



Valid Jan 2 to Feb 19, 2012

Revised 12.13.11

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Session (1): Sept. 6 - Oct. 29
Session (2): Oct. 31 - Dec. 23
Session (3): Jan 2 - Feb 19, 2012

Swim Lesson Schedule

All Classes are held once a week for 30 minutes
unless otherwise noted.

Parent and Baby (6 mos. - 2 yrs.)

This is a 30 min. class designed to introduce infants and toddlers to the water. A parent is required to participate in the class with the child. We learn paddles and kicks and have fun playing ball.

Monday 9:30-10:00am, Saturday 8:00-8:30, or Sunday 8:30-

Parent and Tot (2 yrs. - 5 yrs.)

For the timid and hesitant child new to swim lessons, this class is held with the parent in the water also, for the first 3 classes only, to help the child acclimate to the water and instructors. Parents sit out and observe for the rest of the session. We blow bubbles and learn to hold the wall and take our time as we learn to swim.

Saturday 8:30-9:00am

Tiny Tots (2 yrs. - 5 yrs.)

Tiny tots begin to learn to swim. Placement in this class requires child to independently hold onto the wall and keep his or her head out of the water. We swim the width of the pool with assistance and have fun with kickboards and noodles. **Monday 9:30-10:00am, Friday 9:30-10:00am, Saturday or Sunday 9:00-9:30am**

Advanced Tiny Tots (2 yrs. -5 yrs.)

These little swimmers have completed Tiny Tots requirements and are swimming the width of the pool on their fronts and backs without assistance. We can float on our fronts and backs and like to jump into the pool. We also like to retrieve colored rings underwater.

Monday 10:00-10:30am, Friday 9:00-9:30am, Saturday or Sunday 9:30-10:00am



Fees

- **Members:** \$35
- **Non-members:** \$60
 - ◆ A Youth Membership (Infant to 17 years) is only \$7.75 a month

Registration

- **Members:** December 12th
- **Non-Members:** December 19th

Members are welcome to **register online** or by phone with a credit card beginning October 12th.

The member service desk also takes registrations in person for everyone: M-F 4:30am-9:00pm & Weekends 7:00am-2:00pm

**Just Keep On Swimming...
At Your Y!**

More Youth Swim Classes (side 2) →



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Just Keep Swimming...

All Classes are held once a week for 30 minutes unless otherwise noted.

Level 1 (6 yrs. - 12 yrs.)

Swimmers have passed through Adv. Tiny Tots and are ready to begin swimming the length of pool on their front and backs. They work on learning to glide and do sitting and kneeling dives. **Saturday or Sunday 10:00-10:30am**

Level 2 (6 yrs. - 12yrs.)

At this level, strokes are being introduced and rhythmic breathing is worked on. Swimmers begin to tread water and swim underwater. **Saturday 10:30-11:00 or Sunday 10:00-10:30am**

Level 3 (6 yrs. - 12 yrs.)

Strokes are developed and swimmers can do 2 consecutive laps. They do a well performed dive and begin to dive off the block. **Saturday 11:15-12:00 or Sunday 10:30-11:15am**

All classes are held once a week and may be **subject to change** due to enrollment. Parents will be contacted beforehand in this event.

Lycra and silicon swim caps, as well as goggles and bubble belts are available to purchase at our member service desk. Stop by for details!

RENT THE YMCA FOR YOUR NEXT PARTY

If you are looking for a birthday party that your child will not forget, book your party at the YMCA. You get a 45 minute swim (maximum of 32 people in the pool) and then 1 hour in the gymnasium for play, socialization, cake, gifts - whatever you would like to plan in the space available.

Dear Parents,

The purpose of the Y Swim Lessons Program is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level.

We expect each child to learn and progress at his or her own rate. Therefore, do not be discouraged if your child doesn't complete all the skills within the level during any one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills.

We have redesigned our classes and prerequisites to move into the next level in order to make your child a complete swimmer and to build more directly upon previously learned skills.

It is a good idea to arrive 15 min. early for class in order to change and take a shower. Classes begin promptly.

Our aquatic staff hopes that your child enjoys the classes in this session of swim lessons and will continue participating in the future...maybe encouraging a friend to join!

If you have questions, or if we can be of help in any way, please call:

Linda Pepitone
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Mission: The Auburn-Lewiston YMCA is a character-building organization dedicated to strengthening Christian principles of Caring, Honesty, Respect and Responsibility through programs that will build a healthy spirit, mind and body for all.

Financial Assistance is available for qualifying individuals and families. The YMCA is a non-profit 501c(3) **charitable organization.**