

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.



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.



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Manchester, ME 04351

207-622-9622
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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.

