



# Spring 2019 Swim Lessons

Spring Session 8 Weeks running: April 29<sup>th</sup> - June 24<sup>th</sup>, 2019

Ages	Program	Monday	Tuesday	Wednesday	Saturday
3m-3yrs	Splashers & Bubbler No registration Required			5:45-6:15pm	9:30-10:00am
3-5yrs	Bobber	4:30-96518 5:55-96519	5:20-96520	5:20-96521 6:30-97627	10:50-96522 12:00-96523
	Floater	4:30-96524 5:00-96525	5:55-96526 6:30-96527	5:20-96528 5:35-96529	11:25-96530 12:00-96531
	Glider	6:45-96533	6:30-96534	4:30-96535 6:45-96536	10:35-96537 12:00-96538
	Diver	5:55-96539	4:30-96540	5:55-96541	10:00-96542
	Surfer	6:30-96543	5:55-96544	6:30-96545	11:25-96546
	Dipper	6:30-96543	5:55-96544	6:30-96545	11:25-96546
6-12yrs	Otter	5:20-96547	4:30-96548	4:30-96549	10:00-96550
	Seal	6:30-96551	5:55-96552	5:55-96553	11:25-96554
	Dolphin	4:30-96555 5:55-96556	5:05-96557	5:55-96558 6:45-96559	10:35-96560 11:10-96561
	Swimmer	5:05-96562	4:30-96563	5:05-96564	10:00-96565
	Star 1	5:05-96566	4:30-96567	5:05-96568	10:00-96569
	Star 2	4:30-96570	5:05-96571	4:30-96572	10:35-96573
	Star 3	4:30-96574	5:05-96575	4:30-96576	10:35-96577
	Star 4	5:05-96578	6:30-96579	5:05-96580	12:00-96581
	Star 5	5:05-96582	6:30-96583	5:05-96584	12:00-97630
	Star 6	5:55-96585		5:55-96586	
Star 7	5:55-96587		5:55-96588		
3-12 yrs	Swim Able	*Limited spots* Must register through aquatic supervisor shannon.sharron@swo.ymca.ca			
	Adult Lessons 18yrs+	7:30-8:15pm-96589		7:30-8:15pm-96590	
3yr +	Private Lessons	*Limited spots* Must register through aquatic supervisor* shannon.sharron@swo.ymca.ca			

**We are doing sign-in/sign-out during our lessons starting this Spring 2019!**

**We need you to drop your child(ren) off DIRECTLY to their instructor before their lesson to sign them in AND pick them up with the instructor at the end to sign them out. This process is identical to our Child and Youth programs.**

Please keep in mind that your child must remain with their instructor until a parent or guardian has signed them out. You will need a piece of **Photo Identification EACH AND EVERY TIME** you pick your child up.

We feel that it is a change for the better and we all want your kids to be safe. Thank you so much for lending us your additional 60 seconds for safety this Spring!

## 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.



backstroke. Participants continue to develop their endurance with a 600 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

### **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.

### **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!

#### **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.