

PENOBSCOT 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
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 >>





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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.