

# ADULT PROGRAM OFFERINGS

## MASTERS SWIM PRACTICES

Tuesdays: 5:45pm- 6:45pm  
Included with Membership.

Masters Swim is an aquatics program for swimmers who are looking to improve their water fitness routine. Each class is taught by a Swim Coach who works on a unique individualized workout goals centered around technique and efficiency.

## ADULT GROUP SWIM LESSONS

Tuesdays: 5:00pm-5:45pm  
Member \$70 / Non-Member \$130

Instruction for all levels. Our instructors will meet you and your swim needs where you're at. Patience, as well as communication are our benchmark goals.

### PROGRAM SESSION:

Sept. 6th - October 17th.

### REGISTRATION OPENS:

Members - August 8th.

Program Members - August 15th.

### BREAK WEEK:

October 18th - October 24th.



### KENNEBEC VALLEY YMCA

31 Union Street, Augusta ME 04330

40 Granite Hill Road, Manchester ME 04351

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS KV YMCA Fall | 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.

Tuesdays: 9:00am-9:30am  
Wednesdays: 4:45pm-5:15pm  
Thursdays: 9:00am-9:30am

### PARENT CHILD A (6 months to 3 years)

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

Saturdays: 8:30am-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: 9:30am-10:00am

## PRIVATE SWIM LESSONS

Member: \$30 per 30min/ session.

(4) 30min. sessions = \$95

Program Member: \$40 per 30min/ session.

(4) 30min. sessions = \$125

Non-Member: \$45 per 30min/ session.

(4) 30min. sessions = \$155

Please Fill Out Private Swim Lessons Form.

## PRESCHOOL SWIM LESSONS

**Members: \$65 | Program Members: \$85**

### PRESCHOOL 1 (3- 5 Years)

Increases underwater exploration and introduces basic self-rescue skills. Must be comfortable without parent.

Mondays: 3:30- 4:00pm  
Tuesdays: 9:30-10:00am  
Thursdays: 9:30-10:00am  
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: 4:00pm-4:30pm  
Tuesdays: 10:00am-10:30am  
Wednesdays: 3:30pm-4:00pm  
Thursdays: 10:00am-10:30am  
Saturdays: 10:00am-10:30am

**All Youth Group Programming Requires Membership.  
Program Membership is \$49 annually - One time fee.**

## SPORTS SWIM CLUB

(5-14 Years)

**Members: \$80 -1 day/week price.**

**Program Members: \$100 -1 day/week price.**

Athletes enrolling can swim the length of the 25 yard pool either assisted with fins or without. Athletes have completed at least one session of swim lessons at the KVYMCA prior. Please inquire if you are interested in both practices. Practices will be held in the competition pool.

Tuesdays: 4:00pm-5:00pm / Thursdays: 4:00pm-5:00pm  
Choose one date or inquire for pricing.

## YOUTH SWIM LESSONS

**Members: \$70**

**Program Members: \$90**

### YOUTH 1-3 (6-12 Years)

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

Mondays: 4:30pm-5:15pm  
Wednesdays: 5:15pm-6:00pm  
Saturdays: 8:15am -9:00am  
Saturdays: 9:45am-10:30am

### YOUTH 4 -6 (6-12 Years)

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

Mondays: 5:15pm-6:00pm  
Wednesdays: 4:00pm-4:45pm  
Saturdays: 9:00am-9:45am  
Saturdays: 10:30am-11:15am



## SEMI-PRIVATE SWIM LESSONS

Member: \$25/child per 30 min. session or

(4) 30min. sessions = \$65/child

Program Member: \$30/child per 30min. session

(4) 30min. sessions = \$85/child

Non-Member: \$35/child per 30min. session

(4) 30min. sessions = \$105/child

Please Fill Out Private Swim Lessons Form.