



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **STRONG SWIMMERS CONFIDENT KIDS**

## **Youth Swim Lessons – Fall/Winter 2019**

Through YMCA Swim Lessons, children build their self-confidence by learning the necessary skills to be safe in and around the water. We use a progressive style of teaching, where your child will advance through the program at their rate of development. At the Y, we believe swimming is a life skill as well as great exercise for all ages.

### **Swim Lesson Program Highlights:**

**Simple and easy to follow**

- **Step by step approach – Each Level builds off skills learned in previous levels**

**Flexible**

- **Better swimmer to coach ratios**
- **Immediate Advancement – Once a swimmer completes the skills at their level, they will immediately begin working on the next level skills**

**Goal Oriented and Technique Driven**

- **Created by swim coaches – teaching the proper and most efficient ways to swim.**

Our lessons are taught by instructors trained to expect the best of every child. These include experience teachers, competitive coaches and swimmers from the YBAC Swim Team.

**From Beginners to Olympians we have a program that fits your needs!**

**PLEASE SEE REVERSE SIDE FOR SESSION DATES AND REGISTRATION INFORMATION**

A session includes 8 classes, each 30 minutes in duration. Those having less than 8 classes are called mini-sessions and are prorated accordingly.

Session Fees: \$35 for Y Members, \$65 for Program Participants

Mini-Sessions (6 classes) – \$26 for Y Members, \$49 for Program Participants

Registration is now available on-line at [www.acymca.org/programs](http://www.acymca.org/programs)

For More Info Contact: Solaris Anderson – [swim.lessons@acymca.org](mailto:swim.lessons@acymca.org)

**ALAMANCE COUNTY COMMUNITY YMCA**

1346 South Main Street, Burlington NC 27215

P 336 395 9622 [www.acymca.org](http://www.acymca.org)

# 2019 Fall/Winter Swim Lesson Sessions

\*Registration may close 5 days prior to first day of class so register early\*

## Saturday Lessons

Session Dates: Sept 7<sup>th</sup> – Oct 26<sup>th</sup>  
Nov 2<sup>nd</sup> – Dec 7<sup>th</sup>

*Parent/Child Lessons (6 months - 36 months)*

Times: 10:15-10:45 AM

*Pre-School Lessons (2 - 4 year olds)*

Times: 10:50 AM - 11:20 AM

*School Age Group Lessons (5 - 14 year olds)*

Times: 11:30 AM - 12:00 PM

## Sunday Lessons

Session Dates: Sept 8<sup>th</sup> – Oct 27<sup>th</sup>  
Nov 3<sup>rd</sup> – Dec 8<sup>th</sup>

*School Age Lessons (5-14)*

Time: 2:00 PM – 2:30 PM

*Pre-School Lessons (2 - 4 year olds)*

Times: 2:35 PM - 3:05 PM

## Weekday Lessons (2 nights per week)

Session Dates: Sept 9<sup>th</sup> – Oct 3<sup>rd</sup>  
Oct 7<sup>th</sup> – Oct 31<sup>st</sup>  
Nov 4<sup>th</sup> – Nov 27<sup>th</sup>

*Youth Group Lessons (3 - 14 year olds)*

Days: Monday & Wednesday OR  
Tuesday & Thursday

Times: 6:20 - 6:50 PM

**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:** After the 2nd cancellation due to weather, a make-up day will be scheduled. Make-up days will not be scheduled for individuals who miss a class.

We also offer swim lessons for Adults, as well as Private and Semi-Private Lessons (Build Your Own) for all ages. For more information, ask the Member Services Staff.

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.