



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Homeschool Swim Lessons

Spears Family YMCA

Children will be grouped based on skill level.
Space is limited so register early!

JANUARY/ FEBRUARY

REGISTRATION DATES: Members: December 22 – December 29
Non-Members: December 22 – December 29
CLASS DATES: Thursday: January 5, 12, 19, 26, February 2, 9

FEBRUARY/ MARCH

REGISTRATION DATES: Members: February 9 – February 16
Non-Members: February 9 – February 16
CLASS DATES: Thursday: February 23, March 1, 8, 15, 22, 29

APRIL/ MAY

REGISTRATION DATES: Members: March 29 – April 5
Non-Members: March 29 – April 5
CLASS DATES: Thursday: April 12, 19, 26, May 3, 10, 17

Youth/Grade School Classes (5-12 years)

Max per class-6 children

45 Minute Classes

Polliwog: Teaches beginning swimming on front and back. Children will also learn the front and back float.

Prerequisite: Child must be 5 years old.

Guppy: Teaches freestyle with rhythmic breathing (taking a breath while swimming), treading water, backstroke, and jumping into deep water.

Prerequisite: Child must be able to paddle on front and back for 10 yards and float without a flotation device.

Minnow: Teaches children to swim 50 yards (2 lengths) freestyle (with rhythmic breathing), backstroke, sidestroke and breaststroke and 25 yards butterfly.

Prerequisite: Child must be able to swim 25 yards (1 length) on front and back and be comfortable in deep water.

Fish: Teaches children to swim 75 yards (3 lengths) freestyle (with rhythmic breathing), backstroke, sidestroke and breaststroke and 50 yards butterfly. Children will be introduced to open turns.

Prerequisite: Child must be able to swim 50 yards (2 length) of the following strokes; freestyle (with rotary breathing), backstroke, sidestroke, breaststroke, 25 yards butterfly and be able to tread water.

Flying Fish: Teaches children the fundamentals of being on a swim team and builds endurance to swim 100 yards (4 lengths) of the following strokes; freestyle, backstroke, sidestroke, breaststroke and 75 yards butterfly with open turns.

Prerequisite: Child must be able to swim 75 yards (3 lengths) of the following strokes; freestyle, backstroke, sidestroke and breaststroke, and 50 yards butterfly.

TIME:

Thursday
11:30 am-12:15 pm

PROGRAM FEES:

Members: \$35
Non-Members: \$60

CONTACT INFO

Bethany Williard * Aquatics Director
336.387.9622
bethany.williard@ymcagreensboro.org