



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING SWIM LESSON SCHEDULE

PINELAND BRANCH

Registration:

Monday, April 9th
(On-line or at the
Membership Desk)

Registration required for
all classes listed on this
schedule.

Online registration
opens at 5:00 am.

In House Registration is
available at 5:30am

Classes Held:

April 22, 2018-
June 9, 2018

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!)

**All members are
required to shower
before entering the
pool. No exceptions!**

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

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shrimp/ Kipper/ Inia/ Perch/ 6mo.- 3 yrs	5:15-5:45pm (Sarah)	9:35-10:05am (Nancy)			9:30-10:00am (Dana)	10:15-10:45am (TBD) 10:45-11:15am (TBD)
Pike 3 -5 yrs	10:30-11:00am (Emily) 11:00-11:30am (Mylan)	10:05-10:35am (Nancy) 4:00-4:30am (Mylan)	4:45-5:15pm (Emily) 5:45-6:15pm (Emily)	10:00-10:30am (Sarah))	10:00-10:30am (Emily) 10:30-11:00am (Emily)	9:15-9:45am (Emily) 9:45-10:15am (Emily)
Eel 3 -5 yrs	10:30-11:00am (Mylan)	4:30-5:00pm (Mylan)	5:15-5:45pm (Emily)	9:30-10:00am (Sarah))		8:45-9:15am (Emily)
Ray/ Starfish 3 -5 yrs	11:00-11:30am (Emily)	3:30-4:00pm (Mylan)				
Polliwog 6+ yrs			4:00-4:45pm (Emily)	4:45-5:30pm (Malachi)		8:45-9:30am (Malachi)
Guppy 6+ yrs		4:00-4:45pm (Malachi)		4:00-4:45pm (Malachi)		9:30-10:15am (Malachi)
Pre Minnow		4:45-5:30pm (Malachi)				8:00-8:45am (Emily)

Private Lessons: Individually scheduled when the instructor, lifeguard and participant are available.
Please Contact Mylan Bannon, mbannon@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.

PRIVATE LESSONS

Half hour and hour long private and semi-private lessons are available on an on-going basis to members of all ages and can be scheduled through the aquatics office.

Fee

\$33/half hour private lesson;

\$28/half hour semi-private lesson (per person);

YOUTH LESSONS

We offer lessons for ages 6 months and up. Children who are not potty trained must wear two tight fitting layers around the waist and legs. (Reusable rubber pants over disposable swim diaper)

Fee

Youth Lessons are FREE with Family & Single Adult Family memberships (30 or 45 minute class once a week)

\$65/session with Youth (8 years & up) and Youth Program (0-7 years) memberships

PRESCHOOL & YOUTH SWIM LEVEL BREAKDOWN

Shrimp/Kipper/Inia/Perch: Ages 6 months to 3 years with parent

Shrimp/Kipper: Ages 6 months to 2 years with parent

Inia/Perch: Ages 2-3 years with parent

Pike: Beginner 'Non-swimmer' – 3-5 years old or participated in Inia/Perch

Eel: Intermediate – 3-5 and completed the Pike level

Ray/Starfish: Advanced level – 3-5 years old and completed Eel level

Polliwog: Beginner Level 'Non-swimmer' - Ages 6 & Up

Guppy: Beginner/Intermediate Level - Has passed Polliwog, Ages 6 & Up

These levels are not offered at Pineland due to pool size, but can be found at our other branches.

Minnow: Intermediate Level - Can swim front & back stroke for 25 yards, must be at least 6 years, Big Pool

Fish: Intermediate Level - Has practiced all strokes, Ages 7 & Up, Big Pool

Flying Fish/Shark: Advanced Level - Must be at least 8 years old, Big Pool

Showers are **required** before entering the pool.

Shoulder length or longer hair must be up in a cap or tied up in a bun, braid or ponytail.