



Winter 2019 Swim Lessons

Ages	Program	Monday	Wednesday	Saturday
18m-3yr	Splashers & Bubbler No registration Required		5:30-6:00pm	9:30-10:00 am
3-5yr	Bobber	5:00-89287 6:15-89288 6:45-89289	4:30-89290 5:30-89291 6:15-89292	9:30-89293 10:30-89294 11:30-89295 12:45-89296
	Floater	4:30-89297 5:15-89298 5:30-89299 5:45-89300	5:15-89301 5:45-89302 6:00-89303 6:15-89304	10:15-89305 11:15-89306 12:15-89307
	Glider	4:30-89308 5:00-89309 6:00-89310	5:00-89311 5:15-89312 6:00-89313	10:00-89314 10:45-89315
	Diver	5:45-89316 6:30-89317	4:30-89318 7:00-89319	10:00-89320 11:45-89321
	Surfer/Dipper	6:15-89322	6:30-89323	11:30-89324
6-12yr	Otter	5:15-89325 6:15-89326	4:30-89327 6:30-89328	11:00-89329 11:45-89330
	Seal	4:30-89331 5:45-89332 6:15-89333	5:00-89334 6:30-89335	10:15-89336 12:00-89337
	Dolphin	4:30-89338 6:45-89339	5:45-89340 6:30-89341	9:30-89342 10:45-89343
	Swimmer	4:30-89344 5:30-89345	5:00-89346 6:45-89347	9:30-89348 12:00-89349
	Star 1	5:00-89350	5:45-89351	10:15-89352 12:00-89353
	Star 2	6:15-89354	4:30-89355	11:00-89356 12:30-89357
	Star 3	6:45-89358	5:30-89359	10:30-89360
	Star 4	6:45-89361	4:30-89362	9:30-89363
	Star 5	6:45-89364	4:30-89365	12:15-89366
	Star 6	5:30-89367	6:45-89368	11:15-89369
Star 7	5:30-89370	6:45-89371	11:15-89372	
3-12 yrs	Swim Able	*Must register through aquatic supervisor* Sshannon.sharron@swo.ymca.ca		
6-13yr	Torpedoes	10-12 yrs Tuesday's 6:30-7:30pm & Saturday's 1-1:45pm- 89373	6-9 yrs Tuesday's 6:30-7:30pm & Saturday's 1-1:45pm- 89374	
10-15yrs	Junior Lifeguard Club	Thursday's 10-12yrs 6:45-7:45pm-89375 13-16yrs 7:45-8:45pm-89376		
13-24	Youth Swim Lessons	Thursday's 6:00-6:45pm-91794		
18	Adult Lessons	Monday's 7:30-8:15pm-90717	Wednesday's 7:30-8:15pm-90718	
3yr +	Private Lessons	*Must register through aquatic supervisor* Shannon.sharron@swo.ymca.ca		



Swim Lessons Info Guide:

The aquatic programs of the YMCA are about more than just techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

- Any swimmer with a serious medical condition should inform YMCA Staff upon registration.
- YMCA lessons are for both members and non-members.
- Memberships include registration in one lesson per session.
- Due to our child protection policies, photos are not permitted during lessons. If you would like to take a photo of your child swimming, please speak to the Instructional Team Lead to arrange.
- Photographic equipment of any kind is not permitted in any of our changerooms.
- In the event of a pool fouling, the Ontario Health Regulations require pool closure.
- We do not offer make up lessons.

We assume that once 3 consecutive lessons have been missed, the swimmer has been withdrawn from the program, unless we are notified by a parent/guardian.

Child/Youth Programs

YMCA L'il Dippers Program Ages: 3 – 5 years

Bobber

This beginner level focuses on safety, entering and exiting the pool, progression for submersion and short swims, assisted floats and propulsion.

Floater

At this level, children learn deep water awareness, pool rules, how to wear a personal floatation device (PFD), assisted jumps into the water, submersions, blowing bubbles, and retrieving sinking objects.

Glider

This intermediate level introduces deep water activities and front and back swims to a distance of 5m.

Diver

In this intermediate level, children continue to develop deep water skills, work on arm action and increase front and back swim distances to 10m.

Surfer

This level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25 m.

Dipper

In this level, children are introduced to front and back crawl, and deep water activities and skills are explored.

YMCA Learn to Swim Program 6-12 years

Otter

This beginner level focuses on safety, entering and exiting the pool, progression for submersion and short distance swim of 5m, assisted floats and propulsion.

Seal

This beginner level introduces deep water jumping, breath control and surface support. Participants continue to develop floats, glides and distance swim of 10m.

Dolphin

Building on what was learned in Seal, the child spends more time in deep water. Endurance is increased to distances of 15m for front and back swims. Front crawl is introduced.

Swimmer

In this level, participants progress to treading water for 60 seconds, front crawl for 25m distance, and are introduced to resuscitation.

YMCA Star Program Ages: 6 – 12 years

Star 1

Continuing on from Swimmer level the participant will work on developing their front crawl to the intermediate standard and back crawl to initial standard. Endurance will be developed as the participant works toward completing a 75m swim.

Star 2

Participants continue to develop front and back crawl as well as elementary backstroke. Front crawl and back crawl starts are learned in this level as is headfirst sculling. Breaststroke is introduced.

Star 3

Building endurance and perfecting strokes. Participants are required to complete a 300 m endurance swim. Front crawl and back crawl are at advanced standard while elementary backstroke is at intermediate standard and breaststroke is at initial standard. Foot first sculling and back crawl turn are learned.

Star 4

Participants learn about drowning prevention, develop higher level rescue skills and build further endurance.

Star 5

While working on increasing endurance, participants are introduced to sidestroke. Other strokes are being developed as well. The breaststroke start and turn as well as the front crawl turn are introduced at this time. Surface dives and synchro skills are at the heart of this level. Endurance is now a 500 m swim.

Star 6

Advanced synchro skills and some water polo skills are learned at this level. As well some unique swim strokes are introduced like waltz crawl, inverted breaststroke and double over arm backstroke. Participants continue to develop their endurance with a 600 m swim.



Star 7

This program develops lifesaving and fitness skills, including rescuing a submerged victim, carrying an unconscious victim, and basic first aid situations. Swimmers are introduced to strategies for teaching swimming skills. This level is perfect for a future lifeguard/swim instructor!

Specialty Programs:

Youth Swim Lessons

This class is designed for youth aged 13-24 to enhance swimming abilities and technique, whether it be for endurance, fitness, lifesaving or safety. It is open for youth with any swimming ability

Y Torpedoes

Torpedoes is a youth mentorship program that uses competitive swimming as a conduit to building leadership skills, team work skills, a strong self identity, and develop a healthy attitude toward fitness. It uses a variety of methods for delivering a comprehensive fitness program geared to the needs of young people. This includes learning the basics of warm up and stretch, in addition to how to exercise in a healthy and engaging way at the pool. Team work is integral to the program and young people work together in almost all tasks to ensure mutual success. The program runs twice a week and 100% attendance is highly encouraged.

Junior Lifeguard Club

Junior Lifeguard Club is a fun, fast paced opportunity for swimmers to stay active in the water while learning rescue skills from experienced lifeguard role models. As part of the program participants will be tested for and receive their bronze star, bronze medallion and bronze cross - at no extra cost.

Prerequisite: Must be able to swim 25m of the pool continuously.

Swim Able

This unique and carefully designed inclusive swim program is geared towards children and youth with behavioural or learning barriers. This one on one aquatic program will accommodate different learning styles while providing a fun and safe learning environment in the water. All participants will have the opportunity to play group games, learn about water safety and complete YMCA swim levels at their own pace.

Adult Lessons

Beginner lessons geared towards the non-swimmer or those who fear the water. Stroke improvement tips and techniques are offered to the intermediate swimmer who would like to improve their swimming skills.