



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH STARTS HERE ADULT SWIM LESSONS

ADULT LEARN-TO-SWIM LESSONS



THE ALAMANCE COUNTY YMCA
1346 S. MAIN STREET, BURLINGTON, NC 27215
(336)395-9622 ACYMCA.ORG

FOR A BETTER US.

It's Never Too Late

Adult Swim Lessons 2023 ALAMANCE COUNTY

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.

Class Schedule:

Class Day:	Class Time:	Class Dates:
Mondays	6PM-6:45PM	1/9-2/27

Fee for 8 (45 minute) Lessons:

Members: \$90

Non-Member Participants: \$105

Here's what you need to know:

- Adult classes are designed for ages 15 and older
- Please arrive no earlier than 5 minutes prior to the start of your class
- Swimmers should come in their swim suit and leave in their swim suit if possible. Remember to bring a towel!
- If you or anyone in your house is showing signs of illness, DO NOT COME TO SWIM CLASS.

Make-up classes are not offered for lessons missed. Make-up classes for lessons canceled by the Y are not guaranteed. Any requests for refunds must be made 2 weeks prior to the start of the session.

Registration is available on line at www.acymca.org/programs. Registration may close five days prior to the first day of class so register early!

Questions? Contact Aquatics Director, Terrell @ tbrewington@acymca.org