



SUMMER SWIMMING LESSONS

Registration starts June 20 at 7:00 a.m. ONLINE

Lessons start the week of June 30

AQUATICS

REGISTERED PROGRAMS

YMCA Preschool Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

[YMCA Preschool Swimming Lessons - Parent & Tot | 6 months - 2 years](#)

The first two levels in YMCA preschool Swim Lessons start in the water with their parents, learning basic swimming skills.

Splashers (6 - 18 months)

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation.

Bubblers (19 months - 2 yrs.)

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their legs, assisted front/back floats, and practicing safe swimming.

[YMCA Preschool Swimming Lessons | 3 - 5 years](#)

Bobbers (3 - 5 yrs.)

Child gains comfort in the water without a caregiver. Instruction covers skills such as entering and exiting the pool, blowing bubbles, progression for submersion, assisted front and back floats, glides, and safety.

Gliders (3 - 5 yrs.)

Child is comfortable beginning the transition from shallow to deep water (water is over the child's head when touching the bottom) with assistance. Instruction covers skills such as deep water activities and assisted front and back floats in deep water, swims of 5m in shallow water.

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

Surfers (3 - 5 yrs.)

Child explores diving, surface support, creative pool entries and extends swim distances to 15m. Instruction covers skills such as retrieving object from deep water, front and back swim to 15m.

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

Floaters (3 - 5 yrs.)

Child learns pool rules and is comfortable entering and exiting the pool on their own. Instruction covers skills such as swimming 10m, wearing a personal floatation device (PFD), assisted jumps into the water, retrieving objects, and unassisted front and back floats and bobs. *Pre-requisite: 3- 5 years old & Bobbers (or an equivalent skill level).*

Divers (3 - 5 yrs.)

Child is getting comfortable in deep water. Instruction covers skills such as side-to-side rolls, work on arm action, and increasing front and back swim distances to 10m.

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

Jumpers (3 - 5 yrs.)

Child further refines front and back swim to 25m and continues deep water activities. Instruction covers skills such as front and back crawl, standing dive, and surface support for 45 seconds. *Prerequisite: 3-5 years old & Surfers (or an equivalent skill level).*



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SWIMMING LESSON SCHEDULE

<i>Level</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>
Splashers (6 - 18 mo.)	4:30 - 5:00 p.m.	-	-
Bubblers (19 mo. - 2 yrs.)	4:30 - 5:00 p.m. 5:05 - 5:35 p.m.	-	5:05 - 5:35 p.m.
Bobbers (3 - 5 yrs.)	5:05 - 5:35 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.	4:30 - 5:00p.m. 5:05 - 5:35 p.m. 5:40 - 6:10 p.m.	4:30 - 5:00 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.
Floaters (3 - 5 yrs.)	5:40 - 6:10p.m. 6:15 - 6:45 p.m.	4:30 - 5:00 p.m 5:05 - 5:35 p.m. 6:15 - 6:45 p.m..	4:30 - 5:00 p.m. 5:05 - 5:35 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.
Gliders (3 - 5 yrs.)	-	5:35 - 6:05 p.m.	5:05 - 5:35 p.m. 6:15 - 6:45 p.m.
Divers (3 - 5 yrs.)	-	5:35 - 6:05 p.m.	5:05 - 5:35 p.m.
Surfers (3 - 5 yrs.)	5:05 - 5:35 p.m.		
Jumpers (3 - 5 yrs.)	5:05 - 5:35 p.m.		

Swim Lesson Notes:

- Not sure of your child's swimming level? Please email kathleen.kowalchuk@ymcafredericton.org to book an assessment.
- Progress reports are available online at [SWIMGEN](#).
- Use your YMCA member ID to log on.

Child Protection Policy for Swim Lessons - 6 months - 12 years:

- Children 9 years and younger must be signed in and out of Aquatics registered programs (ie swimming lessons). A parent/guardian (16+) MUST stay on deck/viewing gallery for the entire program.
- Children 10 – 11 years MUST have a parent/guardian (16+) escort them to and from pool deck for Aquatics registered programs (ie swimming lessons).
- Children 12+ years can attend Aquatics registered programs (ie swimming lessons) without a parent/guardian.

AQUATICS

REGISTERED PROGRAMS

Youth Swimming Lessons

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YMCA Learn to Swim Program | 6 - 12 years

The YMCA Learn to Swim Program is a series of four lessons that focuses on technique, stroke development and endurance. Your beginner-level swimmer will learn foundational swimming skills that will be applied throughout their future aquatic activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water.

Otter (6 - 12 years)

Child can glide without assistance. Instruction covers skills such as submersion, unassisted front and back glide and jumps into chest deep water from a standing position. *Prerequisite: 6-12 years old.*

Seal (6 - 12 years)

Child is comfortable in deep water. Instruction covers skills such as deep water jumping and breath control. Participants continue to work on glides and glide 5m on their back. *Prerequisite: 6-12 years old & Otter (or an equivalent skill level).*

Dolphin (6 - 12 years)

Child spends more time in deep water and works to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds, front glide with kick. *Prerequisite: 6-12 years old & Seal or Jumpers (or an equivalent skill level).*

Swimmer (6 - 12 years)

Child can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for 15m distance. Instruction covers skills such as surface dives and deep water bobs. *Prerequisite: 6-12 years old & Dolphin (or an equivalent skill level).*



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SWIMMING LESSON SCHEDULE

<i>Level</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>
Otter (6 - 12 yrs.)	4:30 - 5:00 p.m. 5:40 - 6:10 p.m.	6:45 - 7:15 p.m. 6:50 - 7:20 p.m.	4:30 - 5:00 p.m. 5:40 - 6:10 p.m. 6:50 - 7:20 p.m.
Seal (6 - 12 yrs.)	4:30 - 5:00 p.m. 5:40 - 6:10 p.m.	6:15 - 6:45 p.m. 6:45 - 7:15 p.m.	4:30 - 5:00 p.m. 5:40 - 6:10 p.m.
Dolphin (6 - 12 yrs.)	6:15 - 6:45 p.m. 6:50 - 7:20 p.m.	5:40 - 6:10p.m. 6:10 - 6:40p.m. 7:20 - 7:50 p.m.	6:15 - 6:45 p.m.
Swimmer (6 - 12 yrs.)	6:15 - 6:45 p.m.	6:10 - 6:40p.m. 7:20 - 7:50 p.m.	-

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REGISTERED PROGRAMS

Youth Swimming Lessons

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YMCA Star Lessons | 6 - 12 years

The YMCA Star Program is a series of four lessons for those who have mastered basic swimming skills focuses on technique, stroke development and endurance.

During the Star Program, your child will have the opportunity to build new relationships and explore other facets of aquatics, like competitive swimming, water sports, and Aquafit classes.

Star 1 (6 - 12 years)

Participant works on endurance to complete a 75m swim. Instruction covers skills such as enhancing front crawl to initial standard and back crawl to initial standard, introduction of elementary breaststroke, swimming on back for 25m, and treading water for 2 minutes.

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

Star 2 (6 - 12 years)

Participant continues to develop front and back crawl to intermediate standard. Instruction covers skills such as introduction of breaststroke and endurance swim of 100m. *Prerequisite: 6-12 years old & Star 1 (or an equivalent skill level).*

Star 3 (6 - 12 years)

Participant continues to practice back crawl advanced standard 50m, elementary backstroke intermediate standard 25m, and breaststroke initial standard 50m. Instruction covers skills such as eggbeater surface support, 200m swim, and starting Lifesaving Society's Canadian Swim Patrol curriculum. *Prerequisite: 6-12 years old & Star 2 (or an equivalent skill level).*

Star 4 (6 - 12 years)

Participant builds further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick 25m, eggbeater proficiency, elementary backstroke advanced standard 50m.

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

Star 5 (6 - 12 years)

Participant works on increasing endurance to complete a 500m swim, swims 200m in 6 minutes, as well as front and back crawl of 75m each. Instruction covers skills such as sidestroke intermediate standard 25 m, breaststroke advanced standard 25m, butterfly initial standard 15m, and surface dives. Rescue skills include demonstrating non-contact rescue using buoyant aid, and 5lb object support for 1 minute. *Prerequisite: 10 - 12 years old & Star 4 (or an equivalent skill level).*

Star 6 (6 - 12 years)

Participant continues to develop endurance completing a 600m swim, and swims 300m in 9 minutes. Instruction covers skills such as sidestroke advanced standard 25m, and butterfly intermediate standard 15m. Work on the Canadian Swim Patrol curriculum includes carrying a 10lb object for 25m, tow rescue with and aid, and surface dive drills. *Prerequisite: 10 - 12 years old & Star 5 (or an equivalent skill level).*



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SWIMMING LESSON SCHEDULE

<i>Level</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>
Star 1 (6 - 12 yrs.)	6:50 - 7:35 p.m.	7:55 - 8:40 p.m.	6:50 - 7:35 p.m.
Star 2 (6 - 12 yrs.)	-	7:55 - 8:40 p.m.	6:50 - 7:35 p.m.
Star 3 (6 - 12 yrs.)	-	-	6:50 - 7:35 p.m.
Star 4 (6 - 12 yrs.)	6:50 - 7:35 p.m.	-	-
Star 5 (6 - 12 yrs.)	-	4:30 - 5:30 p.m.	-
Star 6 (6 - 12 yrs.)	-	4:30 - 5:30 p.m.	-

Swim Lesson Notes:

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AQUATICS REGISTERED PROGRAMS

Certification Courses

Aquatics Leadership Courses

Bronze Star (10 - 12 yrs.)

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. *Prerequisite: 10 - 12 years old or Star 6 (or an equivalent skill level.) 10 hours with successful learning activities for Bronze Star Certification.*

Bronze Cross (13+ yrs.)

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. **Prerequisite: Bronze Medallion and Lifesaving Society Emergency or Workplace Standard First Aid certifications (need not be current). 20 hour course + 3 hour successful exam for Bronze Cross certification*

Bronze Medallion with Workplace Standard First Aid (13+ yrs.)

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.

Workplace Standard First Aid 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.

Prerequisite: Minimum 13 years of age or Bronze Star certification (need to be current) and intermediate stroke standard.

15 hour course + 3 hour successful exam for Bronze Medallion certification + 16 hour course including on-going evaluation for WSFA certification

National Lifeguard - Pool (15+ yrs.)

Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country. *Prerequisites: Minimum 15 years of age. Bronze Cross certification and Lifesaving Society Standard First Aid (need not be current). 40 hour course + 4 hour successful exam for NLS-Pool certification*

Course	Day	Time	Date(s)	Additional Fee (+HST)
Bronze Star (10 - 12 yrs.)	Thurs.	7:40 - 8:40 p.m.	July 3 - August 21	\$50.00
<u>Bronze Medallion with Workplace Standard First Aid (13+ yrs.)</u>				
Workplace Standard First Aid	Sat.	8:00 - 5:30 p.m.	July 5	\$200.00
	Sun.	8:00 - 5:30 p.m.	July 6	
Bronze Medallion	Fri.	6:00 - 9:45 p.m.	July 11	
	Sat.	8:30 - 4:30 p.m.	July 12	
	Sun.	10:30 - 8:00p.m.	July 13	
Bronze Cross (13+ yrs.)	Fri.	6:00 - 9:45 p.m.	July 25	\$175.00
	Sat.	8:30 - 7:00 p.m.	July 26	
	Sun.	8:30 - 8:30 p.m.	July 27	
National Lifeguard Pool (15+ yrs.)	Fri.	6:00 - 9:45 p.m.	Aug. 8	\$250.00
	Sat.	8:30 - 6:30 p.m.	Aug. 9	
	Sun.	8:30 - 6:30 p.m.	Aug. 10	
	Fri.	6:00 - 9:45 p.m.	Aug. 15	
	Sat.	8:30 - 7:30 p.m.	Aug. 16	
	Sun.	8:30 - 9:00 p.m.	Aug. 17	

Certification Courses, Lessons & Clubs

Additional Lessons for Teens & Adults

Adult Beginner (16+ yrs.) Designed to establish comfort and confidence in the water.

Adult Int./Adv. (16+ yrs.)

Designed to improve your swimming strokes and build on your skills. *Prerequisite: 16+ years old; Swimmer+ (or an equivalent skill level). 45 minute lessons.*

Teen Beginner (13 - 15 yrs.)

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. *Prerequisite: 13 - 15 years old. 45 minute lessons*

Teen Int./Adv (13 - 15 yrs.)

Designed to improve your swimming strokes and build on your skills. *Prerequisite: 13 - 15 years old; Swimmer+ (or an equivalent skill level). 45 minute lessons*

Course	Day	Time	Dates	Additional Fee (+HST)
Adult Beginner (16+ yrs.)	Tues.	6:50 - 7:35 p.m.	July 1 - August 19	\$50.00 /Member \$120/ Non-Member
Adult In/Adv. (16+)	Wed.	6:50 - 7:35 p.n.	July 2 - Aug. 20	\$50.00 /Member \$120/ Non-Member
Teen Beginner (13 - 15 yrs.)	Thurs.	7:25 - 8:10 p.m.	July 3 - Aug. 21	\$50.00 /Member \$120/ Non-Member
Teen Int./Adv. (13 - 15 yrs.)	Thurs.	7:40 - 8:25 p.m.	July 3 - Aug. 21	\$50.00 /Member \$120/ Non-Member

Health & Safety Courses**Workplace Standard First Aid**

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. *Prerequisite: Minimum 12 years of age. 16 hour course including on-going evaluation for WSFA certification*

Babysitter Training Course (12 - 15 yrs.)

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. *Prerequisite: 12 - 15 years old. 10 hour course + 75% written exam for Babysitters Training Course certification*

Course	Day	Time	Date(s)	Additional Fee (+HST)
Workplace Standard First Aid (12+ yrs.)	Sat. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	July 26 July 27	\$125.00
Babysitter Training Course (12 - 16 yrs.)	Sat.	8:30 - 6:30 p.m.	July 19	\$55.00