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FOR HEALTHY LIVING
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STRONG SWIMMERS CONFIDENT KIDS

LEARN-TO-SWIM LESSONS— 2023 SESSION



THE ALAMANCE COUNTY YMCA
1346 S. MAIN STREET, BURLINGTON, NC 27215
(336)395-9622 ACYMCA.ORG

FOR A BETTER US.

ADAPTIVE LEARN-TO-SWIM LESSONS-2023 SESSION

At the Y, swimming is a life skill. Our swim lessons prepare children of all ages and abilities to stay safe and have fun in the water- building strong swimmers and confident kids!

About this class: This class is designed for participants with disabilities who are both new and experienced in the pool area. They will learn basic water adjustments skills and basic water safety. Participants will need to bring a buddy with them (**buddy* must be in the water with them during class**) **NO EXCEPTIONS**. The class will be under the direction of a certified American Red Cross Water Safety Instructor. An initial skills assessment will be conducted on the first day of class. There are no prerequisites for this class.

*** Buddy must be at least 16 years or older * Class must have 6 participants in order for class to run, or session will be canceled.**

Class Day:	Class Level:	Class Time:	Session Dates:
Sundays	Adaptive 1- Beginner Adaptive 2 - Intermediate/ Advance	1:00pm-1:30pm 1:30pm-2:00pm	January 8th– February 26th

Fees for Eight (30-minute) lessons: (Eight lessons is one session)

Y Member Participant: \$80 per Session

Non-Member Participant: \$95 per Session

Here's what you need to know:

- Please arrive 5 minutes prior to the start of your class.
- Locker rooms are available for swimmers to change if needed. Remember to bring a towel!
- Parents are able to watch class from any of our available seating. We ask that you give instructors space to teach with no distraction.
- Goggles and facemask (full coverage snorkel type "goggles") are discouraged during swim lessons. If goggles are necessary, please discuss the reasons why with your instructor.
- Swim diapers are required for any participant not potty trained.

Make-up classes are not offered for lessons missed. Make-up classes for lessons canceled by the Y are not guaranteed. Any requests for refunds must be made 2 weeks prior to the start of the session. If you register your child incorrectly we will make every effort to move your child to the correct level if space is available. Refunds/credit may be unavailable for incorrect placement. Be sure to read the swim lesson selector document prior to registering for a class.

Registration is available on line at www.acymca.org/programs. Registration may close five days prior to the first day of class so register early! **If you have any questions please contact our Aquatics Director, Terrell Brewington at tbrewington@acymca.org.**