

# STINGRAYS SWIM TEAM:

## SUMMER INSTRUCTIONAL TEAM

(ages 9 & up):

**SUMMER SESSION:** June 17–July 25

**Practice Times:** Monday–Thursday 5–6pm

**Price:** \$115

## SUMMER SWIM SCHOOL

(ages 8 & under):

**SUMMER SESSION:** June 18–July 18

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

**Price:** \$50

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



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



SUMMER  
2019

# 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](mailto: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](mailto:emily@kvymca.org) to schedule.

## SUMMER SESSION

**Dates:** June 17th–August 11th

**REGISTRATION DATES**

**Members – Opens May 28th**

**Program Members—Opens June 3rd**

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)

\*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: \$54  
Program Members: \$79

Monday/Wednesday: twice a week for 4 weeks  
SUMMER 1: June 17-July 10  
SUMMER 2: July 15-August 7

Saturday: Once a week for 7 weeks  
FULL SUMMER: June 22-August 3

**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: 5:30-6pm**  
**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 & Wednesday: 4:15-4:45pm**  
**Saturday: 9-9:30am, 10:15-10:45am**

**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 & Wednesday: 5:30-6pm, 6-6:30pm**  
**Saturday: 9:45-10:15am, 10:45-11:15am**

**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 & Wednesday: 3:45-4:15pm, 4:30-5**  
**Saturday: 9:15-9:45am, 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 & Wednesday: 5-5:30pm, 6-6:30pm**  
**Saturday: 11:30am-12pm**



**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: 11-11:30am**

**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, 5:15-6pm, 5:45-6:30pm**  
**Saturday: 9-9:45am, 9:45-10:30am, 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.**  
**Mon & Wednesday: 3:45-4:30pm, 5:15-6pm**  
**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: 4:30-5:15pm**  
**Saturday: 10-10:45am**

**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: 6-6:45pm**  
**Saturday: 9-9:45am**

# ADULT SWIM LESSONS

Members: \$54

Thursday: Once a week for 7 weeks

FULL SUMMER: June 20-August 8

**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](mailto:emily@kvymca.org) for more information.