**Youth Swim Lessons | Spring 2018**

First, choose the day of the week that works best for you, then the level, based on your child’s ability.

Then find the participants age/grade.

| Ages 6 months+ | Parent & Me- Step 1 | 4:25-4:55p  
| P&M Fees: FRC Members $35; NM $42  
| 30 minute lessons |
| Parent & Me- Step 2 | 5:00-5:30p  
| |
| Pre-K & Kindergarten | PreSchool Level 1 | 4:25-4:55p  
| Participant must be 4 years old, by the first class, and able to function in a classroom setting without the interaction of a parent.  
| PreSchool Fees: FRC Members $35; NM $42  
| 30 minute lessons |
| PreSchool Level 2 | 5:00-5:30p  
| |
| PreSchool Level 3 | 4:25-4:55p  
| |

| Learn to Swim | Learn to Swim: Level 1 | 4:25-4:55p  
| Grades 1 +  
| Level 1 & 2 Fees: FRC Members $35; NM $42  
| 30 minute lessons |
| Learn to Swim: Level 2 | 5:40-6:10p  
| |
| Learn to Swim: Level 3 | 5:00-5:45p  
| |
| Learn to Swim: Level 4 | 5:00-5:45p  
| |
| Learn to Swim: Level 5 | 5:50-6:35p  
| |
| Learn to Swim: Level 6 | 5:50-6:35p  
| |

**Mon. & Wed.**  
**4/9 – 5/2**  
Meets 2x per week

Consecutive Dates

*Registration Closes: Post Marked 2/27, In-person 3/29

** Turnover for level descriptions. **
## Youth Swim Lessons | Spring 2018

### Ages 6 months+

- **Parent & Me - Step 1:** Designed for children who have little to no water experience. Parents learn how to safely work with their child in the water. Children receive basic skills that lay a foundation for learning to swim.
- **Parent & Me - Step 2:** Designed for children who do not fear the water. Here we build on the skills learned in Step 1. In Step 2 we improve our foundational skills.

### Pre-K & Kindergarten

- **PreSchool Level 1:** For children who are uncomfortable putting their face in the water.
- **PreSchool Level 2:** For children who are comfortable putting their faces in the water.
- **PreSchool Level 3:** For children who can swim five body lengths and float for 15 seconds on their own.

### Grades 1 +

- **Level 1:** For children who are uncomfortable putting their face in the water.
- **Level 2:** For children who are comfortable putting their faces in the water. Skills introduced include gliding and independent floating, breath control pick up submerged objects, treading and swimming combined arm and leg action.
- **Level 3:** For students who can swim 5 body lengths and float for 15 seconds and tread water for 15 seconds. Skills introduced include front crawl, elementary backstroke, dolphin kick, scissor kick, treading and survival floating and beginner diving.
- **Level 4:** Completion of level 3 exit skills required. Students will work on refining front crawl and back crawl while learning butterfly, sidestroke, breaststroke and diving.
- **Level 5:** Completion of level 4 exit skills required. Students will work on stroke refinement while being introduced to flip turns and surface dives. We will also build endurance.
- **Level 6:** Completion of level 5 exit skills required. Refining of all strokes takes place while working on endurance to swim 500 yards continuously.

### Registration Information

**NEW Registration Closure Dates**

- Registration CLOSED dates are listed with lesson information.
- Forms and payment in full must be submitted in person to our front desk or through the mail: UMF FRC Attn: Swim Lessons, 152 Quebec St. Farmington Maine 04938. Please do not fax or e-mail forms.
- Payment is required in full at time of registration.
- E-mail is our primary contact avenue. Please ensure you list a current e-mail on your registration form.
- Classes are limited in size to benefit students. Minimum participation required for each class. Levels may be combine due to low enrollment or instructor availability without notice.
- Wait-listed participants will receive notification of enrollment prior to the first class. Please do not come to the first class unless notified.

### Helpful Information

- Classes are taught under the American Red Cross Learn to Swim Program curriculum. Classes are designed to teach water safety and confidence. Skill, coordination, growth, regular attendance, and practice, determine advancement through the levels.
- Classes can be observed through the windows on the track. You are permitted to observe class from the pool deck if you are not disrupting the learning environment. Any cell phone use is restricted to the lobby area only.
- Children who are not toilet trained MUST wear a swim diaper or cloth diaper with rubber pants under their swimsuit. The restrooms in the front lobby are available for use as a family changing area for children of the opposite sex over 4 years old. Showers should be taken before and after class.
- Non-members are restricted to the lobby and the pool deck only and should wander throughout the facility, use any facility equipment, courts or the track.

Questions? Contact Jennifer, Aquatic Manager

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