

AYCC SWIM LESSONS

September 8 – October 26, 2020



Registration begins
August 24

Seven Week Session

Parent & Child \$60 Members \$75 Non-Members

Youth Level 1-3 \$75 Members \$90 Non-Members

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

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 OR **CALL 207-873-0684**

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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