

# Youth Swim Lessons

**Spring I: February 27th – April 16th**  
(Once a week for 8 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**

**Wednesday: 5:30-6pm, 6:30-7pm**

**Saturday: 10-10:30am, 11-11:30am, 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**

### **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: 5:15-5:45pm**

**Wednesday: 6:30-7pm**

**Saturday: 10-10:30am**



### **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.

**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: 4:30-5:15pm, 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

### **Spring I: (once weekly for 8 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](mailto: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](mailto:emily@kvymca.org)



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 Lesson's instruction program—utilizing the components of personal safety, personal growth, rescue, stroke development and water sports and games.



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

# the Y YMCA

## Spring I Aquatics Programs



**Spring I Program Dates:  
February 27th—April 16th**

**Registration Opens**  
February 6th for Members  
February 13th 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](mailto:emily@kvymca.org)