



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 8TH - OCT 1ST
FALL 2 OCT 6TH - OCT 29TH
FALL 3 NOV 3RD - DEC 3RD
FALL SATURDAYS SEPT 12TH - OCT 31ST
WINTER MINI SESSION (M-TH) DEC 7TH - DEC 17TH

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 8 th – October 1 st	August 1 st – August 28 th	\$95	\$150
Fall 2 Tuesday & Thursday	October 6 th – October 29 th	September 9 th – October 2nd	\$95	\$150
Fall 3 Tuesday & Thursday	November 3 rd – December 3 rd (Nov 23– Nov 27: Thanksgiving Break)	October 7 th – October 30th	\$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)	December 7 th – December 17 th	November 4 th – December 4 th	\$95	\$150
3 Private Lessons			\$100	\$160
5 Private Lessons			\$145	\$205

Please email shufordaquatics@ymcacv.org for more information

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