

SWIM LESSONS AT THE AYCC



American
Red Cross

All AYCC swim lessons are taught by American Red Cross Certified Lifeguards and Water Safety Instructors using the Michael Phelps IM Foundation lesson curriculum.



**AGES 6
MONTHS
AND UP!**

REGISTRATION BEGINS JUNE 3

SUMMER CLASS SESSION OPTIONS

8 WEEK OPTION (CLASSES 1X/WK) JUN 24 - AUG 17

4 WEEK OPTIONS (CLASSES 2X/WK) JUN 24-JUL 20 OR JUL 22-AUG 17

Boys & Girls Clubs and YMCA of Greater Waterville at the
Alfond Youth & Community Center
126 North Street, Waterville, Maine 04901 P: 207-873-0684 F: 207-861-8016
clubaycc.org facebook.com/aycmaine twitter.com/aycmaine



SWIM LESSONS - 2019

Registration Begins June 3

Summer Session Options

Option 1	Eight Week Session
	2x per wk Jun 24 - Aug 17
Option 2	First Four Weeks
	2x per wk Jun 24 - Jul 20
Option 3	Second Four Weeks
	2x per wk Jul 22 - Aug 17

Lesson Rates	Member	*Non-Member
Infant & Preschool	\$60.00	\$75.00
Youth & Adult	\$75.00	\$90.00
Private - 30 min	\$35.00	\$45.00
Private - 60 min	\$70.00	\$90.00

* Non-Member rates do not include memberships.

Level	Day	Time	Level	Day	Time
Level	Day	Time	Level	Day	Time

Name _____ Gender _____ Email _____

Address _____ City _____ State _____ Zip Code _____

Age _____ Date of Birth _____ Health/Allergy Problems _____

Parent/Guardian Name _____ Phone _____ / _____

Parent/Guardian Name _____ Phone _____ / _____

Emergency Contact _____ Phone _____ / _____

I, undersigned, as parent/guardian of _____, give consent for my child to access the facilities of and participate in programs administered by the Alford Youth Center. I acknowledge that there are risks associated with all programs and if there are any health concerns a physician should be consulted prior to participation. I understand and agree that the risks in associated with these programs may result in personal injury of any type and accept responsibilities associated with participation in programs and use of facilities.

I grant permission for the Alford Youth Center to provide care for my child in the event of accident or injury. _____ **Initials**

I grant permission for the Alford Youth Center to take video and/or photographs of my child for the purpose of marketing and promoting the Alford Youth Center. _____ **Initials**

Parent/Guardian Signature

Date

Participant's Name

FOR OFFICE USE ONLY			REFUND POLICY POSTED AT WELCOME CENTER		
Amount Paid	Receipt #	Date Paid	Membership Expiration	Scholarship Amount	Amount Due

INFANT & PRESCHOOL LESSONS Ages 6 months - 5 years 11 months

Tiny Tots - ages 6 mos - 2 yrs

Wed 5:45-6:15pm

Thurs 9:00-9:30am

Sat 11:15-11:45am

Tadpoles - ages 18 mos - 3 yrs, 11 mos

Mon 5:45-6:15pm

Tues 9:00-9:30am

Wed 4:00-4:30pm

Sat 9:15-9:45am

Flippers - ages 4 & 5

8 week session - 1x per week

Mon 3:45-4:15pm

Wed 4:30-5:00pm

Sat 10:00-10:30am

4 week session - 2x per week

Tues & Thurs 4:15-4:45pm

***Advanced Preschool** - ages 4-6

Mon 4:15-4:45pm *Instructor Permission



Ages 6 & up

YOUTH & ADULT LESSONS

Level 1 - ages 6+

8 week session - 1x per week

Mon 9:00-9:45am

Wed 5:00-5:45pm

Thurs 3:30-4:15pm

4 week session - 2x per week

Tues & Thurs 4:45-5:30pm

Level 2 - ages 6+

8 week session - 1x per week

Mon 9:00-9:45am

Wed 5:00-5:45pm

4 week session - 2x per week

Tues & Thurs 4:45-5:30pm

Level 3 - ages 6+

8 week session - 1x per week

Mon 5:00-5:45pm

Wed 9:00-9:45am

Sat 10:30-11:15am

4 week session - 2x per week

Tues & Thurs 5:30-6:15pm

Level 4 - ages 6+

8 week session - 1x per week

Mon 5:00-5:45pm

Wed 9:00-9:45am

Sat 10:30-11:15am

4 week session - 2x per week

Tues & Thurs 5:30-6:15pm

Level 5 - ages 6+

4 week session - 2x per week

Tues & Thurs 5:30-6:15pm

Level 6 - ages 6+

4 week session - 2x per week

Tues & Thurs 5:30-6:15pm

Adult Lessons

Sat 9:00-9:45am

Private Lessons

Contact our Aquatics
Department to
schedule a private
lesson today!
207-873-0684

Members	30 Min	\$35.00
	60 Min	\$70.00
Non-Members	30 Min	\$45.00
	60 Min	\$90.00

Did you know??

The second leading cause of death in the U.S. in children 14 years and younger is drowning! <https://michaelphelpsfoundation.org/>

The AYCC is committed to educating area children (and adults too) on how to swim and to reduce the amount of tragedies families face.

AYC Swim Lesson Descriptions

INFANT/TODDLER WITH PARENT LESSONS

Tiny Tots - 30 minute class - Ages 6 mos - 2 yrs - Parents accompany children in this stage, which safely introduces infants & toddlers to the aquatic environment through exploration. This class encourages families to enjoy themselves while learning about the water.

Tadpoles - 30 minute class - Ages 18mos - 3 yrs, 11 mos - In this stage, parents work with their children to progressively explore body positions, floating, blowing bubbles, and essential aquatics safety skills such as floating independently and proper pool entry/exit.

PRESCHOOL AGE LESSONS

Flippers - 30 minute class - Ages 4-5 yrs – Children learn personal water safety essentials. Swim-ready techniques and underwater exploration are achieved with instructor assistance.

Advanced Preschool - 30 minute class - Ages 4-6 yrs - Children with basic ability to swim 15 feet independently (on their front and back) will learn and refine basic swimming strokes like the *beginner stroke*, *front crawl*, and *elementary back stroke*, with instructor assistance. Also, self-rescue and safety awareness are refined in this class.

YOUTH (all classes are 45 minutes, ages 6+)

Level 1 - Children are acclimated to the aquatic environment. This class teaches them to safely glide, float, submerge, and enter/exit pools and to float independently, while having fun with instructor assistance.

Level 2 - Review of introductory skills while learning to swim on their front and backs through basic swimming motions, upwards of 15 feet without assistance occur at this level. With instructor assistance, they will learn to perform the swim, float, swim sequence and focus on safety, while practicing skills.

Level 3 - Skills include learning how to build water stamina by swimming on their front and back for 25 yards continuously. Intermediate self-rescue skills are taught, along with rhythmic breathing during forward swimming. They learn sitting dives and treading water for survival is a key focus for this class.

Level 4 - Introduction to the four basic competitive strokes; *front* and *back crawl*, *breast stroke* and *butterfly* will be a focus for this level. They learn kneeling and compact dives and advanced treading techniques and will learn how to swim continuous 25-yard patterns of various strokes as well as treading water for two minutes independently.

Level 5 - Children progress to standing dives and 50-yard stroke patterns while refining strokes from Level 4. They will combine advanced kicking patterns to develop the *breast* and *butterfly strokes* to completion. Technique mastery is a key focus of this class.

Level 6 - Students combine all previously learned stroke mechanics with endurance training to complete a 150-yard continuous swim using all four competitive swim strokes. They will also learn front and back flip turns to prepare them for swimming as part of a healthy and active lifestyle.

ADULT

Adult Lessons - Students learn and practice water safety skills, basic swim strokes and various self-rescue skills with assistance from the instructor. This class integrates swimming practices as part of a healthy adult lifestyle.