

# ADULT PROGRAM OFFERINGS

## MASTERS SWIM PRACTICES

Sundays: 11:00am– 12:00pm FEB. 2nd – MAY 18th  
\$75.00

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

**Beginner: Tuesday: 5:15–6:00pm**

KVYMCA Member \$95 / Non-Member \$180.00

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.

**Intermediate: Wednesday: 6:30–7:15pm**

KVYMCA Member \$95 / Non-Member \$180.00

This class focuses on building your skills in the Lap pool environment. Freestyle and Backstroke are the chief goals here.

## AI CHI – MINDFULNESS+CORE STRENGTH

Mondays 6PM. Classes are five weeks long, do not coincide with the swim lesson calendar. Information and brochure can be found at the Welcome center.

## PROGRAM SESSION:

# Spring 1

### SESSION DATES:

March 3rd—April 19th

### REGISTRATION OPENS:

Members *February 10th*

Program Members *February 17th*

Non-Members *February 24th*

### SESSION BREAK WEEK:

April 20th—April 27th

⇒ *Scholarships available, interested families*

*email [Julie@kvymca.org](mailto:Julie@kvymca.org)*

⇒ *For class level recommendations email*

*[Jamie@kvymca.org](mailto:Jamie@kvymca.org)*



## KENNEBEC VALLEY YMCA

31 Union Street, Augusta ME 04330

Register: 207-622-9622

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS  
KV YMCA  
SPRING 1, 2025

## INFANT SWIM LESSONS 30 MIN.

KVYMCA Members: \$75  
Program Members: \$110  
Non-Members: \$160

### PARENT + CHILD ( 6 Months to 3 Years )

Introduces infants and toddlers to the aquatic environment, exploring body positions, blowing bubbles, and fundamental safety. One or both parent/ guardians must swim with each child.

Mondays: 10:15am– 10:45am  
Tuesdays: 11:00am– 11:30am  
Wednesdays: 4:45pm–5:15pm  
Thursdays: 9:15am–9:45am  
Saturdays: 8:10am–8:40am  
Saturdays: 9:40am– 10:10am  
Saturdays: 10:40am– 11:10am

## PRESCHOOL LESSONS 30 MIN.

KVYMCA Members: \$85  
Program Members: \$120  
Non-Member \$170

### PRESCHOOL 1 ( 3- 5 Years )

Increases underwater exploration and introduces basic self-rescue skills. Must be comfortable without parent/ guardian in the water.

Mondays: 4:30pm– 5:00pm  
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 on direction.

Mondays: 5:00pm–5:30pm  
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

## YOUTH SWIM LESSONS 45 MIN.

KVYMCA Members: \$95  
Program Members: \$130  
Non-Members: \$180

### 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: 4:00–4:45pm  
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. Introduces the lap pool when possible and further developing advanced swim techniques. Must be able to swim 25 yards without equipment and face in the water.

Mondays: 6:30pm–7:15pm  
Wednesdays: 5:15pm–6:00pm  
Saturdays: 10:40am–11:25am