

SWIM LESSONS

MEMBERS ONLY

Schedule in effect from January 7 - June 15, 2008



Rolling Registration is the name for the YMCA format of offering lessons throughout the year, without participants needing to re-register, and in which people may register at any time.

Members will be deregistered from lessons if they miss 3 throughout the session.

Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Tot 6 mth - 4 yrs With Parent Drop-In	10:00 a.m. 5:00 p.m.	10:00 a.m. 6:30 p.m.	10:00 a.m.	10:00 a.m.	10:00 a.m. 6:30 p.m.	9:30 a.m. 11:30 a.m.	10:30 a.m.
Timid Starfish 2 - 5 yrs Not comfortable in water Not comfortable without parent Once complete must move to super starfish or bobber-dippers	10:30 a.m. 4:30 p.m.	4:30 p.m.	2:30 p.m.** 6:30 p.m.	6:00 p.m.	6:30 p.m.	10:30 a.m. 12:00 noon	12:30 p.m. 4:30 p.m.
Super Starfish 2 yrs Comfortable in water Comfortable without parent	11:00 a.m.	11:00 a.m. 5:00 p.m.	4:30 p.m. 5:00 p.m.	11:00 a.m. 6:30 p.m.	6:00 p.m.	9:30 a.m. 11:30 a.m.	11:30 a.m. 5:30 p.m.
Bobbers - Dippers 3 - 5 yrs *Bobbers/Floaters only	10:00 a.m.* 10:30 a.m.* 11:00 a.m.* 4:30 p.m. 5:30 p.m. 6:30 p.m.	9:30 a.m.* 10:00 a.m.* 10:30 a.m. 2:00 p.m.** 2:30 p.m.** 4:30 p.m. 5:30 p.m. 6:00 p.m. 6:30 p.m.	10:00 a.m.* 10:30 a.m. 11:00 a.m. 1:00 p.m.** 2:00 p.m.** 2:30 p.m.** 4:30 p.m. 5:30 p.m. 6:00 p.m.	9:30 a.m.* 10:00 a.m.* 10:30 a.m. 2:00 p.m.** 2:30 p.m.** 4:30 p.m. 5:30 p.m.	10:00 a.m.* 10:30 a.m. 11:00 a.m. 5:30 p.m. 6:00 p.m. 6:30 p.m.	8:30 a.m. 9:00 a.m. 10:00 a.m. 12 noon	9:30 a.m. 10:30 a.m. 10:30 a.m. 12 noon 4:00 p.m. 5:00 p.m.
Timid Otter 6+ years who are very uncomfortable in water		6:00 p.m.				9:00 a.m.	
Otter - Star 6 6 - 12 years	5:00 p.m. 6:00 p.m. 7:00 p.m. 7:30 p.m.	5:00 p.m.	1:30 p.m.** 5:00 p.m. 6:30 p.m. 7:00 p.m. 7:30 p.m.	5:00 p.m. 6:00 p.m. 6:30 p.m. 7:00 p.m. 7:30 p.m.	4:30 p.m. 5:00 p.m.	9:30 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m.	10:00 a.m. 11:30 a.m. 12:30 p.m. 4:30 p.m. 5:30 p.m.
Stroke Enhancement Star 1 Level Drop-In		5:30 p.m.			5:30 p.m.	12 noon	5:00 p.m.
Teen - Beginner Drop-In 10-14 years			7:30 p.m.			11:30 a.m.	
Adult Lessons Drop-In 15+ years	8:30 a.m. Comfortable	9 a.m. Beginner	9:00 p.m. Beginner & Comfortable			5:00 p.m. Beginner & Comfortable	

Drop In Lessons
For those who are currently on a waiting list

Bobber-Dippers Only
max .10 persons
7-7:30 p.m.
3-5yrs

Otter - *6 only
max. 25 persons
8 - 8:30 p.m.
6+ yrs

Bobber-Dippers Only
max. 10 persons
4-4:30 p.m.
3-5 years
Otter - *6 only
max. 25 persons
4:30-5 p.m.
6+ years

Register at Membership Sales 15 minutes prior to the start of class

Please Note:

* Asterisk denotes only Bobbers & Floaters levels available at this time. Re-registration is required once your child progresses to Gliders and higher levels in preschool time slot.

** Does not run over summer months

Chaplin Family YMCA
250 Hespeler Road
Cambridge, ON N1R 3H3
(519) 623.YMCA
www.ymcacambridge.com

**A YMCA Developmental Asset:
Positive Identity**

Young people need to believe in their own self-worth and to feel that they have control over the things that happen to them.

SWIM LESSON INFORMATION

MEMBERS ONLY

Schedule in effect from January 7 - June 15, 2008



YMCA Swim Lesson Information

Any Swimmer with a Serious Medical Condition Should Inform YMCA Staff Upon Registration

- YMCA swimming lessons are for members only.
- Members may only be registered for one learn- to-swim program (excludes specialty programs) and must be of age by the first day of the lesson.
- Once a member turns of age to move to another time slot, it is the parent's responsibility to do so.
- We assume that once a member has missed three lessons within the session they have withdrawn from the program. Missed lessons cannot be made up.
- If a missed lesson is a result of an extenuating circumstance, please contact 623.YMCA ext. 230.
- All swim lessons run 30 minutes.
- Rolling Registration is the name for the YMCA format of offering lessons throughout the year, without participants needing to re-register, and in which people may register at any time.

General Pool Rules

- All swimmers must wear gender appropriate swim attire.
- Children not completely toilet trained must wear snug-fitting rubber pants or specialty swim diapers.
- In the event of a fouling, the Community Health Department requires pool closure. Lessons cannot be made up
- Shoes are not permitted on the pool deck. For \$0.50 boot covers can be purchased at Membership Sales to slip over your footwear.
- Spectating in clothes on the deck is not permitted. Viewing area is located in the food court.

A Piece of YMCA History:

The first indoor Y Swimming pool was built at the Brooklyn (New York) Central YMCA in 1885. It was called a "swimming bath" and measured 14 x 45 feet and five feet deep. Today, aquatics is one of the most popular programs that YMCAs use to build healthy spirit, mind, and body for all.

Levels

The **Bobbers-Dippers** time slots include the following levels: Bobbers, Floaters, Gliders, Divers, Surfers and Dippers.

The YMCA L'il Dippers Program

What we'll do:

Bobbers	floats assisted
Floaters	front/back floats unassisted
Gliders	front/back/side glides
Divers	jumps into deep water
Surfers	front/back swim
Dippers	surface support

The **Otter-Star 6** time slots include the following levels:

Otter, Seal, Dolphin, Swimmer, Star 1 - Star 6.

These levels include the Lifesaving Society Swim Patrol program, which consists of Rookie Patrol, Ranger Patrol and Star Patrol levels.

YMCA Learn to Swim Program

What we'll do:

Otter	front/back floats; swim 5 metres
Seal	deep water skills; swim 10 metres
Dolphin	tread water; swim on front and back 25 metres
Swimmer	swim 50 metres; front crawl 25 metres

YMCA Star Program

What we'll do:

Star 1	tread water 90 sec.; endurance swim 75 metres; front & back crawl
Star 2	deep dives; elementary backstroke 25 metres
Star 3	sculling; breaststroke 25 metres
Star 4	endurance swim 500 metres
Star 5	eggbeater kick 2 min; sidestroke 25 metres
Star 6	water polo skills; butterfly 25 metres

Session Dates Winter 2007 - Summer 2008

Winter Jan. 7 - March 9 **Spring** March 17 - June 15

Summer July 2 - August 24

No Swimming Lessons on Family Day, March Break, Good Friday, Easter Sunday, Victoria Day

Level Assessment

Unsure of what swimming level to register your child in?

Make an appointment with one of our Head Instructors, who will perform a 10-minute evaluation. **Sign up at the membership sales and service desk.**

Feedback Day

During the following week, parents are welcome to meet the instructor to receive participant feedback. Meet on the deck for the last 10 minutes of the lesson.

Please no shoes on the deck.

Designated Week: Winter - Feb. 4 - 10
Spring - April 28 - May 4

Drop In Lessons

These 30 minute lessons are designed for those who are currently only on a waiting list and want to enjoy an informal lesson until registered spots become available. **Sign up at Membership Sales 15 minutes prior to the start of the lesson. See Swim Lesson sheet for times.**