



Aquatics Programs

Register today!

Parent & Tot Swim Lessons (3-35 months)

Introduce your baby to the water! Learn to blow bubbles, kick and splash using a mix of games, songs and activities. One class per week, registration required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 6 - Sept 5	Mon-Thurs	10:00-10:30 am	9	included	\$105
	Mon, Tue, Thurs, Fri	5:15-5:45 pm			
	Wed	6:00-6:30 pm			
	Sat	9:00-9:30 am 9:45-10:15 am 10:30-11:00 am			

Additional Registered Swim Lessons

In addition to the weekly, one 30-minute swim lesson included with YMCA membership, extra lessons are available in 12-week swim lesson packages. This option is great for non-members and those wanting extra swim lessons or to advance in swim levels. Please refer to the YMCA Membership Guide for swim level descriptions. One class per week.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 6-Sept 5	Mon-Fri	4:30-8:00 pm	9	\$90	\$110
	Sat	9:00 am-12:30 pm			

Private & Semi-Private Swim Lessons

At the YMCA, we offer even more options for those wanting to learn how to swim. Choose from private swim lessons or semiprivate swim lessons, which can be used in addition to the weekly swimming lesson included with your membership. This is a great option if you think you or your child would benefit from one-on-one or smaller group lessons.

Location: Peter Gilgan Family YMCA

Type	Day/Time	Weeks	Member	Non-member
Private	To be scheduled with an Aquatics Lesson Facilitator	4	\$140	\$160
		8	\$240	\$260
Semi-Private		4	\$80	\$100
		8	\$140	\$160



Voted Oakville's Best Swimming Programs

At the Y, we believe the ability to swim is a critical life skill for every child, teen and adult. It's not only a fun way to be active, it's also essential for your safety.

Adult Beginner Swim Lessons (16+ years)

Swim lessons designed to introduce the water, plus some basic swimming skills and techniques. One class per week, registration required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 6- Aug24	Mon	8:00-8:30 pm	8	included	\$100

Adult Intermediate Swim Lessons (16+ years)

The goal of this program is to develop proficiency and endurance in one or more of the swimming strokes. One class per week, registration required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 8- Sept 2	Wed	8:00-8:30 pm	9	included	\$110

Adult Master Swim (18+ years)

This class provides an opportunity to improve technique, skills and speed based on personal fitness goals created through regular coached swimming workouts. Participants should be able to swim 200 m (eight lengths of the 25 m pool).

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 8- Sept 2	Wed	9:00-10:00pm	9	\$35	\$110

Youth Master Swim Team

Upon completion of YMCA swim level Star 7, participants will work on advanced stroke correction and techniques. Swimmers are guided and motivated to reach personal goals and achieve fitness results. One class per week, registration required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 6- Sept 3	Mon/Thurs	6:00-6:45pm	9	included	Member only program



Aquatics Leadership First Aid + CPR Courses

Register
today!

Aquatics Lifesaving Leadership Courses are held at the Peter Gilgan Family YMCA and run from 8:30 a.m.-4:30 p.m. each day over the week. Canadian Lifesaving and Canadian First Aid manuals are not included in the course fees but can be purchased for an additional fee. Certifications obtained are valid for two years.

Emergency First Aid + CPR "B" course covers the general knowledge of First Aid principles and the emergency treatment of injuries. Skills include victim assessment, rescue breathing, CPR, choking, and what to do for external bleeding, heart attack, and stroke. Age: 12 yrs and over

Standard First Aid + CPR "C" is a continuation of the Emergency First Aid course with a more detailed understanding of First Aid including: legal implications of First Aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Age: 13 yrs and over

Rookie, Ranger, Star focuses on stroke improvement, endurance and develops First Aid skills and rescues to prepare participants for the Lifesaving society course. Pre-requisite: 7-10 yrs and must be able to swim 25m

Bronze Star prepares candidates for the Bronze Medallion program. Candidates will learn rescue skills, First Aid, resuscitation, and self-rescue techniques, while improving stroke technique and endurance. Pre-requisite: 9-12 yrs and must be able to swim 400m continuously

Bronze Medallion teaches responses to complex water rescue situations. It develops physical fitness, decision-making and judgment skills. 100% attendance is required by lifesaving society. Additional materials may be purchased on first day of lesson. Age: 13 yrs and over OR hold Bronze Star.

Bronze Cross challenges Lifesavers with more advanced training and introduces safe supervision in aquatic facilities, the principles of teamwork, procedures and use of special equipment. 100% attendance is required by lifesaving society. Pre-requisite: must hold Bronze Medallion and Emergency First Aid with CPR B

National Lifeguard Services (NLS) is a nationally recognized Lifeguarding program. The course emphasizes teamwork, leadership and communication in prevention of accidents and treatment of medical emergencies. 100% attendance is required by lifesaving society. Pre-requisite: must be at least 16 yrs old; hold Bronze Cross and Standard First Aid + CPR "C"

LSS Swim Instructor and Lifesaving Instructor

This course contains two certifications: LSS swim instructor and LSS lifesaving instructor/Emergency First Aid instructor certification. The Swim Instructor portion prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. The Lifesaving Instructor portion prepares individuals to organize, plan, teach and evaluate lifesaving and First Aid skills and resuscitation techniques in the Society's lifesaving and First Aid awards. 100 % attendance is required by Lifesaving Society. Pre-requisite: must be at least 16 yrs old; hold Bronze Cross or NLS

PLEASE NOTE: A physical standards exam is scheduled for the last day of Bronze Medallion, Bronze Cross, NLS, LSS swim and lifesaving instructor course, Emergency First Aid and Standard First Aid. Exam dates cannot be re-scheduled. Anyone who fails to attend the exam date must re-take the full course.

Week 1 Jun 29 - Jul 3	Week 2 Jul 6 - 10	Week 3 Jul 13 - 17	Week 4 Jul 20 - 24	Week 5 Jul 27 - 31
Week 6 Aug 4 - 7	Week 7 Aug 10 - 14	Week 8 Aug 17 - 21	Week 9 Aug 24 - 28	Week 10 Aug 31 - Sep 4

Aquatics Leadership Courses	Date and Time	Member	Non-Member
Rookie, Ranger, Star	Weeks 1, 2, 4, 6, 8, 10	\$200	\$220
Bronze Star + Basic First Aid	Weeks 1, 3, 5, 9	\$200	\$220
Bronze Medallion + Emergency First Aid	Weeks 1, 2, 6, 7	\$230	\$250
Bronze Cross + Standard First Aid	Weeks 3, 5, 7, 9, 10	\$250	\$270
NLS	Week 4, 8	\$350	\$370
LSS Swim and Lifesaving Instructor	Week 6, 9	\$330	\$350

*** For a list of all other aquatics leadership programs being offered, please visit our website at ymcaofoakville.org***

For all aquatics leadership course information, please contact the Aquatics Department at 905-845-5597 ext 244.

Registered Programs Summer 2015