

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:

February 28 – April 16

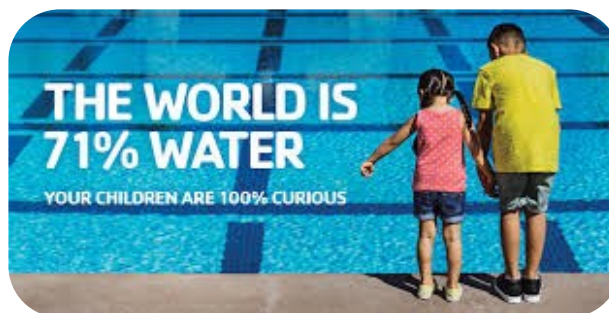
REGISTRATION OPENS:

Members – February 15

Program Members – February 15

BREAK WEEK:

April 17–April 24



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

Spring 1 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: 4:45-5:30pm

Saturdays: 9:45-10:30am

