



**CELEBRATE WITH US**

## BIRTHDAY PARTIES AT THE KV YMCA

**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.

**Email Emily Caffry at [emily@kvymca.org](mailto: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.

**Email Emily Caffry at [emily@kvymca.org](mailto:emily@kvymca.org) for more information on our next lifeguard and CPR classes.**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## KVV STINGRAYS SWIM TEAM



The Stingrays are a year-round competitive swim team for children ages 6-18. Participants must be able to swim 25 yards of freestyle and backstroke to join the team.

**Email Emily Caffry at [emily@kvymca.org](mailto:emily@kvymca.org) for more information on our spring/summer session!**

31 Union Street  
Augusta, ME 04330

40 Granite Hill Road  
Manchester, ME 04351

207-622-9622  
[www.kvymca.org](http://www.kvymca.org)  
[www.facebook.com/kvymca](https://www.facebook.com/kvymca)



# SPRING II 2018 Aquatics



## SPRING II SESSION

**Dates:** April 23rd-June 10th

### REGISTRATION DATES

**Members - Opens April 2nd**

**Program Members - Opens April 9th**

**Break Week: June 11th-17th**

**\*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](mailto: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**

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

**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, 10-10:30am**

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

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

**Saturday: 9-9:30am, 10-10:30am, 11:30am-12pm**

## **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, 6-6:30pm**

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



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## **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: 9:15-10am, 10:30-11:15am**

## **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, 11:15am-12pm**

## **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: 6:00-6:45pm**

# 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.

Contact Aquatics Director Emily Caffry at  
207-622-9622 ext 133 or  
[emily@kvymca.org](mailto:emily@kvymca.org) for more information.

