

STRONG SWIMMERS SAFE KIDS



Swim Lessons

Saturdays, January 28 - March 18

Preschool Age Classes (30 min)

Stage 1 Water Acclimation: 9:00 - 9:30 a.m.

Stage 2 Water Movement: 9:30- 10:00 a.m.

Stage 3 Water Stamina: 10:00 - 10:30 a.m.

School Age Classes (45 min)

Stage 1 Water Acclimation: 11:00-11:45 a.m.

Stage 2 Water Movement: 12:00-12:45 p.m.

Stage 3 Water Stamina: 10:00 - 10:45 a.m.

Stage 4 Stroke Introduction: 11:00 - 11:45 a.m.

Stage 5 Stroke Development: 12:00 - 12:45 p.m.



Registration Opens:

Annual Members - Monday, January 2 | 3-Month and Non Members - Monday, January 9

Fees:

Annual Members - \$80

3-Month and Non-Members - \$120

Waldo County YMCA
157 Lincolnville Ave, Belfast, Maine 04915
207.338.4598 - www.waldocountyyymca.org
The Waldo County YMCA is a 501 (c)(3) Charitable Organization

Carolyn Steeves, Aquatics Director
csteeves@waldocountyyymca.org