



# Aquatics Programs

Registration  
opens  
August 15!

Registered Programs Fall 2014

## Parent & Tot Swim Lessons + Infant CPR (3-35 months)

Introduce your baby to the water! Learn to blow bubbles, kick and splash using a mix of games, songs and activities. Ten minutes of every class will be allocated to teaching you what to do in case of an emergency. One class per week.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Dec 13	Mon-Thurs	10:00-10:30 am	12	included	\$140
	Mon, Tue, Thurs, Fri	5:15-5:45 pm			
	Wed	6:00-6:30 pm			
	Sat	9:00-9:30 am or 9:45-10:15 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.

*Time to be scheduled with an Aquatics Lesson Facilitator*

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Dec 13	Mon-Fri	4:30-8:00 pm	12	\$120	\$140
	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

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.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Dec 13	Mon	10:30-11:00 am 8:00-8:30 pm	12	included	\$140

## 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.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Dec 13	Wed	10:30-11:00 am 8:00-8:30 pm	12	included	\$140

## 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
Sept 15-Dec 13	Wed	11:00-11:45 am	12	\$70	\$140

## Youth Master Swim

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.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Dec 13	Mon Thurs	6:00-6:45 pm	12	included	\$140

Register online at [ymcafoakville.org](http://ymcafoakville.org)  
or at the Membership Services Desk.



# Aquatics Leadership First Aid + CPR Courses

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## Lifesaving Society Courses

### LSS Swim Patrol – Rookie, Ranger, Star (7-10 years)

This program will focus on stroke improvement, endurance and develops First Aid and rescue skills to prepare participants for the Lifesaving Society course.

*Prerequisite: 7-10 yrs and must be able to swim 25m.*

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 20-Dec 6	Sat	12:00-1:00 pm	11	\$100	\$120

### LSS Bronze Medallion + Emergency First Aid (13+ years)

This course teaches responses to complex water rescue situations. It develops physical fitness, decision-making and judgment skills. Anything less than 85% attendance may affect completion of the course. Additional materials may be purchased on the first day of lessons.

*Prerequisite: 13 yrs and over OR hold Bronze Star*

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 20 (Emergency First Aid)	Sat	9:00-5:00 pm			
Sept 20-Dec 6		12:30-2:30 pm	11	\$230	\$250

### LSS Bronze Cross + Standard First Aid (13+ years)

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. Anything less than 85% attendance may affect completion of the course.

*Prerequisite: must hold Bronze Medallion and Emergency First Aid with CPR B.*

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 20, 21 (Standard First Aid)	Sat / Sun	9:00-5:00 pm			
Sept 20-Dec 6	Sat	12:30-5:30 pm	11	\$250	\$270

## First Aid + CPR

### Part one: Emergency First Aid + CPR 'B' (13+ years)

This course covers 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.

### Part two: Standard First Aid + CPR 'C' (13+ years)

This course is a continuation of Emergency First Aid + CPR 'B' providing an in-depth 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.

Location: Peter Gilgan Family YMCA

Course	Session	Time	Classes	Member	Non-member
Emergency First Aid & Re-certification	Sept 20		1	\$70	\$80
Standard First Aid	Sept 20-21	9:00 am-5:00pm	2	\$120	\$140
Standard First Aid Re-certification	Sept 21		1	\$60	\$70

**Recertification:** Proof of original SFA awards card MUST be shown to the examiner. Failure to provide this verification will prevent testing. SFA certificates from other agencies may not re-certify their certificate on a LSS re-cert course. SFA award holders may re-certify their LSS SFA by alternating re-certifications and original full courses.

### Leadership Course Materials

Materials are an optional purchase

Canadian First Aid Manual \$15.70 (tax included)

Pocket face shield (including gloves) \$4.00

## Aquatics Leadership Programs

### Youth Aquatic Mentorship

This program provides the opportunity to assist in the delivery of our YMCA member swim lessons. Participants will have a pool orientation and train in preparing to assist YMCA swim instructors, as well as emergency procedures while assisting in pool area. Participant is required to complete the level of YMCA master swimmer.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member
Sept 15-Dec 13	Mon-Fri	4:30-7:00 pm	12	included
	Sat	9:45-12:30 pm		

### Youth Aquatics Leader Corp

This program focuses on stroke correction, endurance and begins to work on some key elements of instructing and lifesaving. Participants in this program will have the opportunity to assist in the delivery of member swim lessons.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member
Sept 16-Dec 13	Fri	7:00-8:00 pm	12	included