

BIRTHDAY PARTIES

Includes: 1-hour exclusive use of the Family Fun pool for up to 25 people (\$35 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 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 Paul Sveum at 207 622 9622 ext. 2130 or paul@kvymca.org to



PROGRAM SESSION:

January 3—February 19

REGISTRATION OPENS:

Members - December 13

Program Members - December
20

BREAK WEEK:

February 20—February 27



KENNEBEC VALLEY YMCA

31 Union Street, Augusta ME 04330

40 Granite Hill Road, Manchester ME 04351

(P) 207 622 9622 (W) kvymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS
KV YMCA
WINTER 2022

INFANT SWIM LESSONS

Members: \$65

Program Members: \$85

PARENT CHILD A / B (6 months to 3 years)

Introduces infants and toddlers to the aquatic environment, exploring body positions, blowing bubbles, and fundamental safety. **One or both parents must swim with each child.**

Mondays: 5:00-5:30pm

Wednesdays: 5:00-5:30pm

PARENT CHILD A (6 months to 3 years)

Introduces infants and toddlers to the aquatic environment. **One or both parents must swim with each child.**

Saturdays: 8:30-9:00am

PARENT CHILD B (6 months to 3 years)

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.**

Saturdays: 9:30-10am

PRIVATE SWIM LESSONS

**Members: \$30 per 30min. session or
(4) 30min. sessions for \$95**

**Program Members: \$40 per 30min. session or
(4) 30min. sessions for \$125**

**Non-Members: \$45 per 30min. session or
(4) 30min. sessions for \$155**

Improve your skills in one-on-one sessions.

SEMI-PRIVATE SWIM LESSONS

**Members: \$25/child per 30min. session or
(4) 30min. sessions for \$65/child**

**Program Members: \$30/child per 30min. session
or (4) 30min. sessions for \$85/child**

**Non-Members: \$35/child per 30min. session or
(4) 30min. sessions for \$105/child**

Improve your skills in one-on-one session

PRESCHOOL SWIM LESSONS

Members: \$65

Program Members: \$85

PRESCHOOL 1 (3- 5 Years)

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

Mondays: 4:00-4:30pm

Wednesdays: 4:30-5:00pm

Saturdays: 9:00-9:30am

PRESCHOOL 2 (3- 5 Years)

Encourages forward movement in water and basic self-rescue skills. **Must be able to go underwater voluntarily**

Mondays: 4:00-4:30pm

Wednesdays: 5:30-6:00pm

Saturdays: 10:00-10:30am

PRESCHOOL 3/4 (3-5 Years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages. Introduces basic stroke technique in front and back crawl and reinforces water safety. **Must be able to front and back float on their own.**

Mondays: 5:30-6:00pm

Wednesdays: 4:00-4:30pm

Saturdays: 10:30-11:00am

YOUTH SWIM LESSONS

Members: \$70

Program Members: \$90

YOUTH 1-3 (6-12 Years)

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

Mondays: 4:45-5:30pm

Wednesdays: 5:30-6:15pm

Saturdays: 8:15-9:00am & 10:30-11:15am

YOUTH 4 (6-12 Years)

Introduces basic stroke technique in front and back crawl and reinforces water safety. **Must be able to swim 15 yards on front and back.**

Mondays: 5:30-6:15pm

Wednesdays: 4:00-4:45pm

Saturdays: 9:00-9:45am

YOUTH 5/6 (6-12 Years)

Introduces breaststroke and butterfly and reinforces water safety. Also refines stroke technique on all major competitive strokes. **Must be able to swim 15 yards of front and back crawl.**

Mondays: 4:00-4:45pm

Wednesdays: 4:45-5:30p

Saturdays: 9:45-10:30am

