



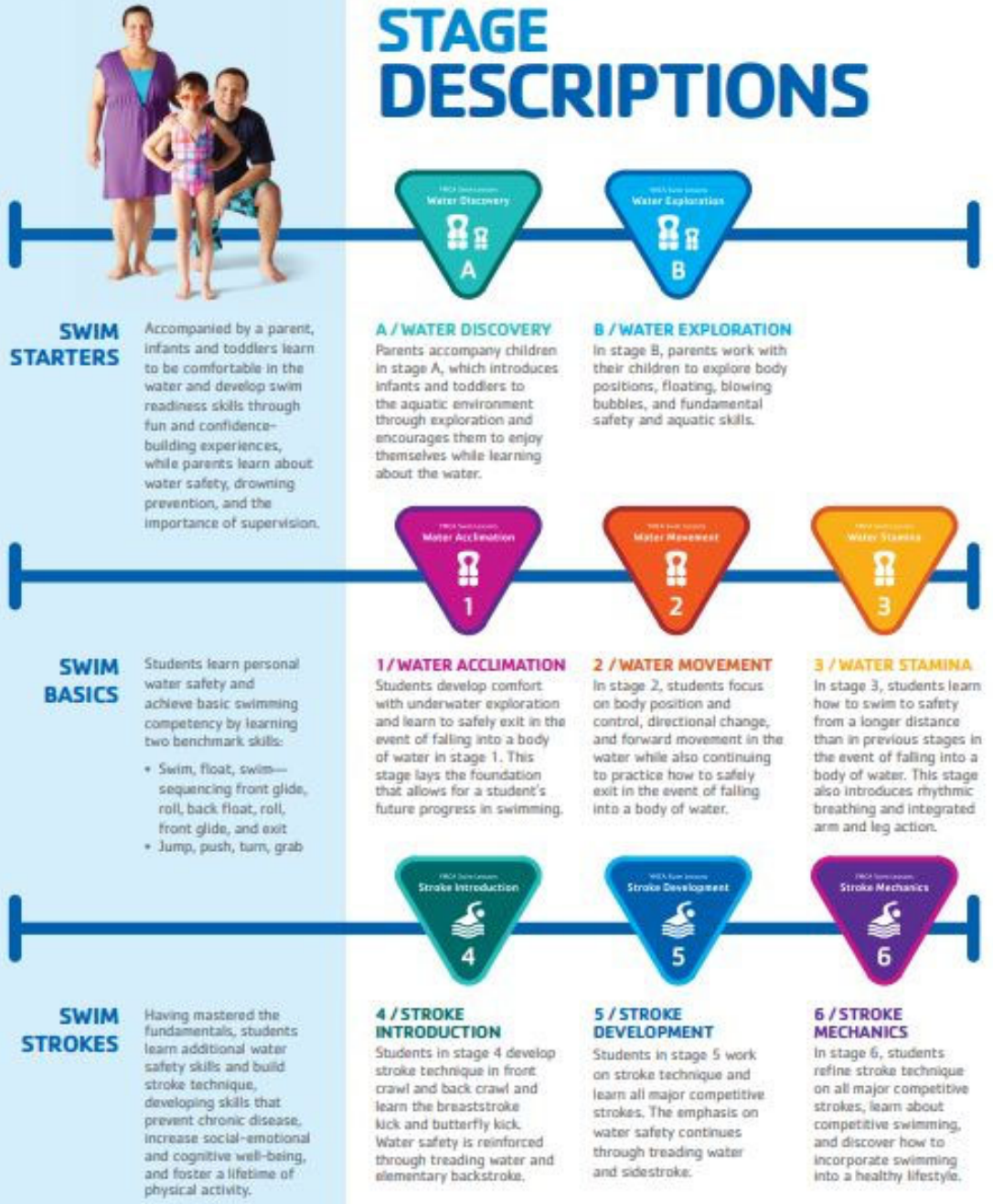
GET IN THE SWIM OF THINGS

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 2 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		
B Water Exploration	13-36 months	T/TH	3:30-4:00 p.m.
Stage 1 Water Acclimation	Ages 3-5	M/W T/TH T/TH	3:30-4:00 p.m. 3:30-4:00 p.m. 4:10-4:40 p.m.
	Ages 6-14	M/W T/TH	4:10-4:50 p.m. 4:10-4:50 p.m.
Stage 2 Water Movement	Ages 3-5	M/W T/TH	4:10-4:40 p.m. 4:50-5:20 p.m.
	Ages 6-14	M/W T/TH	5:00-5:40 p.m. 5:00-5:40 p.m.
Stage 3 Water Stamina	Ages 3-5	M/W T/TH	4:50-5:20 p.m. 5:30-6:00 p.m.
	Ages 6-14	M/W T/TH	3:30-4:10 p.m. 4:00-4:40 p.m.
Stage 4 Stroke Introduction	Ages 3-5	M/W	5:30-6:00 p.m.
	Ages 6-14	M/W T/TH	4:20-5:00 p.m. 4:50-5:30 p.m.
Stage 5 Stroke Development	Ages 6-14	T/TH	4:00-4:40 p.m.
Stage 6 Stroke Mechanics	Ages 6-14	T/TH	4:50-5:30 p.m.

MONDAY/WEDNESDAY

Registration: June 14-July 16
 Summer 2: July 19-August 11

TUESDAY/THURSDAY

Registration: June 14-July 16
 Summer 2: July 20-August 12



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.