



Central Maine

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

YWCA Swim Lesson Schedule

April 26 – June 19, 2021

Community Access Pass required!

Registration for this session begins:
 April 12, 2020 for Current Swimmers
 April 19, 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:	Monday	Tuesday	Wednesday	Thursday	Saturday
7 week session: Half Hour: \$83.00 Hour Lesson: \$116.00	April 26- June 14	April 27- June 15	April 28- June 16	April 29- June 17	May 1- June 19
8 week session: Half Hour: \$95.00 Hour Lesson: \$133.00	7 weeks No class May 31st	8 weeks	8 weeks	8 weeks	7 weeks No class May 29th
Parent & Child Level A Ages 6 months – 36 months	4:00 - 4:30pm	9:00 - 9:30am 4:30 – 5:00pm 5:00-5:30pm	5:00 – 5:30pm		9:00 – 9:30am
Parent & Child Level B Ages 18 months – 36 months				5:00 – 5:30pm	9:30-10:00am
Preschool Level 1 Ages 3-5	4:30 – 5:00pm 5:00 – 5:30pm	4:30 – 5:00pm	4:00 – 4:30pm	4:30 – 5:00pm	9:00 – 9:30am
Preschool Level 2 Ages 3-5	4:30 – 5:00pm	4:00 – 4:30pm	9:00 – 9:30am 4:30 – 5:00pm	5:00 – 5:30pm	9:30 – 10:00am
Preschool Level 3 Ages 3-5	5:00 – 5:30pm		4:00 – 4:30pm		9:30 – 10:00am
Swim Level 1 Ages 6 years & up	4:00 – 4:30pm	4:00 – 4:30pm	4:30 – 5:00pm	4:00 - 4:30pm	9:00 – 9:30am 10:00 – 10:30am
Swim Level 2 Ages 6 years & up	4:30 – 5:00pm	5:00 – 5:30pm	5:00 – 5:30pm	4:30 – 5:00pm	8:30 – 9:00am
Advanced Beginner Level 3 Ages 6 years & up					10:00-11:00am
Advanced Level 4,5,6 Ages 6 years & up					8:00 – 9:00am
Adult Beginner Swim Ages 15 and older	5:00 – 5:30pm				
Private/Semi-Private Lessons (Please see back of flyer for cost.)	Megan 5:30-6:00pm Emily 5:30-6:00pm Des 5:30-6:00pm	Megan 5:00-5:30pm Megan 5:30-6:00pm Emily 5:30-6:00pm	Emily 4:30-5:00pm Megan 5:30-6:00pm Emily 5:30-6:00pm Beth 5:30-6:00pm	Megan 5:30-6:00pm Beth 5:30-6:00pm Abby 5:30-6:00pm	

No refunds for swim lessons. If we have to cancel group lessons due to COVID you will receive a credit for an 8 week group lesson to use within a year.

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 and Semi-private Lessons:

All private and semi-private lessons are 30 minutes. You must sign up and pay for at least four lessons at a time.

Rates for children 14 & under:
\$40.00 for private with one child only

\$60.00 for semi-private lesson with 2 children

\$85.00 for semi-private lesson with 3 children

Adults \$65.00.00 per half hour

Please call 207-795-4050
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.