

SWIM LESSONS

SUMMER SESSION: JULY 7 – AUGUST 22

Member Registration: June 22

Non-member Registration: June 25



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856
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www.penbayymca.org
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SWIM STARTERS: 6 – 36 months – Stage A, B

30 minute lessons | Location: Therapy Pool

Members \$100

Non-members \$160

A. WATER DISCOVERY: 6-18 MONTHS

- Saturday 9:00 - 9:30 AM

B. WATER EXPLORATION: 19-36 MONTHS

- Saturday 9:35 - 10:05 AM

SWIM BASICS: 3-5 years – Stage 1, 2

30 minute lessons | Location: Therapy Pool

Members \$100

Non-members \$160

1. WATER ACCLIMATION – Ages 3-5

- Tuesday 4:00 - 4:30 PM
- Tuesday 4:35 - 5:05 PM

2. WATER MOVEMENT – Ages 3-5

- Tuesday 4:00 - 4:30 PM
- Tuesday 4:35 - 5:05 PM

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

40 minute lessons | Location: Therapy Pool /Main Pool

Members \$115

Non-members \$175

2. WATER MOVEMENT – Ages 6-12

- Tuesday 5:10 - 5:50 PM

3. WATER STAMINA HYBRID – Ages 6-12

- Tuesday: 5:10 - 5:50PM

3. WATER STAMINA – Ages 6-12

- Tuesday: 5:55 - 6:35 PM

SWIM STROKES: 6 – 12 years – Stage 4,5,6

40 minute lessons | Location: Main Pool will be open to 7:20 to accomidate lessons only

Members \$115

Non-members \$175

4. STROKE INTRODUCTION

- Tuesday: 5:55 - 6:35 PM

5. STROKE DEVELOPMENT

- Tuesday: 6:40 - 7:20 PM

6. STROKE MECHANICS

- Tuesday: 6:40 - 7:20 PM

PRIVATE LESSONS: Starting at 6 months

25 minute lessons | Location: Therapy & Main Pool

Members \$50.00

Non-members \$65.00

TUESDAY & WEDNESDAY

- 9:00 - 9:25 AM
- 9:30 - 9:55 AM
- 10:00 - 10:25 AM
- 10:30 - 10:55 AM

If you don't find a class that fits your needs, please add your name to one waitlist only. We are actively hiring and training swim instructors before July 7 and will add classes where demand is greatest.

Register Online





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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.