



Pool Descriptions

Registration is required

AQUATIC WRIST BAND PROCEDURES

In order to swim out of arms- reach of a parent or go on the water slide, swimmers between the ages of 6-9 years will need to complete a short swim test. All patrons must adhere to our swim admissions standards which can be found on our website by visiting www.ymcaneco.ca

SWIMMING WITH CHILDREN

As part of our pool safety strategy, we require all swimmers to adhere by our procedures:

- Swimmers **under 5 years old** must always be within arms reach of a guardian who is 16 or older. Each guardian can be responsible for a maximum of two swimmers under 5 at one time.
- Swimmers **6-9 years old** who want to swim away from a guardian or use the slide must complete a swim test including a 20 meter swim, 30 seconds of treading water and jumping into the deep end.
- Swimmers **10 years and older** can discuss their swimming experience and ability with our lifeguards to determine whether a swim test needs to be completed. If a child is 10 years and older and the lifeguards are concerned about their swimming capabilities, they may be asked to complete a swim test.

For a more detailed description of our swim admissions standards and our swim test please visit the Aquatics section of our webpage, www.ymcaneco.ca.

DROP-IN PROGRAMS

Recreation Swim

During recreation swim, enjoy access to our leisure pool and limited access to our waterslide as well as limited access to our lap pool.

Lane swim

During lane swim our lap pool is available for adults, seniors and young adults to enjoy a work out, work or work on their strokes in leisure, medium and fast-paced options.

Aqua Fit

Use water resistance and buoyancy to strengthen muscles and cardiovascular capacity in an easy-on-the-joints way. Modifications will be provided for participants to increase or decrease exercise intensity depending on individual goals.

Rentals

Rental times can be booked in advance through the aquatic supervisor. If the rental times are not booked by the Thursday prior, they will become recreational swim times as of Friday morning.



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REGISTERED PROGRAMS

Parent Assisted (3 months-36 months): Parents assisted swim lesson is Instructor led. Parents and babies alike will learn proper holding and swimming techniques through songs and games.

Little Dipper (Ages 3-5): The preschool swim lesson program is for ages 3-5. The classes run a half hour. Levels include Bobber, Floater, Glider, Diver, Surfer and Dipper.

Learn to Swim (Ages 6-12): Learn to swim lessons are for ages 6-12. The levels are Otter, Seal, Dolphin and Swimmer. These classes run a half hour.

Star Swim Class (Ages 6-15): Star classes are 1-7 and run for 45 minutes.

ADULT SWIMMING LESSONS

Level 1: Open to non-swimmers or anyone looking to gain comfort in the water.

Level 2: Students must be comfortable swimming 20 m (one length of the pool). This class is open to those who want to develop stronger swimming skills and stroke improvement.

Level 3: Students must be comfortable swimming 200 m. This class is open to those who want to develop their cardiovascular fitness, muscle endurance and efficiency in the water.

Youth Fitness Swim: This program will allow participants to work on their endurance skills, lifesaving skills and any other areas they need to improve on in order to complete their certification courses.