

PENOBCOT BAY YMCA SWIM LESSONS

Spring 1 SESSION: February 23-April 18

Member Registration: Feb 16

Non-member Registration: Feb 19



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856

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www.penbayymca.org

swim@penbayymca.org

SPRING 1 SESSION: FEBRUARY 23-APRIL 18

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

30 minute lessons | Location: Therapy Pool

Members \$115

Non-members \$185

1. WATER DISCOVERY- 6-18 MONTHS

- Thursday: 3:00 - 3:30pm

B. WATER EXPLORATION- 19-36 MONTHS

- Thursday: 3:35 - 4:05pm

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

- Tuesday: 3:00 - 3:30pm
- Tuesday: 3:35 - 4:05pm
- Thursday: 4:00 - 4:30pm

2. WATER MOVEMENT -Ages 3-5

- Tuesday: 4:10-4:40pm
- Tuesday: 4:45-5:15pm
- Tuesday: 5:20-5:50pm

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

- Thursday: 4:15 - 4:55pm

2. WATER MOVEMENT - Ages 6-12

- Thursday: 5:00 - 5:40pm
- Thursday: 5:45 - 6:25pm
- Saturday: 9:00 - 9:40am
- Saturday: 9:45 - 10:25am

3. WATER STAMINA HYBRID - Ages 6-12

- Saturday: 9:00 - 9:40am
- Saturday: 9:45 - 10:25am

3. WATER STAMINA - Ages 6-12

- Saturday: 10:30 - 11:10am

SWIM STROKES: 6 - 12 years - Stage 4

40 minute lessons | Location: Therapy Pool

Members \$130

Non-members \$200

4. STROKE INTRODUCTION

- Tuesday: 5:45 - 6:25 pm

4. STROKE DEVELOPMENT

- Wednesday: 5:45 - 6:25 pm

PRIVATE LESSONS: 6 months - 12 years

25 minute lessons | Location: Therapy Pool

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.