

BELONG BELIEVE ACHIEVE



# SWIM LESSONS



ALFOND YOUTH & COMMUNITY CENTER



**SESSION RATES: \$90/Members | \$110 Non-Members**

Lessons are 1x/week for **8 weeks** - Feb 23-Apr 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Parent &amp; Child 1</b>	9:30-10:00 am 4:30-5:00 pm	9:00-9:30 am	9:30-10:00 am 4:30-5:00 pm	9:30-10:00 am	4:00-4:30 pm	8:10-8:40 am 9:30-10:00 am 10:50-11:20 am
<b>Pre-K - Beginner</b>	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 5:20-5:40 pm	9:00-9:30 am 5:10-5:40 pm	4:00-4:30 pm 4:40-5:10 pm	5:20-5:50 pm	8:50-9:20 am
<b>Pre-K - Advanced</b>			5:50-6:20 pm		4:40-5:10 pm	
<b>Level 1</b>	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	10:10-10:40 pm
<b>Level 2</b>	5:50-6:20 pm	4:00-4:30 pm 6:00-6:30 pm	4:30-5:00 pm 6:30-7:00 pm	4:40-5:10 pm 5:20-5:50 pm	5:20-5:50 pm 6:00-6:30 pm	10:50-11:20 am
<b>Level 3</b>	6:30-7:00 pm	6:00-6:30 pm	5:50-6:20 pm	5:20-5:50 pm		10:10-10:40 am
<b>Level 4</b>	6:30-7:00 pm	4:40-5:10 pm	6:30-7:00 pm	6:00-6:30 pm		8:50-9:20 am
<b>Level 5/6</b>						9:30-10:00 am
<b>Adult Lessons</b>				9:00-9:30 am	6:00-6:30 pm	8:10-8:40 am
<b>Homeschool</b>			2:00-2:40 pm		2:00-2:40 pm	

**Private Lessons - call 207-873-0684 or email [aquatics@clubaycc.org](mailto:aquatics@clubaycc.org)**

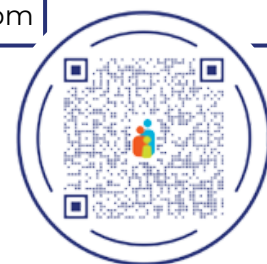
**Session & Registration Details** *Financial Assistance is available*

## Registration Opens

February 9 - AYCC Members  
February 16 - Non-Members

## Registration Opens

1. In person at the AYCC
2. Online at [clubaycc.org/programs/registration](http://clubaycc.org/programs/registration)



# Swim Lesson Descriptions



**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 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.

**Pre K Beginner** | 30-minute class | ages 3-5 years | Children learn personal water safety essentials. This class teaches underwater exploration, floating, and gliding with instructor assistance.

**Pre K Advanced** | 30-minute class | ages 3-5 years | This class reviews and builds on introductory skills. Through practice, students learn to float, glide, and swim independently. With instructor assistance, swimmers will learn to perform the swim, float, swim sequence and focus on safety while practicing skills. Aquatics Staff permission only.

**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 back through basic swimming motions upwards of 10 feet without assistance occurs 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.

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