



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BRAND NEW
SWIM LESSON
CURRICULUM!**

BUILDING STRONG SWIMMERS & CONFIDENT KIDS

AT THE BANGOR REGION YMCA!

2018 – 2019 SCHEDULE

2018 SESSION DATES

FALL I: Sept. 10th – Oct. 28th

FALL II: Oct. 29th – Dec. 23rd

(No lessons during the week of
Thanksgiving, Nov. 19th – 25th)

**REGISTRATION
BEGINS**

Aug. 27th

Oct. 15th

2019 SESSION DATES

WINTER: Jan. 2nd – Feb. 17th

SPRING I: Feb. 25th – April 14th

SPRING II: April 22nd – June 16th

(No Lessons on Memorial Day, May 27th)

SUMMER A: June 24th – July 21st

SUMMER B: July 22nd – Aug. 18th

SUMMER C: June 24th – Aug. 18th
(Saturday Classes Only)

Dec. 17th, 2018

Feb. 11th, 2019

April 8th

June 10th

July 8th

June 10th

**OUTDOOR
SWIM LESSONS**
are available during
the summer!

More info will be available
in the Spring!

COST PER SESSION: \$45 Members | \$75 Non-Members

REGISTER EARLY! Spots are Limited.

rev. 082718

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

YOUTH SWIM LESSONS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. 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: 2 kids drown every day.

FACT: Drowning is the 2nd leading cause of death for kids (ages 5 – 14).

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

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 have adopted the YMCA's brand new 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 new 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, and relationships.**

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.

SWIM STARTERS (PARENT & ME) AGES 6 MONTHS - 3 YEARS

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 swim suits** and must be accompanied in the water by a parent, guardian, or other trusted adult.

Mondays, 9:30am Wednesdays, 9:30am Saturdays, 9:00am OR 11:15am Sundays, 10:00am

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 1:12.
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 1:12.

SPLASH PARTY RENTALS

Whether you're looking to host a birthday party, a small family reunion, or a fun get together with your friends, you'll have a blast with a Bangor Region YMCA Splash Party! Not only will you have access to a **Private Party Room** and one of our **Indoor Pools**, but you can make your party unforgettable with our **Dead River Pool Inflatable**, a fun obstacle course floating in the pool!

PARTY TYPE	MEMBER RATE	NON-MEMBER RATE
Party Room ONLY (2 hour minimum)	\$50/hour	\$75/hour
SHARED Pool	\$150	\$200
PRIVATE Pool	\$250	\$300
SHARED Pool with Dead River Pool Inflatable (Aloupis Pool Only)	\$250	\$300
PRIVATE Pool with Dead River Pool Inflatable	\$300	\$350

BOOK YOUR PARTY TODAY! Call us at 207-941-2808.



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 & Diving, Junior Lifeguarding, Scuba and more!

PRIVATE SWIMMING & DIVING 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 how to swim or dive, help you perfect your technique, or help you train for an event like a sprint triathlon.

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. For more information, call 207-941-2808.

COST: \$150 Member | \$200 Non-Member

PRESCHOOL & SCHOOL AGE SCHEDULES

PRESCHOOL (3 – 5 YEARS OLD)

Classes are 30 min.

	FALL – SPRING SESSIONS						SUMMER SESSION (Saturdays are for Summer C Only)		
Stages	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.	Mon. & Wed.	Tues. & Thurs.	Sat.
1 WATER ACCLIMATION	3:30p	9:30a 4:30p	3:30p	9:30a 4:30p	9:30a 12:00p	10:45a	3:30p	9:30a 4:30p	9:30a 12:00p
2 WATER MOVEMENT	3:30p	9:30a 4:30p	3:30p	9:30a 4:30p	9:30a 12:00p	10:45a	3:30p	9:30a 4:30p	9:30a 12:00p
3 WATER STAMINA	3:30p	9:30a 4:30p	3:30p	9:30a 4:30p	9:30a 12:00p	10:45a	3:30p	9:30a 4:30p	9:30a 12:00p
4 STROKE INTRODUCTION	3:30p	9:30a 4:30p	3:30p	9:30a 4:30p	9:30a 12:00p	10:45a	3:30p	9:30a 4:30p	9:30a 12:00p

SCHOOL AGE (6 – 12 YEARS OLD)

Classes are 45 min.

	FALL – SPRING SESSIONS						SUMMER SESSION (Saturdays are for Session C Only)		
Stages	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.	Mon. & Wed.	Tues. & Thurs.	Sat.
1 WATER ACCLIMATION	4:15p	3:30p	4:15p	3:30p	10:15a 12:45p	11:30a	4:15p	3:30p	10:15a 12:45p
2 WATER MOVEMENT	4:15p	3:30p	4:15p	3:30p	10:15a 12:45p	11:30a	4:15p	3:30p	10:15a 12:45p
3 WATER STAMINA	4:15p	3:30p	4:15p	3:30p	10:15a 12:45p	11:30a	4:15p	3:30p	10:15a 12:45p
4 STROKE INTRODUCTION	4:15p	—	4:15p	—	10:15a	11:30a	4:15p	—	10:15a
5 STROKE DEVELOPMENT	—	3:30p	—	3:30p	12:45p	—	—	3:30p	12:45p
6 STROKE MECHANICS	—	3:30p	—	3:30p	12:45p	—	—	3:30p	12:45p

TEEN & ADULT SWIM LESSONS (13 YEARS & OLDER)

Tuesdays & Thursdays, 6:30 – 7:15pm

It's never too late to learn how to swim and be safe around water! Whether you're just learning swim basics or training for your next triathlon, there's a place for everyone in our Teen & Adult lessons. Classes will be divided into a **Swim Basics** (beginner) and **Swim Strokes** (advanced) group at the beginning of each session.

COST: \$100 Member | \$125 Non-Member

FUTURE BARRACUDA STROKE SCHOOL

Mondays & Wednesdays, 5:00 – 5:30pm

Our Future Barracuda Stroke School is for swimmers who enjoy competitive experiences yet may not be ready to fully compete with the Barracuda Swim Team. **Program emphasis is on stroke improvement and endurance.** Children will learn to complete the following skills: Drills of all 4 competitive strokes, understanding swim etiquette, usage of pool equipment including backstroke flags and diving blocks. Once ready, swimmers will have the opportunity to compete in the Bangor Region YMCA Barracudas' home swim meets (must have a Y membership). Interested swimmers must have at least **Stage 4 | Stroke Introduction Skills** and be evaluated by the Future's Instructor or a member of the Barracuda Coaching Staff before joining this program.