PENOBSCOT BAY YMCA
SWIM LESSONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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SWIM STARTERS: 6 – 36 months

Schedule to be determined. Classes will be added as staffing becomes available.

SWIM BASICS: 3–5 years – Stage 1

November 4 – Dec 16

Location: Therapy Pool

No class on Veterans Day, Wednesday, November 11.
Makeup class on Thursday, November 12.

1. WATER ACCLIMATION – Ages 3–5

- Wednesday 3:45-4:15 PM

SWIM BASICS: Stage 2

November 3– December 15

Location: Therapy Pool

No classes during Thanksgiving week, November 24

2. WATER MOVEMENT – Ages 3–5

- Tuesday 4:00 - 4:30 PM
- Tuesday 4:40 - 5:10 PM

2. WATER MOVEMENT – Ages 6–12

- Tuesday 5:20- 6:00 PM

SWIM BASICS: 6–12 years – Stage 2 & 3

November 10 – December 15

2. WATER MOVEMENT – Ages 6–12

- Tuesday: 4:00 - 4:40 PM
- **Location: Therapy Pool**

3. WATER STAMINA HYBRID – Ages 6–12

- Tuesday 4:50- 5:30 PM
- **Location: Therapy Pool & Main Pool**

3. WATER STAMINA – Ages 6–12

- Tuesday 5:40- 6:20 PM
- **Location: Main Pool**

We're growing our swim instructor team and will add classes as we can. Please check back for updates

SCAN QR CODE TO REGISTER ONLINE

the YMCA

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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.