



SUMMER Swim Lessons at the AYCC

Belong Believe Achieve

Session Rates:

Members \$75 Non-Members \$90

ONCE PER WEEK - 8 WEEK SESSION - June 19 - August 11

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent/Child Ages 6mos-3y	4:00-4:30pm	4:40-5:10pm		4:40-5:10pm	4:00-4:30pm
PreK Ages 3-5	4:40-5:10pm		4:40-5:10pm 5:15-5:45pm	4:00-4:30pm	4:00-4:30pm
Level 1 Ages 6+	4:40-5:10pm 5:15-5:45pm	4:00-4:30pm	4:40-5:10pm	4:00-4:30pm	4:40-5:10pm
Level 2 Ages 6+	5:15-5:45pm	4:00-4:30pm	4:00-4:30pm 5:15-5:45pm	4:40-5:10pm	4:40-5:10pm
Level 3 Ages 6+		4:40-5:10pm	4:00-4:30pm		
Level 4 Ages 6+	4:00-4:30pm				
Level 5/6 Ages 7+					5:15-5:45pm
Adult Lessons Ages 15+					5:15-5:45pm

TWICE PER WEEK - 4 Week Sessions June 19 - July 14 OR July 17 - August 11

PreK Ages 3-5	Tues & Thurs 5:15-5:45pm	Level 3 Ages 6+	Tues & Thurs 5:50-6:20pm
Level 1 Ages 6+	Mon & Wed 5:50-6:20pm	Levels 4-6 Ages 6+	Tues & Thurs 5:50-6:20pm
Level 2 Ages 6+	Mon & Wed 5:50-6:20pm		

Outdoor swim lessons at the Alford Municipal Pool Complex will also be offered. For more information, visit:
www.clubaycc.org/aquatics



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STRONG SWIMMERS. CONFIDENT KIDS.

AYCC Swim Lesson Descriptions

Parent/Child ages 6 months-3 years

Infants and toddlers are introduced to the aquatic environment through water exploration, they are encouraged to enjoy themselves while learning about the water. The goal of this class is to help parents understand developmentally appropriate skills for infants and toddlers in the water, to learn basic water safety, and to build relationships between parents and children by providing opportunities for fun and safe interactions in the water. Parents accompany children in the water at this level.

Pre K ages 3-5 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 ages 5+

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 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 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 4-6 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.

Registration

Three ways to register:

1. **In person** at the AYCC, 126 North Street, Waterville
2. **By phone** at 207-873-0684
3. **Online** at www.clubaycc.org/aquatics (begins June 11)

Registration begins **June 4** for **AYCC members** and those **currently enrolled** in classes.

Online and registration for **non-members** begins **June 11**.

