



# SWIM LESSONS

There's no place like the YMCA! Kids learn to swim with confidence, build skills and self-esteem, and grow in a safe, supportive, and fun community.

## ADRIAN L SHUFORD JR YMCA

### Tuesday/Thursday

### Spring Saturdays

Spring 1 March 10-April 2  
Spring 2 April 14- May 7  
Spring 3 May 12-June 4

March 7 - May 9

<u>Tuesday &amp; Thursday</u>	<u>Saturday</u>	<u>Private Swim Lessons</u>
<p><b><u>Preschool</u></b> 3-5yrs old</p> <p>Level 1 Water Acclimation Level 2 Water Movement Level 3 Water Stamina 5:00-5:30</p>	<p><b><u>Parent-Child</u></b> 6 months-3yrs old</p> <p>9:00-9:30 9:40-10:10</p>	
<p><b><u>School Age</u></b> 6-12 yrs old</p> <p>Level 1 Water Acclimation Level 2 Water Movement Level 3 Water Stamina 5:45-6:15</p>	<p><b><u>Preschool</u></b> 3-5yrs old</p> <p>Level 1 Water Acclimation 9:00-9:30 Level 2 Water Movement 11:00-11:30 Level 3 Water Stamina 9:40-10:10</p>	<p>Private swim lessons at the YMCA! Get personalized, one-on-one instruction to build skills, confidence, and stronger swimming at select branches.</p>
<p><b><u>School Age</u></b> 6-12 yrs old</p> <p>Level 4 Stroke Introduction Level 5 Stroke Introduction Level 6 Stroke Mechanics 6:30-7:00</p>	<p><b><u>School Age</u></b></p> <p>Level 1 Water Acclimation 10:20-10:50 Level 2 Water Movement 11:00-11:30 Level 3 Water Stamina 9:40-10:10 Level 4 Stroke Introduction 11:40-12:10 Level 5 Stroke Introduction Level 6 Stroke Mechanics 11:40-12:10</p>	



DISCOVER MORE



# Adrian L. Shuford Jr YMCA 2026 Spring SWIM LESSON CALENDAR

SESSION	CLASS DATES	REGISTRATION DATES	MEMBER RATE	PROGRAM PARTICIPANT RATE
	<u>Tuesday/Thursdays</u>			
Spring 1	March 10–April 2	February 3– March 10	\$95	\$150
Spring 2	April 14–May 7	March 11–April 14	\$95	\$150
Spring 3	May 12–June 4	April 15–May 12	\$95	\$150
	<u>Saturdays</u>			
Spring Saturdays	March 7–May 9	January 9– March 7	\$95	\$150
		Summer Registration Opens May 1st		

FOR MORE INFORMATION, CONTACT Sarah Bai  
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