



STRONG | CONFIDENT SWIMMERS | KIDS

GROUP SWIM LESSONS SEPTEMBER 2025–DECEMBER 2025

The YMCA swim lesson format is designed to make students of all levels feel welcome, foster a sense of achievement, emphasize group activities, and enforce a skill continuum that allows student to advance more easily and quicker from level to level.

MONDAY/WEDNESDAY EVENING	TUESDAY/THURSDAY EVENING
Sessions Offered September 3rd–September 29th October 1st–October 22nd October 29th–November 24th December 1st–December 29th (no class December 24th)	Sessions Offered September 2nd to September 25th September 30th–October 23rd October 28th–November 20th December 2nd–December 30th (no class December 25th)
5:00pm–5:30pm Pre-School Stage 1 5:00pm–5:30pm Pre-School Stage 2 5:35pm–6:05pm Pre-School Stage 3 5:35pm–6:05pm Youth Stage 1 6:10pm–6:40pm Youth Stage 2 6:10pm–6:40pm Youth Stage 3	4:40pm–5:10pm Pre-School Stage 1 4:40pm–5:10pm Pre-School Stage 2 5:15pm–5:45pm Pre-School Stage 3 5:15pm–5:45pm Youth Stage 1 5:45pm–6:15pm Youth Stage 2 5:45pm–6:15pm Youth Stage 3 6:20pm–6:50pm Youth Stage 4 6:20pm–6:50pm Youth Stage 5

Program Fees

Youth Lessons: Member: \$80 Program Participant: \$95

Pre-School Lessons: Member: \$96 Program Participant: \$114

CLASS SCHEDULE IS SUBJECT TO ADJUSTMENT DEPENDING UPON INSTRUCTOR AVAILABILITY
For more information, please contact Member Services at 336-395-9622



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PERPETUAL SWIM LESSONS

This program offers continuous enrollment for our Saturday only classes, allowing participants to join at any time and progress at their own pace. This flexible approach ensures consistent learning and skill development, with swimmers moving up as soon as they are ready, rather than waiting for a new session to begin.

PRE-SCHOOL (AGES 4-6)	YOUTH (AGES 7-12)
Stages 1, 2, and 3 10:40AM - 11:10AM Program fees: Member: \$52 monthly Program Participant: \$62 monthly	Stages 1, 2, and 3 11:15AM - 11:45AM Stages 4 and 5 11:50AM - 12:20PM Program fees: Member: \$43 monthly Program Participant: \$52 monthly
PARENT/CHILD (AGES 3 AND UNDER)	ADAPTIVE LESSONS (PRE-SCHOOL AND YOUTH)
9:30AM - 10:00AM Program fees: Member: \$43 monthly Program Participant: \$52 monthly	10:05AM - 10:35AM Program fees: Member: \$87 monthly Program Participant: \$103 monthly

REGISTER IN-PERSON OR ONLINE AT [ACYMCA.ORG](https://www.acymca.org)

Registration for Pre-School and Youth Weekday Sessions open on the 1st of the month for the coming month

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