

Aquatics



Aquatics at the YMCA Take a Deeper Look







Since 1931, the YMCA has been a leader in aquatics in Canada. That year the YMCA developed the first nationally recognized aquatics program and has continued to train aquatic leaders ever since.

The facts about swimming...

- Comfort in the water opens doors to a wide range of skills, opportunities and activities, such as canoeing in Canada's beautiful lakes, water slides with friends, snorkeling on a tropical reef, fishing on a sunny afternoon, or becoming a lifeguard to teach others.
- Swimming is an essential safety skill. Drowning is the second leading cause of preventable death for children under 10 years.
- Participating in swimming lessons gives children and adults the opportunity to accomplish new skills and build self confidence.

Why swim at the YMCA?

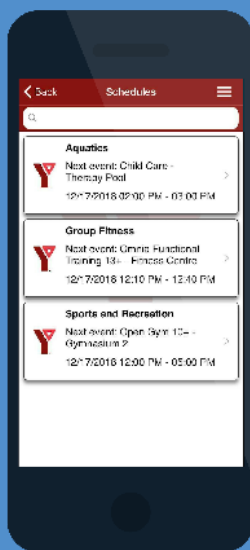
- YMCA lessons are designed with busy families in mind.
- At the YMCA we focus on helping people develop. Each swimmer is challenged to grow and improve while the levels are a tool to help parents understand progress on different items. Children will be continually challenged and not limited to completing a level before being introduced to new skills.
- YMCA lessons also help children understand and live the YMCA Core Values: Caring, Honesty, Respect, Responsibility and Inclusiveness.

SWIM EQUIVALENCY CHART			
Age	YMCA	Red Cross Society	Lifesaving Society
Parented 6 months to 3 years	Splashers/ Bubblers 	Starfish Duck Sea Turtle	Parent and Tot 1 Parent and Tot 2 & 3
	L'il Dippers 3-5 years	Bobbers 	Sea Otter
Learn to Swim 6-12 years	Floater 	Salamander	Preschool A
	Gliders 	Salamander	Preschool B
	Divers 	Sunfish	Preschool B
	Surfers 	Crocodile	Preschool C
	Dipper 	Whale	Preschool D
	Otter 	Swim Kids 1	Swimmer 1
Star Programs 6-12 years	Seal 	Swim Kids 2	Swimmer 2
	Dolphin	Swim Kids 2/3	Swimmer 3
	Swimmer	Swim Kids 4/5 & 6	Swimmer 4 & 5
	Star 1 & 2	Swim Kids 7 & 8	Swimmer 6 & CSP Rookie
Star 3 & 4	Swim Kids 8 & 9	CSP Rookie & CSP Ranger	
Star 5, 6 & 7 (45 mins)	Swim Kids 10	CSP Star & Bronze Star	

Y of Greater Saint John App

For, swim times,
updates and push
notifications download
the Y of Greater Saint
John App for iOS and
Android devices.

Available in your
App Store.



Parented Swim Lessons

See *Splashers and Bubblers*

Registration required

These programs introduce YMCA values to infants, toddlers and the adults who accompany them in a wide range of leader guided water activity, in a fun and safe atmosphere

Swim Lessons - Children and Youth

See *Bobbers to Star 7*

Registration required

YMCA swim lessons are designed with your child's natural growth and development in mind and accommodate multiple levels at the same time. YMCA swim lessons are 30 minutes in length and are included with all child, youth and family memberships.

Private and Semi-Private Lessons

All sessions are 30 minutes in length. Please call 693-YMCA to book your lessons, or see the front desk for fees and registration information.

Adult Swim Lessons: Beginner and Intermediate

Registration required

Group lessons that allow learners to develop their swimming ability. Lessons offer an initial evaluation followed by progressive instruction. All levels and abilities welcome.

Aquatic Progress Reports: Swim Gen

Every child will receive a progress report highlighting areas of achievement as well as those requiring a bit more practice. Please see your Aquatics Team leader for specific dates and progress report card information.

Absences

In order to minimize wait list times, we ask parents to email us to let us know if your child will be absent. Three unexcused absences will result in withdrawal from that swim time. Please contact aquatics@saintjohny.ca if you expect to miss a lesson.

Recreational Swimming

Aquatic Admission Criteria

Ages 0-7 years	<ul style="list-style-type: none">• A parent or guardian (16 years of age or older) must be in the water, within arms reach, at all times.• Ratio: 1 adult per 2 children
Ages 8-10 years	<ul style="list-style-type: none">• Children at this age may attempt an in-centre swim test* conducted by a YMCA lifeguard. If they pass the test, they can swim on their own while a parent or guardian (16 years of age or older) supervises from the pool deck. If they do not pass the test the parent or guardian must be in the water, within arms reach, at all times.• Ratio: 1 adult per 4 children
Youth & Adults over the age of 10 years	<ul style="list-style-type: none">• Youth and adults over the age of 10 are welcome to use the pool, subject to their swimming abilities.
Individuals with serious medical conditions	<ul style="list-style-type: none">• Are at greater risk while swimming.• Should be accompanied by another individual knowledgeable about their condition(s) and responsible for their supervision.• Please report any serious medical conditions to the lifeguard on duty.• Please inform a lifeguard on duty if access to the pool lift is required.

* In-Centre Swim Test: 25m from deep to shallow end without assistance

Certification Courses

Please visit your local branch for fees, dates and times.

Steps to Becoming a Lifeguard

There are a series of course steps to take in order to become a lifeguard. You can start taking these courses when you are 13 years old.

Bronze Medallion

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgement, knowledge, skill and fitness. Rescuers learn tows, carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types.

Prerequisite: 13 years of age or have Bronze Star

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard and Instructor certification.

Prerequisite: Bronze Medallion + Emergency First Aid certifications

National Lifeguard (NLS)

National Lifeguard is Canada's only nationally recognized lifeguard certification program, and is a legal certificate for lifeguarding throughout the country. It is the only lifeguard certificate recognized by the province of Ontario for lifeguarding public swimming pools. NLS guards are always in training to keep their skills, knowledge and fitness sharp.

Prerequisite: 16 years of age + Bronze Cross + Standard First Aid certifications

Healthy Swimming for Everyone

Help us to make sure everyone enjoys uninterrupted swimming. Please remember...

- Avoid swimming after eating
- Avoid swimming if you are sick
- Visit the washroom prior to a swim
- If you must use the washroom during a lesson, please notify your instructor or Aquatic Team Leader who can help supervise young children
- Shower before you enter the pool and after visiting the washroom
- Leave the pool if you are feeling ill

Health Regulations stipulate that pools follow very strict guidelines to ensure the most effective sanitization of the water in the event of a pool fouling. A pool will be closed following any fouling between 2-12 hours. If your child is not feeling well, please leave the swim for another day. It is recommended that you avoid swimming for 7 days if you have had the flu or diarrhea.

Open & Lane Swim Options

Family Swim: A recreational opportunity for members of all ages to enjoy a leisurely swim in our pool.

Adult Recreation: A recreational swim in the 25 metre leisure pool for members over the age of 18. Toys available

Lane Swim: Members only lane swim.



Gifts that keep growing

The YMCA reaches out to support children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity. Invest in a child today. Make your gift at saintjohny.ymca.ca