

Swim Lessons at the Y are offered the entire year. Below are the session dates and registration dates for our next several sessions. Swim Lessons are offered on weekdays or Saturdays, and each session is composed of eight (8) or six (6) lessons. Weekday classes run for four weeks, with 2 lessons each week. Saturday classes run for six weeks, with 1 lesson each week.

Weekday Sessions		Registration	Saturday Sessions		Registration
January 5	January 28	Dec 1 – Dec 31	January 9	February 13	Dec 1 – Jan 4
February 2	February 25	Jan 1 – Jan 29	February 20	March 27	Jan 1 – Feb 15
March 2	March 25	Feb 1 - Feb 26	April 10	May 15	Mar 1 – Apr 5
Weekday class sessions cost: \$ 32 for members; \$ 44 for potential members in Reidsville; \$ 55 for potential members outside Reidsville. Saturday class sessions cost: \$ 27 for members; \$ 39 for potential members in Reidsville; \$ 48 for potential members outside Reidsville. Class times and availability are subject to change.					
Must be at least three (3) participants per class for a class to be conducted. \$ 10.00 charge for ALL registrations after the registration date.					

LEVEL (SHRIMP): A class for children **ages 6 - 24 months** and their parents. Learn water adjustment skills, personal safety, and fun!

Tuesday & Thursday	5:00 – 5:30pm
Monday through Thursday	5:00 – 5:30p
Saturday	9:00 – 9:30am

LEVEL (PIKE 1): Beginning skills for children **ages 2-5** that have little or no swimming and floating skills. Emphasis is on basic locomotion. This class is taught with the parent.

Tuesday & Thursday	5:00 – 5:30pm
Monday through Thursday	5:00 – 5:30pm
Saturday	9:30 – 10:00am

LEVEL (PIKE 2): Beginning skills for children **ages 3-5** that have little or no swimming and floating skills. Emphasis is on basic locomotion.

Tuesday & Thursday	5:30 – 6:00pm
Monday through Thursday	5:30 – 6:00pm
Saturday	10:00 – 10:30am

LEVEL (EEL/Ray): Intermediate skills for children **ages 3 – 5** who can already swim-5 feet unassisted and submerge face / exhale bubbles.

Tuesday & Thursday	5:30 – 6:00pm
Monday through Thursday	5:30 – 6:00pm
Saturday	10:00 – 10:30am

LEVEL (POLLIWOG): Beginning skills for children **ages 6 – 13**. The emphasis is on floating, water survival, and basic stroke development.

Tuesday & Thursday	6:00 – 6:45pm
Monday through Thursday	6:00 – 6:45pm
Saturday	10:30 – 11:15am

LEVEL (GUPPY): Intermediate skills for children **ages 6 – 13** who can swim 10-15 feet unassisted with a basic stroke and a submerged face.

Tuesday & Thursday	6:00 – 6:45pm
Monday through Thursday	6:00 – 6:45pm
Saturday	11:15 – 12:00pm

LEVEL (MINNOW / FISH): For children **ages 6 – 13** who can swim 25 yards (1 pool length) using two or more strokes and can perform rotary breathing.

Tuesday & Thursday	6:45 – 7:30pm
Monday through Thursday	6:45 – 7:30pm
Saturday	11:15 – 12:00pm

LEVEL (ADULT BEGINNER): Designed for beginners **ages 13 & up**. Learn basic stroke technique, breath control, safety, and survival.

Tuesday & Thursday	6:45 – 7:30pm
Monday through Thursday	6:45 – 7:30pm
Saturday	12:00 – 1:15pm