

Aquatic Programs/Swimming Lessons

YMCA Master Swimmer - 4-5pm Saturday

This program has been changed from the traditional swimming lesson to a time all on its own. When a swimmer completes Star 6 then this is an option for you. This hour long program is an in-depth introduction into lifesaving skills and is excellent for preparation to take Bronze Star or Bronze Medallion.

Evening Adult Lessons – 8:00-8:45pm Wednesday/Thursday

Adult lessons are drop-in for our members. If you want to learn better technique, or you want to learn to swim from the beginning you can drop-in and one of our YMCA Swim Instructors will help your progress in the pool. You can come to both times or just one per week.

Youth Stroke Correction – 7:00-7:45pm Monday

This option is for children who love to swim and would like to work on their front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly. This is an excellent option for youth who would like to progress quicker in swimming, or just love to swim. Children must be able to swim 1 length of the pool to participate.

Splasher/Bubbler (Parent assisted classes)

Monday/Wednesday/Friday mornings 9:00-9:30am

Tuesday and Thursday evenings 5:30-6pm

Saturday mornings 9-9:30am

These classes are for children under the age of 3 who enjoy swimming with their parents, and other toddlers. It is an excellent intro into the water for children.

Evening Youth Swimming Lessons

Day	Group	Times
Monday	3-5 years old 6+	5:30-6pm 6:00-6:30pm 6:30-7pm 7-7:30pm
Tuesday	3-5 years old 6+	5:30-6pm 6:00-6:30pm 6:30-7pm
Wednesday	3-5 years old 6+	5:30-6pm 6:00-6:30pm 6:30-7pm 7-7:30pm
Thursday	3-5 years old 6+	5:30-6pm 6:00-6:30pm 6:30-7pm
Friday	3-5 years old 6+	5:30-6pm 6:00-6:30pm 6:30-7pm 7-7:30pm
Saturday	3-5 years old 6+	9-9:30am 9:30-10am 10-10:30am
Sunday	3-5 years old 6+	12:00-12:30pm 12:30-1pm 1-1:30pm 1:30-2pm

Daytime Youth Swimming Lessons

Day	Group	Time
Tuesday	Star 1-6 Dolphin/Swimmer	2-2:30pm
	3-5 years old Otter/Seal	2:30-3:00pm
Wednesday	3-5 years old non-swimmers	9:30-10:00am
Friday	3-5 years old non-swimmers	9:30-10:00am

Swimming Information

- Children will register based on their age.
- Participants will be grouped according to their previous progress in our swimming program, or after a swim test (for new participants).
- Children will receive a progress memo on every 6th lesson.
- If a child is absent, without notice, for three consecutive lessons, your child may then be removed from their class.
- Only swim appropriate footwear is allowed on deck.
- Children who are not completely toilet trained must wear snug-fitting rubber pants or specialty swim diapers.

NOUVEAU PROGRAMME DE NATATION EN FRANÇAIS POUR LES ENFANTS DE 3+

Journée	Groupe	Heures	Début/Fin
Samedi	Lil' Dippers	9-9:30am	Le 20 septembre, 2008 au 28 juin, 2009
	Learn to Swim	9:30-10:00am	
	Stars	10:00-10:30am	

Nous avons le plaisir d'annoncer que nous allons offrir les programmes de natation en Français pour les jeunes enfants de 3+. Les programmes commenceront en septembre, chaque samedi. Si vous voulez plus d'information à propos des programmes ou des heures, veuillez-vous adresser aux services des membres.