



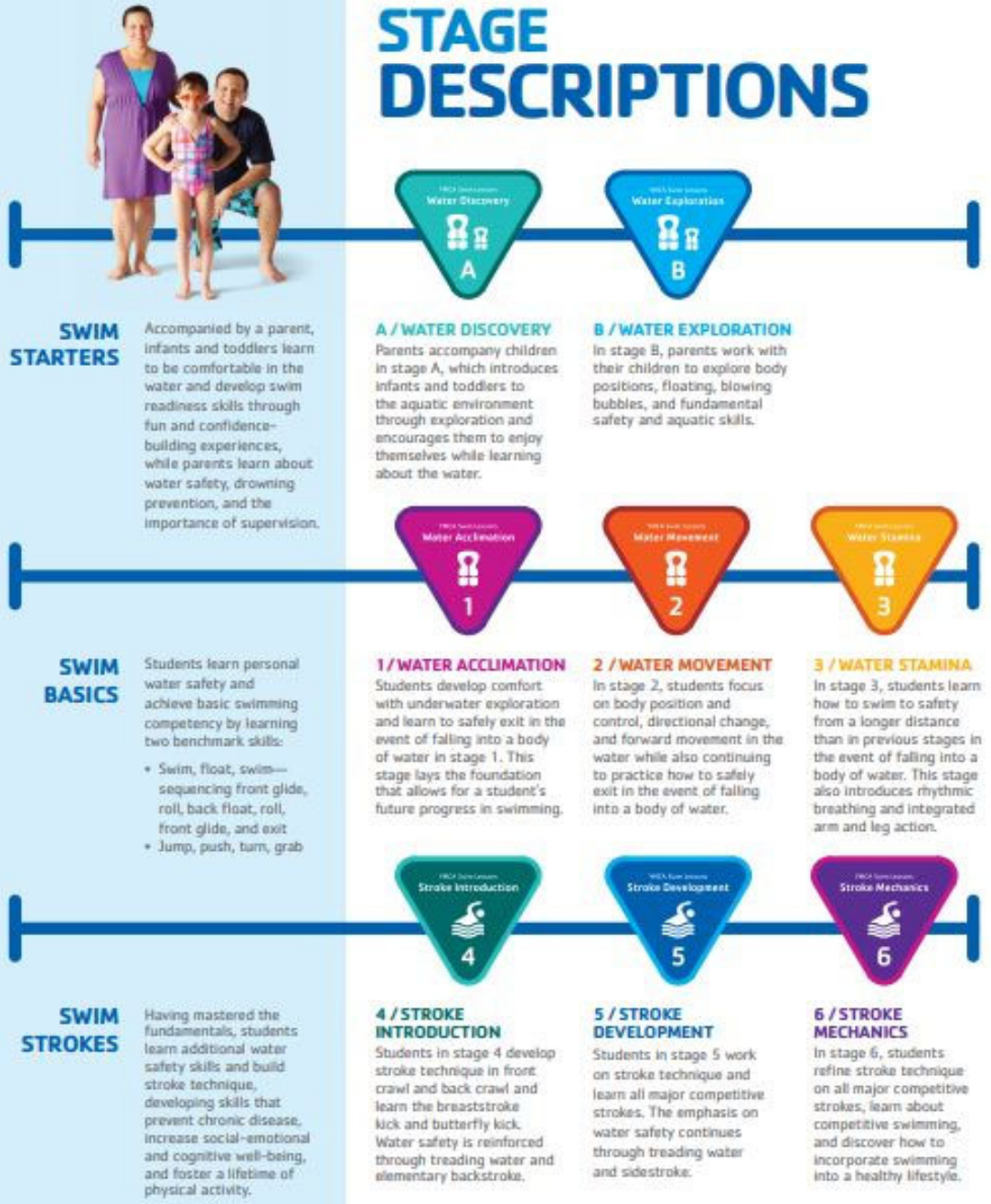
GET IN THE SWIM OF THINGS

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. Packages are sold in sets of 4, 8, or 12.

Please visit our website at ymcawnc.org for pricing.



SUMMER 1 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	T/TH	3:30-4:00 p.m.	
		Saturday	9:40-10:10 a.m.	
		Saturday	10:20-10:50 a.m.	
Stage 1 Water Acclimation	Ages 3-5	M/W	3:30-4:00 p.m.	
		T/TH	3:30-4:00 p.m.	
		T/TH	4:10-4:40 p.m.	
	Ages 6-14	Saturday	9:00-9:30 a.m.	
		Saturday	11:10-11:40 a.m.	
		Saturday	11:10-11:40 a.m.	
Stage 2 Water Movement	Ages 3-5	M/W	4:10-4:50 p.m.	
		T/TH	4:10-4:50 p.m.	
		Saturday	10:20-11:00 a.m.	
	Ages 6-14	M/W	4:10-4:40 p.m.	
		T/TH	4:50-5:20 p.m.	
		Saturday	9:40-10:10 p.m.	
Stage 3 Water Stamina	Ages 3-5	M/W	5:00-5:40 p.m.	
		T/TH	5:00-5:40 p.m.	
		Saturday	9:00-9:40 a.m.	
	Ages 6-14	M/W	4:50-5:20 p.m.	
		T/TH	5:30-6:00 p.m.	
		Saturday	11:00-11:30 a.m.	
Stage 4 Stroke Introduction	Ages 3-5	M/W	3:30-4:10 p.m.	
		T/TH	4:00-4:40 p.m.	
		Saturday	9:50-10:30 a.m.	
	Ages 6-14	M/W	5:30-6:00 p.m.	
		T/TH	4:20-5:00 p.m.	
		Saturday	4:50-5:30 p.m.	
Stage 5 Stroke Development	Ages 6-14	Saturday	10:35-11:15 a.m.	
		T/TH	4:00-4:40 p.m.	
		Saturday	11:20-12:00 p.m.	
	Stage 6 Stroke Mechanics	Ages 6-14	T/TH	4:50-5:30 p.m.
			Saturday	11:20-12:00 p.m.
			Saturday	11:20-12:00 p.m.

MONDAY/WEDNESDAY
 Registration: May 18-June 11
 Summer 1: June 14-July 7

TUESDAY/THURSDAY
 Registration: May 18-June 11
 Summer 1: June 15-July 8

SATURDAY
 Registration: May 18-June 11
 Summer 1: June 19-August 14
 NO LESSONS JULY 17



SNAP

Classes are 30 minutes, for all ages. Encourages participants to use their physical attributes to the best of their abilities while enhancing their spirits and minds with positive reinforcement.

Monday/Wednesday 3:30-4:00 p.m.

ADULT SWIM LESSONS

Classes are 40 minutes.

Monday/Wednesday 5:10-5:50 p.m.