



**CELEBRATE
WITH US**

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 for opening gifts, eating etc.

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



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 lifeguard class will be over February break and next CPR class will be in March. Contact Emily at emily@kvymca.org for details.



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Augusta, ME 04330

40 Granite Hill Road
Manchester, ME 04351

207-622-9622
www.kvymca.org
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WINTER 2018

Aquatics Programs



WINTER SESSION

Dates: January 2-February 18

REGISTRATION DATES

Members - Opens December 11

Program Members - Opens December 18

***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

Youth Swim Lessons

NEW YMCA Swim Lesson Curriculum

Members: \$53

Program Members: \$78

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

PARENT CHILD A (6 months to 3 years)

"Water Discovery" Introduces infants and toddlers to the aquatic environment. One or both parents must swim with each child.

Monday: 5:30-6pm

Saturday: 9:30-10am

PARENT CHILD B (2- to 4- year olds)

"Water Exploration" Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills. One or both parents must swim with each child. Must be able to respond to verbal cues and jump on land.

Wednesday: 5-5:30pm

Saturday: 11:30am-12pm

PRESCHOOL 1 (3- to 5- year olds)

"Water Acclimation" Increases comfort with underwater exploration and introduces basic self-rescue skills. 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

PRESCHOOL 2 (3- to 5- year olds)

"Water Movement" Encourages forward movement in water and basic self-rescue skills. Must be able to go underwater voluntarily.

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

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

Saturday: 9:30-10am

PRESCHOOL 3 (3- to 5- year olds)

"Water Stamina" Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Must be able to front and back float on own.

Monday: 5:15-5:45pm

Wednesday: 5:15-5:45pm

Saturday: 10-10:30am

PRESCHOOL 4 (3- to 5- year olds)

"Stroke Introduction" Introduces basic stroke technique in front and back crawl and reinforces water safety. Must be able to swim 10 yards on front and back.

Monday: 5:30-6pm

Saturday: 9-9:30am

YOUTH 1-3 (6- to 12- year olds)

"Swim Basics" Students learn personal water safety and achieve basic swimming competency by learning benchmark skills

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

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

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

YOUTH 4 (6- to 12- year olds)

"Stroke Introduction" Introduces basic stroke technique in front and back crawl and reinforces water safety. Must be able to swim 15 yards on front and back.

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

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

Saturday: 10:30-11:15am

YOUTH 5 (6- to 12- year olds)

"Stroke Development" Introduces breaststroke and butterfly and reinforces water safety. Must be able to swim 15 yards of front and back crawl.

Wednesday: 5-5:45pm

Saturday: 10:30-11:15am

YOUTH 6 (6- to 12-year olds)

"Stroke Mechanics" Refines stroke technique on all major competitive strokes. Must be able to swim 25 yards of front and back crawl and breaststroke.

Monday: 5:45-6:30pm

Adult Swim Lessons

Members: \$52.00

ADULT 1-3 (13 years or older)

"Swim Basics" Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.

Thurs: 6:15-7pm

ADULT 4 (13 years or older)

"Stroke Introduction" Introduces basic stroke technique in front and back crawl and reinforces water safety. Must be able to swim 15 yards on front and back.

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 \$150.

Improve your skills in one-on-one sessions.

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

