



Central Maine

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

YWCA Swim Lesson Schedule
November 2 - December 19, 2020
Community Access Pass required!
 Registration for next session begins:
 December 14, 2020 for Current Swimmers
 December 21, 2020 for New Swimmers

YWCA of Central Maine
 130 East Ave
 Lewiston, ME 04240
 207-795-4050
www.ywcamaine.org
www.facebook.com/YWCAMaine

Swim Lesson Prices: 6 week session: Half Hour: \$72.00 7 week session: Half Hour: \$84.00 Forty five minute: \$100.00	Monday November 2- December 14 7 week	Tuesday November 3- December 15 7 week	Wednesday November 4- December 16 7 week	Thursday November 5- December 17 6 week No Lessons November 26	Saturday November 7- December 19 7 week
Parent & Child Level A Ages 6 months – 36 months	4:00 - 4:30pm	9:00 - 9:30am 4:30 - 5:00pm			8:00 – 8:30am 9:30 – 10:00am
Parent & Child Level B Ages 18 months – 36 months		4:00-4:30pm			10:30-11:00am
Preschool Level 1 Ages 3-5	4:30 – 5:00pm	4:30 – 5:00pm	4:00 – 4:30pm		9:00 – 9:30am
Preschool Level 2 Ages 3-5	4:00 – 4:30pm 4:30 – 5:00pm	4:00 – 4:30pm	9:15 – 9:45am		9:30 – 10:00am 11:00-11:30am
Preschool Level 3 Ages 3-5	4:30 – 5:00pm 5:15 – 5:45pm				9:30 – 10:00am
Swim Level 1 Ages 6 years & up		5:00 – 5:30pm	4:30 – 5:00pm	4:00 - 4:30pm	9:00 – 9:30am 10:00 – 10:30am
Swim Level 2 Ages 6 years & up		5:15 – 5:45pm		4:30 – 5:00pm	8:30 – 9:00am
Advanced Beginner Level 3 Ages 6 years & up	5:00 – 5:45pm				10:00-11:00am
Advanced Level 4,5,6 Ages 6 years & up					8:00 – 9:00am
Adult Beginner Swim Ages 15 and older (Level 1 & up)		12:00 - 12:30pm		2:00 - 2:30pm	

No Refunds for Swim Lessons.

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.

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.

Class Descriptions

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

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 – Child is not comfortable swimming with flotation in water up to 5 feet deep.

Preschool Level 2 – Child will swim with flotation in shallow or deep water.

Preschool Level 3 – Child can swim 40 feet without flotation on front and is learning to swim on back.

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. Skills include water entry and exit, breathing and submerging, floating, front crawl arm movements, kicking on front and back, and changing direction and position.

Must be able to swim 40 feet on front and be comfortable swimming on back to complete this class.

Level 2 Fundamental Aquatic Skills

Skills introduced include floating independently, breathing control, picking up submerged objects, treading and swimming front and back crawl. Prerequisite: Completion of Level 1 or can swim 40 feet on front and be comfortable swimming on back.

Must have the beginnings of front crawl with rotary breathing for 40 feet and 5 feet back crawl to complete this class.

Level 3 Stroke Development

Skills to improve include front crawl with rotary breathing, back crawl, and elementary backstroke. New skills include dolphin kick, scissors kick, treading, survival floating and open turns. Prerequisite: Completion of Level 2 exit skills. Must swim front crawl with rotary breathing, back crawl, elementary backstroke all for 40 feet to complete this class.

Level 4 Stroke Improvement

Skills to improve include underwater swimming for longer distances, flip turns, more refined front crawl, back crawl, and elementary backstroke and the beginnings of breaststroke and sidestroke. Prerequisite: Completion of Level 3 exit skills. The student must be able to swim 25 yards front crawl, back crawl, elementary backstroke, treading and back floating for 1 minute, and 40 feet of breaststroke and sidestroke.

Level 5 Stroke Refinement

Students will work to improve and perfect all swim Strokes while also building strength and endurance. Improved diving, surface dives and competition skills are taught. Prerequisite: completion of Level 4 exit skills. Must swim 50 yards of front and back crawl, elementary backstroke, sidestroke, breaststroke and the beginnings of butterfly to complete this class.

Level 6 Swimming and Skill Proficiency

Students will refine their swim strokes and turns to a high level of accuracy 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. Must be able swim 100 yards continuously of front crawl, back crawl, elementary backstroke, sidestroke, butterfly and breaststroke with great accuracy.

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.

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

Rates for children 14 and under are \$40.00 per half hour, and \$50.00 for 2 children sharing the same class and \$75.00 for 3 children sharing the same class.

Adults \$65.00.00 per half hour and \$100.00 per hour.

Limited space available; register early to reserve your spot. Must have YWCA community access pass.

Please call 207-795-4050 x 20 For more information.

Helpful information for swimming lessons

- Class participants must have current YWCA community access pass.
- 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 issue a family swim pass for 1st missed class.
- 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.