



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

STRONG SWIMMERS CONFIDENT KIDS

Youth Swim Lessons – Winter / Spring 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

For More Info Contact: Solaris Anderson – swim.lessons@acymca.org

ALAMANCE COUNTY COMMUNITY YMCA

1346 South Main Street, Burlington NC 27215

P 336 395 9622 www.acymca.org

2019 Winter/Spring Swim Lesson Sessions

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

Saturday Lessons

Session Dates: Jan. 12th – Feb. 16th (6 weeks)
Feb. 23rd – April 13th
Apr. 22nd – June 15th

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: Jan. 13th – Feb. 17th (6 weeks)
Feb. 23rd – April 14th
Apr. 23rd – June 16th

Times: 2:00 PM – 2:30 PM

Weekday Lessons (2 nights per week)

Session Dates: Jan. 21st – Feb. 14th
Feb. 18th – Mar. 14th
Mar. 18th – Apr. 11th
Apr. 22nd – May 16th
May 20th – June 13th

Youth Group Lessons (3 - 14 year olds)

Days: Monday & Wednesday OR

Tuesday & Thursday

Times: 6:20 - 6:50 PM

Can't make the 2x week – sign up for our 1 day a week classes, same night for 8 weeks

These classes run Monday, Tuesday, Wednesday and Thursday 6:20 – 6:50 for 8 weeks.

This option is only available from Jan. 21st to Mar 14th or Apr. 22nd – June 13th

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.