

Youth Swim Lessons

Winter: January 9th – February 19th
(Once a week for 6 weeks)

Cost

Members: \$52

Program Members: \$77

SUPER-TOT (6 months to 36 months)

Parents help children become comfortable in the water through supervised activities that incorporate both fun and safety. One or both parents must swim with each child.

Wednesday: 5:30–6pm

Saturday: 9:30–10am

PIKE (3- to 5- year olds)

Introduction to basic swimming skills like kicking and paddling on their fronts, backs and sides. Pikes will also learn to jump into the water independently and be introduced to safety skills. Flotation devices are used.

Monday: 5–5:30pm, 6:30–7pm

Wednesday: 5:30–6pm, 6:30–7pm

Saturday: 10–10:30am, 11:30am–12pm

EEL (3- to 5- year olds)

Continue with water safety and developing front, back and side paddles. Rhythmic breathing and sitting dives are introduced. Eels must be able to jump into deep and shallow water without assistance. Flotation devices are used.

Monday: 4:30–5pm, 5–5:30pm, 6:30–7pm

Wednesday: 5:30–6pm, 6–6:30pm

Saturday: 9:30–10am, 10:30–11am, 11:30am–12pm

RAY (3- to 5- year olds)

At this level children are introduced to front crawl, backstroke, elementary backstroke and rotary breathing. There is also continued work on the sidestroke. Swimming without a flotation device, deep water comfort, “face-in” swimming are required.

Monday: 6:00–6:30, 6:30–7pm

Wednesday: 6:30–7pm

Saturday: 10–10:30am, 11:30am–12pm



STARFISH (3- to 5- year olds)

Starfish builds upon the skills learned in Ray. Focus on front crawl, backstroke, elementary backstroke, and treading water. Improved endurance and rotary breathing are emphasized. Children at this level must be able to swim one length of the pool non-stop.

Monday: 6:30–7pm

Saturday: 9–9:30am

POLLIWOG (6- to 12- year olds)

Polliwog is the introductory level class for 6–12 year olds in our progressive swim program. The class focuses on water adjustment and the basic elements of floating, gliding, rhythmic breathing and paddle stroke. This class is for the beginner swimmer. Flotation devices may be used.

Monday: 3:45–4:30pm, 5:45–6:30pm

Wednesday: 3:45–4:30pm, 6:15–7pm

Saturday: 10:30–11:15am

GUPPY (6- to 12- year olds)

Guppy emphasizes rhythmic breathing, basic front, back and side strokes, front crawl, treading water, endurance and deep-water swimming. For the intermediate swimmer.

Monday: 5:45–6:30pm

Wednesday: 4:30–5:15pm

Saturday: 8:45–9:30am, 10:30–11:15am

MINNOW (6- to 12- year olds)

Continued work on front crawl, backstroke, front dives, treading water and survival floating, as well as an introduction to both breaststroke and sidestroke. Children at this level must be able to swim one length of the pool non-stop using rotary breathing.

Monday: 5:45–6:30pm

Saturday: 9–9:45am, 9:45–10:30am

FISH/FLYING FISH/SHARK (6- to 12-year olds) Designed for advanced swimmers, these levels focus on stroke development and endurance.

Children continue to improve upon the skills learned at previous levels but with an increased emphasis on distance swimming and conditioning. They are also introduced to the butterfly stroke and flip turns.

Monday: 5:45–6:30pm

Saturday: 9–9:45am, 9:45–10:30am

Adult Swim Lessons

BEGINNER (13 years or older)

In this class non-swimmers are introduced to basic swim techniques, including front crawl, backstroke, and treading water.

Members: \$52.00

Winter (once weekly for 6 weeks)

Thursday: 6:15pm–7:00pm

Private Swim Lessons

Improve your skills in one-on-one sessions with one of our swim instructors. Contact Aquatics Director Emily Caffry at 207-622-9622 ext 133 or emily@kvymca.org

Members: \$25/30 min or 4–30min. sessions for \$90.

Program Members: \$40/30 min or 4–30min. sessions for \$150.

Stingrays Swim Team

Who are the Stingrays? They are a competitive age-group swim team run by the Kennebec Valley YMCA. Our members are ages 6–18 and they participate in both the YMCA and USA Swimming Leagues. We are looking for new members including those who are experienced competitive swimmers as well as those new to the sport! Come check us out!

Pre-requisites: Swimmers should be able to comfortably swim 25 yards each of front crawl and back crawl; or be enrolled in Minnow level lessons; or have coach permission to participate

Full membership is required for participants.

Practice Groups & Schedule: Swimmers will be assigned to the proper group by the coaching staff.

Contact Aquatics Director Emily Caffry at 207-622-9622 ext. 133 or emily@kvymca.org





the Y YMCA Winter Aquatics Programs



The Y offers the programs it does for a reason. Young people need safe and enriching environments to try new things, develop skills, meet new people and show what they're capable of. Achieving and maintaining health in spirit, mind and body makes for a richer life and giving back to those in need is our responsibility as neighbors, colleagues, and citizens.

At the Y, we're for:

Youth Development: Nurturing the potential of every child and teen.

Healthy Living: Improving the nation's health and well-being

Social Responsibility: Giving back and providing support to our neighbors. At the Kennebec Valley YMCA, we provide quality swim lesson instruction in a safe, fun, and nurturing environment for each and every participant of our programs.

Participants learn to swim through a combination of skills and creative thought processes. We focus on the YMCA of the USA Swim

Everything the Y does is in service of making us— as individuals and a community—better. Learn more today.

The Y.™ For a better us.™

31 Union Street Augusta, Maine 04330 40 Granite Hill Road Manchester, Maine 04351 207-622-9622

**Winter Program Dates:
January 9th—February 19th**

**Registration Opens
December 12th for Members
December 19th for Program Members**

To register for the programs listed in this brochure, please call us at 622-9622. For more information, contact Aquatics Director Emily Caffry at emily@kvymca.org