



# GROUP SWIM LESSONS

**LEVEL 0: (SHRIMPS):** A class for children ages 6 - 36 months and their parents. Learn water adjustment skills, personal safety, and fun! Class time is approx. 30 minutes. (Member Rate applies to all Shrimp participants)

TUESDAYS and THURSDAYS: **11:30am**  
SATURDAYS: **8am** or **8:30am**

**LEVEL P-1 (PIKE):** Beginning skills for children ages 3-5 who have little or no swimming and floating skills. Emphasis is on basic locomotion. Class time is approx. 30 minutes.

MONDAYS and WEDNESDAYS: **11:30am** or **4pm** or **6:30pm**  
TUESDAYS and THURSDAYS: **4:30pm** or **5pm**  
SATURDAYS: **9am** or **10am** or **11am**

**LEVEL P-2 (EEL):** Intermediate skills for children ages 3 – 5 who can already swim-5 feet unassisted and submerge face / exhale bubbles. Class time is approx. 30 minutes.

MONDAYS and WEDNESDAYS: **4:30pm**  
TUESDAYS and THURSDAYS: **6:30pm**  
SATURDAYS: **9:30am** or **11:30am**

**LEVEL P-3 (RAY/STARFISH):** Advanced skills for children ages 3 – 5 who can float, submerge face, and swim 15 feet unassisted. Class time is approx. 30 minutes.

MONDAYS and WEDNESDAYS: **5pm**  
TUESDAYS and THURSDAYS: **4pm**  
SATURDAYS: **10:30am**

**LEVEL G-1 (POLLIWOG):** Beginning skills for children ages 6 – 14. Emphasis on floating, water survival, and basic stroke development. Class time is approx. 40 minutes.

MONDAYS and WEDNESDAYS: **3:15pm** or **7pm**  
TUESDAYS and THURSDAYS: **5:45pm**  
SATURDAYS: **10:00am** or **12:15pm**

**LEVEL G-2 (GUPPY):** For children ages 6 – 14 who can swim 10-15 feet unassisted with a basic stroke and a submerged face. Class time is approx. 40 minutes.

MONDAYS and WEDNESDAYS: **5:45pm**  
TUESDAYS and THURSDAYS: **3:15pm**  
SATURDAYS: **10:45am**

**LEVEL G-3 (MINNOW / FISH):** For children ages 6 – 14 who can swim 25 yards (1 pool length) using two or more strokes. Class time is approx. 45 minutes.

TUESDAYS and THURSDAYS: **7pm**  
SATURDAYS: **11:30am**

**LEVEL A-1 (ADULT BEGINNER):** Designed for beginners ages 15 & up. Learn basic stroke technique, breath control, safety, and survival. Class time is approx. 45 minutes.

MONDAY and WEDNESDAYS: **7:45pm**  
SATURDAYS: **12:15pm**

**LEVEL A-2 (ADULT INTERMED):** Designed for graduates of the Adult Beginner Class who wish to increase stroke efficiency and endurance level. Class time is approx. 45 minutes.

TUESDAYS and THURSDAYS: **7:45pm**

## REGISTRATION INFO.

### WEEKDAY SESSIONS / Registration Begins

AUGUST:	August 2 <sup>nd</sup> – August 19 <sup>th</sup>	July 28 <sup>th</sup>
SEPT:	September 6 <sup>th</sup> – Sept. 23 <sup>rd</sup>	August 21 <sup>st</sup>
OCT:	October 4 <sup>th</sup> – October 21 <sup>st</sup>	September 25 <sup>th</sup>
NOV:	November 1 <sup>st</sup> – November 18 <sup>th</sup>	October 23 <sup>rd</sup>
DEC.	November 29 <sup>th</sup> – December 16 <sup>th</sup>	November 20 <sup>th</sup>

### SATURDAY SESSIONS / Registration Begins

JULY:	June 26 <sup>th</sup> – August 7 <sup>th</sup>	June 12 <sup>th</sup>
AUGUST:	August 14 <sup>th</sup> - September 18 <sup>th</sup>	August 7 <sup>th</sup>
OCTOBER:	September 25 <sup>th</sup> – October 30 <sup>th</sup>	September 18 <sup>th</sup>
NOVEMBER:	November 13 <sup>th</sup> – December 18 <sup>th</sup>	October 30 <sup>th</sup>

All class times and availability are subject to change. Class times will be revised for the fall (schedule forthcoming)

## SWIM LESSON FEES:

All 6-class sessions cost  
**\$33 for Members or \$55 for Potential Members.**  
Shrimp-level classes are all  
**\$33 for Members and Potential Members.**

*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.*

For questions or concerns, please contact James Wright, Sr. Program Director at (336) 478-9634 or james.wright@ymcagreensboro.org

