



Aquatics

Winter 2012

CHILDRENS SWIM LESSONS

January 9 - March 17, 2012

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Dates	January 9 - March 12	January 10 - March 13	January 11 - March 14	January 12 - March 15	January 14 - March 17
Splasher (0-12mos) PP			10:00-10:30am		10:10-10:40am
Bubbler (1-3 yrs) PP					10:45-11:15am
Bobber (3-5yrs)	5:00-5:30pm	5:00-5:30pm 6:45-7:15pm	5:00-5:30pm	5:00-5:30pm 6:45-7:15pm	10:10 10:40am 10:45-11:15am
Floater (3-5yrs)	5:30-6:00pm	5:00-5:30pm 6:10-6:40pm	5:30-6:00pm	5:35-6:05pm 6:10-6:40pm	9:00-9:30am
Glider (3-5yrs)		5:35-6:05pm 6:10-6:40pm	5:00-5:30pm	5:00-5:30pm 6:10-6:40pm	9:35-10:05am 11:30-12:00pm
Diver (3-5yrs)		5:35-6:05pm	5:30-6:00pm		11:20-11:50am
Surfer (3-5yrs)				5:35-6:05pm	9:35-10:05am
Dipper (3-5yrs)		6:45-7:15pm			11:20-11:50am

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Dates	January 9 - March 12	January 10 - March 13	January 11 - March 14	January 12 - March 15	January 14 - March 17
Otter	5:00-5:30pm	5:00-5:30pm 6:10-6:40pm	5:30-6:00pm	5:35-6:05pm 6:45-7:15pm	9:00-9:30am 11:20-11:50am
Seal	5:30 - 6:00pm	5:35-6:05pm 6:45-7:15pm	5:00-5:30pm	5:00-5:30pm 6:10-6:40pm	10:45-11:15am
Dolphin		5:50-6:35pm 6:40-7:25pm		5:00-5:45pm 6:40-7:25pm	9:50-10:35am 12:45-1:30pm
Swimmer		5:00-5:45pm 6:40-7:25pm		5:50-6:35pm	9:00-9:45am 10:40-11:25am
Star 1/Star 2		5:00-5:45pm		5:50-6:35pm	9:50-10:35am
Star 3/Star 4		5:50-6:35pm		6:40-7:25pm	9:00-9:45am
Star 5/Star 6				5:00-5:45pm	12:45-1:30pm
Autism Lessons				6:45-7:15pm	

Registration Dates

January 3, 2012 - Members

January 7, 2012 - Non Members

Child Lessons:

Members - Free

Non-Members - \$60.00 for first child/\$55.00 for each sibling

Adult Lessons:

Members - Free

Non-Members - \$67.50

ADULT SWIM LESSONS

Class	Monday	Wednesday	Saturday
Dates	January 9 - March 12	January 11 - March 14	January 14 - March 17
Beginner	5:00-5:45pm		12:45-1:30pm
Intermediate		5:00-5:45pm	12:45-1:30pm

LIFE SAVING SOCIETY COURSES

Program	Times	Program Costs	Perquisites
Bronze Star February 5, 12, 19 & 26, 2012	9:00am-12:00pm Pool only	\$60.00	12 years of age Knowledge of swim strokes
Bronze Medallion March 4, 11, 18 & 25, 2012 Exam: April 1 9am-12pm	9:00am-12:00pm pool 1:00pm-3:00pm classroom	\$150.00	13 years of age Or Completion of Bronze Star

YMCA instructional swim lessons introduce and teach children a variety of skills in a values based environment. Children are encouraged to experience the qualities of water, learn safety and movement skills, and build confidence. YMCA swim lessons emphasize fun and positive relationships with the instructor and other children.

Based on child development principles, the YMCA recognizes that children learn by experiments, exploring, imitating, playing and having fun. Our instructors change activities throughout the class to assist with keeping children's attention.

L'il Dippers

Infants to 5yrs

Purpose: To build values and introduce a wide range of water activities in a fun, safe atmosphere.

What Children Learn:

Splasher – comfort in the water, splashes with arms and legs, pool area orientation.

Bubbler – hold wall and kick feet, front/back float assisted, safe swimming.

***Note:** Splashers & Bubbler's are parent participation.

Bobber – hold wall and kick and blow bubbles, front and back glide assisted, water hazards.

Floater – bobs unassisted, front and back glide with kick 3m, how and when to wear a personal floatation device.

Glider – deep water skills, front and back swim 5m, accessing EMS.

Diver – surface support 10 sec, front and back swim 10m, boating safety.

Surfer – kneeling dive, front and back swim 15m, ice safety.

Dipper – surface support 45 sec, front and back swim 25m, introduction throwing assists.

Adult Lessons

Beginner Classes are for adults not knowing how to swim, and wish to learn skills in floating, gliding, front & back swim.

Intermediate classes are for adults who already have the basic skills, and wish to improve their front swim and back swim, and also learn stroke techniques.

Learn to Swim

Ages 6 and up

Purpose: To build values and orient children to fundamental swim skills.

What Children Learn:

Otter – rhythmic breathing, front and back swim 5m, know when to call for help.

Seal – deep water skills, front and back swim 10m, buoyant objects.

Dolphin – tread water 30 sec, front crawl 25m, recognize someone in trouble.

Swimmer – tread water 60 sec, front crawl 25m, introduction to resuscitation.

YMCA Star Program

Ages 6 and up

Purpose: To develop individuals through improving swimming ability, further water sports and safety skills, develop endurance and new strokes; as well as explore leadership skills.

What Children Learn:

Star 1 – tread water 90 seconds; back crawl 25m, rookie first aid.

Star 2 – front and back crawl start, elementary backstroke 25m, rookie H₂O proficiency.

Star 3 – introduction to eggbeater, breast stroke 25m, rookie recognition and rescue.

Star 4 – front crawl turn, endurance swim 400m, ranger first aid.

Star 5 – eggbeater 2 min; sidestroke 25m, ranger H₂O proficiency.

Star 6 – water pro skills; butterfly 25m, ranger recognition and rescue.

Building healthy communities

LANE & RECREATION SCHEDULE

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Early Bird		7:00-9:00am	7:00-10:00am	7:00-9:00am	7:00-10:00am	7:00-9:00am	
Adult Lane	8:00-9:00am 12:00 -1:00pm 6:00-7:45pm	11:00am -1:00pm 3:00-4:00pm 8:30-9:45 pm	11:00am -1:00pm 3:00-4:00pm 8:30-9:45 pm	11:00am -1:00pm 3:00-4:00pm 8:30-9:45 pm	11:00am -1:00pm 3:00-4:00pm 8:30-9:45 pm	11:00am -1:00pm 3:00-4:00pm 7:30-8:45 pm	8:00-9:00am 12:00 -12:45pm 6:00-7:45pm
General	4:00 – 5:00 pm	4:00 – 5:00 pm (1 lane)	4:00 – 5:00 pm (1 lane)	4:00 – 5:00 pm (1 lane)	4:00 – 5:00 pm (1 lane)	4:00 – 5:00 pm (1 lane)	4:00 – 5:00 pm
Family Swim	1:30 pm-3:00pm	6:00 – 7:30 pm		6:00 – 7:30 pm		6:00 – 7:30 pm	1:30-3:00pm

EXPLOITS VALLEY YMCA SWIM GUIDELINES

*To ensure and promote a safe aquatic experience the following guidelines are in effect. Guidelines apply to both Family and General Swims. Note: during family swims, children must be accompanied by a parent or guardian in the water.

*Children under 6 must be supervised by a parent/guardian who must be in the water within arm's reach. Maximum 2 children per parent/guardian.

*The YMCA requires children 6-9 years who are non-swimmers be accompanied by a parent/guardian who is responsible for their direct supervision. Maximum 4 children per parent/guardian.¥

*Children 6-9 years who are able to demonstrate comfort in the water by passing the swim test (2 widths of the lane pool) are able to swim without a parent/guardian during **general swims only**.

*Any organized group with children under 9 years who are non-swimmers must follow the guidelines and ensure appropriate guardian/child ratios.

*Regardless of the type of swim all persons who wish to watch must remain within the viewing area.

***Children 10 years and older may attend Early Bird lane swim if swimming continuous laps and following appropriate behavior.**

¥ Any child who requires a floatation device or life jacket is considered a non swimmer.

CHANGE ROOM POLICIES

Family Change Room

We encourage adult caregivers to utilize this change room with children of the opposite sex 9 years of age and under.

Women's General Change Room

Female YMCA members and guests, 10 years of age and over, are welcome to use this change room. Children 9 years and under must be accompanied and supervised by same-sex adult caregiver.

Men's General Change Room

Male YMCA members and guests, 10 years of age and over, are welcome to use this change room. Children 9 years and under must be accompanied and supervised by same-sex adult caregiver.

Please remember that these areas are shared spaces. Leave them clean and ready for the next user.

Always keep your valuables within eyesight or locked securely.

Ensure that children 9 years of age and under are directly supervised at all times.

Hot Tub Hour of Operations

The hot tub will be available for use during fitness classes as well as all lane, family and general swims to participants 16 years of age or older.

Building healthy communities