

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 min.. Shrimp classes are all \$33.

MONDAYS and WEDNESDAYS: **4:30pm**
 TUESDAYS and THURSDAYS: **11:00am**
 SATURDAYS: **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: **3:00pm or 5:30pm**
 TUESDAYS and THURSDAYS: **10:30am or 4:30pm or 6:30pm**
 SATURDAYS: **9:30am or 10:30am or 11:30am**

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: **3:30pm**
 TUESDAYS and THURSDAYS: **10:00am or 5:00pm**
 SATURDAYS: **9:00am or 11:00am**

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: **5:00pm**
 SATURDAYS: **10:00am**

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: **3:45pm or 6:15 pm**
 TUESDAYS and THURSDAYS: **5:30pm**
 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: **4:15pm**
 TUESDAYS and THURSDAYS: **7:00pm**
 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.

MONDAYS and WEDNESDAYS: **7:00pm**
 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.

TUESDAYS and THURSDAYS: **7:45pm**
 SATURDAYS: **12:15pm**

REGISTRATION INFO.

WEEKDAY SESSIONS / Registration Begins

FEB: February 8th - February 25th January 27th
 MAR: March 8th - March 25th February 24th
 APRIL: April 12th - April 29th March 24th

SATURDAY SESSIONS / Registration Begins

JAN: January 16th - March 6th December 17th
 MAR: March 13th - April 24th March 6th

There will be no Saturday Lessons held on:

January 30th, February 6th, and April 3rd

All class times and availability are subject to change.

REGISTRATION IS NOW EASIER THAN EVER!

VISIT US ONLINE at

www.bryanyymca.org/aquatics.aspx

and click on 'Online Registration' to set up an account and register online!

Online registration starts the same day as over-the-counter registration.

A credit card payment is required for online registration.

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