



SPRING 2026 STRONG SWIMMERS CONFIDENT KIDS

NORTH RIVER FAMILY Y SWIM LESSONS

LESSONS	MEMBER	NON-MEMBER
Group: 4 lessons (30 min.)	\$40	\$60
Private: 4 lessons (30 min.)	\$115	\$200
Semi-Private: 4 lessons (groups of 2-3)	\$185	\$300
Adaptive: 4 lessons (30 min.)	\$60	\$60

FOR MORE INFORMATION

Allison Dupree, Aquatics Director
 David Farmer, Aquatics Coordinator
nraqautics@ymcachattanooga.org
 423.877.3517



The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



OVERVIEW & SCHEDULE

GROUP CLASSES – 30 min.

Tue: Jan 6–27, Feb 3–24, Mar 3–24, Apr 7–21*, May 5–26

Thu: Jan 8–29, Feb 5–26, Mar 5–26, Apr 2–23, May 7–28

Sat: Jan 3–24, Feb 7–28, Mar 7–28, Apr 4–25, May 2–16*

*3-week session due to holiday, discounted by 25%

SWIM STARTERS

Ages 6 mos.–3 yrs.

*parent participation required

DAY/TIME:

Sat: 10:45 am

SWIM BASICS

Ages 3–12 yrs.

DAY/TIME:

Tue 4:45pm, 6:15pm | Thu 4:45pm, 6:15pm | Sat 10:00am

SWIM INTERMEDIATE

Ages 3–12 yrs.

DAY/TIME:

Tue 5:30pm | Thu 5:30pm | Sat 10:00am

SWIM CLUB

Youth Ages 6–17 yrs.

Tue/Thu 5:30–7:00pm or Tue/Fri 12:30–2:00pm

Email nraqautics@ymcachattanooga.org for more info

PRIVATE/ADAPTIVE LESSONS – ALL AGES

PRIVATE/ADAPTIVE
REGISTRATION

Private, semi-private, and adaptive lessons are available for any skill level by appointment only. Register by scanning the QR or emailing nraqautics@ymcachattanooga.org. You will be contacted with scheduling options and lessons will begin after payment is received.

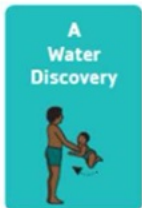


Any participants under the age of 3 years must have an attending adult in the water during lessons (in addition to the instructor)

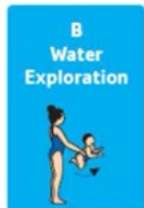
Makeup lessons are only conducted if the YMCA cancels class. A day will be added or minutes will be added to remaining classes.

SWIM STARTERS

Parent & child lessons



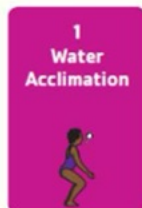
Introduces infants & toddlers to the aquatic environment.



Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatic skills.

SWIM BASICS

Skills for all to have around water



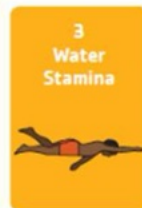
Increases comfort with underwater exploration & introduces basic self rescue skills performed with assistance.



Encourages forward movement in water & basic self rescue skills performed independently.

SWIM INTERMEDIATE

Increasing confidence & stamina



Develops intermediate self rescue skills performed at longer distances than in previous stages



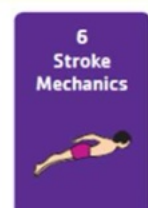
Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke.

SWIM STROKES

Skills to support a healthy lifestyle



Introduces breaststroke & butterfly & reinforces water safety through treading water & sidestroke.



Refines stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle.

OUTCOMES

Accompanied by a parent, infants & toddlers learn to be comfortable in the water & develop swim readiness skills through fun & confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

OUTCOMES

Students learn personal water safety & achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, & exit
- Jump, push, turn, grab

OUTCOMES

Having mastered the fundamentals, students learn additional water safety skills & build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well being, and foster a lifetime of physical activity.