



the Y YMCA **SPRING I 2018** **Aquatics Programs**

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

Contact emily@kvymca.org to schedule a party!

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.

Lifeguard Class:

February 21-24th, 8am-5pm daily

Members: \$200

Non Members: \$250

CPR/AED/First Aid Class:

Sunday March 11th 8am-12pm

Members: \$53

Non members: \$78



SPRING I SESSION

Dates: February 26th-April 15th

REGISTRATION DATES

Members - Opens February 5th

Program Members - Opens February 12th

31 Union Street
Augusta, ME 04330

40 Granite Hill Road
Manchester, ME 04351

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

*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

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

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: 9-9:30am



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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: 9:30-10am

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: 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: \$53.00

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.

