



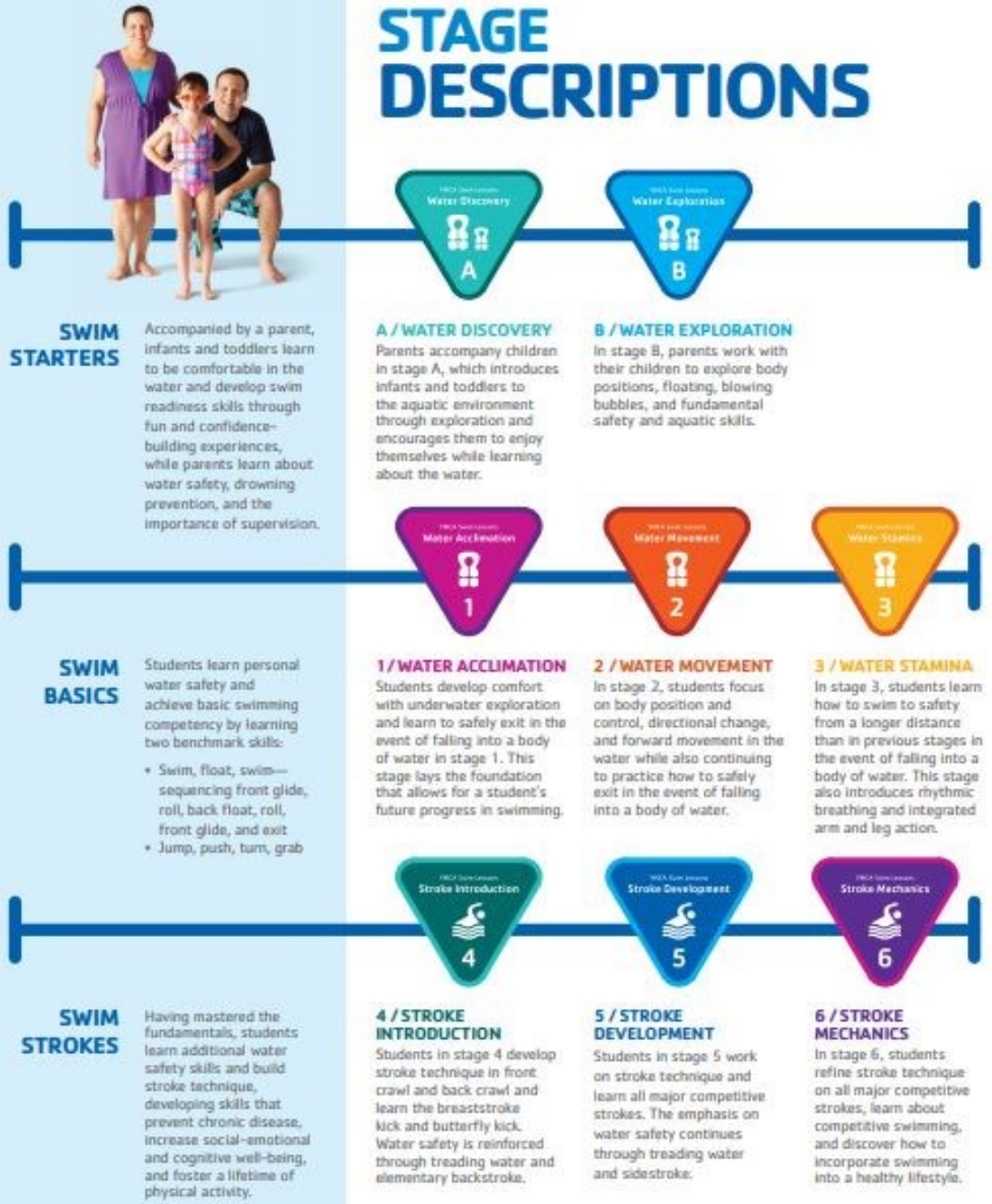
GET IN THE SWIM OF THINGS

At the Y, we believe everyone should know how to swim! Our swim lessons are designed to teach this lifelong skill to children and adults of all skill levels in a safe environment.

Our swim lessons are about more than just the techniques and skills. They are about nurturing swimming skills, developing self-esteem, and creating positive experiences that will last a lifetime.

When it comes to swimming and water safety, no one is trusted more than the YMCA, America's Swim Instructor. In fact, the YMCA developed group swim instruction in 1906.

STAGE DESCRIPTIONS



PRIVATE SWIM LESSONS

Classes are 30 minutes.

Private lessons are scheduled for one-on-one instruction. Four classes.

Private: Members \$140, non-members \$160

Semi-private: Members \$100

ADULT SWIM LESSONS

Classes are 40 minutes.

Saturday 9:00-9:40 a.m.

SPRING 3 SWIM LESSONS



Reuter Family YMCA
 Register on mobile app,
 online >>ymcawnc.org<<
 or call 828 251 5910

STAGE	AGE	DAY	TIME
A Water Discovery	6-12 months	Saturday	9:00-9:30 a.m.
B Water Exploration	13-36 months	Saturday	9:35-10:05 a.m.
Stage 1 Water Acclimation	Ages 3-5	T/TH	4:00-4:30 p.m.
	Ages 6-14	Saturday	10:10-10:40 a.m.
Stage 2 Water Movement	Ages 3-5	T/TH	4:35-5:05 p.m.
	Ages 6-14	Saturday	10:45-11:15 a.m.
Stage 3 Water Stamina	Ages 3-5	T/TH	4:00-4:40 p.m.
	Ages 6-14	Saturday	9:45-10:25 a.m.
Stage 4 Stroke Introduction	Ages 3-5	T/TH	5:10-5:40 p.m.
	Ages 6-14	Saturday	9:20-9:50 a.m.
Stage 5 Stroke Development	Ages 3-5	T/TH	4:45-5:25 p.m.
	Ages 6-14	Saturday	10:30-11:10 a.m.
Stage 6 Stroke Mechanics	Ages 3-5	Saturday	11:15-11:45 p.m.
	Ages 6-14	T/TH	4:20-5:00 p.m.
		Saturday	9:55-10:35 a.m.
		T/TH	5:10-5:50 p.m.
		Saturday	10:40-11:10 a.m.
		T/TH	5:10-5:50 p.m.
		Saturday	11:15-11:55 a.m.

3 - Week Session: Tuesday/Thursday

Spring 3 : May 11th - 27th, 2021

Registration: April 13th - May 7th, 2021

Members \$48

Non-members \$66

3 - Week Session: Saturday

Spring : May 15th - 29th, 2021

Registration: April 13th - May 7th, 2021

Members \$24

Non-members \$33