

SWIM LESSONS

Fall II Oct 28 - Dec 15



INFANT & PRESCHOOL LESSONS

Tiny Tots - ages 6 mos - 2 yrs

Tues 9:30-10:00am
Wed 4:50-5:20pm
Fri 5:25-5:55pm
Sun 9:15-9:45am

Tadpoles - ages 18mos to 3yrs, 11mos

Mon 9:30-10:00am
Tues 4:50-5:20pm
Wed 9:00-9:30am
Fri 5:25-5:55pm
Sat 9:30-10:00am
Sun 10:40-11:10am

Flippers - ages 4 & 5

Mon 9:00-9:30am Thurs 4:20-4:50pm
Mon 4:50-5:20pm Thurs 4:55-5:25pm
Tues 9:00-9:30am Fri 4:50-5:20pm
Tues 4:50-5:20pm Sun 9:15-9:45am
Wed 9:30-10:00am Sun 10:40-11:10am
Wed 4:50-5:20pm

Advanced Preschool - ages 4-6

Mon 4:50-5:20pm
Thurs 4:55-5:25pm
Sun 11:30am-12:00pm

YOUTH & ADULT LESSONS

Level 1 - ages 6+

Mon 4:00-4:45pm
Tues 5:25-6:10pm
Wed 4:00-4:45pm
Thurs 3:30-4:15pm
Fri 4:00-4:45pm
Sat 10:05-10:50am
Sun 9:50-10:35am

Level 2 - ages 6+

Mon 4:00-4:45pm
Mon 5:25-6:10pm
Tues 5:25-6:10pm
Thurs 3:30-4:15pm
Fri 4:00-4:45pm
Sat 10:00-10:50am
Sun 9:50-10:35am

Level 3 - ages 6+

Mon 4:00-4:45pm
Mon 5:25-6:10pm
Tues 4:00-4:45pm
Wed 5:25-6:10pm
Thurs 3:30-4:15pm
Fri 4:00-4:45pm
Sat 10:55-11:40am

Level 4 - ages 6+

Tues 4:00-4:45pm
Wed 5:25-6:10pm
Fri 4:00-4:45pm
Sat 10:55-11:40am

Adult Lessons

Thurs 10:00-10:45am

Level 5 - ages 6+

Tues 4:00-4:45pm
Wed 5:25-6:10pm

Level 6 - ages 6+
Wed 5:25-6:10pm

Homeschool Lessons ages 5+

Fri 2:00-3:00pm

George J. Mitchell School Lessons

Partnership with GJM
Childcare Program
Wed 4:00-4:45pm

Swim Lesson Rates

	Members	*Non Members
Infant & Preschool Lessons	\$60.00	\$75.00
Youth & Adult Lessons	\$75.00	\$90.00
Private Lessons	\$35.00 30 min.	\$45.00 30 min.

Private Lessons

Contact Aquatics Department
for details.

Colin Vidas
Swim Lesson Coordinator
207-873-0684
cvidas@clubaycc.org

SESSION INFO

Registration Begins	Session	Classes Run
Oct 14	Fall II	Oct 28 - Dec 15
Dec 9	Winter	Jan 6 - Feb 23
Feb 17	Spring I	Mar 2 - Apr 19
Apr 13	Spring II	Apr 27 - Jun 14
Jun 8	Summer	Jun 22 - Aug 15

AYCC 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.

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

GJM Lessons - Designed specifically for children who are enrolled in the GJM Childcare Program. This class is for all ability levels.

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.