



# STRONG SWIMMERS CONFIDENT KIDS



**Session Rates:**  
Members \$70 Non-Members \$85

## SUMMER Swim Lessons at the AYCC

ONCE PER WEEK - 8 WEEK SESSION - June 20 - August 13					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Parent/Child I</b> Ages 6mos-2y	4:00-4:30pm			4:40-5:10pm	
<b>Parent/Child II</b> Ages 18mos-3y		4:40-5:10pm			4:00-4:30pm
<b>PreK</b> Ages 3-5	4:40-5:10pm		4:40-5:15pm 5:15-5:45pm	4:00-4:30pm	4:00-4:30pm
<b>Level 1</b> Ages 6+	4:40-5:10pm 5:15-5:45pm	4:00-4:30pm	4:40-5:15pm	4:00-4:30pm	4:40-5:10pm
<b>Level 2</b> Ages 6+	5:15-5:45pm	4:00-4:30pm	4:00-4:30pm	4:40-5:10pm	4:40-5:10pm
<b>Level 3</b> Ages 6+		4:40-5:10pm	4:00-4:30pm		
<b>Level 4</b> Ages 6+	4:00-4:30pm		5:15-5:45pm		
<b>Level 5</b> Ages 6+					5:15-5:45pm
<b>Adult Lessons</b>					5:15-5:45pm

**REGISTER**  
Beginning Jun 6

- ◆ **ONLINE**  
WWW.CLUBAYCC.ORG
- ◆ **CALL**  
207-873-0684
- ◆ **IN PERSON**  
126 North St.,  
Waterville

TWICE PER WEEK - 4 Week Sessions June 20 - July 16 OR July 17 - August 13			
<b>PreK</b> Ages 3-5	Tues/Thurs 5:15-5:45pm	<b>Level 3</b> Ages 6+	Tues/Thurs 5:50-6:20pm
<b>Level 1</b> Ages 6+	Tues/Thurs 5:15-5:45pm	<b>Level 4</b> Ages 6+	Tues/Thurs 5:50-6:20pm
<b>Level 2</b> Ages 6+	Mon/Wed 5:50-6:20pm	<b>Level 5</b> Ages 6+	Mon/Wed 5:50-6:20pm

Outdoor Lessons at the Alfond Municipal Pool will also be offered.  
[clubaycc.org/aquatics](http://clubaycc.org/aquatics)

# AYCC Swim Lesson Descriptions



Pre K                      ages 3.5 - 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                    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.

## REGISTER

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**IN PERSON** 126 North Street, Waterville