

Stingrays Swim Team

The 2017-2018 season has begun! For more information on groups and prices visit kvystingrays.com or contact Aquatics Director Emily Caffry at Emily@kvymca.org or 207-622-9622 ext 133



Birthday Parties at the KVYMCA

Fees: \$150 for KVV members, \$175 for program members, and \$225 for non members

Includes: 1 hour exclusive use of the Family Fun pool for up to 25 people (\$25 for every additional 25 people due to extra staffing cost) and one hour in a party room to open gifts, eat etc.

Times: Parties are available on Saturday and Sunday afternoons year round, at the conclusion of open swim times



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL I
2017

Aquatics Programs

RED CROSS TRAININGS & CERTIFICATIONS

Lifeguarding, CPR, First Aid, AED, and
Basic Water Rescue

We can arrange private classes for any
group of 4 or more.

NEXT CPR CLASS:

Wednesday December 13th

5:30-9m, \$52/members, \$77/non
members

NEXT LIFEGUARD CLASS:

Email

Emily@kvymca.org
for dates and prices.



FALL II SESSION

Dates: October 30-December 17

REGISTRATION DATES

Members - Opens Oct. 9

Program Members - Opens Oct. 16

*To register for aquatics programs, please call 622-9622 or visit our front desk.

For more information, contact Aquatics Director Emily Caffry at emily@kvymca.org

31 Union Street
Augusta, ME 04330

40 Granite Hill Road
Manchester, ME 04351

207-622-9622
www.kvymca.org
www.facebook.com/kvymca

Youth Swim Lessons

Members: \$52

Program Members: \$77

Sessions are Monday, Wednesday, OR Saturday once a week for 7 weeks



SUPER-TOT (6 months to 3 years)

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.**

Monday: 5:30-6pm

Saturday: 9:30-10am

PIKE W/ PARENT (2-4 year olds)

This class is designed for 2 years olds who have taken the Super-tot class multiple times and are ready to start working on swimming independently and 3 & 4 year olds not yet ready to swim without a parent. The class will focus on comfort in the water, with the goal of children being able to join the Pike level without parents after 1-2 sessions.

Wednesday: 5-5:30pm

Saturday: 11:30am-12pm

PIKE (3- to 5- year olds)

Introduction to basic swimming and water safety skills. Flotation devices are used. **Must be comfortable in water without parent.**

Monday: 4:30-5pm, 6:30-7pm

Wednesday: 4:30-5pm, 6:30-7pm

Sat: 9-9:30am, 11:30am-12pm

EEL (3- to 5- year olds)

Continues with water safety and developing swimming skills, diving is introduced. Flotation devices may be used. **Must be able to jump in and swim 5 feet unassisted.**

Monday: 4:30-5pm, 6:30-7pm

Wednesday 4:30-5pm, 6:30-7pm

Saturday: 9:30-10am

RAY (3- to 5- year olds)

Introduction to front crawl, backstroke, elementary backstroke and rotary breathing. **Must be able to swim half a length without floatation and be comfortable in deep water and putting face under.**

Monday: 5:15-5:45pm

Wednesday: 5:15-5:45pm

Saturday: 10-10:30am

STARFISH (3- to 5- year olds)

Builds upon the skills learned in Ray and focused on increasing endurance. **Must be able to swim one length of the pool non-stop.**

Monday: 5:30-6pm

Saturday: 9-9:30am

POLLIWOG (6- to 12- year olds)

Introduction level class for 6-12 year olds, focusing on getting comfortable in the water and beginning stroke development. Flotation devices may be used.

Monday: 3:45-4:30pm, 6-6:45pm

Wednesday: 3:45-4:30pm, 6-6:45pm

Saturday: 10:30-11:15am, 11:15am-12pm

GUPPY (6- to 12- year olds)

Emphasizes front crawl and backstroke development, endurance and deep-water swimming. **Must be comfortable swimming in Competition Pool and able to swim one length without floatation device.**

Monday: 4:30-5:15pm, 5:45-6:30pm

Wednesday: 4:30-5:15pm, 5:45-6:30pm

Saturday: 10:30-11:15am

MINNOW (6- to 12- year olds)

Continues advanced strokes and diving. **Must be able to swim 25 yards of front crawl with rotary breathing.**

Wednesday: 5-5:45pm

Saturday: 10:30-11:15am



FISH/FLYING FISH/SHARK (6- to 12-year olds)

Focuses on stroke refinement and endurance, including introduction to butterfly and flip turns.

Must be able swim 50 yards of front crawl, backstroke, and breaststroke.

Monday: 5:45-6:30pm

Adult Swim Lessons

Members: \$52.00

BEGINNER (13 years or older)

Non-swimmers are introduced to basic swim techniques, including front crawl, backstroke, and treading water. Class will be held in Family Fun pool.

Fall I (once weekly for 7 weeks)

Thurs: 6:15-7pm

INTERMEDIATE (13 years or older)

Builds upon existing swim skills and introduce more advanced techniques for swim strokes and treading water. Class will be held in Competition Pool. **Must be able to swim one length of pool unassisted.**

Fall I (once weekly for 7 weeks)

Thurs: 5:30-6:15pm

Private Swim Lessons

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

Program Members: \$35/30 min or 4-30min. sessions for \$120.

Non members: \$40/30 min or 4-30min. Sessions for \$120.

Improve your skills in one-on-one sessions.

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

