



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

BUILDING SKILLS THAT LAST A LIFETIME

Private Swim Lessons – Summer 2019

Benefit from one-on-one instruction with your private swim lesson instructor.

Whether you are new to the water or just need to refine your stroke, we can help!

- Enjoy the encouragement and special attention inherent with private lessons
- Create your own goals and take away great drills for continued improvement
- You arrange days/times with the instructor. On Back of form indicate which times are available.
- Swimmers will receive 5 session of 30 minutes for \$125.00



For more information: Visit: www.acymca.org or contact Solaris Anderson at swim.lessons@acymca.org

ALAMANCE COUNTY COMMUNITY YMCA
1346 South Main Street, Burlington NC 27215
P 336 395 9622 www.acymca.org

Please fill out the form and we'll contact you to coordinate your lessons.

Swimmer's Name: _____ Age: _____

Parent's Name (if under 18): _____

Email: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Current Swimming Ability: _____

Requested Instructor: _____

Any special considerations we need to know about: _____

**All times may not be available—dependent upon
Instructor Availability and previously scheduled lessons**

Monday through Thursday:

[] 12:15 – 1:00 [] 4:30 – 5:45

[] 6:30 – 7:00 [] 8:00 – 8:30

Friday: [] 10:00 AM – 1:00 PM [] 4:00 – 8:30 PM

Saturday: [] 12:15 – 4:30 PM

Sunday: [] 1:00 – 4:30 PM