

# AYCC SWIM LESSONS

November 1 – December 19

## REGISTRATION

**Period 1** begins Oct 12 Registrant must be:

- A. AYCC Member AND
- B. Currently Enrolled

**Period 2** begins Oct 19 Registrant must be:

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

**Period 3** begins Oct 26

Registration open to public

Online registration opens at [www.clubaycc.org](http://www.clubaycc.org)



Seven Week Session

\$60 Members

\$75 Non-Members

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent & Child	10:15-10:45am 5:00-5:30pm		10:15-10:45am 5:00-5:30pm			9:00-9:30am
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	9:45-10:15am
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	10:30-11:00am
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

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

**REGISTER ONLINE** [WWW.CLUBAYCC.ORG](http://WWW.CLUBAYCC.ORG) OR **CALL 207-873-0684**

Beginning Oct 26

# AYCC Swim Lesson Descriptions

## PARENT & CHILD LESSONS



Ages 6 mos - 3 years

### Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

### Water Exploration

In stage B, 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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