

NOW HIRING!

Lifeguards & Swim Instructors

We're offering FREE Lifeguarding Certification classes to anyone who is hired after successful completion of an American Red Cross Lifeguarding Class!

****FREE Training and a FREE Membership****

Lifeguard Certification class dates are January 10th 5pm-8pm, and January 11th & 12th from 8am-4pm. All three days must be attended.

INTERESTED? Contact Cristina Chaplin, Human Resources Director at 207 622 9622 ext. 124 or cristina@kvymca.org

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.

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

Cost: \$250 Members, \$275 Non-Members

For more information on groups, times, and prices, please contact Aquatics Director, Sam Gaughan at Sam@kvymca.org

To register for these programs, please call 207 622 9622 or visit our Welcome Center.

CELEBRATE WITH US

BIRTHDAY PARTIES AT THE Y



BIRTHDAY PARTIES

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.

Fees: \$150 for KV YMCA members, \$175 for program members, and \$225 for non-members.

Contact Sam Gaughan at 207 622 9622 ext. 133 or sam@kvymca.org to schedule your party!



KENNEBEC VALLEY YMCA

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40 Granite Hill Road, Manchester ME 04351
(P) 207 622 9622
(W) kvymca.org

WINTER
2020



AQUATICS KV YMCA PROGRAMS



WINTER SESSION:
January 6th – February 23rd

REGISTRATION OPENS:
Members – December 16th
Program Members – December 23rd

BREAK WEEK:
February 24th–March 1st

REGISTER TODAY!
Call us at 207 622 9622 or visit the
Welcome Center

YOUTH SWIM LESSONS

Members: \$56

Program Members: \$82

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.**

Mondays: 5:30-6pm

Wednesdays: 4:45-5:15pm

Saturdays: 9:00-9:30am

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.**

Mondays: 5-5:30pm

Wednesdays: 6-6:30pm

Saturdays: 9:30-10am

PRESCHOOL 1

(3- to 5- year olds)

"Water Acclimation" Increases comfort with under-water exploration and introduces basic self-rescue skills. **Must be comfortable in water without parent.**

Mondays: 4:30-5pm

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

Saturdays: 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.**

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

Wednesdays: 4:30-5pm, 6-6:30pm

Saturdays: 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 their own.**

Mondays: 5:45-6:15pm

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

Saturdays: 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.**

Mondays: 5:15-5:45pm

Wednesdays: 5:15-5:45pm

Saturdays: 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

Mondays: 3:45-4:30pm, 6:15-7pm

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

Saturdays: 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.**

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

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

Saturdays: 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.**

Mondays: 5-5:45pm

Wednesdays: 5:15-6:00pm

Saturdays: 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.**

Wednesdays: 5:15-6:00pm

Saturdays: 9-9:45am



ADULT SWIM LESSONS

Members: \$55.00

ADULT 1-3

(13 years or older)

"Swim Basics" Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.

Thursdays: 6:15-7pm

PRIVATE SWIM LESSONS

Members: \$25 per 30min. session or
(4) 30min. sessions for \$90

Program Members: \$35 per 30min. session or
(4) 30min. sessions for \$120

Non-Members: \$40 per 30min. session or
(4) 30min. sessions for \$150

Improve your skills in one-on-one sessions.

Contact Aquatics Director, Sam Gaughan at
207 622 9622 ext. 133 or
sam@kvymca.org for more information.