



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFER SWIMMERS BETTER SWIMMERS

TOM A FINCH COMMUNITY YMCA SWIM LESSONS

Welcome to our swim lesson program! We will be focusing on building skills for safety and swimming. Our goal is to instill confidence and character for every child.

July Classes: July 10–26

Tuesday/Thursday evenings

6 Lessons, 2 times a week

Cost:

Members: \$16

Program Participants: \$52

Pre-School ages 3–5

5:00: Stage 1/2 (Water Movement)

5:30: Stage 3 (Water Stamina)

6:00: Stage 1/2 (Water Movement)

6:30: Stage 4 (Stroke Introduction)

School-Age ages 6–14

5:00: Stage 1/2 (Water Movement)

5:30: Stage 3 (Water Stamina)

6:00: Stage 4 (Stroke Introduction)

6:30: Stage 5/6 (Stroke Development and Mechanics)

Registration begins June 14th.

Classes fill up FAST!

Register in house or online!

Need to know where your child should start?

Ask our Member Service staff to show you the Swim Lesson Flow Chart! Find it online as well!



Contact Alex Laughlin, Swim Lesson Coordinator • Alex.Laughlin@MyYNow.org • 336-475-6125

Contact Melynda Brewer Aquatics Director • Melynda.Brewer@MyYNow.org • 336-474-5245