



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 Swim Lesson Schedule

Winter - January 28 through March 18 Spring - April 8 through May 27

Summer - June 24 through August 12 Fall - September 9 through October 28

Holiday - November 18 through December 23

\$80 for Members | \$120 for 3-month and Non-Members

Parent/Caregiver & Child Classes (30 min)

A - Water Discovery

B - Water Exploration

Ages 6 Months - 3 Years

Takes place in the Therapy Pool

Introduces infants and toddlers
to the aquatic environment

Preschool Age Classes (30 min)

Stage 1 Water Acclimation

Stage 2 Water Movement

Stage 3 Water Stamina

Ages 3 Years - 5 Years

Takes place in the Therapy Pool

Increases comfort with underwater exploration
Encourages forward movement with help
Encourages independent forward movement

School Age Classes (45 min)

Stage 1 Water Acclimation

Stage 2 Water Movement

Stage 3 Water Stamina

Stage 4 Stroke Introduction

Stage 5 Stroke Development

Stage 6 Stroke Mechanics

Ages 5 Years - 14 Years

Takes place in the Therapy Pool

Encourages forward movement with help
Encourages independent forward movement

Takes place in the Lap Pool

Increases independent forward movement
Introduces basic stroke technique
Introduces breaststroke and butterfly
Refines technique in all strokes

**Current sessions are scheduled for Saturday classes only *All stages may not take place each session*

**All sessions are subject to change due to participation *Aquatics Director retains the right to adjust dates*

**Classes may be added or cancelled due to registration numbers*

Waldo County YMCA
157 Lincolnville Avenue Belfast, Maine 04915
207.338.4598 | www.waldocountnymca.org
The Waldo County YMCA is a 501 (c)(3) Charitable Organization

Carolyn Steeves, Aquatics Director
csteeves@waldocountnymca.org