



Youth Swim Lessons | Fall 2023



First, choose the day of the week that works best for you, then the level, based on your child's ability. 		Sundays 10/1 – 11/19 Meets once a week No class 10/8	Tuesdays 9/26 – 11/14 Meets once a week No Class 10/10	Thursdays 10/5 -11/16 Meets once a week
		Then find the participant's age/grade. 		
Parents w/ children ages 6 Months+ 30-minute lessons P&M Fees: \$45	Parent & Me Level 1	1:15 – 1:45p 110110 Sun	9:00 – 9:30a 110110 Tue	4:45 – 5:15p 110110 Thur
	Parent & Me Level 2	1:55 – 2:25p 110111 Sun	9:00 – 9:30a 110111 Tue	4:45 – 5:15p 110111 Thur
Ages 4 & 5 Participant must be 4 years old , by the first class, and able to function in a classroom setting without the interaction of a parent. 30-minute lessons Pre-school Fees: FREE , in thanks to the Sumner P. and Flora A. P. Mills Charitable and Educational Fund	Pre-School Level 1	1:55 – 2:25p 110107 Sun	9:40 - 10:10a 110107 Tue	5:25 – 5:55p 110107 Thur
	Pre-School Level 2	2:35 – 3:05p 110108 Sun	10:15 – 10:20a 110108 Tue	5:55 – 6:25p 110108 Thur
	Pre-School Level 3	2:35 – 3:05p 110109 Sun	10:15 – 10:20a 110109 Tue	5:55 – 6:25p 110109 Thur
Ages 6+ 30-minute lessons Learn to Swim L1 & 2 Fees: FREE , in thanks to the Sumner P. and Flora A. P. Mills Charitable and Educational Fund	Learn to Swim Level 1	1:55 – 2:25p 110101 Sun	9:40 - 10:10a 110101 Tue	5:25 – 5:55p 110101 Thur
	Learn to Swim Level 2	2:35 – 3:05p 110102 Sun	10:15 – 10:20a 110102 Tue	5:55 – 6:25p 110107 Thur
LTS Levels 3 – 6 Fee: \$55 40-minute lessons	Learn to Swim Level 3	3:15 – 3:55p 110103 Sun	10:10 – 10:50p 110103 Tue	
	Learn to Swim Level 4	3:15 – 3:55p 110104 Sun	10:10 – 10:50p 110104 Tue	
	Learn to Swim: Level 5	4:00 – 4:40p 110105 Sun	10:50 – 11:30p 110105 Tue	
	Learn to Swim: Level 6	4:00 – 4:40p 110106 Sun	10:50 – 11:30p 110106 Tue	

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

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Registration Information

- **Registration opens on Friday, September 15, 2023!** Do not attempt to register early.
- **Registration CLOSES one (1) business days after the first lesson.** Registration forms must be received by our front desk on or before one (1) business days after the first class. This includes mailed in form.
- **Forms and full payment can be submitted in person to our front desk or mailed:** UMF FRC, 152 Quebec St. Farmington Maine 04938. Please do not fax or e-mail forms.
- **Payment is required in full** at time of registration, for classes with fees.
- 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. A minimum of participants required for each class. Levels may be combined due to low enrollment without notice.
- Wait-listed participants will be contacted if space is available. Please do not come to the first class.

Helpful Information

- Classes are taught using the American Red Cross Learn to Swim Program curriculum and are designed to teach water safety and confidence. Skill, coordination, growth, regular attendance, and practice, determine advancement through the levels.
- The best place to observe class is standing on the track side of the viewing windows that overlook the pool. You are permitted to observe class from the pool deck if you are not disrupting the learning environment. ALL 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.
- We have 3 changing locations: The restrooms in the lobby area are gender inclusive, with one side containers lockers; The pool deck has 2 changing cabanas. Locker rooms are gender specific and do not permit anyone over the age of 4 in the opposite gender locker room.
- Non-members may not wander throughout the facility using any equipment, courts or the track.

Brief Level Description: Visit our website for assistance on level placement.

Ages 6 months+	Parent & Me- Step 1: Parents learn to work safely with their child in the water. Basic skills that lay a foundation safe, enjoyable play while teaching safe water habits. Designed for children who have little to no water experience.
	Parent & Me- Step 2: Here we build on the skills learned in Step 1. In Step 2 we improve our foundational skills. Designed for children who do not fear the water
Ages 4 & 5	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.
Ages 6+	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: To register for this level students must be able to swim 5 body lengths, 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: Students will work on stroke refinement while being introduced to flip turns and surface dives. We will also build endurance.
	Level 6: Refining of all strokes takes place while working on swim endurance.

Questions? Contact Jennifer | jennifer.pageot@maine.edu | 207.778.7437