

# PENOBCOT BAY YMCA SWIM LESSONS

Winter Session January 5 – February 14, 2026

Member Registration: Dec 22

Non-member Registration: Dec 29



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856

207.236.3375

[www.penbayymca.org](http://www.penbayymca.org)

[swim@penbayymca.org](mailto:swim@penbayymca.org)

## WEEKLY CLASSES: JANUARY 5 – FEBRUARY 14, 2026

### SWIM STARTERS: 6 – 36 months Adult/Child – Stage A & B

30 minute lessons | Location: Therapy Pool

Members \$85

Non-members \$145

#### A. WATER DISCOVERY: 6-18 MONTHS

- Wednesday: 3:00 - 3:30pm

#### B. WATER EXPLORATION: 19-36 MONTHS

- Wednesday: 3:30 - 4:00pm

### SWIM BASICS: 3-5 years – Stage 1, 2

30 minute lessons | Location: Therapy Pool

Members \$85

Non-members \$145

#### 1. WATER ACCLIMATION – Ages 3-5

- Wednesday: 4:00-4:30pm
- Wednesday: 4:45-5:15pm

#### 2. WATER MOVEMENT -Ages 3-5

- Tuesday: 4:00-4:30pm
- Tuesday: 4:40-5:10pm
- Wednesday: 5:30-6:00pm

### SWIM BASICS: 6-12 years – Stage 2, 3

40 minute lessons | Location: Therapy Pool

Members \$95

Non-members \$160

#### 2. WATER MOVEMENT – Ages 6-12

- Tuesday: 5:20-6:00 pm
- Saturday: 9:00-9:40am
- Saturday: 9:45-10:25am
- Saturday: 10:30-11:10am

#### 3. WATER STAMINA HYBRID – Ages 6-12

- Saturday: 9:50 - 10:30am

#### 3. WATER STAMINA – Ages 6-12

- Saturday: 10:40 - 11:20am

### SWIM STROKES: 6 – 12 years – Stage 4

40 minute lessons | Location: Therapy Pool

Members \$95

Non-members \$160

#### 4. STROKE INTRODUCTION

- Tuesday: 5:45-6:25 pm

### PRIVATE LESSONS: 6 months – 18 years

25 minute lessons | Location: Therapy Pool

Starting Jan

Members: \$50

Non-members: \$65

- Tuesday: 4:00-4:25pm
- Tuesday: 4:30-4:55pm
- Tuesday: 5:00-5:25pm
- Tuesday: 5:30-5:55pm

To register for Private Lessons, contact  
Della Weeks: 207.236.3375/dweeks@penbayymca.org

Register Online 



Apply to determine eligibility for FREE  
SWIM LESSONS through Y-USA grant





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:  
STAGES A–B**



3 years–5 years  
**PRESCHOOL:  
STAGES 1–4**



5 years–12 years  
**SCHOOL AGE:  
STAGES 1–6**



12+ years  
**TEEN & ADULT:  
STAGES 1–6**

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.