



AQUATICS SWIM LESSONS

Swim Lessons start the week of Monday, January 5th, 2025.

SSM YMCA members receive priority registration.

Advance registration is required.

Parent / Tot	Mon 5:00pm Tues 5:00pm Thur 5:00pm Sat 10:30am	Otter / Seal	Mon 5:30pm Tues 5:30pm Thur 5:30pm Sat 11:00am	Star 4 - 6	Mon 6:00pm Tues 6:00pm Thur 6:00pm Sat 11:30am
Bobber	Mon 5:30pm Tues 5:30pm Thur 5:30pm Sat 11:00am	Dolphin	Mon 5:00pm Tues 5:00pm Thur 5:00pm Sat 10:30am	Adult Beginner	Mon 6:30pm Tues 6:30pm Thurs 6:30pm
Floater / Glider	Mon 6:00pm Tues 6:00pm Thur 6:00pm Sat 11:30am	Swimmer	Mon 5:00pm Tues 5:00pm Thur 5:00pm Sat 10:30am	Private	Tues 4:00pm, 4:30pm Thurs 4:00pm, 4:30pm Sun 9:30am, 10:00am, 10:30am, 11:00am
Diver	Mon 6:00pm Tues 6:00pm Thur 6:00pm Sat 11:30am	Star 1 - 3	Mon 5:30pm Tues 5:30pm Thur 5:30pm Sat 11:00am		

**Winter Swim Lessons and Programs
start the Week of January 5, 2025**



Sorry, there are no make-up lessons for group lesson cancellations due to unplanned closures.

**Swim Lessons are
FREE for Members
Limit 1 swim registration per
child, per season.**

Members: Swimming Lessons are included with membership.
Non members: Swimming Lessons are \$95.00+hst

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

0-36 months

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

Bobber

3yrs-7 yrs

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

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. Children 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

The swimmer can confidently float, glide, and submerge unassisted in shallow end of the main pool. Ready for front/back crawl progressions and transition to deep water.

Swimmer

7 yrs- 13 yrs

The 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 1-3

9 yrs- 14 yrs

The swimmer is comfortable in deep water and can swim a full width or length using front and back crawl. Participants will refine their strokes, and learn the rudiments of breaststroke/elementary backstroke.

Star 4-6

9 yrs-14 yrs

The swimmer is comfortable in the deep end of the pool, can tread water for two minutes, and is familiar with most strokes. Swimmers will learn and refine basic egg beater, dolphin kick, and junior rescue techniques. Advanced strokes and endurance are emphasized.

Adults- Beginner

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

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