

Aquatic Levels for Preschool and Youth



L'il Dippers 6 months to 3 years

Splashers 6 months to 18 months

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:00	9:30-10:00		9:15-9:45	9:00-9:30	8:30-9:00	10:30-11:00
	4:45-5:15		4:15-4:45		11:00-11:30	

Join your child, in a hands on swim lesson, spend quality time with your child learning how to make swimming an enjoyable activity for your child, key concepts such as how to hold your baby effectively in the water will be covered.

Members \$20.00

Non-Members \$58.00



Bubblers 18 months to 3 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15-10:45	9:00-9:30	4:00-4:30	9:15-9:45	10:00-10:30	9:30-10:00	10:00-10:30
3:45-4:15	5:30-6:00	5:15-5:45	3:45-4:15		11:30-12:00	

A next step in swimming lessons with your child, using songs and toys. Build their confidence in the water while also introducing them to the concept of a group lesson. A great chance for your child to work with other children and to become comfortable in the water with swim instructors while you are right there.

Members \$20.00

Non-Members \$58.00

L'il Dippers 3 to 5 years – Independent swim lessons

The six levels of YMCA Canada's progressive Preschool swim program are designed to introduce children to the basics of swimming within age appropriate activities and their peers.



Bobbers

– introduction to the water



Gliders

– basic swim movements are introduced



Surfers

– increasing comfort level with skills such as treading water



Floaters

– building confidence with floating and bobbing



Divers

– increasing distance of swimming independently



Dippers

– developing deep-water skills to help transition to Learn to Swim program (at the Dolphin level)

Members \$20.00

Non-Members \$58.00

Bobbers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:15	9:30-10:00	4:00-4:30	8:45-9:15	9:30-10:00	8:30-9:00	9:00-9:30
4:00-4:30	4:30-5:00	5:45-6:15	10:15-10:45	10:30-11:00	9:00-9:30	11:00-11:30
5:15-5:45		7:00-7:30	3:45-4:15	4:00-4:30	11:30-12:00	
			5:15-5:45			

Floaters

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-9:45	8:45-9:15	5:15-5:45	10:15-10:45	10:30-11:00	8:30-9:00	9:15-9:45
4:30-5:00	9:15-9:45	6:15-6:45	4:15-4:45	5:00-5:30	9:30-10:00	10:30-11:00
6:30-7:00			5:45-6:15			

Gliders / Divers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45-10:15	9:00-9:30	4:45-5:15	9:45-10:15	10:00-10:30	9:00-9:30	9:30-10:00
10:45-11:15	10:00-10:30	5:30-6:00	10:45-11:15	4:30-5:00	10:30-11:00	11:00-11:30
5:00-5:30	3:45-4:15	7:00-7:30	4:45-5:15	5:15-5:45	11:00-11:30	

Surfers/ Dippers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-11:30	10:30-11:00	6:00-6:30	9:45-10:15	4:45-5:15	8:00-8:30	8:45-9:15
6:00-6:30	4:15-4:45	5:45-6:15	10:45-11:15		10:00-10:30	11:30-12:00
			4:45-5:15		11:30-12:00	

Program Sessions

Winter A - Saturday January 9 to Friday March 5

Winter B - Saturday March 6 to Friday April 30

Spring C - Saturday May 1 to Friday June 25

Learn to Swim 6 years and older

YMCA Canada's progressive swim program for school age children, ensuring older children develop into strong confident young people with an ability to participate in a wide range of aquatic based activities safely and so they always feel they can join in any activity they are interested in.



Otter

– entry level for children without previous swim lesson experience



Seal

– now comfortable in the water children learn the basics of movement



Dolphin

– enhancing strokes and skills, building comfort in deep water



Swimmer

– building endurance and refining crawl strokes

Members \$20.00

Non-Members \$58.00

Otter / Seal

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-5:15	3:45-4:15	4:30-5:00	5:15-5:45	3:45-4:15	8:00-8:30	9:45-10:15
5:30-6:00		6:00-6:30	6:00-6:30		9:00-9:30	10:45-11:15
					10:00-10:30	
					10:30-11:00	

Dolphin

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:15-4:45	4:15-4:45	5:00-5:30	3:45-4:15	4:15-4:45	9:30-10:00	11:30-12:00
6:00-6:30		6:30-7:00	5:30-6:00		11:30-12:00	

Swimmer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00	5:15-5:45	6:30-7:00	4:15-4:45	3:45-4:15	8:30-9:00	11:30-12:00
			6:30-7:00		10:00-10:30	

Star Swim Program 8 years minimum recommended (due to the endurance and motor coordination needed)

A continuation of the Learn to Swim progressions. Participants in these levels start to learn water safety and lifesaving elements through YMCA's partnership with the Lifesaving Society and their Patrol Program.



Star One – Focus on back crawl and continuing endurance



Star Four – Introduction to Sidestroke and new skills



Star Two – Introduction to the Elementary Backstroke



Star Five – Advance standard of all strokes is expected and endurance challenged



Star Three – Introduction to Breaststroke



Star Six – Diverse Water sports and leadership opportunities introduced to participants

Members \$22.00

Non-Members \$62.00

Star One and Two

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30		5:15-6:00	5:45-6:30	4:15-5:00	8:00-8:45	11:15-12:00
		6:45-7:30			11:15-12:00	

Star Three and Four

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-5:30	4:45-5:30	4:30-5:15	4:45-5:30		8:45-9:30	9:45-10:30
			6:30-7:15			

* NOTE: Classes are combined where appropriate. If the program does not meet minimum participant registration it may be cancelled. Participants may need more than one session to complete a level. To ensure quality programming please speak to the instructor regarding the level your child is working on.

Star Five and Six

Monday 4:00-4:45	Tuesday	Wednesday 3:45-4:30 6:15-7:30	Thursday	Friday 6:00-6:45	Saturday 9:30-10:15	Sunday 9:00-9:45
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Youth Programs

Youth Master Swimmer

Monday	Tuesday 4:00-5:00	Wednesday 4:30-5:30	Thursday	Friday 5:45-6:45	Saturday 10:15-11:15	Sunday
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(12 years recommended) Preparation for the Lifesaving Society's Bronze programs as well as leadership development. There is a 6 hour volunteer component required to complete this level.

Members \$25.00

Non-Members \$65.00

Youth Stroke Development I

Monday	Tuesday 5:30-6:30	Wednesday	Thursday	Friday 5:00-6:00	Saturday	Sunday
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This Program emphasizes swimming stroke development of the strokes in dolphin to Star 2 swim levels. This is an excellent program for participants who just need a little more help to finish up refining their strokes or to get a little stronger before moving on to the next level.

Members \$25.00

Non-Members \$65.00

Youth Stroke Development II

Monday	Tuesday	Wednesday 3:45-4:45	Thursday	Friday	Saturday 10:30-11:30	Sunday
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This Program emphasizes swimming stroke development of the strokes in Star 3 – 6 swim levels. Participants will be given specific attention to problem areas, and swimming for fitness. This is an excellent program for participants in between programs to develop strength and endurance.

Members \$25.00

Non-Members \$65.00

Private Swimming Lessons - One to One Instruction (8 weeks per session)

The YMCA offers one on one swim lessons for all ages, tailored to individual needs and ability. Private lessons are a great way to increase skill level, working one on one with a qualified YMCA swim instructor. Lessons are thirty minutes in length and can be shared with up to two participants.

Monday 9:00-10:30 3:30-6:30	Tuesday 3:00-6:00	Wednesday 3:00-6:30	Thursday 3:00-6:30	Friday 10:30-11:30 3:00-6:00	Saturday 8:30-11:30	Sunday 8:30-11:30
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Private lessons fees: Members \$128.00

Non-Members \$184.00

Semi Private lessons: Members \$88.00 per person

Non-Members \$136.00 per person