



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER SWIM LESSONS PINELAND BRANCH

**Registration:**

Monday, June 4<sup>th</sup> (Online or at the Membership Desk.)  
Registration required for all classes listed on this schedule. Online registration opens at 5am.

**Full Session**

1x week:  
June 17-August 11

**Session A:**

2x week:  
June 17-July 14

**Session B:**

2x week:  
July 15-August 11

**Cost:** \$12 with Family or Single Adult with Family Memberships, or \$65 for Youth Program Members

**One Class per Session per Member**

(This does not allow for taking classes at multiple Y branches. We fill many of our swim lesson classes across the association, and want to enable as many children to participate as possible in a class. Thank you for your cooperation!)

**Showers are mandatory! No exceptions!**

**Goggles and swim caps are encouraged. Please tie up hair in a bun or braid before class!**

**ONCE PER WEEK**

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Shrimp/ Kipper/ Inia/ Perch/</b>	4:45-5:15 (Sarah)				9:30-10:00 (Dana)	10:45-11:15 (Emily)
<b>Pike</b>			4:30-5:00 (Emily)			9:15-9:45 (Emily)
<b>Eel</b>	5:15-5:45 (Sarah)		5:00-5:30 (Emily)			9:45-10:15 (Emily)
<b>Polliwog</b>						10:00-10:45 (Malachi)
<b>Ray/ Starfish</b>			5:30-6:00 (Emily)			
<b>Guppy</b>						9:15-10:00 (Malachi)
<b>Minnow</b>						8:30-9:15 (Emily)

**TWICE PER WEEK**

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pike</b>	10:15-10:45 (Courtney)	4:45-5:15 (TBD) 5:15-5:45 (TBD)	10:15-10:45 (Courtney)	4:45-5:15 (TBD) 5:15-5:45 (TBD)		
<b>Eel</b>	10:15-10:45 (Mylan)		10:15-10:45 (Mylan)			
<b>Polliwog</b>		4:00-4:45 (TBD)		4:00-4:45 (TBD)		
<b>Guppy</b>		4:00-4:45 (Malachi)		4:00-4:45 (Malachi)		



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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.

## SWIM LESSON LEVEL DESCRIPTION

### Ages 6 months – 3 years

**Shrimp/Kipper:** Ages 6 months to 2 years with Parent. This class is an introductory class for those children just starting out, with parents in the pool with them. It introduces children to the water through songs and games.

**Inia/Perch:** Ages 2 to 3 years with Parent. This class is an introductory class for those children who are just starting out and need a parent in the water with them. This class helps get children comfortable and more independent in the water. Buoyancy belts are used along with skills and songs. Must be ready to be independent from parent before moving to Pike.

**\*\*Shrimp/Kipper/Inia/Perch Combined:** Ages 6 months to 3 years with Parent

### Ages 3-5

**Pike:** This is a non-swimmer or a child who does not like to get their face wet. Buoyancy belts are used. Must be able to swim half the width of the Pineland branch pool (small pool at Casco Bay, Portland and Northern York County branches) without floatation to pass to Eel level.

**Eel:** This child must be able to get their face wet and paddle halfway across the pool without floatation. We are working off floatation devices and the child should show confidence without the belt. Beginner stroke skills are being taught at this level. Must be able to swim the length of the Pineland branch pool (small pool at Casco Bay, Portland and Northern York County branches) without floatation before moving onto Ray level.

**Rays:** For children who are swimming without buoyancy belts. They can put their whole face under and are ready to learn more skills; like diving, front crawl arms, back crawl, elementary back stroke, etc.

**Starfish:** For children who can swim 25yds on their front and back. They will continue learning the breathing with the front crawl and the whip kick for the elementary back stroke. In addition, they will also be able to tread water, do the survival float, and learn kneel and stand up dives.

**\*\*Ray/Starfish Combined**

### Ages 6 and Up

**Polliwogs:** For the older child who has never had lessons; may be hesitant to get their face wet or who is still doggy paddling. Focus on water adjustment, beginner's strokes and floating. Must be able to swim the width of the Pineland branch pool (small pool at Casco Bay, Portland and Northern York County branches) to move up to the Guppy level.

**Guppy:** This child has gone through Pike-Starfish and/or Polliwogs. They are ready to go into the deeper water and work on the front crawl, backstroke, elementary backstroke, breast stroke, and endurance at a much higher level. Basic sidestroke will be introduced. Must be able to do front crawl with rudimentary rotary breathing and be able to swim 25 yards before moving up to Minnow.

**Minnow, Fish, Flying Fish & Sharks** are offered at our other YMCA of Southern Maine branches (the Pineland branch pool is too small to accommodate the upper levels.)