



SWIM LESSONS

ADRIAN L SHUFORD JR YMCA

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.

FALL 1 SEPT 1ST – SEPT 24TH
FALL 2 SEPT 29TH – OCT 22ND
FALL 3 OCT 27TH – NOV 17TH
FALL SATURDAYS SEPT 14TH – NOV 7TH
WINTER MINI SESSION (M-TH) NOV 30TH – DEC 10TH

Tuesday & Thursday Evenings

Saturdays

Private Swim Lessons

6 -18 Months Old

Water Discovery

9:00-9:30

18 Months - 3 yrs old

Water Exploration

9:40-10:10

Preschool 3-5 yrs old

Level 1 Water Acclimation

9-9:30

Level 2 Water Movement

9:40-10:00

Level 3 Water Stamina

10:20-10:50

School Age

6-12yrs Old

Level 1 Water Acclimation

10:20-10:50

Level 2 Water Movement

11:00-11:30

Level 3 Water Stamina

11:00-11:30

School Age

6-12yrs Old

Level 1 Water Acclimation

Level 2 Water Movement

Level 3 Water Stamina

5:40-6:10

School Age

6-12 Yrs Old

Level 4 Stroke Introduction

Level 5 Stroke Development

Level 6 Stroke Mechanics

6:20-6:50

School Age

6-12 Yrs Old

Level 4 Stroke Introduction

Level 5 Stroke Development

Level 6 Stroke Mechanics

11:40-12:10

Private swim lessons
at the YMCA!

Get personalized,
one-on-one
instruction to build
skills, confidence,
and stronger
swimming..
Limited availability—
register today.

**DISCOVER
MORE**



Adrian L. Shuford Jr YMCA

2026 FALL SWIM LESSON CALENDAR

SESSION	CLASS DATES	REGISTRATION DATES	MEMBER RATE	PROGRAM PARTICIPANT RATE
Fall 1 Tuesday & Thursday	September 1 st – September 24 th	August 1 st – August 28 th	\$95	\$150
Fall 2 Tuesday & Thursday	September 29 th – October 22 nd	August 29 th – September 25 th	\$95	\$150
Fall 3 Tuesday & Thursday	October 27 th – November 17 th	September 26 th – October 23 rd	\$95	\$150
Fall Saturdays	September 12 th – October 31 st	August 1 st – September 8 th	\$95	\$150
Winter Mini Monday – Thursday (4 times a week for 2 weeks)	November 30 th – December 10 th	October 24 th – November 26 th	\$95	\$150
3 Private Lessons			\$100	\$160
5 Private Lessons			\$145	\$205

Please email shufordaquatics@ymcacr.org for more information

If you are registering through the City of Conover, you must register with the city AND at the YMCA