



Alamance County
Community YMCA

SWIM LESSON

PROGRAMS

2026

PARENT + CHILD 6 - 36 MONTHS

PRE- SCHOOL 3 - 5 YEARS



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

SATURDAYS
\$75 member pricing

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

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

QUESTIONS?
CONTACT OUR AQUATICS DIRECTOR
ZACK MANLEY AT ZMANLEY@ACYMCA.COM
To learn more, visit us at acymca.com



Alamance County
Community YMCA

SWIM LESSON

PROGRAMS

2026

YOUTH 5 - 12 YEARS

MONDAYS

HOMESCHOOL

from 1:35 - 2:20pm

STAGE 1 - 2

from 6:00 - 6:45 pm

STAGE 3

from 5:15 - 6:00 pm

STAGE 4 - 5

from 6:05 - 6:50 pm

STORM PREP ACADEMY

from 6:55 - 7:40 pm

\$75 member pricing

\$95 non-member pricing

TUESDAYS + THURSDAYS

STAGE 1 - 2

from 6:10 - 6:55 pm

STAGE 3

from 5:15 - 6:00 pm

STAGE 4 - 5

from 6:05 - 6:50 pm

\$99 member pricing

\$119 non-member pricing

SATURDAYS

STAGE 1 - 2

from 10:20 - 11:05 am

STAGE 3

from 11:10 - 11:55 am

STAGE 4 - 5

from 12:00 - 12:45 pm

STORM PREP ACADEMY

from 9:30 - 10:15 am

\$75 member pricing

\$95 non-member pricing

TEEN + ADULT 12 + YEARS

MONDAYS

from 6:50 - 7:35 pm

WEDNESDAYS

from 6:50 - 7:35 pm

SATURDAYS

from 11:50 - 12:35 pm

\$99 member pricing

\$119 non-member pricing