

AYCC SWIM LESSONS

Seven Week Session **April 26 – June 5**



REGISTRATION

Period 1 begins April 5 Registrant must be:

- A. AYCC Member AND
- B. Currently Enrolled

Period 2 begins April 12 Registrant must be:

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

Period 3 begins April 19

Registration open to public

Online registration opens at www.clubaycc.org

Parent & Child and Levels 1-4 \$60 Members \$75 Non-Members **Level 5** \$70/Members \$85/Non-Members

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Child	10:15-10:45am	5:00-5:30pm	10:15-10:45am		4:30-5:00pm	8:30-9:00am 11:30-12:00pm
Level 1	5:15-5:45pm	10:15-10:45am 6:30-7:00pm	5:15-5:45pm 6:00-6:30pm	5:00-5:30pm	5:15-5:45pm	9:15-9:45am 10:45-11:15am
Level 2	4:30-5:00pm 6:00-6:30pm	5:45-6:15pm	4:30-5:00pm	5:45-6:15pm	4:30-5:00pm	10:00-10:30am 10:45-11:15am
Level 3	5:15-5:45pm	5:00-5:30pm 6:30-7:00pm	5:15-5:45pm 6:00-6:30pm	5:00-5:30pm	5:15-5:45pm	8:30-9:00am 10:00-10:30am
Level 4	4:30-5:00pm 6:00-6:30pm	5:45-6:15pm	4:30-5:00pm	5:45-6:15pm		9:15-9:45am
Level 5						11:15-12:00pm (Lap Pool)

Capacity: **Parent Child** (ages 6 mos. - 3 years) limited to 6 children + 6 adults **Level 1-5** (ages 3+) limited to 3 children

Other Notes: -Swim Instructors will be wearing masks and participants will be spaced 6 feet apart.

-Viewing Room of the Therapy pool is limited to 8 spectators per lesson.

-Please maintain a distance of 6ft. or more in all areas

-Masks are required everywhere except while actively swimming

REGISTER ONLINE beginning April 19 at WWW.CLUBAYCC.ORG OR **CALL 207-873-0684**

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.

Level 5 - Stroke Development

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke, as well as building endurance in the water.

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