



AQUATICS SWIM LESSONS

Swim Lessons

The qualified staff at the YMCA are committed to maximizing our members' swimming skills and knowledge of the water. Lakes are typically unsupervised areas, and we want to help all our families stay safe on their trips to camp and the beach this summer.

Swim programs are available for toddlers, kids, and adults of any level. Youngsters will develop skills and confidence in the water with our uniquely progressive, play-based approach to learning. In addition to various movement and swim skills, our lessons include basic boating skills and seasonal water safety.

Caregivers are required to bring their children onto the deck and pick them up when they are finished. For the safety of those on deck and in the pool, only caregivers of children under seven (7) years of age are permitted on the pool deck during lessons for any level. A guardian should be present on deck for children under 7 years of age. We ask that alternatively, caregivers watch their swimmer(s) from the Viewing Gallery on the main level.

A soap shower is required to rinse away dirt, oils and personal care products from the skin's surface prior to entering the pool (s) and/or whirlpool. (Reg. 565, S.19(2))



Children ages 6-10 years may have their swim level assessed every visit.

If they are successful: May swim unaccompanied. An adult (16+) must remain in pool area and be responsible for the children's supervision.

If they are not successful: Must be accompanied in water by an adult (16+) and may wear a life jacket. 2 children: 1 guardian ratio



AQUATICS SWIM LESSONS

Parent & Tot 1 Splasher

0 mths - 36 mths

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation

Parent & Tot 2 Bubbler

0 mths - 36 mths

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their feet, assisted front/back floats, and practicing safe swimming.

Bobber

3yrs- 7 yrs (under 4'6")

A leisure pool lesson for first timers and those who are nervous about getting their face and ears wet.

Floater / Glider

4 yrs - 7 yrs (under 4'6")

A leisure pool lesson for children who are already comfortable submerging and doing assisted floats; ready to learn to float and move on their own.

Diver

4 yrs - 7 yrs (under 4'6")

A leisure pool lesson, with a few visits to a big pool. Child can float, move, and dunk underwater without any help; ready to learn some real strokes, but still a little too small for the big pool.

Otter / Seal

7 yrs - 13 yrs (over 4'6")

A main pool lesson for first timers and those who are nervous about getting their face and ears wet AND are tall enough to touch in the shallow end of the main pool. Will learn unassisted floating and gliding by end of class set.

Dolphin

7 yrs - 13 yrs (over 4'6")

The swimmer confidently floats, glides, and submerges unassisted in shallow end of the main pool. Ready for front / back crawl progressions and transition to deep water.

Swimmer

7 yrs - 13 yrs (over 4'6")

Swimmer can confidently swim a full width on front/back, has a strong flutter kick, can jump in deep water and return to wall unassisted. Ready to learn full front/back crawl (face in) and strengthen deep / underwater skills.

Star 1 - 2

9 yrs - 14 yrs

The swimmer is comfortable in deep water and can do a basic back/ front crawl for the full width of the pool. Ready to fine tune front/back crawl and learn rudiments of breaststroke / elementary backstroke.

Star 3- 4

9 yrs - 14 yrs

The swimmer is comfortable in the deep end of the pool and can tread water for two minutes, swim a full length back / front crawl, breast / elementary stroke. Ready to learn greater endurance and technique, as well as basic eggbeater, dolphin kick, and junior rescue techniques.

Star 5 - 6

9 yrs - 14 yrs

For strong swimmers, comfortable in the deep end of the pool, familiar with most strokes. Basic lifesaving techniques, advanced strokes, and endurance are emphasized.

Adults - Beginner

This is a main pool class designed for those who have no swimming experience or are nervous around the water. We keep a slow pace and teach you to move safely in shallow and deep water.

2024 Summer Sessions

Session 1: July 8 to July 19

Session 2: August 12 to August 23
(statutory holiday Monday, August 5)

Times

1:15pm-1:45pm: Star 5-6 (M), Star 3-4 (M), Parent & Tot 1 Splasher (L)

1:45pm-2:15pm: Star 1-2 (M), Swimmer (M), Diver (L)

2:15pm-2:45pm: Dolphin (M), Otter/seal (M), Parent & Tot 2 Bubbler (L)

2:45pm-3:15pm: Adult (M), Floater/Glider (L), Bobber (L)