

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 \$85 / Non-Member \$155

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:

April 24th - June 17th.

REGISTRATION OPENS:

Members April 3rd

Program Members April 10th.

BREAK WEEKS:

June 17th - June 24th



KENNEBEC VALLEY YMCA

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40 Granite Hill Road, Manchester ME 04351

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS KV YMCA SPRING II 2023

INFANT SWIM LESSONS 30 MIN.

Members: \$75

Program Members: \$95

8 WEEK SESSION

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: 11:00am-11:30am NEW TIME

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: 9:40am-10:10am TIME ADJUSTMENT

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: 8:10am-8:40am NEW CLASS

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 ask about availability. Email Jamie@kvymca.org



PRESCHOOL LESSONS 30 MIN.

Members: \$75 | Program Members: \$95

8 WEEK SESSION

PRESCHOOL 1 (3- 5 Years)

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

Tuesdays: 11:30am-12:00pm NEW TIME

Tuesdays: 3:00pm- 3:30pm NEW CLASS

Tuesdays: 4:45pm- 5:15pm

Wednesdays: 3:30pm- 4:00pm NEW CLASS

Thursdays: 9:30am-10:00am

Saturdays: 8:40am-9:10am TIME ADJUSTMENT

Saturdays: 9:10am-9:40am TIME ADJUSTMENT

PRESCHOOL 2 (3- 5 Years)

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

Tuesdays: 12:00pm-12:30pm NEW TIME

Tuesdays: 3:30pm- 4:00pm

Wednesdays: 3:30pm-4:00pm

Wednesdays: 4:00pm- 4:30pm NEW CLASS

Thursdays: 10:00am-10:30am

Fridays: 3:30pm- 4:00pm NEW CLASS

Saturdays: 10:10am-10:40am TIME ADJUSTMENT

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

YOUTH SWIM LESSONS 45 MIN.

Members: \$85

Program Members: \$105

8 WEEK SESSION

YOUTH 1-2 (6-12 Years)

Students learn water safety and achieve basic swimming competency by learning benchmark skills. These lessons are in the Family pool.

Mondays: 4:30pm-5:15pm

Tuesdays: 4:00pm- 4:45pm

Wednesdays: 2:45pm-3:30pm

Wednesdays: 5:15pm-6:00pm

Saturdays: 8:15am- 9:00am

Saturdays: 9:45am-10:30am

YOUTH 3 -4 (6-12 Years)

Introduces basic stroke technique in all strokes and reinforces water safety. These lessons are in the Family pool.

Mondays: 5:15pm-6:00pm

Wednesdays: 4:00pm-4:45pm

Saturdays: 9:00am-9:45am



YOUTH 4 -6 (6-15 Years)

Refined drill techniques in all strokes and reinforces efficiency. Introducing the lap pool and further developing advanced swim techniques. Must be able to swim 25 yards without equipment and face in the water.

TIME ADJUSTMENT Saturdays: 10:40am-11:25am