

## For the safety of all swimmers:

Children who are not potty-trained must wear a swim diaper to enter the pool.

Children are not allowed, for any reason, in the 18 and older men's and women's locker rooms. Bathrooms are located in the hallway thru the main pool door. Family changing areas are located in the pool area, as well as our new family changing locker rooms located adjacent to the pool.

Running is not allowed in the pool area. Please walk at all times.

Persons having or suspected to have any communicable disease such as skin, eye, ear, intestinal or respiratory infection should not enter the pool.

The pool area closes in the event of thunder and/or lightning and remains closed for 30 minutes after the last sound or strike.

If inclement weather presents itself prior to the class starting, the class will be made up. If it happens while the class is in progress, the lost time will not be made up.

Parents are asked to remain at the YMCA for the duration of each swim lesson.

Lessons that are missed due to personal conflicts will not be made up.

A minimum of 4 students is needed to hold the class.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A LESSON OF A LIFETIME

## Winter Swim Lessons Winter 2025 GREENE COUNTY YMCA



GREENE COUNTY YMCA  
404 Y Street  
Greeneville, TN 37745  
423-639-6107  
[www.greenecounty-ymca.org](http://www.greenecounty-ymca.org)  
Dinnia Cairy Aquatic Director

### Parent/Tot 6 months - 36 months

Parent/ tot class designed for children ages 6 months to 3 years old. **Students must be accompanied by adult.** This class will allow children to adjust to the water through group interaction, songs and games.

### 3-5 Year-olds

Classes will work on water adjustment, floating, kicking and swimming on both the front and back. As well as working to strengthen skills and begin learning basic strokes. Teaching can be altered to fit students level.

### 6-13 Year-olds

In this class, we will work on the techniques associated with swimming. We are beginning to learn the basics of freestyle and breaststroke, as well as getting comfortable floating on our backs and putting our faces in the water. Teaching can be altered to fit students skill level.

#### GROUP LESSON SESSION DATES

**Session 1: January 14th - February 6th**  
**Session 2: February 18th - March 13th**

Level	Day of the Week	Time	Price	# of Lessons
3-5 year olds	Tues and Thurs	9:45 - 10:15 A.M. 5:45 - 6:15 P.M.	\$40 M \$65 NM	8
6-13 year olds	Tues and Thurs	10:15 - 11:00 A.M. 6:15 - 7:00 P.M.	\$50 M \$75 NM	8
Parent/Tot 6 Months - 36 Months	Tues and Thurs	5:15 - 5:45 P.M.	\$40 M \$65 NM	8

### Private Lessons

Enjoy the individual attention that only a private swim lesson can offer. Private lessons are one-on-one and are tailored to meet the unique needs of the participant. A caring, qualified swim instructor teaches each 30 minute class. Private lessons are for ages 3 - adult and are scheduled according to the current pool schedule, the swimmer's schedule, and the instructor's schedule. Lessons are sold in packages of five. **Please see the Member Service Desk for more information.**

