



ALFOND YOUTH & COMMUNITY CENTER



# Swim Lessons

**2024 Winter Session runs  
January 2 - February 17**

## Session Rates

**Members \$70 / Non-Members \$85**

Lessons are once per week for a 7 week session.

	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Parent &amp; Child I</b>	6mos-3yrs	9:30-10:00 am 4:30-5:00 pm	9:00-9:30 am	9:00-9:30 am 4:30-5:00 pm		4:00-4:30 pm	9:00-9:30 am 9:40-10:10 am
<b>Pre K</b>	3-5yrs	9:00-9:30 am 4:30-5:00 pm 5:10-5:40 pm	9:30-10:00 am 4:40-5:10 pm 5:20-5:50 pm	9:30-10:00 am 5:10-5:40 pm 5:50-6:20 pm	4:00-4:30 pm 5:20-5:50 pm	4:40-5:10 pm 5:20-5:50 pm	11:00-11:30 am
<b>Level 1</b>	5+	5:10-5:40 pm 5:50-6:20 pm	4:00-4:30 pm 5:20-5:50 pm	5:10-5:40 pm	4:00-4:30 pm 6:00-6:30 pm	4:00-4:30 pm 4:40-5:10 pm	11:00-11:30 am
<b>Level 2</b>	6+	5:50-6:20 pm 6:30-7:00 pm	4:00-4:30 pm 6:00-6:30 pm	4:30-5:00 pm	4:40-5:10 pm 5:20-5:50 pm	5:20-5:50 pm	10:20-10:50 am
<b>Level 3</b>	6+	6:30-7:00 pm	6:00-6:30 pm	5:50-6:20 pm	6:00-6:30 pm	6:00-6:30 pm	10:20-10:50 am
<b>Level 4</b>	6+		4:40-5:10 pm	6:30-7:00 pm	4:40-5:10 pm		9:00-9:30 am
<b>Level 5/6</b>	6+						9:40-10:10 am

### Other Lesson Options

Once per week for 7 weeks - Jan 2 - Feb 17

#### Homeschool

Wed 2:00-2:40 pm

Fri 2:00-2:40 pm

#### Adult Lessons

Wed 6:30-7:00 pm

Fri 6:00-6:30 pm

#### Private Lessons

Call 207-873-0684 OR

Email [aquatics@clubaycc.org](mailto:aquatics@clubaycc.org)

### Session & Registration Details

#### Registration Opens

December 11 - For AYCC Members & Currently Enrolled

December 18 - For the Public & Online

#### Three Easy Ways to Register

1. Phone 207-873-0684
2. In Person at the AYCC
3. Online at [www.clubaycc.org/aquatics](http://www.clubaycc.org/aquatics)



**BELONG BELIEVE ACHIEVE**

# AYCC Swim Lesson Descriptions



## ADULT LESSONS

**Adult** 30 minute class ages 19+

Students learn and practice water safety skills, basic swim strokes and various self-rescue skills with assistance from the instructor. This class is designed for adults who are looking to learn how to swim and become more comfortable in the water.

## PARENT & CHILD LESSONS

**Parent & Child I** 30 minute class ages 6 months - 3 years

Parents accompany children in this state, which safely introduces infants & toddlers to the aquatic environment through exploration. This class encourages families to enjoy themselves while learning about the water.

## YOUTH LESSONS

**Pre K** 30 minute class 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** 30 minute class 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** 30 minute class 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** 30 minute class 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** 30 minute class 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.

**Level 5/6** 30 minute class ages 6+

Swimmers will progress to standing dives and 50-yard stroke patterns while refining strokes from Level 4. Swimmers will combine advanced kicking patterns to develop the breast and butterfly strokes to completion as well as continuing to build endurance and stamina in the water to continuously swim all four competitive strokes for 100 yards.

**Homeschool** 30 minute class ages 5+

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