

### L'IL DIPPERS PROGRAM - 0 to 5 yrs

A learn-to-swim program designed to introduce children to the water in a fun, safe and supportive environment. This swim program is comprised of a number of levels, each being evaluated separately.

#### **SPLASHERS/BUBBLERS** (*infant to 3 yrs, parent-assisted*)

Saturday .....9:00am-9:30am

#### **BOBBERS** (*3 - 5 yrs, parent-assisted*)

Saturday ..... 9:30am-10:00am

#### **FLOATERS** (*3 - 5 yrs, parent-assisted*)

Saturday ..... 10:00am-10:30am

#### **DIVERS** (*3 - 5 yrs, parent-assisted*)

Saturday ..... 11:30am-12:00pm

#### **GLIDERS** (*3 - 5 yrs, parent-assisted*)

Saturday ..... 12:00pm-12:30pm

Fee: \$35.00 Members, \$56.00 Non-members

#### **SURFERS** (*5 yrs, no parents required*)

Saturday ..... 10:30am-11:00am

Fee: \$48.00 Members, \$79.00 Non-members

### LEARN TO SWIM PROGRAM - 6 to 12 yrs

This program introduces school-age children to the new and exciting world of aquatics.

#### **OTTER**

Skills: Front and back floats and glides in the shallow end.

Wednesday .....4:00pm-4:30pm

Saturday ..... 10:30am-11:00am

Saturday ..... 11:00am-11:30am

#### **SEAL**

Skills: Floats and glides, breath control for front and back crawls, introduction to the deep end.

Wednesday .....4:00pm-4:30pm

Saturday .....10:30am-11:00am

Saturday .....11:00am-11:30am

#### **DOLPHIN**

Skills: Front and back crawl, roll over, reverse direction, tread water, further work in the deep end.

Wednesday .....4:00pm-4:30pm

Saturday .....11:00am-11:30am

#### **SWIMMER**

Skills: Diving, continuous swim, increased distances, advanced front and back crawl

Wednesday .....4:00pm-4:30pm

Saturday ..... 11:30am-12:00pm

Fee: \$48.00 Members, \$79.00 Non-members

### STAR PROGRAM

The YMCA Star Program introduces the swimmer to a wide variety of swimming and water activity skills in a values-based environment.

#### **STAR 1 & 2**

Wednesday .....4:30pm-5:00pm

Saturday .....11:30am-12:00pm

#### **STAR 3 & 4**

Wednesday .....4:30pm-5:00pm

Saturday .....12:00pm-12:30pm

#### **STAR 5 & 6**

Wednesday .....4:30pm-5:00pm

Fee: \$48.00 Members, \$79.00 Non-members

### JUNIOR WHITECAPS (8 weeks)

The Junior Whitecaps program is open to children 6-13 years of age who would like to acquire the basic skills necessary to join the Whitecaps Swim Team. See the Whitecaps brochure for more details.

Thursday ..... 4:00pm-4:45pm

Fee: \$30.00 Members, \$40.00 Non-members

### CHILD/YOUTH PRIVATE LESSONS (5 weeks)

Receive 1-on-1 lessons with our qualified instructors. The pool can possibly be occupied with up to three other private lessons taking place at the same time.

Tuesday .....4:00pm-4:30pm or  
4:30pm-5:00pm

Friday .....4:00pm-4:30pm or  
4:30pm-5:00pm

Fee: \$72.00 Members, \$92.00 Non-members

### BRONZE MEDALLION & BRONZE CROSS (8 weeks)

#### **Bronze Medallion**

Prerequisite: Minimum 13 years of age or Bronze Star certification.

This is the first step towards lifeguarding qualifications. Participants will learn aquatic emergency recognition and safe rescue techniques.

#### **Bronze Cross**

Prerequisite: Bronze Medallion and Emergency First Aid certifications.

This course is recognized as an assistant lifeguard award. Participants will learn advanced lifesaving techniques and will be prepared for NLS.

Monday .....6:30pm-8:30pm

Fee: \$117.00 Members and Non-members  
Plus: \$21.00 for first aid booklet and \$35 for the exam

### ADULT LESSONS

Whether you are scared stiff or a whiz in the water, give it a try!

Thursday .....8:15pm-9:00pm

Fee: \$48.00 Members, \$79 Non-members (10 weeks)

### LESSON TERMS

Group swim lessons are held for a 10-week term. Private lessons are held for a 5-week term.

### REGISTRATION INFORMATION

Registration for the 2012 Winter term begins on **December 1, 2011**. You must register in person unless paying by credit card in which case you can register by phone at 742-7181.

Please note that classes may occasionally be cancelled during the winter term do to inclement weather. Any cancellations made by the YMCA will be made up at a later date.

### REFUND POLICY

Refunds or credits, after the start of the session, will be issued for medical reasons only. All requests must be accompanied by a physician's letter.

### HOURS OF OPERATION

Monday to Friday: 6:00am - 9:00pm

Saturday: 7:00pm - 7:00pm

Sunday: 1:00pm - 8:00pm

### POOL POLICIES

- No spectators on deck.
- Bathing caps are mandatory.
- Children under 6 must always be accompanied by an adult.
- Where necessary, children should have water wings or bubbles.
- Children who aren't toilet trained must wear a diaper covered by a plastic/rubber pant or a disposable diaper designed for use in water.
- If desired, infants can wear a light-colored t-shirt over their bathing suits to help them retain heat.

### CHANGE ROOM POLICIES

- Individuals 18 years of age and older must use the Adult change rooms located on the lower level of the facility.
- Children/youth 6-17 years of age must use the Youth change rooms located on the upper level of the facility.
- Adults should not use the Youth change rooms unless they are assisting a child/youth.
- Adults with opposite gender children over 3 years of age must use the Family/special Needs change room.
- Adults who bring children 3 years and younger into the Adult change room must supervise their child(ren) at all times.

## L'IL DIPPERS PROGRAM DESCRIPTIONS

### **YOU'RE A SPLASHER** (*Infant – 18 months*)

Introduces parents and child to a positive aquatic environment where they can have fun in the water together. Play and a sense of security are very important.

### **YOU'RE A BUBBLER** (*18 months – 3 years*)

The child is more familiar with the pool environment and with the instructor. He/she will begin to play with other children and learn some of the pool safety rules. Play and positive reinforcement are very important

### **YOU'RE A BOBBER** (*3 – 5 years*)

Teaches the child to explore the aquatic environment and to be active in group situations. Life jackets, lessening of air in water wings is introduced. The child learns how to jump from pool deck into the water. Play and positive reinforcement are very important.

### **YOU'RE A FLOATER** (*3 – 5 years*)

Children begin moving toward water independence. Basic swimming techniques and submersion are introduced. Air in water wings is further decreased. Child can move around pool independently with/without water wings deflated. Blowing bubbles, putting face in water and submerging become more frequent. Play and positive reinforcement are very important.

### **YOU'RE A GLIDER** (*3 – 5 Years*)

Breath control is introduced. Water wings are used occasionally (if at all). Children learn through reinforced repetition. Skills such as front and back floats are introduced. The child should be comfortable attempting these skills.

### **YOU'RE A DIVER** (*3 – 5 Years*)

No water wings are used. Child is able to submerge and blow bubbles. Children will require assistance getting to surface as he/she tires easily. Swimming is done primarily under water and the child will be taking in more water as he/she learns how to inhale prior to submerging. The child has more confidence and is aware of his/her limitations. Play and positive reinforcement are very important.

### **YOU'RE A SURFER** (*3 – 5 Years*)

The program is designed for the advanced pre-school swimmer. It enhances swim techniques and improves endurance. The child can jump from pool side and swim with little to no assistance. The child swims under water with little to no assistance. The child will need assistance only occasionally. Attention span is limited. Play and positive reinforcement are very important.

## POOL FACTS

- The pool is 20 yards (18.5 meters) in length, four feet (1.2 meters) deep in the shallow end, and 9 feet (2.7 meters) in the deep end.
- The pool temperature ranges between 27-29° C (81-85° F)
- 56 pool lengths = 1 kilometer
- 88 pool lengths = 1 mile



# YMCA YARMOUTH

## Winter 2012 Swim Lessons

(Effective January 7 - March 16, 2012)



Registration begins December 1, 2011

### **YMCA Yarmouth**

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