



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIM- CONFIDENT KIDS

LEARN-TO-SWIM LESSONS



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

FOR A BETTER US.

YOUTH LEARN-TO-SWIM LESSONS– Winter/Spring Session

At the Y, swimming is a life skill. Our swim lessons prepare children of all ages to stay safe and have fun in the water- building strong swimmers and confident kids!

Preschool classes are for children 3-5.

Youth lessons are for children age 6-12.

Beginners– New to swimming, little to no experience or nervous swimmers

Intermediate– Comfortable in the water, can float, tread and swim 10-15 yards

Advanced– Can swim 25-30 yards, float & tread 30 seconds, needs work on stamina and stroke introduction,

Parent / Child Classes – children in these classes should be at least 6 months old up to 36 months old.

This class is a great introduction to water orientation. Children will become comfortable moving through water and become acquainted with working with an instructor independently.

Class Day:	Class Level:	Class Time:
Monday/Wednesday	Youth (6-12) Intermediate	5:50-6:20PM
	Youth (6-12) Advanced	6:30-7:00PM
Tuesday/Thursday	Preschool (3-5) Beginner	5:50pm-6:20PM
	Youth (6-12) Beginner	6:30-7:00PM
Saturday	Parent & Child (6 mo.-3 yrs.)	10:00-10:30 AM
	Preschool & Youth Beginners	10:40-11:10 AM
	Preschool & Youth Intermediate	11:20-11:50AM

Session Dates:

Monday/Wednesday:

January 9th– February 1st

February 6th-March 1st

March 6th-March 29th

April 3rd-April 26th

May 1st-May 24th

Tuesday/Thursday

January 10th– February 2nd

February 7th-March 2nd

March 7th– March 30th

April-4th– April 27th

May 2nd-May 25th

Saturday:

January 7th-February 25th

March 4th– April 22nd

FEES for 8-30 minute lessons:

\$80 for members, \$95 for nonmembers

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. If you register your child incorrectly, we will make every effort to move your child to the correct level if space is available. Refunds/credit may be unavailable for incorrect placement. Be sure to read the swim lesson selector document prior to registering for a class.

Registration is available online at www.acymca.org/programs. Registration may close five days prior to the first day of class so register early! **If you have any questions please contact tbrewington@acymca.org**