



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTH STARTS HERE ADULT SWIM LESSONS

ADULT LEARN-TO-SWIM LESSONS



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

FOR A BETTER US.

# It's Never Too Late

## Adult Swim Lessons 2023 ALAMANCE COUNTY

Whether you are an adult who has some fear of the water or a triathlete or lap swimmer wanting to improve your technique, our adult swim lessons are designed to help you accomplish your goals. Y instructors will work towards your comfort in the water first and then encourage you as you advance through the skill progressions.

### Class Schedule:

Class Day:	Class Time:	Class Dates:
<b>Mondays</b>	<b>6PM-6:45PM</b>	<b>3/6-4/23</b>

### Fee for 8 (45 minute) Lessons:

**Members: \$90**

**Non-Member Participants: \$105**

### Here's what you need to know:

- Adult classes are designed for ages 15 and older
- Please arrive no earlier than 5 minutes prior to the start of your class
- Swimmers should come in their swim suit and leave in their swim suit if possible. Remember to bring a towel!
- If you or anyone in your house is showing signs of illness, DO NOT COME TO SWIM CLASS.

***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.***

**Registration is available on line at [www.acymca.org/programs](http://www.acymca.org/programs). Registration may close five days prior to the first day of class so register early!**