



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2019 ADULT SWIM LESSON SCHEDULE

CASCO BAY BRANCH

Registration:

Registration is required for all lessons/programs listed on this schedule. Registration opens on January 3rd at 5:00am. Register online or at the Membership Desk.

Lessons Held:

January 14th through March 16th

Fee: \$20 with Family Membership or \$73 with Individual Membership

Teens aged 13+ are welcome to join our adult classes

Please see the back of this sheet for descriptions.

Class Name	Monday	Tuesday	Wednesday
Advanced Beginner With Andy		7:15p-8:00p	
Adult Beginner With Anne V			10:00a-10:45a
Adult Intermediate With Ben	10:00a-10:45a		
Adult Advanced With Ben	10:45a-11:30a		
Women's Masters With Anne V	1:00p-2:00p		

Showers are mandatory. No exceptions!

Goggles and swim caps are encouraged.

Hair shoulder length or longer must be secured with a hair tie or swim cap.

All adult swim lessons and programs have a minimum of 3 and a maximum of 12.

Classes will not run if a minimum enrollment has not been met.

We now offer private lessons. If you are interested please pick up a request form at the membership desk and return it to the aquatics office!

Casco Bay Branch
YMCA OF SOUTHERN MAINE
14 Old S. Freeport Road, Freeport ME 04032
(P) 207.865.9600
(W) www.ymcaofsouthernmaine.org



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SWIM LESSONS AT THE YMCA

The YMCA's Aquatics Program is part of our mission to help people develop character and a positive sense of self worth. Using the YMCA of the USA's National Swim Lesson Program we help children and adults learn to swim at their own pace.

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

ADULT LESSONS: We offer adult swim lessons for beginners, intermediate and advanced swimmers. It's never too late to start! Sign up today!

FEE: Adult swim lessons are \$20 with Family membership, \$73 for Individual membership.

ADVANCED BEGINNER: In this beginner class you will become more confident, learn basics of breath control and floating in an environment that is designed to be comforting and inspiring. This class is taught by Andy a veteran instructor who takes great joy in helping you overcome fears and learn to swim. This class is located primarily in the small pool.

ADULT BEGINNER: This beginner class is the perfect introduction to swimming. Participants will learn the front crawl in a welcoming environment along with others. The adult beginner class focuses on comfort in the water, rotary breathing, and basic skill development. As the class progresses other skills and basic strokes will be added. This class is taught by Anne V who is an experienced master's swimmer.

ADULT INTERMEDIATE: Adult intermediate will help you reach your goals of becoming a more proficient swimmer. Participants should be able to safely swim one lap in the big pool using freestyle and have a basic understanding of backstroke. In this class you will begin to learn the breaststroke as well as learn the stroke techniques that will allow you to swim more efficiently. This class is taught by Ben the Aquatics Director.

ADULT ADVANCED: Adult Advanced is designed for the proficient swimmers who can swim more than 100yds easily that may be training for triathlons or looking to improve on stroke efficiency, speed or become a stronger all around swimmer. In addition to stroke technique you will learn how to spice up your workouts with drills, creative sets and new strokes. This class is taught by Ben the Aquatics Director.

WOMANS MASTERS SWIM PROGRAM: In this women's swim group, a volunteer coach will provide a workout at each session and provide feedback to improve technique. Participants should be able to swim at least 4 lengths of crawl stroke in the big pool without stopping and have basic ability to swim freestyle, back stroke, and breast stroke. This group is a free group with no registration.

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