

# 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 \$80 / Non-Member \$145

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:

September 11th - October 21st.

REGISTRATION OPENS:

Members August 7th

Program Members August 14th.

BREAK WEEKS:

No Break Week Lessons will run into the next session. Enroll early.



KENNEBEC VALLEY YMCA

31 Union Street, Augusta ME 04330

(P) 207-622-9622

(W) [www.kvymca.org](http://www.kvymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

AQUATICS  
KV YMCA  
FALL | 2023

## INFANT SWIM LESSONS 30 MIN.

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: 11:00am-11:30am

Wednesdays: 4:45pm-5:15pm

Thursdays: 9:15am-9:45am

### 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

### 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

## 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](mailto:Jamie@kvymca.org)



## PRESCHOOL LESSONS 30 MIN.

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

### PRESCHOOL 1 ( 3- 5 Years )

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

Tuesdays: 11:30am-12:00pm

Tuesdays: 2:45pm- 3:15pm

Tuesdays: 4:45pm- 5:15pm

Thursdays: 9:45am-10:15am

Fridays: 3:00pm- 3:30pm

Saturdays: 8:40am-9:10am

Saturdays: 9:10am-9:40am

### 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

Tuesdays: 3:15pm- 3:45pm

Wednesdays: 3:30pm-4:00pm

Thursdays: 10:15am-10:45am

Fridays: 3:30pm- 4:00pm

Saturdays: 10:10am-10:40am

All Youth Group Programming Requires Membership.

Program Membership is \$49 annually - One time fee.

## YOUTH SWIM LESSONS 45 MIN.

Members: \$80

Program Members: \$100

### SWIM BASICS YOUTH 1-2 ( 6-12Years )

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

Wednesdays: 2:45pm-3:30pm

Wednesdays: 5:15pm-6:00pm

Thursdays: 3:15pm- 4:00pm

Saturdays: 8:15am- 9:00am

Saturdays: 9:45am-10:30am

### STROKE TECHNIQUE YOUTH 3 -4 (6-12Years)

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

Thursdays: 4:00pm- 4:45pm

Saturdays: 9:00am-9:45am



### STINGRAYS POTENTIALS YOUTH 5-6 (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.

Saturdays: 10:40am-11:25am