

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: Winter

February 26th —April 13th

REGISTRATION OPENS:

Members February 5th

Program Members February 12th

BREAK WEEK:

April 15th - April 20th.



KENNEBEC VALLEY YMCA

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS
KV YMCA
Spring 1 2024

INFANT SWIM LESSONS 30 MIN.

Members: \$75

Program Members: \$100

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



PRESCHOOL LESSONS 30 MIN.

Members: \$75 | Program Members: \$100

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: 3:45pm- 4:15pm

Wednesdays: 3:00pm- 3:30pm

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: \$85

Program Members: \$110

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: 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