



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

LEARN-TO-SWIM LESSONS— SUMMER 2022 SESSIONS



THE ALAMANCE COUNTY YMCA  
1346 S. MAIN STREET, BURLINGTON, NC 27215  
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FOR A BETTER US.

# YOUTH LEARN-TO-SWIM LESSONS– SUMMER 2022 SESSIONS

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

Preschool classes are for children 3-5.

Youth lessons are for children age 6-12.

Please review our level selector to determine which class may be appropriate for your child– available at the Y Front Desk or online: [www.acymca.org/sites/default/files/Swim%20Lesson%20Selector%20Guide.pdf](http://www.acymca.org/sites/default/files/Swim%20Lesson%20Selector%20Guide.pdf)

**Parent / Child Classes – children in these classes should be at least 6 months old up to 36 months old.** This class is a great introduction to water orientation. Children will become comfortable moving through water and become acquainted with working with an instructor independently.

Class Day:	Class Level:	Class Time:	Class Dates:
Monday/Wednesday	Preschool & Youth Level 3 & 4	6:25-6:55PM	June 06–June 29 July 11– Aug 03
Tuesday/Thursday	Preschool & Youth Level 1 & 2	6:25-6:55PM	June 07–June 30 July 12– Aug 04
Monday-Thursday	Preschool Level 1 & 2 Youth Level 1 & 2	11:00am-11:30am 11:40am-12:10pm	June 13–June 23 June 27–July 8* July 11– July 21 July 25–August 04
Saturday	Preschool & Youth Level 1 & 2 Preschool & Youth Level 3 & 4	10:40-11:10 AM 11:20am-11:50am	July 09–August 06 (Mini Session)

\*No Class on Monday July 4th, Class will be Friday July 8th that week instead\*

## Fees for Eight

Mini Session is 5 weeks and pro-rated accordingly

Y Member Participant: \$80 per child

Non-Member Participant: \$95 per child

## Here's what you need to know:

- 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!
- Viewing lessons from the upstairs windows or from the outdoor pool deck is acceptable. In order to maintain a safe distance from our staff and participant's we ask that you not view lessons from the pool deck itself.
- 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.
- Please only come to class if your swimmer is 100% healthy. If they are feeling even a little "under the weather," stay home. If your swimmer or anyone in your house is showing signs of illness, DO NOT COME TO SWIM CLASS.
- The Parent / Child class requires an adult 16 years of age or older to accompany the child in the water. Swim diapers are necessary for children who are not toilet 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](http://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 Alexa at [alexa@acymca.org](mailto:alexa@acymca.org).**