



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SIGN UP
TODAY FOR
WINTER
SWIM LESSONS!



BUILDING STRONG SWIMMERS & CONFIDENT KIDS AT THE BANGOR REGION YMCA!

January 2nd – February 18th, 2024 (7-week session)

(No lessons Monday, January 1st, in observance of New Year's Day and
Monday, January 15th, in observance of Martin Luther King Jr. Day)

Spring I is February 26th – April 14th | Spring II is April 22nd – June 16th

Online Registration is Available. • See inside brochure for cost of program.

Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

FACT: Children between the ages of 1 and 4 years old have the highest drowning rates.

FACT: Drowning is the 2nd leading cause of death for kids (ages 1 – 14).

FACT: In 88% of drownings, an adult was present but that was not enough.

**FINANCIAL
ASSISTANCE
IS AVAILABLE.
Apply today!**

At the Bangor Region YMCA, our goal is to do our part in changing these statistics by continuing to build strong swimmers and confident kids. This is why **we adopted the YMCA's Safety Around Water & Swim Lessons curriculum.** We are committed to helping youth improve new skills while building friendships and feeling confident in water environments. **These lessons are built on a foundation of two basic skill progressions that all people need to be safe around water, swim–float–swim and jump–push–turn–grab, while continuing to build stroke technique, safety skills, and a sense of achievement, belonging, & relationships.**

Our Y swim instructors are nationally certified. Their training includes CPR, AED, and First Aid. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

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17 Second Street, Bangor, ME 04401 • 207-941-2808 • www.BangorYMCA.org

YOUTH SWIM LESSONS

SWIM STARTERS (PARENT & ME) AGES 6 MONTHS - 3 YEARS Classes are 30 min.

Accompanied by a parent/guardian, 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. **Children should wear swim diapers under their swimsuits** and must be accompanied in the water by a parent, guardian, or other trusted adult.

Cost: \$57 Member | \$92 Non-Member

Mondays: \$40 Member | \$65 Non-Member (in observance of New Year's Day & Martin Luther King Jr. Day)

Mondays, 9:00am • Tuesdays, 9:00am • Wednesdays, 9:00am

Saturdays, 8:00am & 8:30am • Sundays, 8:00am & 8:30am

Stages	What Youth Will Accomplish
A WATER DISCOVERY	Stage A will introduce infants and toddlers to the aquatic environment through exploration and encourage them to enjoy themselves while learning about the water. Class ratio 1:8.
B WATER EXPLORATION	In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Class ratio 1:8.

SWIM BASICS

These group lessons are designed to teach youth water safety and respect for the water. The Swim Basics program is built on the YMCA's new Safety Around Water program and is designed to teach students personal water safety and respect for the water. The skills swimmers learn in these stages will help them **develop an awareness of their own bodies, gain a sense of independence and success, and increase their self-esteem** while achieving 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

Stages	What Youth Will Accomplish
1 WATER ACCLIMATION	Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.
2 WATER MOVEMENT	In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
3 WATER STAMINA	In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals in Swim Basics, students in the Swim Strokes program will 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.**

Stages	What Youth Will Accomplish
4 STROKE INTRODUCTION	Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.
5 STROKE DEVELOPMENT	Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
6 STROKE MECHANICS	In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

We encourage all children who have completed stage 6 to continue building their confidence, cultivating their passion, and staying active through specialized tracks: Competitive Swimming and More!

PRESCHOOL (3 - 5 YEARS OLD)

Classes are 30 min.

Cost: \$57 Member | \$92 Non-Member

Mondays: \$40 Member | \$65 Non-Member (in observance of New Year's Day & Martin Luther King Jr. Day)

WINTER SESSION						
Stages	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
1 WATER ACCLIMATION	9:30a 4:15p 4:45p	9:30a 3:30p	9:30a 4:15p 4:45p	3:30p	10:45a	9:00a 12:00p
2 WATER MOVEMENT	9:30a 4:15p 4:45p	9:30a 3:30p	9:30a 4:15p 4:45p	3:30p	10:45a	—
3 WATER STAMINA	4:15p 4:45p	3:30p	4:15p 4:45p	3:30p	10:45a	9:00a 12:00p

REFUND POLICY: A refund, minus a **\$20.00 cancellation fee** will be granted if request is made one week or more before the start of the session. A system credit can be applied if the request is made less than one week before the session begins. Refunds will not be issued to participants who drop out after classes begin. Any parent/guardian who signs up their kid for a level they're not ready for will not receive a refund or credit.

SCHOOL AGE (6 - 12 YEARS OLD)

Classes are 45 min.

Cost: \$65 Member | \$101 Non-Member

Mondays: \$46 Member | \$72 Non-Member (in observance of New Year's Day & Martin Luther King Jr. Day)

WINTER SESSION						
Stages	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
1 WATER ACCLIMATION	5:15p	4:45p	3:30p	4:45p	9:45a 11:30a	11:15a
2 WATER MOVEMENT	3:30p	4:00p	5:15p	4:00p	9:00a 11:30a	9:30a
3 WATER STAMINA	3:30p	4:45p	3:30p 5:15p	4:00p 4:45p	9:00a 9:45a	10:30a
4 STROKE INTRODUCTION	5:15p	4:00p	3:30p	4:45p	11:30a	10:30a
5 STROKE DEVELOPMENT	5:15p	4:00p	5:15p	4:00p	9:45a	9:30a
6 STROKE MECHANICS	3:30p	—	—	—	9:00a	11:15a

PRIVATE SWIM LESSONS ALL AGES

Our Private Lessons are for children and adults who are looking for special attention and instruction in a one-on-one setting. Instructors can teach you or your child how to swim, help to perfect swim techniques, or help you train for an event like a triathlon. **Swimmers in a group must be at the same swim level.**

Classes are purchased in **four 30-minute class bundles** and are modified to meet the goals and abilities of the participants. Requests are filled on a first-come, first-served basis and may take up to two weeks to schedule due to pool and instructor availability. **PLEASE NOTE that each swimmer that participates in a semi-private lessons is responsible for paying the appropriate amount.**

For more information, email Stacey Smith, Aquatics Manager, at ssmith@bangorY.org.

COST PER SWIMMER		
NUMBER OF SWIMMERS	MEMBER	NON-MEMBER
1	\$175	\$225
2	\$88	\$125
3	\$59	\$75
4	\$44	\$56

USE OUR EASY LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

Children who are signed up for a level above their ability will have to be moved to the appropriate level. This is for the safety and quality of our swim lessons.

WHAT TO EXPECT WHEN YOU COME TO OUR Y FOR SWIM LESSONS

ARRIVAL

- You and your child may arrive up to 5 minutes prior to the start of class and will enter the Means Pool through the Pool Lobby door.

AFTER LESSONS

- After class, you and your child may use the locker rooms to rinse off/shower and change.

Questions? Email Shawn Rich, Aquatics & Competitive Swim Director, at srich@bangorY.org.