

AYCC SWIM LESSONS

January 4th - February 19th

REGISTRATION

Period 1 begins Dec. 7th Registrant must be:

- A. AYCC Member AND
- B. Currently Enrolled

Period 2 begins Dec. 14th Registrant must be:

- A. AYCC Member OR
- B. Currently Enrolled Community Member

Period 3 begins Dec. 21st

Registration open to public

Online registration opens at www.clubaycc.org



Seven Week Session

\$60 Members

\$75 Non-Members

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent & Child	10:15-10:45am 5:00-5:30pm		10:15-10:45am 5:00-5:30pm		
Level 1	5:45-6:15pm	10:15-10:45am 5:00-5:30pm 5:45-6:16pm 6:30-7:00pm	5:45-6:15pm	5:00-5:30pm 5:45-6:15pm 6:30-7:00pm	5:30-6:00pm
Level 2	6:30-7:00pm	5:00-5:30pm 6:30-7:00pm	6:30-7:00pm	5:00-5:30pm 6:30-7:00pm	6:15-6:45pm
Level 3	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:30-6:00pm	5:30-6:00pm
Level 4	6:30-7:00pm		6:30-7:00pm		6:15-6:45pm

Capacity:

Parent Child (ages 6 months - 3 years) limited to 6 children + 6 adults

Level 1-4 (ages 3+) limited to 3 participants

REGISTER ONLINE WWW.CLUBAYCC.ORG OR **CALL 207-873-0684**

Beginning Dec 21

AYCC Swim Lesson Descriptions

PARENT & CHILD LESSONS



Ages 6 mos - 3 years

Water Exploration

In the parent child class, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

YOUTH LESSONS

Ages 3 years +

Level 1 - Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Level 2 - Water Movement

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Level 3 - Water Stamina

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Level 4 - Stroke Introduction

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

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