

SWIM LESSONS



Building Strong Swimmers and Confident Kids

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.

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



BANGOR REGION YMCA | Lifting People. Strengthening Community.
17 Second Street, Bangor, ME 04401 • 207-941-2808 • bangory.org

**REGISTER
TODAY!**



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.

At the Bangor Region YMCA, we adopted the YMCA's Safety Around Water & Swim Lessons curriculum to address the concerning statistics around children and water safety (see "Facts" box to the right). We are committed to improving these numbers by teaching children new skills as they build friendships and self confidence 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, and relationships.

FACTS

Children between the ages of 1 & 4 years old have the highest drowning rates.

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

In 88% of drowning, an adult was present, but that was not enough.

SWIM LESSON STAGES

A WATER DISCOVERY & EXPLORATION	This stage will introduce infants and toddlers to the aquatic environment through exploration. Parents/guardians will also work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Class ratio 1:8.
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.
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.



INFANT & TODDLER (6 months – 3 years old)

SWIM STARTERS (PARENT & ME): 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.

PRESCHOOL (3 – 5 years old) AND SCHOOL AGE (6 – 12 years old)

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

SCHOOL AGE (6 – 12 years old)

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.**

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, feel free to touch base with your child's instructor if needed.



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 to 5 years
PRESCHOOL:
STAGES 1–4



5 to 12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided accordingly 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 of your child and the quality of our swim lessons.

**LEARN MORE ABOUT OUR
PRIVATE SWIM LESSONS FOR ALL AGES!**

