



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IT'S NEVER TOO LATE

## Adult Swim Lessons, 2019 ALAMANCE COUNTY YMCA

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.

- Designed for ages 15 and older
- A session provides 8 classes, unless otherwise noted
- Classes are held on Mondays from 6:15-7:00 PM
- Pre-registration is required
- Session Dates:    January 7 – February 11 (6 classes)  
                              February 18 – April 8  
                              April 22 – June 10  
                              June 17 – Aug 5  
                              September 9- October 28  
                              November 4 – December 9 (6 classes)



### Y Member Fee:

8 classes	\$45.00
6 classes (Mini-Session)	\$35.00

### Program Participant Fee:

8 classes	\$90.00
6 classes (Mini-Session)	\$70.00

For more information contact Solaris Anderson by email at [swim.lessons@acycma.org](mailto:swim.lessons@acycma.org)

Or visit our website at [www.acymca.org](http://www.acymca.org)