

SWIM LESSON GUIDELINES AND EXPECTATIONS

ALL LESSONS

ARRIVAL | Participants and spectators may arrive up to 5 minutes prior to the start of class. Upon arrival, all swim lesson participants and spectators will be subject to health screenings and must have updated waivers and Piscataquis Regional YMCA Member Handbook acknowledgements on file. **All participants must arrive in their bathing suits and wear a face mask at all times, unless they are in the pool.** All participants and spectators will enter the pool area through the hallway and continue through the pool deck clockwise, to an empty chair where they may leave their belongings during class.

SPECTATORS | **Swim lesson participants will be limited to a maximum of one parent/guardian spectator at each lesson.** Spectators of participants in the Swim Basics and Swim Strokes programs must remain on the patio in their designated spots for the duration of the lessons. **All spectators are required to wear a face mask at all times.** Participants in the Swim Starters program must have a parent/guardian in the water with them, This parent/guardian counts as their one spectator at each lesson.

DURING LESSONS | All traffic on the pool deck will be clockwise and one way, entering through the hallway and proceeding to the shallow end along the far wall. We ask that all participants bring a full water bottle with them to class as there is no drinking fountain available in the pool area. Swim Starters and Swim Strokes skill level lessons will be contact-free and abide by social distancing guidelines, except in emergency circumstances, with the instructor on the pool deck. Swim Basics skill level lessons will minimize contact and abide by social distancing guidelines whenever possible, except in emergency circumstances, with the instructor generally in the water.

EQUIPMENT | Equipment use will be limited whenever possible. Any equipment needed for class will be distributed to each participant by the instructor. At the end of class, all used equipment will be placed in the Cleaning Bin for disinfecting.

DEPARTURE | All participants and spectators will exit the pool area through the locker rooms, and proceed back to the lobby, where they will exit through the main doors.

OTHER POLICIES

COVID-19 CANCELLATION POLICY: Should we have to cancel a class due to COVID-19, make ups will not be provided and there will not be a credit/refund option for the missed class. Should we have to end the session due to COVID-19, only YMCA system credit will be available for the missed classes.

CANCELLATION AND REFUND POLICY: The Piscataquis Regional YMCA program fees are non-transferable and non-refundable. Exceptions may be made for those with a diagnosed physical medical condition. We reserve the right to cancel or reschedule classes that do not have sufficient enrollment, in which case a YMCA system credit may be issued. **No refunds or credits will issued for individual classes missed, including classes missed due to planned facility closures, and make up options will not be available.** If a class needs to be cancelled, we will make every effort to notify you in advance via email. **Make up options for class cancellations will not be available.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONG SWIMMERS & CONFIDENT KIDS

1-on-1 & Small Group Swim Lessons

PISCATAQUIS REGIONAL YMCA

At the Y, we believe swimming can be a fun and essential part of a **healthy lifestyle** and that every child should have the opportunity to learn how to be **safe around water**. Our swim lesson program provides opportunities to introduce **infants and toddlers** to the aquatic environment through **games and songs**, learn basic **self-rescue skills** and comfort with **underwater exploration**, build **stroke technique**, and foster a **lifetime of physical activity**.

WHEN: Spring 2 Session | May 10th—July 3rd

REGISTRATION: Member Starts April 26th
Non-Members Starts May 3rd



PISCATAQUIS REGIONAL YMCA
48 Park St. Dover-Foxcroft
ME 04426
207 564 7111 | prymca.org

STAY CONNECTED!



SMALL GROUP SWIM LESSONS

PRICING:

Member | \$50 Non-Member | \$100

SWIM STARTERS | STAGE A + STAGE B

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

STAGE A | WATER DISCOVERY introduces infants and toddlers to the aquatic environment.
STAGE B | WATER EXPLORATION focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS | STAGES 1 – 3

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

STAGE 1 | WATER ACCLIMATION increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
STAGE 2 | WATER MOVEMENT encourages forward movement in water and basic self-rescue skills performed independently.
STAGE 3 | WATER STAMINA develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES | STAGES 4 – 6

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGE 4 | STROKE INTRODUCTION introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
STAGE 5 | STROKE DEVELOPMENT introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.
STAGE 6 | STROKE MECHANICS refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

CLASS	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
PARENT & CHILD STAGE A + STAGE B 6 MONTHS – 3 YEARS OLD				9:30 AM—10:00 AM
PRESCHOOL STAGE 1 3 – 5 YEARS OLD	3:45PM—4:15 PM		3:45 PM—4:15 PM	8:00 AM—8:30 AM
PRESCHOOL STAGE 2 3 – 5 YEARS OLD	3:45 PM—4:15 PM		3:45 PM—4:15 PM	8:45 AM—9:15 AM
PRESCHOOL STAGE 3 3 – 5 YEARS OLD	3:00 PM– 3:30 PM			
YOUTH STAGE 1, STAGE 2, AND STAGE 3 6 – 12 YEARS OLD		3:30 PM– 4:15 PM		10:15 AM—11:00 AM
YOUTH STAGE 4, STAGE 5, AND STAGE 6 6 – 12 YEARS OLD		2:30 PM—3:15 PM		10:15 AM—11:00 AM

1 – ON – 1 SWIM LESSONS

PRICING:

Member | \$160 Non-Member | \$240



SATURDAY

8:00 AM—8:30 AM
1 SPOT AVAILABLE
8:45 AM—9:15 AM
1 SPOTS AVAILABLE

To provide the best learning environment possible and help promote social distancing, all 1-on-1 swim lessons will be conducted as 4 x 30 minute sessions with no more than two 1-on-1 lessons and up to one small group swim lesson occurring during the same time period.

To register for 1-on-1 swim lessons,
please call the Welcome Center Week Days 5:30 AM – 7:00 PM, or
Saturdays 8:00 AM – 12:00 AM.



SMALL GROUP LESSONS

MAXIMUM CLASS SIZES |

Swim Starters – 6 parent/child pairs with 1 instructor on deck
Swim Basics – 3 participants with 1 instructor in the water
Swim Strokes – 3 participants with 1 instructor on deck

1 – ON – 1 LESSONS

REGISTRATION | All registrations will be on a first come, first serve basis. Swim lesson participants may designate a preferred instructor during registration; however, that does not guarantee you will be paired with that instructor for your lessons.

Please contact us at cody.levensalor@otoymca.org with any non-scheduling questions or concerns, including the proper stage for your child.

MORE INFORMATION ABOUT WHAT TO EXPECT DURING 1 – ON – 1 , INCLUDING
DETAILED INSTRUCTIONS FOR ARRIVAL AND DEPARTURE AND MAKE UP POLICIES, CAN
BE FOUND ON THE BACK OF THIS BROCHURE!