

American Red Cross Lifeguard Course

We are holding an American Red Cross Lifeguarding Class this February break! This certification is good for 2 years and also includes CPR, AED, and First Aid training.

Prerequisites: Must be 15 years old by last day of class, and able to swim 300 yards without stopping.

Cost: \$210 members, \$260 non members

Times/Dates: Wednesday February 20-
Saturday February 23rd, 9am-4pm each day

For more information on groups, times, and prices, please contact Aquatics Director Emily Caffry at emily@kvymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINTER 2019 Aquatics

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.



WINTER SESSION

Dates: January 2-February 18

REGISTRATION DATES

Members: Opens December 10th

Program Members: Opens December 17th

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: \$54

Program Members: \$79

Classes are 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: 4:45-5:15pm

Saturday: 9:45-10:15am

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: 5-5:30pm

Wednesday: 6-6:30pm

Saturday: 10:15-10:45am, 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: 4:15-4:45pm, 5:30-6pm

Saturday: 10:30-11am

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: 3:45-4:15pm, 6-6:30pm

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

Saturday: 9:30-10am, 11-11:30am

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: 5:45-6:15pm, 6:30-7pm

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

Saturday: 10:45-11:15am

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: 5:15-5:45pm

Wednesday: 5:15-5:45pm, 6:30-7pm

Saturday: 10-10:30

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, 6:15-7pm

Wednesday: 3:45-4:30pm, 5:45-6:30

Saturday: 9-9:45am, 9:45-10:30am, 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. Class in Competition Pool.**

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

Wednesday: 3:45-4:30pm, 5:15-6pm

Saturday: 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: 5-5:45pm

Wednesday: 4:30-5:15pm

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.**

Wednesday: 5:45-6:30pm

Saturday: 9-9:45am



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

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.