

SESSION DATES

Monday-Thursday Classes

Summer Session 1: June 1 – June 11

(No Morning classes)

Reg. Begins: May 18 Reg. Ends: May 28

Summer Session 2: June 15 – June 26

Reg. Begins: June 4 Reg. Ends: June 12

Summer Session 3: June 29 – July 9

Reg. Begins: June 18 Reg. Ends: June 25

Summer Session 4: July 13 – July 23

Reg. Begins: July 2 Reg. Ends: July 9

Summer Session 5: July 27 – August 6

Reg. Begins: July 16 Reg. Ends: July 23

Summer Session 6: August 10 – August 21

Reg. Begins: July 30 Reg. Ends: August 6

\$40 Members \$70 Non-Members (8 lessons)

(Summer weekday classes meet on Monday, Tuesday, Wednesday and Thursday for two weeks, a total of 8 lessons. Registration for weekday summer classes will end the Thursday before the classes start on Monday.)

Saturday Classes

Saturday Summer Session A

June 6 – July 18 (no class on July 4th)

Reg. Begins: May 2 Reg. Ends: June 4

Saturday Summer Session B

July 25 – August 29

Reg. Begins: June 20 Reg. Ends: July 23

\$30 Members \$55 Non-Members (6 lessons)

All registration is taken at the YMCA front desk.

GROUP SWIM LESSON POLICIES

1. A minimum of 3 participants is required to constitute a class for swim lessons.
2. Cancellations and class combinations will be done at Aquatic Director's discretion.
3. The Mary Perry Ragsdale Family YMCA does not make-up classes if you are absent from your regularly scheduled class.
4. In the event of thunder or lightning the pool will close and will not re-open until thirty -(30) minutes after the last sound of thunder or sight of lightning.
5. In the event the Ragsdale YMCA closes the pool for any reason you will be given a voucher for the class, which you can use toward your next session of swim lessons. **No refunds or make up classes are given.**

All Children under the age of 5 must have a parent or guardian (age 18 or older) in the water with within arms reach. This includes if they would like to swim before or after swim lessons.

If a class is full and the alternate class times do not work with your schedule. Please ask to be put on the waiting list we may add another class.

Late Registration Policy

All late registrations will be charged a \$5.00 late fee and participants must have prior approval from Aquatics Director before registering past registration end date.

Please contact Katherine Page, Aquatics Director at 336-882-9622 ext. 235 or katherine.page@ymcagreensboro.org if you have any questions regarding Swim Lessons or Aquatic Programs.

MARY PERRY RAGSDALE FAMILY YMCA
900 Bonner Drive Jamestown, NC 27282
www.ragsdaleymca.org

SWIM LESSONS

Summer 2009

MARY PERRY
RAGSDALE FAMILY
YMCA



120 years
STRONG
YMCA OF GREENSBORO

PRESCHOOL CLASSES

Ages 6 months – 5 Years

Skips(Parent/Tot): A parent/child class designed for children ages 6 – 36 months. Children will learn to be comfortable in the water. Prerequisite: child must have significant head control and Parent or guardian (age 18 or older) must be in the water with the child.

Pike (Beginner I): A class for children ages 3-5 years old. Children learn kicking, floating, arm movement and basic water safety. Prerequisite: 3 years old by the first day of class and leave parent willingly.

Eel (Beginner II): Children will learn to paddle 25 yards with a float belt on front back and side and paddle 15 feet independently. Children will also continue to build upon skills learned in Pike. Prerequisite: Child must be able to paddle 5 feet unassisted.

Ray/Starfish (Advanced Beginner): Children will learn rhythmic breathing (taking a breath to the front while swimming), how to tread water and adjust to deep water. Prerequisite: Child must be able to paddle 15 feet unassisted.

The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build a healthy, mind, spirit, and body for all.



YOUTH CLASSES

Ages 6 – 12 Years

Polliwog (1): Teaches beginning swimming on front, back and side. Children will also learn the front and back float. Prerequisite: Child must be 6 years old or in first grade.

Guppy (2): Teaches rhythmic breathing (Taking a breath to the front while swimming), treading water, back crawl, jumping into deep water and beginning diving. Prerequisite: Child must be able to paddle 20 feet on front.

Minnow (3): Teaches front crawl with rotary breathing (Taking a breath to the side while swimming), backstroke, sidestroke, and dolphin kick. Prerequisite: Child must be able to swim 1 length (25 yards) of the pool on front and back and be comfortable in deep water.

Fish/Flying Fish (4): Children will work on endurance to swim multiple lengths of the pool. Teaches children the butterfly stroke. Children will work on refining breaststroke, sidestroke, freestyle and back crawl. Children will also learn flip turns. Prerequisite: Child should be able to swim 1 length (25 yards) of freestyle, backstroke and sidestroke.

TEEN: A class just for teens to learn beginning and intermediate swimming. Ages 13 – 17.

ADULT: A class for beginner swimmers or more intermediate swimmers who want to learn more strokes or swim laps for fitness.

CLASS SCHEDULE

Morning Weekday Lessons M-TH

(AM lessons are not offered during Summer Session 1)

OPEN SWIM DOES NOT START UNTIL 11:00 AM M-F.

9:00 – 9:30 Skips (Parent/Tot)

9:00 – 9:30 Pike

9:30 – 10:00 Eel

9:30 – 10:00 Ray/Starfish

10:00 – 10:45 Polliwog

10:00 – 10:45 Guppy

10:45 – 11:30 Minnow

10:45 – 11:30 Fish/Flying Fish

11:30 – 12:00 Pike

11:30 – 12:00 Eel

Afternoon Weekday Lessons M-TH

4:00 – 4:30 Skips (Parent/Tot)

4:00 – 4:30 Pike

4:00 – 4:30 Eel

4:30 – 5:15 Polliwog

4:30 – 5:15 Guppy

4:30 – 5:15 Minnow

5:15 – 5:45 Pike

5:15 – 5:45 Eel

5:15 – 5:45 Ray/Starfish

5:45 – 6:30 Polliwog

5:45 – 6:30 Guppy

5:45 – 6:30 Minnow

6:30 – 7:15 Fish/Flying Fish

6:30 – 7:15 Teen

Saturday Morning Lessons

9:00 – 9:30 Skips (Parent/Tot)

9:00 – 9:30 Pike

9:00 – 9:45 Adult

10:00 – 10:30 Pike

10:00 – 10:30 Eel

10:00 – 10:30 Ray/Starfish

10:45 – 11:30 Polliwog

10:45 – 11:30 Guppy

10:45 – 11:30 Minnow

11:30 – 12:00 Pike

11:30 – 12:00 Eel

11:30 – 12:00 Skips (Parent/Tot)