



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY SKILLS CONFIDENCE

Islesboro Swim and Explore

Wednesdays July 6–August 10

Make-up Date August 17

Cost is \$75 per student

(\$48 swim, \$27 transportation and field trips)

Signup by July 1st

(participation form, swimmer evaluation card, 2 permission slips and fee required)

Space limited—first come, first served

Sign-up forms available at Town Office or on Website

Daily Schedule

Depart 8:30 Ferry

9:30 Swim Lesson

10:30 Lunch Break

12:00 Free Swim

1:30–3:15 Explore

Return 4:00 Ferry

What to Bring

two healthy snacks

lunch

water bottle

sun/bug lotions

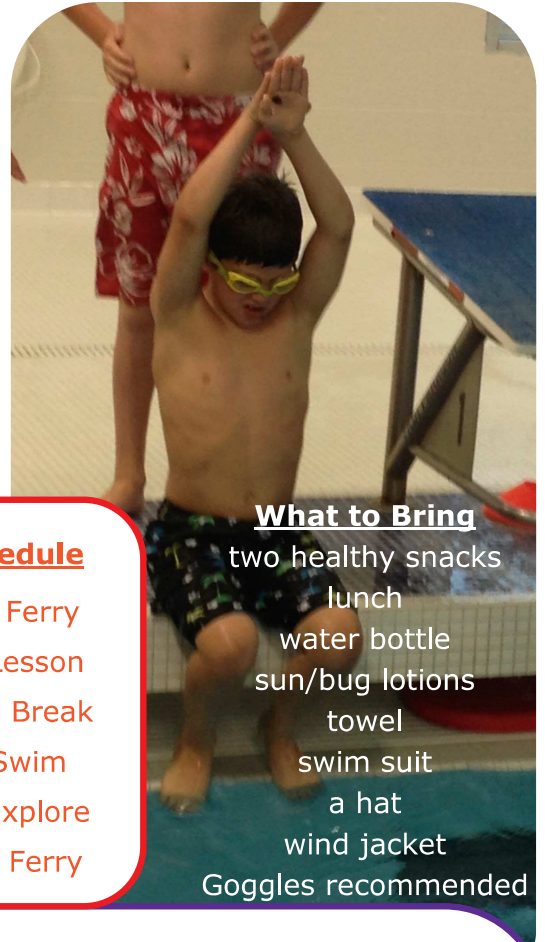
towel

swim suit

a hat

wind jacket

Goggles recommended



You Can Swim if you Want To!

Our Progressive swim program is designed to take each Islesboro swimmer to his or her highest level of practical and technical training while emphasizing water safety.

New Beginner: Introduction to swimming in a shallow, warm therapeutic pool. Focusing on developing confidence while practicing water safety, blowing bubbles, floating, gliding, and kicking.

Advanced Beginner: Progression of swimming skills and technique development in the deep end of the warm therapeutic pool leading up to taking and passing a deep water test.

Advanced Intermediate: Developing, training, and strengthening swim strokes and techniques in a 25 meter lap pool. Focusing on rotary breathing, endurance, and team work as the Islesboro Porpoise Team!

Free Swim: An hour to gain confidence and comfort in the water through practice and play.

WALDO COUNTY YMCA

157 Lincolville Avenue, Belfast ME 04915

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The Waldo County YMCA is a 501 (c)(3) Charitable Organization

Sponsored by:

Town of Islesboro Recreation

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