



## YMCA of Fredericton Registered Aquatics Programs – Summer 2023

YMCA PRESCHOOL 30 MINUTE LESSONS (6 – 18 MONTHS WITH PARENT/GUARDIAN) – MEMBERS ONLY						
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Splashers</a> <a href="#">Register Now!</a>	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	—	—	21 (Ratio = 1:7)
YMCA PRESCHOOL 30 MINUTE LESSONS (19 MONTHS – 2 YRS WITH PARENT/GUARDIAN) – MEMBERS ONLY						
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Bubblers</a> <a href="#">Register Now!</a>	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	—	—	21 (Ratio = 1:7)
YMCA PRESCHOOL 30 MINUTE LESSONS (3 – 5 YRS) – MEMBERS ONLY						
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Bobbers</a> <a href="#">Register Now!</a>	4:30-5:00 PM 5:05-5:35 PM	4:30-5:00 PM 5:05-5:35 PM 5:40-6:10 PM	4:30-5:00 PM 5:05-5:35 PM 5:40-6:10 PM	—	—	32 (Ratio = 1:4)
<a href="#">Floaters</a> <a href="#">Register Now!</a>	5:05-5:35 PM	5:05-5:35 PM 5:40-6:10 PM	5:05-5:35 PM 5:40-6:10 PM	—	—	32 (Ratio = 1:4)
<a href="#">Gliders</a> <a href="#">Register Now!</a>	5:40-6:10 PM	6:15 PM-6:45 PM	6:15-6:45 PM	—	—	16 (Ratio = 1:4)
<a href="#">Divers</a> <a href="#">Register Now!</a>	5:40-6:10 PM	6:15-6:45 PM	—	—	—	12 (Ratio = 1:6)
<a href="#">Surfers</a> <a href="#">Register Now!</a>	6:15-6:45 PM	—	6:15-6:45 PM	—	—	12 (Ratio = 1:6)
<a href="#">Jumpers</a> <a href="#">Register Now!</a>	6:15-6:45 PM	—	6:15-6:45 PM	—	—	12 (Ratio = 1:6)
YOUTH LEARN TO SWIM 30 MINUTE LESSONS (6 – 12 YRS) – MEMBERS ONLY						
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Otter</a> <a href="#">Register Now!</a>	5:40-6:10 PM	5:40-6:10 PM	5:40-6:10 PM	—	—	18 (Ratio = 1:6)
<a href="#">Seal</a> <a href="#">Register Now!</a>	6:15-6:45 PM	6:50-7:20 PM	6:50-7:20 PM	—	—	24 (Ratio = 1:8)
<a href="#">Dolphin</a> <a href="#">Register Now!</a>	6:50-7:20 PM	7:25-7:55 PM	7:25-7:55 PM	—	—	24 (Ratio = 1:8)
<a href="#">Swimmer</a> <a href="#">Register Now!</a>	7:25-7:55 PM	8:00-8:30 PM	8:00-8:30 PM	—	—	24 (Ratio = 1:8)
YOUTH STAR 45 MINUTE LESSONS (6 – 12 YRS COMPLETED SWIMMER OR AN EQUIVALENT SKILL LEVEL) – MEMBERS ONLY						
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Star 1</a> <a href="#">Register Now!</a>	6:50-7:35 PM	6:50-7:35 PM	6:50-7:35 PM	—	—	24 (Ratio = 1:8)
<a href="#">Star 2</a> <a href="#">Register Now!</a>	6:50-7:35 PM	6:50-7:35 PM	—	—	—	16 (Ratio = 1:8)
<a href="#">Star 3</a> <a href="#">Register Now!</a>	7:40-8:25 PM	—	—	—	—	10 (Ratio = 1:10)
<a href="#">Star 4</a> <a href="#">Register Now!</a>	7:40-8:25 PM	—	—	—	—	10 (Ratio = 1:10)





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YOUTH STAR LEADERSHIP 60 MINUTE CLUB (10 – 12 YRS COMPLETED STAR 4 OR AN EQUIVALENT SKILL LEVEL) – MEMBERS ONLY						
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Star 5</a> <a href="#">Register Now!</a>	–	7:40-8:40 PM	–	–	–	10 (Ratio = 1:10)
<a href="#">Star 6</a> <a href="#">Register Now!</a>	–	7:40-8:40 PM	–	–	–	10 (Ratio = 1:10)
ADDITIONAL SWIM LESSON & CLUBS (ALL AGES) – AVAILABLE TO MEMBERS & PUBLIC						
Program	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">(Semi) Private (\$)</a> 30 Minutes <a href="#">Register Now!</a>	–	–	–	–	–	0 (Ratio = 1:1 or 1:2)
ADDITIONAL SWIM LESSON & CLUBS (13 – 15 YRS) – AVAILABLE TO MEMBERS & PUBLIC						
Program	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Teen – Beginner (\$)</a> 45 Minutes <a href="#">Register Now!</a>	–	–	7:40-8:25 PM	–	–	10 (Ratio = 1:10)
<a href="#">Teen – Interm/Adv (\$)</a> 45 Minutes <a href="#">Register Now!</a>	8:30-9:15 PM	–	–	–	–	10 (Ratio = 1:10)
ADDITIONAL SWIM LESSON & CLUBS (16+ YRS) – AVAILABLE TO MEMBERS & PUBLIC						
Program	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Adult – Beginner (\$)</a> 45 Minutes <a href="#">Register Now!</a>	–	8:45 - 9:30PM	8:30-9:15 PM	–	–	20 (Ratio = 1:10)
<a href="#">Adult – Interm/Adv (\$)</a> 45 Minutes <a href="#">Register Now!</a>	–	8:45-9:30PM	–	–	–	10 (Ratio = 1:10)
ADDITIONAL SWIM LESSON & CLUBS (8 – 13 YRS; LSS SWIM TO SURVIVE STANDARD) – AVAILABLE TO MEMBERS & PUBLIC						
Program	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Jr Lifeguard (\$)</a> 45 Minutes <a href="#">Register Now!</a>	–	–	7:40-8:25 PM	–	–	10 (Ratio = 1:10)
ADDITIONAL SWIM LESSON & CLUBS (8 – 12 YRS; STAR 1 OR AN EQUIVALENT SKILL LEVEL) – AVAILABLE TO MEMBERS & PUBLIC						
Program	Tuesday	Wednesday	Thursday	Saturday	Sunday	Enrollment Availability
<a href="#">Synchronized Swimming – Beginner</a> 45 Minutes <a href="#">Register Now!</a>	–	–	6:50-7:35 PM	–	–	10 (Ratio = 1:10)

§ = Additional fee for member





## YMCA of Fredericton Registered Aquatics Programs – Summer 2023

AQUATIC LIFESAVING SOCIETY CERT (10 – 12 YRS COMPLETED STAR 6 OR AN EQUIVALENT SKILL LEVEL) – AVAILABLE TO MEMBERS & PUBLIC					
Certification	Fee \$	Tuesday			Enrollment Availability
<a href="#">Bronze Star</a> <a href="#">Register Now!</a>	\$50.00	June 27 July 4, 11, 18, 25 August 1, 8, 15, 22 8:00-9:15 PM			10 (Ratio = 1:10)
AQUATIC LIFESAVING SOCIETY CERT (13+ YRS OR COMPLETED BRONZE STAR) – AVAILABLE TO MEMBERS & PUBLIC					
Certification	Fee \$	Friday	Saturday	Sunday	Enrollment Availability
<a href="#">Bronze Medallion &amp; Workplace Standard First Aid with CPR-C (WSFA)</a> <a href="#">Register Now!</a>	\$200.00 +HST	July 14 – Medallion 6:00 PM – 9:45 PM	July 8 – WSFA 8:00 AM – 5:30 PM  July 15 – Medallion 8:30 AM – 4:30 PM	July 9 – WSFA 8:00 AM – 5:30 PM  July 16 – Medallion 10:30 AM – 8:00 PM	16 (Ratio = 1:16)
AQUATIC LIFESAVING SOCIETY CERT (COMPLETED BRONZE MEDALLION & EMERG. FIRST AID OR WSFA) – AVAILABLE TO MEMBERS & PUBLIC					
Certification	Fee \$	Friday	Saturday	Sunday	Enrollment Availability
<a href="#">Bronze Cross</a> <a href="#">Register Now!</a>	\$175.00 +HST	July 28 6:00 PM – 9:45 PM	July 29 8:30 AM – 7:00 PM	July 30 8:30 AM – 8:30 PM	16 (Ratio = 1:16)
AQUATIC LIFESAVING SOCIETY CERT (15+ YRS COMPLETED BRONZE CROSS + WSFA) – AVAILABLE TO MEMBERS & PUBLIC					
Certification	Fee \$	Friday	Saturday	Sunday	Enrollment Availability
<a href="#">National Lifeguard -Pool (NL-Pool)</a> <a href="#">Register Now!</a>	\$250.00 +HST	August 18 6:00 PM – 9:15 PM August 25 6:00 – 9:45 PM	August 19 8:30 AM – 6:30 PM August 26 8:30 AM – 7:30 PM	August 20 8:30 AM – 6:30 PM August 27 8:30 AM – 9:00 PM	16 (Ratio = 1:16)
LIFESAVING SOCIETY CERT (12+ YRS) – AVAILABLE TO MEMBERS & PUBLIC					
Certification	Fee \$	Friday	Saturday	Sunday	Enrollment Availability
<a href="#">Workplace Standard First Aid with CPR-C (WSFA)</a> <a href="#">Register Now!</a>	\$125.00 +HST	—	August 12 8:00 AM – 5:30 PM	August 13 8:00 AM – 5:30 PM	12 (Ratio = 1:16)
CANADIAN SAFETY COUNCIL COURSE (12 – 15 YRS) – AVAILABLE TO MEMBERS & PUBLIC					
Course	Fee \$	Friday	Saturday	Sunday	Enrollment Availability
<a href="#">Babysitters Training Course</a> <a href="#">Register Now!</a>	\$55.00 +HST	—	July 22 8:30 AM – 6:30 PM	—	10 (Ratio = 1:10)



## Splashers



As the first level of YMCA Preschool Swim Lessons, Splashers is a great way to introduce babies to the water. Parents get in on the fun by participating with their children.

At this early stage, children are still learning about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and (of course) to learn to splash with arms and legs!

**Prerequisite:** 6 – 18 months.

## Bubblers



The second level of YMCA Preschool Swim Lessons, Bubblers, we work with you to introduce your child to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

**Prerequisite:** 19 months – 2 years old.

## Bobbers



In Bobbers, we'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.

**Prerequisite:** 3-5 years old.

## Floaters



In Floaters, we introduce floating and gliding, and continue to practice other movements. Through structured activities and play, children will also become comfortable submerging themselves underwater.

**Prerequisite:** 3-5 years old & Bobbers (or an equivalent skill level).

## Gliders



In Gliders, children will combine kicking with gliding to learn how to propel themselves through the water.

**Prerequisite:** 3-5 years old & Floaters (or an equivalent skill level).

## Divers



In Divers, children will combine all the skills they have learned so far to swim on their front and back unaided for a distance of 10 metres. Your child will also learn to jump into and float in deep water unassisted.

**Prerequisite:** 3-5 years old & Gliders (or an equivalent skill level).

## Surfers



In Surfers, we'll continue to help your child develop front and back swimming skills and build up to a distance of 15 metres. And now that your child is comfortable jumping into the water, we'll work on some creative, fun entries — ker-splash!

**Prerequisite:** 3-5 years old & Divers (or an equivalent skill level).

## Jumpers



In Jumpers, we'll introduce the front and back crawl, as well as underwater swimming. Children at this level will have achieved a foundation of swimming skills and be able to front swim a distance of 25 metres.

**Prerequisite:** 3-5 years old & Surfers (or an equivalent skill level).



## Otter



An introductory level for beginner swimmers ages 6-12 years old, Otter will teach your child the basics of pool safety, going underwater, and gliding on their front and back.

The first of four levels in our national YMCA Learn to Swim program, Otter teaches your child how to stay safe in the water and to develop their swimming skills. During these levels, an optional list of skills to learn will be provided during the session.

**Prerequisite:** 6-12 years old.

## Seal



The second of four levels in our national YMCA Learn to Swim program, Seal teaches your child how to stay safe in the water and to develop their swimming skills. In this level, children will further develop the skills of gliding, kicking, and submerging. During these levels, an optional list of skills to learn will be provided during the session.

**Prerequisite:** 6-12 years old & Otter (or an equivalent skill level).

## Dolphin



The third of four levels in our national YMCA Learn to Swim program, Dolphin teaches kids how to stay safe in the water and to develop their swimming skills. Your child will be introduced to swimming on their front, back, and underwater. During these levels, an optional list of skills to learn will be provided during the session.

**Prerequisite:** 6-12 years old & Seal or Jumpers (or an equivalent skill level).

## Swimmer



The last level in our national YMCA Learn to Swim program, Swimmer teaches children how to stay safe in the water and to develop their swimming skills. In this level, kids will learn front and back crawl, and how to tread water. Children at this level will have achieved a solid foundation of swimming skills and be able to front swim for a distance of 25 metres.

**Prerequisite:** 6-12 years old & Dolphin (or an equivalent skill level).



### Star 1



In this level, kids will learn to use the whip kick on their back and the egg-beater motion for treading water. We will help your child continue to develop front and back crawl technique and endurance.

As the first level of our YMCA Star Program, in Star 1 we also introduce your child to other aspects of swimming. During these levels, an optional list of skills to learn will be provided including competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

**Prerequisite:** 6-12 years old & Swimmer (or an equivalent skill level).

### Star 2



At this level, we focus on the backstroke and continue to help kids refine their stroke technique and increase their endurance.

The second level of our YMCA Star Program, in Star 2 we continue to encourage your child to build on the optional skills learned in Star 1. Optional skills include competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

**Prerequisite:** 6-12 years old & Star 1 (or an equivalent skill level).

### Star 3



At this level, your child will focus on the breaststroke and egg-beater motion for treading water, while continuing to build endurance in the pool. We will also introduce young swimmers to introductory lifesaving concepts.

Building on the optional skills learned in Star 2, participants will continue with competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

**Prerequisite:** 6-12 years old & Star 2 (or an equivalent skill level).

### Star 4



At this level, we will help your child focus on the sidestroke and we will continue to introduce lifesaving skills.

Your child will also carry on with exploring other interests in the pool - competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

**Prerequisite:** 6-12 years old & Star 3 (or an equivalent skill level).



## Star 5



We will introduce the butterfly stroke along with lifesaving and first aid elements from the Rookie and Ranger levels of the Canadian Swim Patrol program.

Swimmers will also have the opportunity to continue to develop advanced aquatics skills by selecting from a range of options: advanced strokes, water polo, synchronized swimming, or aquatic fitness.

**Prerequisite:** 10 – 12 years old & Star 4 (or an equivalent skill level).

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## Star 6



Swimmers will continue to develop lifesaving and first aid skills at the Ranger and Star level of the Canadian Swim Patrol program. They will also begin to learn how to teach others to swim.

Star 6 encourages your child to take responsibility for their own learning outcomes by selecting optional skills to learn, including advanced strokes, water polo, synchronized swimming, or aquatic fitness.

**Prerequisite:** 10 – 12 years old & Star 5 (or an equivalent skill level).





<p><b>Adult – Beginner</b></p>	<p>Designed to establish comfort and confidence in the water. Participants will begin with the basic principles of movement and safety in and around the water. Basic water skills including submersion, floating, gliding and kicking will be introduced. Instructors will also present techniques for the beginner stroke standards. <b>Prerequisite:</b> 16+ years old.</p>
<p><b>Adult – Interm/Adv</b></p>	<p>Designed to improve your swimming strokes and build on your skills. <b>Prerequisite:</b> 16+ years old; Swimmer+ (or an equivalent skill level).</p>
<p><b>Junior Lifeguard Club</b></p>	<p>The Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment.</p> <p>The JLC stresses fun and aquatic skill development based on personal best achievement. Building on skills they already have, JLC members work to develop and improve swimming and other aquatic skills with emphasis on: swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. <b>Prerequisite:</b> 8 – 13 years; Lifesaving Society’s Swim to Survive® standard (ROLL into deep water, TREAD water for one minute, SWIM 50 meters).</p>
<p><b>(Semi) Private</b></p>	<p>Private and Semi-Private lessons are perfect for any age looking for individualized classes or flexible scheduling. Semi-Private participants should be of a similar ability level. <b>Prerequisite:</b> None.</p>
<p><b>Synchronized Swimming – Beginner</b></p>	<p>The program is designed to teach children the basic skills of synchronized swimming. Swimmers will focus on basic skulling and eggbeater technique as well as learn beginner figures and patterns. <b>Prerequisite:</b> 8 – 12 years; Star 1 (or an equivalent skill level).</p>
<p><b>Teen – Beginner</b></p>	<p>Designed to establish comfort and confidence in the water. Participants will begin with the basic principles of movement and safety in and around the water. Basic water skills including submersion, floating, gliding and kicking will be introduced. Instructors will also present techniques for the beginner stroke standards. <b>Prerequisite:</b> 13-15 years old.</p>
<p><b>Teen – Interm/Adv</b></p>	<p>Designed to improve your swimming strokes and build on your skills. <b>Prerequisite:</b> 13-15 years old; Swimmer+ (or an equivalent skill level).</p>







<p><b>Bronze Star</b></p>	<p>Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.  <b>Prerequisite:</b> 10 – 12 years old or Star 6 (or an equivalent skill level).  <i>10 hours with successful learning activities for Bronze Star certification</i></p>
<p><b>Bronze Medallion &amp; Workplace Standard First Aid with CPR-C (WSFA)</b></p>	<p>Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. WSFA provides comprehensive training that covers all aspects of first aid and CPR. Workplace Standard First Aid is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries and medical emergencies.  <b>Prerequisite:</b> Minimum 13 years of age or Bronze Star certification (need to be current) and intermediate stroke standard.  <i>16 hour course including on-going evaluation for WSFA certification</i>  <i>15 hour course + 3 hour successful exam for Bronze Medallion certification</i></p>
<p><b>Bronze Cross</b></p>	<p>Begins the transition from lifesaving to lifeguarding and prepares candidates for the responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society’s national Lifeguard and leadership certification programs.  <b>Prerequisite:</b> Bronze Medallion and Lifesaving Society Emergency or Workplace Standard First Aid certifications (need not be current).  <i>20 hour course + 3 hour successful exam for Bronze Cross certification</i></p>
<p><b>National Lifeguard – Pool</b></p>	<p>Canada’s only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country.  <b>Prerequisite:</b> Minimum 15 years of age. Bronze Cross certification and Lifesaving Society Standard First Aid (need not be current).  <i>40 hour course + 4 hour successful exam for NLS-Pool certification</i></p>
<p><b>Workplace Standard First Aid with CPR-C (WSFA)</b></p>	<p>Provides comprehensive training that covers all aspects of first aid and CPR. Workplace Standard First Aid is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries and medical emergencies.  <b>Prerequisite:</b> 12 years old.  <i>16 hour course including on-going evaluation for WSFA certification</i></p>
<p><b>Babysitters Training Course</b></p>	<p>The Babysitters Training Course is one of Canada Safety Council’s longest running programs. The course is an ideal community project, which can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters.  <b>Prerequisite:</b> 12 years old.  <i>10 hour course + 75% written exam for Babysitters Training Course certification</i></p>

