



Alamance County  
Community YMCA

# SWIM LESSON PROGRAMS

2026

**PARENT  
+ CHILD**  
6 - 36 MONTHS

**SATURDAYS**  
\$75 member pricing

from 10:05 - 10:35 am  
\$95 non-member pricing

**PRE-  
SCHOOL**  
3 - 5 YEARS

**MONDAYS**  
**HOMESCHOOL**  
**STAGE 1 - 2**  
**STAGE 2 - 3**

\$75 member pricing

from 1:00 - 1:30 pm  
from 4:50 - 5:20 pm  
from 5:25 - 5:55 pm

\$95 non-member pricing

**TUESDAYS + THURSDAYS**  
**HOMESCHOOL**  
**STAGE 1 - 2**  
**STAGE 2 - 3**

\$99 member pricing

from 1:00 - 1:30 pm  
from 5:00 - 5:30 pm  
from 5:35 - 6:05 pm

\$119 non-member pricing

**SATURDAYS**  
**STAGE 1 - 2**  
**STAGE 2 - 3** (Starting 2/21)

\$75 member pricing

from 10:40 - 11:10 am  
from 11:15 - 11:45 am

\$95 non-member pricing

\*sessions begin February 21

**MONDAY SESSION DATES**

1/5 - 2/9 , 2/16 - 3/23

**TUESDAY/THURSDAY SESSION DATES**

1/6 - 1/29 , 2/3 - 2/26 , 3/3 - 3/26

**SATURDAY SESSION DATES**

1/10 - 2/14 , 2/21 - 3/28

**QUESTIONS?**

CONTACT OUR AQUATICS DIRECTOR  
ZACK MANLEY AT [ZMANLEY@ACYMCA.COM](mailto:ZMANLEY@ACYMCA.COM)

To learn more, visit us at [acymca.com](https://www.acymca.com)





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# SWIM LESSON PROGRAMS

2026

## YOUTH 5 - 12 YEARS

### MONDAYS

#### HOMESCHOOL

#### STAGE 1 - 2

#### STAGE 3

#### STAGE 4 - 5

#### STORM PREP ACADEMY

\$75 member pricing

\$95 non-member pricing

from 1:35 - 2:20pm

from 6:00 - 6:45 pm

from 5:15 - 6:00 pm

from 6:05 - 6:50 pm

from 6:55 - 7:40 pm

### TUESDAYS + THURSDAYS

#### STAGE 1 - 2

#### STAGE 3

#### STAGE 4 - 5

\$99 member pricing

\$119 non-member pricing

from 6:10 - 6:55 pm

from 5:15 - 6:00 pm

from 6:05 - 6:50 pm

### SATURDAYS

#### STAGE 1 - 2

#### STAGE 3

#### STAGE 4 - 5

#### STORM PREP ACADEMY

\$75 member pricing

\$95 non-member pricing

from 10:20 - 11:05 am

from 11:10 - 11:55 am

from 12:00 - 12:45 pm

from 9:30 - 10:15 am

## TEEN + ADULT 12 + YEARS

### MONDAYS

### WEDNESDAYS

### SATURDAYS

\$99 member pricing

\$119 non-member pricing

from 6:50 - 7:35 pm

from 6:50 - 7:35 pm

from 11:50 - 12:35 pm

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