

PENOBSCOT BAY YMCA SWIM LESSONS

FALL SESSION: September 8 – October 30

Member Registration: Aug 24, 2026

Non-member Registration: Aug 27, 2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856
207.236.3375
www.penbayymca.org
jmaltese@penbayymca.org
dweeks@penbayymca.org

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

30 minute lessons | Location: Therapy Pool
no class October 8, 2026*

Members \$100
Non-members \$165

1. WATER DISCOVERY- 6-18 MONTHS

- Thursdays: 3:45 - 4:15 PM

B. WATER EXPLORATION- 19-36 MONTHS

- Thursdays: 4:30 - 5:00 PM

SWIM BASICS: 3-5 years – Stage 1, 2

30 minute lessons | Location: Therapy Pool

Members \$115
Non-members \$185

1. WATER ACCLIMATION – Ages 3-5

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

2. WATER MOVEMENT – Ages 3-5

- Wednesday 5:20 - 5:50
- Wednesday 6:00 - 6:30

SWIM BASICS: 6-12 years – Stage 1, 2, 3

40 minute lessons | Location: Therapy Pool

Members \$130
Non-members \$200

1. WATER ACCLIMATION – Ages 6-12

- Tuesdays: 4:00 - 4:40 PM

2. WATER MOVEMENT – Ages 6-12

- Tuesday 4:50- 5:30 PM
- Tuesday 5:40 - 6:20 PM

3. WATER STAMINA HYBRID – Ages 6-12

- Tuesday: 4:00 - 4:40 PM

3. WATER STAMINA – Ages 6-12

- Tuesday: 4:50 - 5:30 PM

SWIM STROKES: 6 – 12 years – Stage 4

40 minute lessons | Location: Therapy Pool

Members \$130
Non-members \$200

4. STROKE INTRODUCTION

- Wednesday: 5:40 - 6:20 pm

PRIVATE LESSONS: Starting at 6 months

25 minute lessons | Location: Therapy & Main Pool

Members \$50.00
Non-members \$65.00

Please reach out to Della Weeks to book a private lesson @dweeks@penbayymca.org

Register Online >>





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.