



Swim Lesson Schedule

Registration begins:

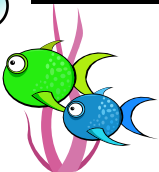
August 9th for current swimmers & August 16th for all others

YWCA basic membership is required to participate.

	7 Weeks	8 Weeks	8 Weeks	8 Weeks	8 Weeks	
	Monday	Tuesday	Wednesday	Thursday	Saturday	
Parents must go in water with their child	Water Babies (6-35 mos.)	5:30-6:00 pm		5:00-5:30 pm	7:30-8:00 am 9:30-10:00 am 10:30-11:00 am	
	Parent & Tot (6-35 mos.)		4:30-5:00 pm	9:00-9:30 am	4:30-5:00 pm	
	Puddle Jumpers (9-35 mos.)	6:00-6:30 pm			5:00-5:30 pm	8:30-9:00 am
	Water Explorers (2-6 yrs)	5:00-5:30 pm			4:00-4:30 pm	11:00-11:30am
	Aquatots (3-5 yrs.)	5:00-5:30 pm	9:00-9:30 am 5:30-6:00 pm	4:30-5:00 pm	4:00-4:30 pm	7:30-8:00 am 8:30-9:00 am 11:30-12:00 pm
	Guppies (3-5 yrs.)	5:30-6:00 pm	9:00-9:30 am 4:00-4:30 pm 5:00-5:30 pm	9:00-9:30 am 5:00-5:30 pm	4:30-5:00 pm	8:00-8:30 am 9:00-9:30 am 9:30-10:00 am 10:30-11:00 am
	Guppies+ (3-5 yrs.)	6:00-6:30 pm	9:30-10:00 am 4:30-5:00 pm 5:00-5:30 pm	4:00-4:30pm 5:30-6:00 pm	5:00-5:30 pm	10:00-10:30 am 11:30-12:00 pm
	Jellyfish (3-6 yrs.)		9:30-10:00 am 4:00-4:30 pm	4:30-5:00 pm 5:30-6:00 pm		7:30-8:00 am
	Advanced Jellyfish (3-6 yrs.)		5:30-6:00 pm	4:00-4:30 pm		10:30-11:00 am
	Polliwog (5-12 yrs.)	6:00-6:30 pm	4:00-4:30 pm 5:00-5:30 pm	4:30-5:00 pm 5:30-6:00 pm	5:00-5:30 pm	8:00-8:30 am 9:30-10:00 am 11:30-12:00 pm
	Advanced Polliwog (5-12 yrs.)	5:30-6:00 pm	4:30-5:00 pm	4:00-4:30 pm 5:00-5:30 pm	4:30-5:00 pm	8:30-9:00 am 10:00-10:30 am
	Tadpoles (5 -15 yrs.)	5:00-5:30 pm	5:30-6:00 pm		4:00-4:30 pm 5:30-6:00 pm	9:00-9:30 am 11:00-11:30am
	American Red Cross IV	4:00-5:00 pm			5:30-6:00 pm	
	American Red Cross V	4:00-5:00 pm		6:00-6:30 pm		
	American Red Cross VI Fitness Swimmer	4:00-5:00 pm		6:00-6:30 pm		
	Intro to Competitive Swimming (5-14 yrs)		6:45-7:45 pm		6:45-7:45 pm	
	Beginner, Advanced, Intermediate			1:00-2:00pm		
	Conditioning Swim (11 Weeks)		2:30-4:00 pm		2:30-4:00 pm	
	Adult Lessons	Monday: 2:30-3:00 pm or Friday 4:00-4:30 pm				

September 7th - October 30th

130 East Ave Lewiston, Maine 04240 207-795-4050



Class Descriptions and Useful Information

General Swim Lessons

INFANTS AND TODDLERS

Parents are required to be in the water for all infant & toddler classes.

Water Babies – 6 to 35 months: Water adjustment class for the infant who has never had lessons, or is still working on beginner skills.

Puddle Jumpers – 9 to 35 months: For the child who has completed Water Babies and is fully participating with little help.

Parent & Tot – 6 to 35 months: Water adjustment class in which each child learns and works on skills at his/her own rate.

Water Explorers – 2 to 6 years: *Parents must go in the water.* Water adjustment course for the child who is very scared of the water and reluctant.

PRE-SCHOOLERS

Aquatots – 3 to 5 years:
Introduction to water skills
For the child who has never had lessons and/or is hesitant in the water.

Guppies – 3 to 5 years:
Introduction to water skills
For the child who can swim the width by him/herself with floatation and can go underwater without crying.

Guppies Plus – 3 to 5 years:
Fundamental aquatic skills
For the child who can swim 25 ft. unassisted without floatation.

Jellyfish – 3 to 6 years:
Fundamentals aquatic skills
For the child who can swim the width (42 ft.) by him/herself on front and back.

Advanced Jellyfish – 3 to 6 years:
Stroke development
For the child who can dive in and swim the length of the pool (25 yds.) beginner stroke with rhythmic breathing and on his / her back.

YOUTH

Poliwog – 5 to 12 years:
Introduction to water skills
For the child who has never had lessons and is hesitant, does not like getting face wet. Swims less than 42 ft. by themselves with no floatation

Advanced Poliwoog – 5 to 12 years:
Fundamentals aquatic skills
For the child who can jump in and swim the width (42 ft.) of the pool and is comfortable in deep water.

Tadpoles – 5 to 15 years:
Stroke development
For the child who can swim the length (25 yds.) of the pool beginner stroke with rhythmic breathing and on back

Intro to Competitive Swimming 5 to 14 years

A class for those who are done with swimming lessons but are not ready for the competitive nature of a swim team. Learn what its like to practice like a team without the competition.



Beginner Classes - 5 to 12 years

See *Poliwog* description above.

Advanced Classes - 5 to 12 years

See *Advanced Poliwoog* description above.

Intermediate Classes - 5 to 15 years

See *Tadpoles* description above.

Adult Lessons - For adults (15 and older) who have never had swimming lessons.

Conditioning Classes - 11 and older

For swimmers who are interested in conditioning for competitive type swim teams or training for triathlons. Classes will focus on endurance, stroke development, breathing techniques, flip turns and starts.

American Red Cross (ARC) Water Safety

Level IV – Stroke Development:

Youths work on improving front crawl and back crawl while learning the basics for the sidestroke and breaststroke. Safety skills such as CPR and Rescue Breathing are introduced.

Level V – Stroke Refinement:

Youths work on improving stroke techniques while beginning to build endurance. Open turns, long shallow dives, and more safety skills are taught.

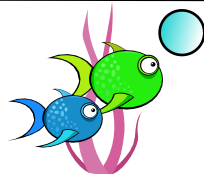
Level VI – Fitness Swimmer:

Youths continue to build endurance on six different strokes. Students are familiarized with more complex turns, surface dives, and spinal injury management .

Private Swim Lessons

One-on-one lessons are available for all ages. Rates are \$25 per half hour, \$45 per hour. Limited spots, so book early.

Must be a member.



Fees

Membership required

\$64.00 half hour class (8 wks)	Intro to Competitive Swimming:
\$56.00 half hour class (7 wks)	\$60 mem /\$80 non (8 Classes)
\$80.00 hour class (8 wks)	Conditioning:
\$70.00 hour class (7 wks)	\$100 mem /\$125 non (11 weeks)

YWCA Refund and Cancellation Policy

When the YWCA cancels a program (full session) due to lack of enrollment, a full refund will be given. 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.

No cash refunds will be given. Refunds will be given by check or if charged your credit card will be credited.

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.