

## 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\*\***

The next Lifeguard Certification class dates are February 18th-20th 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](mailto:cristina@kvymca.org)

## Open Water Swim Training

Swim endurance training for triathletes and open water swimmers. We will work on stroke improvement and build up swimming endurance. Coached by Bob Johnston.

Wednesdays 6:30pm-7:15pm

March 4th - April 8th

\$25 for full 6 weeks

\$5 drop in fee

For more information please contact Aquatics Director, Natalie Corrigan at [nataliec@kvymca.org](mailto:nataliec@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 Natalie Corrigan at 622-9622 ext. 133 or [nataliec@kvymca.org](mailto:nataliec@kvymca.org) to schedule your party!



### KENNEBEC VALLEY YMCA

31 Union Street, Augusta ME 04330

40 Granite Hill Road, Manchester ME 04351

(P) 207 622 9622 (W) [kvymca.org](http://kvymca.org)

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2020



## AQUATICS KV YMCA PROGRAMS



**PROGRAM SESSION:**  
March 2nd-April 19th

**REGISTRATION OPENS:**  
Members - February 10th  
Program Members - February 17th

**BREAK WEEK:**  
April 20th-April 26th

**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

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## 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: 5:00-5:30pm**

**Wednesdays: 5:30-6:00pm**

**Saturdays: 9-9:30am**

## 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: 5:30-6:00pm**

**Wednesdays: 5:00-5:30pm**

**Saturdays: 9:30-10:00am**

## 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: 3:45-4:15p, 5:30-6p, 6:30-7p**

**Wednesdays: 3:45-4:15p, 5:30-6p, 6:30-7p**

**Saturdays: 9:00-9:30a, 11:00-11:30a**

## 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: 4:30-5:00p, 6:00-6:30p**

**Wednesdays: 4:30-5:00p, 6:00-6:30p**

**Saturdays: 9:30-10:00a, 11:30a-12p**

## 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: 4:15-5:00pm**

**Wednesdays: 4:15-5:00pm**

**Saturdays: 10:00-10:30am**

## 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.**

**Mondays: 5:00-5:30pm**

**Wednesdays: 5:00-5:30pm**

**Saturdays: 10:30-11:00am**

## 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: 3:45-4:30p, 5:15-6p, 6:00-6:45p**

**Wednesdays: 3:45-4:30p, 5:15-6p, 6:00-6:45p**

**Saturdays: 9:00-9:45a, 10:15-11:00a**

## 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: 3:45-4:30pm**

**Wednesdays: 3:45-4:30pm**

**Saturdays: 9:45-10:30am**

## 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: 4:30-5:15pm**

**Wednesdays: 4:30-5:15pm**

**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.**

**Mondays: 6:00-6:45pm**

**Wednesdays: 6:00-6:45pm**

**Saturdays: 11:15am-12:00pm**



# ADULT SWIM LESSONS

Members: \$55.00

## ADULT

(13 years or older)

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

**Thursdays: 6:30-7:15**

# 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, Natalie Corrigan  
at [nataliec@kvymca.org](mailto:nataliec@kvymca.org) or 207 622 9622  
ext. 133 for more information.