

# STRONG SWIMMERS CONFIDENT KIDS

# SWIM LESSONS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

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**Winter Session: January 2 - February 17**

## PARENT CHILD SWIM LESSONS

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.

**Ages:** Parent Child One: 6 - 18 months  
Parent Child Two: 1½ - 2½ years  
Parent Child Perch: 2½ - 3 ½ Years

**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 PROGRAM SCHEDULE

**NOTE: ONE DAY PER WEEK FOR WINTER SESSION**

Day	Class	Time
Saturday	Parent Child One	9:00 AM
Saturday	Parent Child Two	9:30 AM
Saturday	Parent Child Perch	10:00 AM



## 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.

**Pike One 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. **Pike Two 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. **Eel 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. **Ray prerequisite:** child needs to successfully swim 25 yards continually without flotation.

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## 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.

**Polliwog One 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.

**Polliwog Two 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. **Guppy prerequisite:** swimmers need to have successfully passed the Polliwog Two skill set.

### MINNOW

Swimmers will continue to learn new strokes and improve their technique. Swimmers will be expected to improve their endurance, learning how to swim 100 yards at a time and treading water for extended periods. Swimmers will be introduced to components of more advanced strokes including breast stroke and butterfly.

**Minnow prerequisite:** swimmers need to have successfully passed the Guppy skill set.

## PROGRESSIVES SCHEDULE AGES 6+

DAY	CLASS	TIME
Monday	Polliwog One	4:00 PM
Tuesday	Polliwog One	4:00 PM
Tuesday	Polliwog One	5:00 PM
Wednesday	Polliwog One	4:00 PM
Wednesday	Polliwog One	4:30 PM
Saturday	Polliwog One	11:30 AM
Monday	Polliwog Two	4:00 PM
Tuesday	Polliwog Two	4:45 PM
Wednesday	Polliwog Two	4:45 PM
Thursday	Polliwog Two	4:00 PM
Saturday	Polliwog Two	10:30 AM
Monday	Guppy	4:45 PM
Tuesday	Guppy	4:00 PM
Saturday	Guppy	11:15 AM
Wednesday	Minnow	4:00 PM
Thursday	Minnow	4:45 PM

## SKIPPERS SCHEDULE AGES 3-5

Day	Class	Time
Monday	Pike One	5:00 PM
Wednesday	Pike One	4:00 PM
Wednesday	Pike One	5:00 PM
Thursday	Pike One	4:30 PM
Saturday	Pike One	10:30 AM
Monday	Pike Two	4:30 PM
Wednesday	Pike Two	4:30 PM
Thursday	Pike Two	4:00 PM
Saturday	Pike Two	11:00 AM
Tuesday	Eel	4:30 PM
Wednesday	Eel	5:00 PM
Thursday	Ray	5:00 PM

