

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.



the

YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 for more information on our next life-guard and CPR classes.



31 Union Street
Augusta, ME 04330

40 Granite Hill Road
Manchester, ME 04351

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

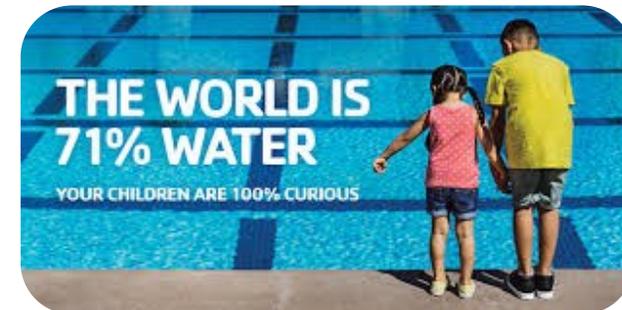


the

YMCA

SPRING I
2019

Aquatics Programs



SPRING I SESSION

Dates: February 25-April 14

REGISTRATION DATES:

Members: Opens February 4th

Program Members: Opens February 11th

*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



United Way
of Kennebec Valley

As a Partner Program the KV YMCA receives support from the UWKV.

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, 10:45-11:15am

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, 11:15-11:45am

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: 9:45-10:15am

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

Wednesday: 4:30-5pm

Saturday: 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: 5:45-6:15pm

Wednesday: 5-5:30pm

Saturday: 11-11:30am

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: 5:15-5:45pm

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

Saturday: 9:15-9:45am

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, 10:15-11am, 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: 5:45-6:30pm

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

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.**

Monday: 5-5:45pm

Wednesday: 4:30-5:15pm

Saturday: 9:45-10:30am

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: 6-6:45pm

Saturday: 9-9:45am

ADULT SWIM LESSONS

Members: \$54.00

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 emily@kvymca.org for more information on scheduling private lessons.

