



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

LEARN-TO-SWIM LESSONS— WINTER 2022 SESSIONS



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

YOUTH LEARN-TO-SWIM LESSONS– WINTER 2022

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

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 | Youth Level 1 & 2 | 6:00-6:30 PM | Feb 7th-March 2nd, 2022 |
| | Youth Level 3 & Level 4 | 6:30-7:00PM | |
| Tuesday/Thursday | Youth Level 1 & 2 | 6:00-6:30 PM | Feb 8th-March 3rd 2022 |
| | Preschool Level 1 & 2 | 6:30-7:00PM | |

Fees for Eight (30-minute) lessons:

Y Member Participant: \$80 per

Non-Member Participant: \$95 per

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!
- 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. 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.**