



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL I (Sept 8–Nov 2)

## SWIM LESSON SCHEDULE

### CASCO BAY BRANCH

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Parent/Child: Water Discovery A</b>		9:30a-10:00a	9:00a-9:30a	9:00a-9:30a 5:30p-6:00p		
<b>Parent/Child: Water Discovery B</b>	9:30a-10:00a				9:30a-10:00a	
<b>Pike</b>	9:00a-9:30a	4:30p-5:00p	9:00a-9:30a 5:30p-6:00p	4:00p-4:30p 5:30p-6:00p	9:00a-9:30a	11:30a-12:00p
<b>Eel</b>	5:15p-5:45p	9:00a-9:30a 5:00p-5:30p	9:30a-10:00a	9:30a-10:00a 4:30p-5:00p		
<b>Ray</b>		4:00p-4:30p	9:30a-10:00a	5:00p-5:30p		
<b>Polliwog</b>			4:00p-4:45p	4:45p-5:30p		10:00a-10:45a
<b>Guppy</b>	4:30p-5:15p		4:45p-5:30p	4:00p-4:45p		10:45a-11:30a
<b>Minnow</b>	3:45p-4:30p	4:30p-5:15p				
<b>Fish</b>		5:15p-6:00p	5:15p-6:00p			
<b>Flying Fish</b>			4:30p-5:15p			
<b>Porpoise Club*</b>		4:30p-5:30p		4:30p-5:30p		

**Registration:**  
Registration is required for all lesson programs listed on this schedule. Online registration opens on August 26th: 5:00am.

Each child may register for no more than 1 lesson per session.

Lessons Begin the September 9<sup>th</sup>

\*Porpoise Club runs 2x/week

**Fee:**  
\$21 with Family Membership or \$75 for Youth Program Members

**Showers are mandatory. No exceptions!**

For safety reasons, children are not permitted to enter the pool until the instructor begins the class. Thank you for your cooperation in keeping our swimmers safe.

Goggles and swim caps are encouraged. Hair that is shoulder length or longer needs to be secured with a hair tie or swim cap. Those who are not fully potty trained must wear a swim diaper covered by a rubber pant. Both are sold at the Welcome Desk.

All Parent/Child classes have a minimum of 3 with a maximum enrollment of 12.

Pike, Eel, and Ray/Starfish levels have a minimum of 3 with a maximum enrollment of 6.

Polliwog and Guppy levels have a minimum of 3 with a max of 8. Minnow, Fish, and Flying Fish/Shark levels have a minimum of 3 with a max of 8. Classes will not run if a minimum enrollment has not been met and will be canceled if attendance is below minimum enrollment at the discretion of the Director.

**ATTENDANCE AND WAITLIST POLICY:** Thank you for attending classes that you have registered for. If you are not able to attend a class please contact the Aquatics Director so that a child on a waitlist gets the opportunity to participate.

If your child is on the wait list, you will receive an email from the Aquatics Director when a spot becomes available – please do not come to lessons until you receive confirmation that you are in the class.



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\*Showers are required before entering the pool. Hair must be up in a cap or tied up in a bun or braid.\*

**YOUTH LESSONS:** We offer youth lessons for children 6 months and older. Children who are not potty trained must wear reusable rubber pants over a disposable swim diaper; both are sold at the Welcome Desk.

**PORPOISE CLUB:** Porpoise Club is for those swimmers ages 7 & up who want to participate in a non-competitive swim team. Swimmers will develop a variety of stroke skills, learn flip turns and usage of starting blocks, as well as grow friendship and build a group dynamic. Participants must have strong Minnow-level or higher swim ability. **Fee:** \$126 for all membership types.

**STRIPERS SWIM TEAM:** Our swim team focuses on Youth Development and is for any child 7 years and older with strong Minnow-level or higher swim ability who is interested in developing into a stronger swimmer, build self-confidence, create meaningful relationships with peers and coaches, and celebrate personal progress! See the Stripers Swim Team flyer for more information. Being a part of the team does require a commitment to regular attendance at practices and participation in required meets.

#### **PRESCHOOL & YOUTH SWIM LEVEL DESCRIPTIONS**

**Fee:** \$21/session with Family or \$75/session with Youth (8 years & up), and Youth Program (0-7 years) memberships.

**Each member may sign up for one lesson per session.**

**Parent/Child (Water Discovery A)** Ages 6 months to 3 years – each child must have 1 adult/parent in the water with them during the lesson.

Parent/Child, Water Discovery A introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Focuses on basic water safety, fun interactions, and increasing comfort in the water by providing a positive aquatic experience. Small Pool only (unless the small pool is unexpectedly closed).

**Parent/Child (Water Discovery B)** Ages 1 to 3 years – each child must have 1 adult/parent in the water with them during the lesson.

Parent/Child, Water Discovery B is the more advanced parent/child class. This class explores body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Encourages children to move purposefully in the water in response to visual and verbal cues with the use of toys and flotation devices. Small Pool only (unless the small pool is unexpectedly closed).

**Pike:** Beginner 'non-swimmer' – 3-5 years old without a parent in the water. Focusing on comfort level in the water and developing beginning swim skills such as putting the face in the water and paddling on the front and back using assistance from the instructor and instructional flotation devices. Small Pool only (unless the small pool is unexpectedly closed).

**Eel:** Intermediate – 3-5 and completed the Pike level. Must be able to swim 5 feet with no flotation or assistance from the instructor, without touching the bottom of the pool or stopping, on both the front and back. Must be comfortable swimming with full face in the water. Must be comfortable going under water after jumping into the pool with the instructor ready to assist if needed. Small Pool only (unless the small pool is unexpectedly closed).

**Ray:** Advanced level – 3-5 years old and completed Eel level. Must be able to swim 15 feet, unassisted with no flotation and without stopping or touching the bottom of the pool. Must be able to jump into the pool at the deep end without any assistance, float on the back for 20 seconds, and float on the front for 20 seconds without flotation devices. Small pool & introduction to the Big Pool.

**Polliwog:** Beginner Level 'non-swimmer' – Ages 6 & Up. Focusing on comfort level in the water and developing beginning swim skills such as putting the face in the water and paddling on the front and back using assistance from the instructor and instructional flotation devices. Small Pool only (unless the small pool is unexpectedly closed).

**Guppy:** Beginner/Intermediate Level – Has passed Polliwog or Eel level and is age 6 & up. Must be able to swim 20 feet (the length of the small pool) on the front and 20 feet on the back with no flotation or assistance and without stopping or touching the bottom of the pool floor. Must be able to float on the front and back for 30 seconds each. Must also be able to perform a sitting dive and feel comfortable with going under water. Small Pool & intro to Big Pool.

**Minnow:** Intermediate Level – has passed Guppy level and is age 7 & up. Before advancing to the Minnow level, the child must be able to pass the Green-Band Swim Test and must be able to swim a length of the big pool for each of the following strokes: Front Crawl with rotary breathing; Backstroke; Elementary Backstroke; beginner Breaststroke. The child must also be able to tread water for 30 seconds and dolphin kick 10 ft. Big Pool only.

**Fish:** Intermediate Level – has passed Minnow and is age 7 & up. Must be able to pass the Green-Band Swim Test and must be able to swim 1 length of the big pool for each of the following strokes: Front Crawl with rotary breathing – head turns only to the side; Backstroke with good form; Elementary Backstroke with good form; Breaststroke with separate pull/kick, good symmetrical form; Dolphin Kick. Big Pool only.

**Flying Fish:** Advanced Level – has passed Fish level and is age 7 & up. Must be able to pass the Green-Band Swim Test and must be able to swim 2 lengths of the big pool for each of the following strokes with good form: Front Crawl; Backstroke; Elementary Backstroke. Must be able to swim 1 length of the big pool for each of the following strokes: Breaststroke with good form; beginner Butterfly; Sidestroke. Big Pool only.