

YMCA of Hamilton/Burlington/Brantford
Aquatics Program Information



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 of age.
- 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. All children within a family can take their lesson at the same time, regardless of their swim level. Once you’ve registered for that time, it’s yours as your little ones progress, unless you need to switch.
- 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 staff are trained beyond aquatics on topics such as Healthy Child Development. They not only teach swim skills but also help children understand and live the YMCA Core Values - Caring, Honesty, Respect and Responsibility.

SWIM EQUIVALENCY CHART		
YMCA	Red Cross Society	Lifesaving Society
Splashers	Starfish	AquaTots 1
Bubblers	Duck	AquaTots 2, 3
Bobbers	Sea Turtle	Preschool A
Floaters	Salamander	Preschool B
Gliders	Sunfish	Preschool C
Divers	Crocodile	Preschool D
Surfers	Whale	Preschool E
Dippers	Whale	Preschool E
Otter	Level 1	Swimmer 1
Seal	Level 2	Swimmer 1
Dolphin	Level 3	Swimmer 2
Swimmer	Level 4	Swimmer 3
Star 1	Level 5	Swimmer 3
Star 2	Level 6	Swimmer 4
Star 3	Level 7	Swimmer 4
Star 4	Level 8	Swimmer 5
Star 5	Level 9	Swimmer 6
Star 6	Level 10	Swimmer 6



Parented Swim Lessons

Splashers (3 – 18 months with parent)
Bubblers (18 – 36 months with parent)

The program introduces YMCA values to infants and the adults who accompany them in a wide range of leader-guided water activity in a fun, safe atmosphere.

Family Swim Lessons - Bobbers to Star 6

Registration Required

One stop shopping. Register one child or the whole family for the same swim lesson time. Our family-friendly approach is designed to accommodate multiple levels at the same time. YMCA swim lessons are included with all child & youth memberships. Brantford members can upgrade a membership to include swim lessons at another branch.

We'll help your minnow become a fish

The YMCA has swim lessons to suit all levels, abilities and ages. Come in and let us assess your skills so we can place you in the right level. Swimming is a life-saving skill.

What is Rolling Registration?

“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. Participants progress at their own rate within a group.

Benefits of rolling registration:

- The consistency of the YMCA Swim Instructors and group encourages relationship building.
- The consistency of time block throughout the year allows you to plan other activities knowing that your swim lesson will be at the same time.
- You may choose to change the day or time of your swim lesson at any time.
- Children of different levels and ages can have a lesson at the same time.
- Continuous feedback is given throughout the year. The emphasis is on participation.
- When a participant completes a level the next level is started immediately without re-registration.
- The YMCA Swim Instructor plans to meet the needs of the participants.

If you have questions about the rolling registration program, please ask your YMCA Swim Instructor

Aquatic Progress Reports

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



Swim Skills

An open access opportunity to further develop your aquatic skills. These aquatic development sessions are designed to supplement weekly lessons. Regular lesson ratios may not apply. Summer only, see schedule for levels, times and days.

In order to minimize wait list times, we ask parents to call and let us know if your child will be absent from their swim lesson. Three unexcused absences will result in withdrawal from that swim time.

Flamborough Family YMCA (905) 690-3555 ext 7004
Hamilton Downtown Family YMCA (905) 317-4922
Les Chater Family YMCA (905) 667-1515 ext 8040
Ron Edwards Family YMCA (905) 632-5000 ext 6258

Private Lessons & Semi-Private Lessons

Registration Required

All sessions are 45 minutes in length. Call your YMCA branch to book your lessons.

Flamborough: 905-690-3555 x 7011
Hamilton Downtown: 905-317-4922
Ron Edwards: 905-632-5000 x 6351
Les Chater: 905-667-1515 x 8021

See your YMCA Membership Desk for fees and registration information.

L'il Sharks

Ages: 3 years +

Registration Required

In-water teaching to develop and improve swim skills for special-needs children age 3 and up. An assessment will be required prior to registration.



Gifts that keep growing

The YMCA reaches out to 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 www.ymcastrongkids.ca.

Teen and Adult Swim Lessons

Group lessons that allow learners to develop their swimming ability. Lessons offer an initial evaluation followed by progressive instruction. All levels and abilities welcome. Times are listed on your branch Schedule.

Recreational Swimming

Aquatic Admission Criteria

Admission criteria for all YMCA pools exist to help ensure member safety and enjoyment.

Under 7 years	<ul style="list-style-type: none">• Must be supervised by an adult or guardian (minimum 14 years) in the water.• Maximum 2:1 ratio.
7-10 years	<ul style="list-style-type: none">• If able to successfully demonstrate comfort in the water and pass the facility swim test, children may swim independently. Adult or guardian- minimum 14 years, must be in the facility.• If unable to pass the facility swim test, children must be supervised by an adult or guardian (minimum 14 years) in the water.• Maximum 2:1 ratio.
Whirlpool Spa	<ul style="list-style-type: none">• MUST be 12 years of age or accompanied by an adult or guardian (minimum 16 years of age)• Overexposure may cause fainting. 10-15 minutes may be excessive for some individuals. *Whirlpool availability varies by location
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.



Certification Courses

Please visit your local branch for fees, dates and times

Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skills and fitness.

Pre-requisite: 13 years of age or 12 years of age with Bronze Star Certification

Bronze Cross

Advanced life-saving award focusing on swimming, fitness and rescue skills.

Pre-requisite: Bronze Medallion, Emergency First Aid and CPR B Certifications

NLS

Nationally recognized certification for life-guarding. Learn to work with a guard team using specialized rescue techniques.

Pre-requisite: 16 years of age, Bronze Cross and Standard First Aid and CPR C Certification

Standard First Aid and CPR Certification

Pre-requisite: Emergency First Aid and CPR B is an asset

Open & Lane Swim Options

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

Public Open Swim-Open swim time for both our members and non members.

Lane Swim-Members only lane swim.

Public Lane Swim-Lane swim time for both members and non members.



Child's Fitness Tax Credit

Your child's YMCA membership qualifies for the Government of Canada's Children's Fitness Tax Credit (CFTC). The CFTC lets parents claim up to \$500 for children 15 and under who are enrolled in a supervised program of prescribed physical activity.

For additional details on how to claim the CFTC, please visit the Canada Revenue Agency (CRA) website at: www.cra-arc.gc.ca/fitness.



Watching your child in a YMCA Swim Program means watching YMCA Values in Action!

Our YMCA Swim Program is guided by our mission to build strong kids, strong families and strong communities. We achieve this mission in how we deliver programs – using YMCA Values. Participation in YMCA programs means a promotion of health in spirit, mind, and body and enhancement of our YMCA Core Values **caring, honesty, respect** and **responsibility**.

Here are YMCA Values in Action you may see your child doing in YMCA Swim Lessons.

<p>Caring</p> <ul style="list-style-type: none"> • Assisting each other with a task. • Learning others names. • Trying others' suggestions. 	<p>Honesty</p> <ul style="list-style-type: none"> • Telling the truth. • Playing by the rules. • Progressing at their own pace and being proud of that.
<p>Respect</p> <ul style="list-style-type: none"> • Listening to others. • Using equipment properly. • Speaking positively about themselves and others. 	<p>Responsibility</p> <ul style="list-style-type: none"> • Participating in activities. • Looking after their belongings. • Knowing safety rules and playing safely. • Looking after themselves and others.

YMCA staff and volunteers demonstrate YMCA Values too. Here are some YMCA Values in Action you may see your child's instructor doing.

<p>Caring</p> <ul style="list-style-type: none"> • Welcoming children to class by name. • Leading by example. • Accepting of individual ability levels. 	<p>Honesty</p> <ul style="list-style-type: none"> • Following through on what they say. • Setting realistic goals for children. • Evaluating children's progress accurately.
<p>Respect</p> <ul style="list-style-type: none"> • Allowing children to voice opinions and make choices. • Creating opportunities for children to demonstrate a skill they have mastered. • Encouraging group recognition for individual successes. 	<p>Responsibility</p> <ul style="list-style-type: none"> • Attending regularly. • Warning others of unsafe behaviour. • Engaging in activities.