T/TH	2/2-2/18	Session: 3-Week
March M/W	3/1-3/24	Session: 4-Week
March T/TH	3/2-3/25	Session: 4-Week
Saturday	1/9-2/13	Session: 6-Week
Saturday	2/20-3/27	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: Weekday Classes:** 3-week sessions **\$40**, 4-week sessions **\$60**; includes all lessons! **Saturday Classes:** 6-week sessions **\$40**; includes all lessons!

**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](mailto:Justine.Intiso@ymcagreensboro.org) for details.