



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

STRONG SWIMMERS CONFIDENT KIDS

Youth Swim Lessons – Spring/Summer 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 MORE INFORMATION

FEES:

A session includes 8 classes, each 30 minutes in duration.

Session Fees: \$35 for Y Members, \$65 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 Spring and Summer Swim Lessons

Registration may close 5 days prior to first day of class

Parent/Child Lessons (6 – 36 months old)

- Saturdays, 10:15-10:45am
April 27 – June 15 / June 22-August 10

Preschool Lessons (2-4 years old)

- Saturdays, 10:50-11:20am
April 27 – June 15 / June 22 – Aug 10
- Sundays, 2:35-3:05pm
April 28 – June 16 / June 23 – August 11
- Monday through Thursday, 11:05-11:35am
June 17-27 / July 1-11 (no class July 4) / July 15-25 / July 29- Aug 8

Youth Lessons (4-14 years old)

- Saturdays, 11:30am – 12:00pm
April 27 – June 15 / June 22 – Aug 10
- Sundays, 2:00-2:30pm
April 28 – June 16 / June 23 – August 11
- Monday and Wednesday, 6:20-6:50pm
April 22 - May 16 / May 20 – June 13
- Tuesday and Thursday, 6:20-6:50pm
April 23 - May 16 / May 21 – June 13
- Monday through Thursday, 11:40am-12:10pm
June 17-27 / July 1-11 (no class July 4) / July 15-25 / July 29- Aug 8
- Monday through Thursday, 6:00-6:30pm
June 17-27 / July 1-11 (no class July 4) / July 15-25 / July 29- Aug 8

***Youth lessons: If you can't make the 2 x a week classes – sign up for 1 day a week, same night for 8 weeks**
This option is only available for the 6:20 – 6:50pm class from 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.