



# Youth Swim Lessons | Spring 2019 r.12/22/2018

First, choose the day		Sundays 2/17 – 4/14 Meets once a week No Class 3/17 * Registration Closes: Post Marked 2/7, In-person 2/10	Thursdays 2/28 – 4/25 Meets once a week No class 3/21 Registration Closes: Post Marked 2/18, In-person 2/21	Thursdays 2/28 – 4/25 Meets once a week during school hours No class 3/21 Registration Closes: Post Marked 2/18, In-person 2/21	Mon. & Wed. 2/25 – 3/27 Meets 2x per week No Class 3/18 & 3/20 Registration Closes: Post Marked 2/18, In-person 2/21	Mon. & Wed. 4/1 – 4/24 Meets 2x per week Consecutive Dates Registration Closes: Post Marked 3/22, In-person 3/24
Then find the participants age/grade.						
<b>Ages 6 Months+</b>  <b>P&amp;M Fees:</b> FRC Members \$35; NM \$42 30 minute lessons	<b>Parent &amp; Me Step 1</b>	<b>3:00-3:30p</b> 210110 Sun1  <b>4:05-4:35p</b> 210110 Sun2	<b>3:30-4:00p</b> 210110 ThurPM1		<b>4:25-4:55p</b> 210110 MW1	<b>4:25-4:55p</b> 210110 MW2
	<b>Parent &amp; Me Step 2</b>	<b>3:30-4:00p</b> 210111 Sun1  <b>4:40-5:10p</b> 210110 Sun2	<b>4:05-4:35p</b> 210111 ThurPM1		<b>5:00-5:30p</b> 210111 MW1	<b>5:00-5:30p</b> 210111 MW2
<b>Ages 4 &amp; 5</b>  Participant <b>must be 4 years old</b> , by the first class, and able to function in a classroom setting without the interaction of a parent.  <b>PreSchool Fees:</b> FRC Members \$35; NM \$42  30 minute lessons	<b>PreSchool Level 1</b>	<b>3:00-3:30p</b> 210107 Sun1  <b>4:05-4:35p</b> 210107 Sun2	<b>5:00-5:30p</b> 210107 ThurPM  <b>5:45-6:15p</b> 210107 ThurPM2	<b>9:50-10:20a</b> 210107 ThurAM1	<b>4:25-4:55p</b> 210107 MW1	<b>4:25-4:55p</b> 210107 MW2
	<b>PreSchool Level 2</b>	<b>3:00-3:30p</b> 210108 Sun1  <b>4:05-4:35p</b> 210108 Sun2	<b>5:00-5:30p</b> 210108 ThurPM  <b>5:45-6:15p</b> 210108 ThurPM2	<b>9:50-10:20a</b> 210108 ThurAM1	<b>4:25-4:55p</b> 210108 MW1	<b>4:25-4:55p</b> 210108 MW2
	<b>PreSchool Level 3</b>	<b>3:00-3:30p</b> 210109 Sun1  <b>4:05-4:35p</b> 210109 Sun2	<b>5:00-5:30p</b> 210109 ThurPM1  <b>5:45-6:15p</b> 210109 ThurPM2	<b>9:50-10:20a</b> 210109 ThurAM1	<b>4:25-4:55p</b> 210109 MW1	<b>4:25-4:55p</b> 210109 MW2
<b>Grades 1+</b>  <b>Level 1 &amp; 2 Fees:</b> FRC Members \$35; NM \$42  30 minute lessons	<b>Learn to Swim Level 1</b>	<b>3:30-4:00p</b> 210101 Sun1  <b>4:40-5:10p</b> 210101 Sun2	<b>5:00-5:30p</b> 210101 ThurPM1  <b>5:45-6:15p</b> 210101 ThurPM2	<b>9:50-10:20a</b> 210101 ThurAM1	<b>5:00-5:30p</b> 210101 MW1	<b>5:00-5:30p</b> 210101 MW2
	<b>Learn to Swim Level 2</b>	<b>3:30-4:00p</b> 210102 Sun1  <b>4:40-5:10p</b> 210102 Sun2	<b>5:00-5:30p</b> 210102 ThurPM1  <b>5:45-6:15p</b> 210102 ThurPM2	<b>9:50-10:20a</b> 210102 ThurAM1	<b>5:00-5:30p</b> 210102 MW1	<b>5:00-5:30p</b> 210102 MW2
<b>Level 3-6 Fees:</b> FRC Members \$50; NM \$60  45 minute lessons	<b>Learn to Swim Level 3</b>	<b>5:30-6:15p</b> 210103 Sun1	<b>6:20-7:05p</b> 210103 ThurPM1	<b>9:00-9:45a</b> 210103 ThurAM1	<b>5:40-6:25p</b> 210103 MW1	<b>5:40-6:25p</b> 210103 MW2
	<b>Learn to Swim Level 4</b>	<b>5:30-6:15p</b> 210104 Sun1	<b>6:20-7:05p</b> 210104 ThurPM1	<b>9:00-9:45a</b> 210104 ThurAM1	<b>5:40-6:25p</b> 210104 MW1	<b>5:40-6:25p</b> 210104 MW2
	<b>Learn to Swim: Level 5</b>	<b>5:30-6:15p</b> 210105 Sun1	<b>6:20-7:05p</b> 210105 ThurPM1	<b>9:00-9:45a</b> 210105 ThurAM1	<b>5:40-6:25p</b> 210105 MW1	<b>5:40-6:25p</b> 210105 MW2
	<b>Learn to Swim: Level 6</b>	<b>4:40-5:25p</b> 210106 Sun1	<b>6:20-7:05p</b> 210106 ThurPM1	<b>9:00-9:45a</b> 210106 ThurAM	<b>5:40-6:25p</b> 210106 MW1	<b>5:40-6:25p</b> 210106 MW2

**\*\* Turnover for level descriptions. \*\***

# Youth Swim Lessons | Spring 2019 r.12/22/2018

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: Participants must be able to swim all 6 strokes with an understanding of the basic components of each. We will refine strokes as we work on endurance to swim 500 yards continuously.

## Registration Information

- **Registration opens Monday, January 28, 2019!** Registration forms will not be accepted early.
- **Registration CLOSURE 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 | [jennifer.pageot@maine.edu](mailto:jennifer.pageot@maine.edu) | 207.778.7437