

Aquatic Levels for Preschool and Youth



L'il Dippers Infant –5 years old

Splashers 6 months – 18 months

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

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 them effectively in the water will be covered.



Bubblers 18 months – 3 years

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

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

Members \$13.00 Non-Members \$45.00

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

Floater – Building confidence with floating and bobbing

Gliders - Basic swim movements are introduced

Divers – Increasing distance of swimming independently

Surfers – Increasing comfort level with skills such as treading water

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

Members \$13.00 Non-Members \$45.00

L'il Dippers 3 to 5 years old

Bobbers

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

Floater

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

Gliders / Divers

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

Surfers/ Dippers

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

Learn to Swim 6 years and older

YMCA Canada's progressive swim program for school age children, ensuring older children develop confidence and ability in a wide range of aquatic based activities, 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 \$13.00 Non-Members \$45.00

Otter / Seal

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

Dolphin

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

Swimmer

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

Star Swim Program 8 years and older 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 Two – Introduction to the Elementary Backstroke

Star Three – Introduction to the Breaststroke

Star Four – Introduction to Sidestroke and new skills

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

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

Members \$16.00 Non-Members \$50.00

Master Swimmer – (12 years recommended) Preparation for the Lifesaving Society's Bronze programs as well as leadership development. There is a volunteer component to this level.

Members \$17.00 Non-Members \$54.00

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	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 6:45–7:30	4:45–5:30		8:45–9:30	9:45–10:30

Star Five and Six

Monday 4:00–4:45	Tuesday	Wednesday 3:45–4:30 6:45–7:30	Thursday	Friday	Saturday 9:30–10:15	Sunday 9:00–9:45
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Youth Master Swimmer

Monday	Tuesday 4:00–5:00	Wednesday 4:30–5:30	Thursday	Friday 5:45–6:45	Saturday 10:15–11:00	Sunday
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Youth Stroke Development I

This Program emphasizes swimming stroke development in Dolphin to Star 2 swim levels. This is an excellent program for participants who just need a little more help to refine their strokes or to get a little stronger before moving on to the next level.

Members \$16.00 Non- members \$50.00

Monday	Tuesday 5:30–6:15	Wednesday	Thursday	Friday 5:00–6:00	Saturday	Sunday
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Youth Stroke Development II

Youth Stroke Development II - 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 \$16.00 Non- members \$54.00

Monday	Tuesday	Wednesday 3:45–4:45	Thursday	Friday	Saturday 10:30–11:30	Sunday
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Private Swimming Lessons

Individual 30 minute lessons for participants who want close attention, or attention to specific problem areas are available. One or two lessons can help progress over difficult areas. Simply register at the sales and service desk for your time slot then meet your instructor on the pool deck!

Private lessons fees:

Members \$15.00 / lesson Non-Members \$20.00 / lesson

Semi Private Lessons can be arranged at time of registration if there are two children (family or friends etc.) at a similar or same level.

Members \$10.00 / lesson / person Non-Members \$14.00 / lesson / person

Time Slots are available

Monday 4:15–6:15	Tuesday 4:15–6:15	Wednesday 4:15–6:15	Thursday 4:15–6:15	Friday 4:15–6:15	Saturday 8:00–11:30	Sunday 8:00–11:30
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