

AYCC SWIM LESSONS



REGISTRATION

Oct 11 - Period 1 - Participant must be:
AYCC Members & Currently Enrolled in Program

Oct 18 - Period 2 - Participant must be:
1. AYCC Members OR 2. Currently Enrolled
Community Members

Oct 25 - Period 3 - Open to Community
Members & Public

Fall II Session runs Nov 1 - Dec 19

Seven Week Session

\$60 Members

\$75 Non-Members

| | Ages | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|---------------------|----------------------------|----------------------------|--|----------------------------|------------------------------------|
| Parent & Child I | 6mos-2yrs | 9:15-9:45am 4:30-5:00pm | | 5:10-5:40pm | | |
| Parent & Child II | 18mos-3yrs, 5mos | | 9:15-9:45am 5:10-5:40pm | | | 4:30-5:00pm |
| Pre K | 3.5-5yrs | 5:10-5:40pm | 4:30-5:00pm | 9:15-9:45am 4:30-5:00pm 5:45-6:15pm | 4:30-5:00pm 5:10-5:40pm | 5:45-6:15pm |
| Level 1 | 6+ | 5:10-5:40pm 6:20-6:50pm | 4:30-5:00pm | 4:30-5:00pm 5:45-6:15pm | 4:30-5:00pm | 5:45-6:15pm |
| Level 2 | 6+ | 4:30-5:00pm 5:45-6:15pm | 5:45-6:15pm | 5:10-5:40pm 6:20-6:50pm | 5:45-6:15pm | 5:10-5:40pm |
| Level 3 | 6+ | 5:45-6:15pm | 5:10-5:40pm 5:45-6:30pm | 6:20-6:50pm | 5:10-5:40pm | |
| Level 4 | 6+ | 6:20-6:50pm | | | 5:45-6:15pm | |
| Level 5/6 | 6+ | | | | | 4:30-5:00pm |
| Other Fridays | | | | Homeschool Ages 5yrs+ Fri 2-3pm | | Adult Fri 5:10-5:40pm |

Online Registration begins Oct 25

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

Oct 11 (Members & Current Enrolled) / **Oct 18** (Members or Enrolled Comm. Mbrs.) / **Oct 25** (open to anyone)

AYCC Swim Lesson Descriptions



PARENT & CHILD LESSONS

Parent & Child I 30 minute class ages 6 months - 2 years

Parents accompany children in this state, which safely introduces infants & toddlers to the aquatic environment through exploration. This class encourages families to enjoy themselves while learning about the water.

Parent & Child II 30 minute class ages 18 months - 3.5 years

In this stage, parents work with their children to progressively explore body positions, floating, blowing bubbles, and essential aquatic safety skills such as floating independently and proper pool entry/exit.

YOUTH & ADULT LESSONS

Pre K 30 minute class ages 3.5 years - 5 years

Children learn personal water safety essentials. Swim-ready techniques and underwater exploration are achieved with instructor assistance. Parents do not accompany children in the water at this stage.

Level 1 30 minute class ages 6+

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 30 minute class ages 6+

Review of introductory skills while learning to swim on their front and backs through basic swimming motions upwards of 10 feet without assistance occur at this level. With instructor assistance, swimmers will learn to perform the swim, float, swim sequence and focus on safety, while practicing skills.

Level 3 30 minute class ages 6+

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.

Level 4 30 minute class ages 6+

Introduction to the four basic competitive strokes, including skill development in freestyle (front crawl), backstroke (back crawl) and introduction to the breaststroke and butterfly kick. Swimmers will learn how to swim continuous 25-yard patterns of different strokes as well as treading water for 1 minute independently. Swimmers will also learn kneeling dives.

Level 5/6 30 minute class ages 6+

Swimmers will progress to standing dives and 50-yard stroke patterns while refining strokes from Level 4. Swimmers will combine advanced kicking patterns to develop the breast and butterfly strokes to completion as well as continuing to build endurance and stamina in the water to continuously swim all four competitive strokes for 100 yards.

Homeschool 30 minute class ages 5+

Designed specifically for children who are homeschooled. This class is for all ability levels and qualifies as a Physical Education requirement.

Adult 30 minute class

Students learn and practice water safety skills, basic swim strokes and various self-rescue skills with assistance from the instructor. This class is designed for adults who are looking to learn how to swim and become more comfortable in the water.