NEW CLASSES

DECEMBER 2026



SWIM LESSONS

2026 WINTER SESSION



Alamance County Community YMCA
1346 S. Main Street, Burlington, NC 27215

Questions? Contact Solaris Anderson
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Alamance County Community YMCA

SWIM LESSONS

2026 DECEMBER SCHEDULE

Special 2-Week Session Dates:
December 7th – December 17th
(Mon – Thurs)



Guppy Group – Swim Starters (Ages 6 – 36 months with Parent)

Swim Starters introduces infants and toddlers to the water with the support of a parent or caregiver. Through guided activities, children learn basic water comfort skills such as blowing bubbles, floating with assistance, and safe entries and exits. The focus is on building trust, developing early water safety awareness, and creating a positive first experience in the water.

Not Available For December



Turtle Group – Stage 1: Water Acclimation

This stage helps swimmers become comfortable and confident in the water. Swimmers learn to submerge their face, float with assistance, glide short distances, and practice safety skills such as jumping in and exiting the pool independently. The goal is to help swimmers feel relaxed while beginning to move independently in the water.

Monday – Thursday (2 weeks)
4:30 – 5:00 PM (Ages 3 – 8)



Seahorse Group – Stage 2: Water Movement

Swimmers begin developing more independent control in the water. Skills include submerging, retrieving objects, floating independently, and gliding longer distances on the front and back. Swimmers also start practicing basic treading and coordinated movement while building confidence moving through the water.

Monday – Thursday (2 weeks)
5:05 – 5:35 PM (Ages 3 – 8)



Stingray Group – Stage 3: Water Stamina

In this stage swimmers begin swimming longer distances and building endurance. Swimmers practice swimming on both their front and back, retrieving objects underwater, and treading water for longer periods. The focus is on improving body position, comfort underwater, and the ability to move continuously through the water.

Monday – Thursday (2 weeks)
4:30 – 5:00 PM



Dolphin Group – Stage 4: Stroke Introduction

Level 4 introduces the foundations of competitive swim strokes. Swimmers learn the basic mechanics of front crawl, back crawl, and breaststroke kick while building endurance swimming multiple lengths. Additional skills such as diving, treading water, and elementary backstroke help swimmers develop coordination and confidence in the water.

Monday – Thursday (2 weeks)
5:40– 6:10 PM



What's Next For My Swimmer? Check out our Storm Prep Academy

Swimmers who have completed all four stages of swim lessons and are interested in taking the next steps toward joining swim team. Must have recommendation from Swim Instructor and/or Prep Academy Instructor to register.

Member Pricing: $70 per session

Non-Member Pricing: $90 per session