



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS SAFER COMMUNITY

Youth Swim Lessons – Summer 2021 ALAMANCE COUNTY COMMUNITY YMCA

Here at the Y, we believe that swimming is a life skill, great exercise and a challenging sport. The goal of our swim lessons program is to help individuals build their self-confidence through learning the necessary skills to be safe in and around the water for a lifetime. We offer three swim lesson options and all lessons are 30 minutes long. Our aquatics department follows all safety guidelines established by the CDC, NCDHSS, Red Cross and Y USA.

- Small Group Lessons consist of 4 lessons with 3-6 swimmers in each class.
- Private Lessons consists of 5 lessons and provides the swimmer with one-on-one attention.
- Semi - Private Lessons consist of 5 lessons and are for swimmers in the same household or for swimmers who are on the same swim level.
- The swim lesson schedule is located on the back of this flyer.

PRICE:	Small Group Lessons - Members	\$40.00	Program Participants	\$60.00
	Private Lessons	\$125.00		
	Semi Private Lessons – Members	\$50.00	Program Participants	\$75.00

LOCATION: ALAMANCE COUNTY COMMUNITY YMCA
1346 S. Main Street
Burlington, NC 27215





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2021 Summer Swim Lesson Schedule

JUNE SESSION:

Week Day Lessons (Monday–Thursday):

Session 1: June 7th – June 10th
Session 2: June 14th – June 17th
Session 3: June 21st – June 24th
Session 4: June 28th – July 1st

Time:

Level 1 – 2: 11:00am – 11:30am
Level 3+: 11:40am – 12:10pm/
6:00pm – 6:30pm

Saturday Lessons:

Session 1: June 5,12,19,26

Time:

Parent/Child: 10:15am – 10:45am
Level 1 – 2: 10:50am – 11:20am
Level 3: 11:30am—12:00pm

Sunday Lessons:

Session 1: June 6,13,20,27

Time:

Parent/Child: 1:00pm – 1:30pm
Level 3+: 1:00pm – 1:30pm
Level 1 – 2: 1:45pm – 2:15pm

JULY SESSION:

Week Day Lessons (Monday–Thursday):

Session 1: July 5th – July 8th
Session 2: July 12th – July 15th
Session 3: July 19th – July 22nd
Session 4: July 26th – July 29th

Time:

Level 1 – 2: 11:00am – 11:30am
Level 3+: 11:40am – 12:10pm/
6:00pm – 6:30pm

Saturday Lessons:

Session 1: July 10,17,24, 31

Time:

Parent/Child: 10:15am – 10:45am
Level 1 – 2: 10:50am – 11:20pm
Level 3: 11:30am–12:00pm

Sunday Lessons:

Session 1: July 11,18,25, 8/1

Time:

Parent/Child: 1:00pm – 1:30pm
Level 3+: 1:00pm – 1:30pm
Level 1 – 2: 1:45pm – 2:15pm

Registration is now available online at [acymca.org/programs](https://www.acymca.org/programs).

Don't know what Level your swimmer is? Check out this Page: <https://www.acymca.org/sites/default/files/Swim%20Lesson%20Selector%20Guide.pdf>

Refund Policy: A required form requesting a Refund or Credit (available at the Member Services Desk) must be submitted to the Aquatics Director TWO WEEKS prior to the beginning of class.

Make-up days: There are no make up dates for missed classes. Make up days will only be scheduled for YMCA cancelled classes.