

STRONG SWIMMERS CONFIDENT KIDS

SWIM LESSONS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

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Spring I Session: February 25 - April 14

SKIPPERS SWIM LESSONS

Ages: 3-5 Years

Swimmers will build self-confidence and strength by learning to swim independently in the Skippers program. Each level will bring new challenges and skills to master. Students should be placed in an appropriate level based on current ability.

Class Duration: 30 Minutes

Capacity: 4 Students/Class

Location: Therapy Pool

Cost: \$45 Members / \$90 Participants

PIKE ONE

Swimmers will learn to scoop and kick, float, and jump into the pool. Basic boating and water safety will also be covered. The Pike One level works to make students independent in the water while using flotation. **Prerequisite:** child must be 3 years of age, toilet trained, and comfortable in the water without parental supervision.

PIKE TWO

Swimmers will begin to learn front crawl with their face in the water and begin to learn backstroke using flotation. Swimmers will also work on independently pushing off the wall and floating. **Prerequisite:** child must be able to swim the length of the therapy pool horizontally with 2 bubbles.

EEL

Swimmers will begin to learn rotary breathing with front crawl, elementary backstroke, and treading water while working on gaining endurance. **Prerequisite:** child must be able to swim the length of the therapy pool horizontally with one or no bubble.

RAY

Swimmers will be introduced to breaststroke, sidestroke, and diving. Emphasis will be placed on endurance and stroke technique for front crawl and backstroke. Techniques like rotary breathing will be practiced in this level as swimmers prepare for the progressive program. **Prerequisite:** child needs to successfully swim 25 yards continually without flotation.

PARENT CHILD SWIM LESSONS

Parent Child One: 6 - 18 months

Parent Child Two: 1½ - 2½ years

Parent Child Perch: 2½ - 3½ Years

Parent child swimming lessons will focus on age appropriate fundamentals of swimming. Children will be able to establish trust and comfort with the instructors while having the support of a parent in the water.

Class Duration: 30 Minutes

Capacity: 8 Students/Class

Location: Therapy Pool

Cost: \$45 Members / \$90 Participants

Note: Children under the age of 4 need to wear a rubber swim diaper while in the water.

PARENT CHILD ONE & TWO

Activities include singing songs, blowing bubbles, scooping, kicking, and jumping off the side of the pool. Infants must be at least 6 months old and able to hold their heads above the water.

PERCH

Children will learn to swim using a PFD (lifejacket) or bubble. Teachers may also use tools such as barbells or noodles. The primary goals in this program include gaining self-confidence and learning how to swim in a group setting.

PARENT/CHILD & SKIPPERS SWIM LESSONS - SPRING I SESSION

Parent/Child & Skippers swim lessons are taught in the Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:30 PM Pike One Instructor: Annett	3:30-4:00 PM Pike One Instructor: Annett	4:00-4:30 PM Pike One Instructor: Annett	4:00-4:30 PM Pike One Instructor: Annett	No Lessons	9:00-9:30 AM Parent Child One Instructor: Jeff	No Lessons
5:00-5:30 PM Pike Two Instructor: Annett	4:15-4:45 PM Eel Instructor: Annett	5:00-5:30 PM Pike Two Instructor: Annett	4:30-5:00 PM Pike Two Instructor: Annett		9:30-10:00 AM Parent Child Two Instructor: Jeff	
			5:00-5:30 PM Ray Instructor: Annett		10:00-10:30 AM Perch Instructor: Kristy	
					10:30-11:00 AM Pike One Instructor: Kristy	
					11:00-11:30 AM Pike Two Instructor: Kristy	

PROGRESSIVE SWIM LESSONS

Ages: 6-12 Years

Swimmers will be introduced to all formal strokes throughout this program: front crawl, backstroke, breaststroke, and butterfly. Swimmers will strive for exceptional stroke technique and endurance and learn advanced principles like flip turns and competitive starts from the block. Swimmers will gain self-confidence and self-reliance through setting and achieving goals.

Duration: 45 Minutes (Polliwog One - 30 minutes)

Capacity: 6 Students/Class

Location: Main Pool (Polliwog One - Therapy Pool)

Cost: \$45 Members / \$90 Participants

POLLIWOG ONE

In Polliwog One, swimmers will begin to learn the fundamentals of swimming such as front crawl, backstroke, surface/subsurface glides, and diving. **Prerequisite:** must be at least 6 years of age and comfortable with learning to swim independently without support.

POLLIWOG TWO

Swimmers will continue to learn fundamentals like rotary breathing and improve upon stroke technique. Swimmers will begin to learn more advanced principles such as the frog kick and dolphin kick. **Prerequisite:** swimmers need to successfully pass the swim test, which entails swimming 25 yards without flotation, treading water for one minute, and jumping into the deep end. They must pass this test prior to the first day of class.

GUPPY

Building endurance becomes a significant focus in the Guppy level. As swimmers improve their skills, endurance will be necessary in learning the more demanding strokes. Swimmers will learn to swim 50 yards or more at one time without stopping. This level will be more physically demanding than the Polliwog levels. **Prerequisite:** swimmers need to have successfully passed the Polliwog Two skill set.

MINNOW

Our Minnow lessons are now being taught by Sailfish Swim Team Blue Group coaches! Your child will swim with the Sailfish beginner group two times a week. Your child will be able to experience being on the swim team, without having to compete in swim meets. It is great way to introduce your child to the team and for them to have fun while building their skills. Swimmers need to have begun to learn rotary breathing for Freestyle and be able to complete 25 yards of freestyle and backstroke.



PROGRESSIVE SWIM LESSONS – SPRING I SESSION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-5:00 PM Polliwog One Instructor: Annett Therapy Pool	4:45-5:15 PM Polliwog One Instructor: Annett Therapy Pool	4:30-5:00 PM Polliwog One Instructor: Annett Therapy Pool	5:00-6:00 PM Minnow (2 days) Instructor: Morgan Main Pool	No Lessons	10:30-11:15 AM Polliwog Two Instructor: Emily Main Pool	No Lessons
4:45-5:30 PM Polliwog Two Instructor: Susan Main Pool	4:45-5:30 PM Polliwog Two Instructor: Hodding Main Pool	5:00-5:45 PM Polliwog Two Instructor: Hodding Main Pool			11:30 AM-Noon Polliwog One Instructor: Kristy Therapy Pool	
5:30-6:15 PM Guppy Instructor: Emily Main Pool	5:00-6:00 PM Minnow (2 days) Instructor: Morgan Main Pool					
	5:15-5:45 PM Polliwog One Instructor: Annett Therapy Pool					
	5:30-6:15 PM Guppy Instructor: Emily Main Pool					