

STINGRAYS SWIM TEAM:



SUMMER INSTRUCTIONAL TEAM (ages 9 & up):

SUMMER SESSION: June 18–July 26

Practice Times: Monday–Thursday 5–6pm

Price: \$110 for members

SUMMER SWIM SCHOOL (ages 8 & under):

SUMMER SESSION: June 19–July 19

Practice Times: Tuesday & Thursday 5–5:45pm

Price: \$70 for members, \$90 for program members

Contact Head Coach Mike Schmidt (mschmidt@kvymca.org) or Aquatics Director Emily Caffry (emily@kvymca.org) for more information



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUMMER 2018

Aquatics Programs

TRAININGS:

We offer American Red Cross certifications in Basic Water Rescue, CPR, AED, First Aid, and Lifeguarding. We hold quarterly classes and can host private classes for groups of 4 or more. Contact emily@kvymca.org for more information.

CELEBRATE WITH US

BIRTHDAY PARTIES AT THE Y



BIRTHDAY PARTIES:

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.



SUMMER SESSION

Dates: June 18th–August 12th

REGISTRATION DATES

Members - Opens May 29th

Program Members—Opens June 4th

Break week - August 13th–August 26th

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

Monday/Wednesday: twice a week for 4 weeks
SUMMER 1: June 18–July 11
SUMMER 2: July 16–August 8

Saturday: Once a week for 7 weeks
FULL SUMMER: June 23–August 4

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 & Wednesday: 5:30–6
Saturday: 9:30–10

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.**
Monday & Wednesday: 5–5:30
Saturday: 11:30–12

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 & Wednesday: 4:30–5pm, 6:30–7pm
Saturday: 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 & Wednesday: 4:30–5pm, 6:30–7pm
Saturday: 9–9:30am, 10–10:30am

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 & Wednesday: 5–5:30pm
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 & Wednesday: 5:15–5:45pm
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
Mon & Wednesday: 3:45–4:30pm, 5:45–6:30pm
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. Class in Competition Pool.**
Mon & 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.**
Monday & Wednesday: 3:45–4:30pm
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 & Wednesday: 6:00–6:45pm
Saturday: 11:15am–12pm

ADULT SWIM LESSONS

Members: \$53.00

Thursday: Once a week for 7 weeks

FULL SUMMER: June 21–August 9

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 for more information.

