

ADULT PROGRAM OFFERINGS

MASTERS SWIM PRACTICES

Tuesdays: 6:00pm- 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:

October 24th - December 19th.

REGISTRATION OPENS:

October 3rd.

HOLIDAY BREAK WEEKS:

November 20th-27th

*December 20th - January 1st.

Occurs outside of session FYI.



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 Fall II 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: 9:30am-10:00am

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: 8:30-9:00am

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.**

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.