



Central Maine

We also offer private and Semi private lessons. See back of flyer for more information

## YWCA Swim Lesson Schedule

November 19 – February 15, 2019

Next Registration begins December 19, 2018  
Basic Membership required

YWCA of Central Maine  
130 East Ave  
Lewiston, ME 04240  
207-795-4050

[www.ywcamaine.org](http://www.ywcamaine.org)  
[www.facebook.com/YWCAMaine](http://www.facebook.com/YWCAMaine)

Swim Lesson Prices:	Monday November 19- February 11 11 weeks	Tuesday November 20- February 12 11 Weeks	Wednesday November 21- February 13 12 Weeks	Thursday November 29- February 14 11 Weeks	Saturday November 24- February 14 12 Weeks
<b>11 lessons</b> \$118.00 ½ hour lesson \$126.00 45 minute lesson \$134.00 1 hour lesson	<b>No Lesson December 24 and 31</b>	<b>No Lesson December 25 and January 1, 2019</b>	<b>No lesson December 26</b>	<b>No Lesson December 27</b>	<b>No Lesson December 29</b>
<b>12 lessons</b> \$129.00 ½ hour lesson \$138.00 45 minute lesson \$147.00 1 hour lesson					
<b>Parent &amp; Child Level A</b> Ages 6 months – 36 months	4:00 – 4:30pm	9:00 – 9:30am	4:00 – 4:30pm		8:00 – 8:30am 9:00 – 9:30am 11:00 – 11:30am
<b>Parent &amp; Child Level B</b> Ages 18 months – 36 months			4:30 – 5:00pm		8:30 – 9:00am
<b>Parent &amp; Child Level C</b> Ages 3-7					11:30 – 12:00am
<b>Preschool Swim</b> Ages 3-5 Level 1	4:30 – 5:00pm	9:00 – 9:30am 4:30 – 5:00pm	4:00 – 4:30pm		8:00 – 8:30am 11:00 – 11:30am
<b>Preschool Swim</b> Ages 3-5 Level 2	4:00 – 4:30pm	4:00 – 4:30pm	9:00 – 9:30am 4:30 – 5:00pm	4:00 – 4:30pm	9:00 – 9:30am 9:30 – 10:00am
<b>Preschool Swim</b> Ages 3 – 5 Level 3	4:30 – 5:00pm				10:30 – 11:00am
<b>Beginner Swim</b> Ages 6 years & up Level 1		5:30 – 6:00pm	5:00 – 5:30pm	4:30 – 5:00pm	11:30 – 12:00pm
<b>Beginner Swim</b> Ages 6 years & up Level 2		5:00 – 5:30pm	5:30 – 6:00pm	5:00 – 5:30pm	8:30 – 9:00am 10:00 – 10:30am
<b>Advanced Beginner Swim</b> Age 6 years & up Level 3	5:00 – 5:45pm				8:00 – 9:00am
<b>Intermediate Swim</b> Ages 6 and up Level 4					10:00 – 11:00am
<b>Intermediate swim</b> Ages 6 & up level 5 & 6					9:00 – 10:00am
<b>Adult Beginner Swim</b> Ages 15 and older (Level 1 & up)					7:30 – 8:00am

### YWCA Refund and Cancellation Policy

When the YWCA cancels a program (Full session) due to lack of enrollment, a full refund will be given. YWCA memberships are non-refundable or transferable. In the event that a member must withdraw from a YWCA program a refund may be issued as follows; unless otherwise stated:

- Cancellation 1 or more weeks prior to a program beginning, you will qualify for a 75% refund/credit.
- Cancellation the 1st week of the program you will qualify for a 50% refund/credit.
- Cancellation the 2nd week of the program you will qualify for a 30% refund/credit
- Cancellation after the second week of a program will result in no refund/credit.
- No cash refunds will be given. Refunds will be given by check or if charged, your credit card will be credited or a credit for another YWCA program will be issued. The YWCA reserves the right to close or evacuate the building for emergencies or hazardous weather conditions, to ensure the safety of all building occupants. No refunds or credit slips will be given under these circumstances. Make up classes will be scheduled whenever possible.

**Safety Information:** To ensure safety for all, no one will be allowed to sit in the pool area during swim lessons. The only exception to this is 15 minutes at the beginning of the first class, and the entire last class of the session. As always, the viewing area above the pool is available for you to watch your swimmer.

## Class Descriptions and Useful Information

### **Parent & Child Level A Ages 6 months – 36 months**

This class is designed for children who have either no water experience or who are not swimming on their own with flotation.

### **Parent & Child Level B Ages 18 – 36 months**

Parents participate with children to learn water adjustment and safety skills. This class is designed for children who swim independently with flotation.

### **Parent & Child Level C Ages 3-7 years.**

This class is designed for children who have no water experience or are fearful of entering the water without a parent.

### **Preschool Swim Ages 3 – 5 years**

Preschool Level 1, 2, & 3 swim lessons, which focus on the developmental skills of pre-school aged children. No parent in the water.

### **Level 1 Introduction to Water Skills**

The focus of this level is to help students feel comfortable in the water and enjoy the water safely. Elementary aquatic skills are taught. Skills include water entry and exit, breathing and submerging, floating, treading, arm movements, kicking on front and back, and changing direction and position. Classes are taught with instructor support as needed.

### **Level 2 Fundamental Aquatic Skills**

Skills introduced include gliding and floating independently, breathing control, picking up submerged objects, treading and swimming a combined arm and leg stroke for at least 15 feet on front and back. Prerequisite: Completion of Level 1 or the student must be comfortable entering and exiting the water, submerging independently, and floating on the front and back.

### **Level 3 Stroke Development**

Skills introduced include front crawl with rotary breathing, elementary backstroke, dolphin kick, scissors kick, treading, survival floating and beginner diving. Prerequisite: Completion of Level 2 or the student must be able to float on their back independently for five seconds and swim unassisted for five body lengths.

### **Level 4 Stroke Improvement**

Skills introduced include diving, underwater swimming, turns, front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke. Prerequisite: Completion of Level 3, or the student must be able to enter water head first and jump into deep water, swim 15 yards front crawl with rhythmic breathing, tread or float for 30 seconds, and swim 15 yards elementary backstroke.

### **Level 5 Stroke Refinement**

Students will work to improve and perfect all swim strokes while also building strength and endurance. Additional diving, surface dives and flip turns are taught. Prerequisite: Completion of Level 4, or the student must be able to jump into deep water and swim front crawl and elementary backstroke continuously for 25 yards each, and swim 15 yards each of breaststroke and back crawl.

### **Level 6 Swimming and Skill Proficiency**

Students will refine their swim strokes and turns to a high level of fluency and endurance to swim 500 yards continuously. In addition, skills modules such as Personal Water Safety, Fundamentals of Diving or Fitness Swimmer will be introduced. Prerequisite: Completion of Level 5, or the student must be able to perform a shallow dive, swim 50 yards continuously of front crawl and elementary backstroke, and 25 yards each of breaststroke and back crawl.

### **Adult Swim Lesson Ages 15 and older**

Designed for non-swimmers who will learn basic water skills including water adjustment, floating and basic safety precautions, as well as swimmers who have mastered floating, prone glide beginning crawl stroke, back float, and basic backstroke.

**For the safety of our swimmers we ask that no street shoes be worn on the pool deck. With the increased usage of the pool, we have noticed an increased volume of dirt and debris on the pool deck and in the pool. Street shoes will be allowed at the entrance of each locker room.**

**Private Lessons**  
**One-on-one private lessons are available for all ages.**

Children 18 and under rates are \$25.00 per half hour, \$45.00 per hour.  
Adults are \$35.00 per half hour and \$65.00 per hour. Semi-private lessons \$40.00 half hour and \$80.00 for one hour. Limited space available, register early to reserve your spot. Must be a member. Group and family private sessions available upon request. Please call 207-795-4050 x 20 for more information.

**Helpful information for swimming lessons**

- Class participants must be YWCA members
- Classes are limited in size to benefit students
- Many times we are unable to offer make-up classes. However, if **WE CANCEL** classes and we cannot do a make-up, we will for the 1<sup>st</sup> missed class issue a family swim pass.
- YWCA classes are designed to teach water safety and confidence. Skill, coordination, growth, regular attendance, and practice determine advancement through the levels.
- **Showers need to be taken before and after each class.**
- In order for class to start on time please enter the pool area 5 minutes before class. **Please do not wear street shoes on deck.**
- Swim caps or tightly braided hair for shoulder length or longer.