



MAKE-UP CLASSES

Make-ups for private lessons are only possible for medical reasons , and are based upon instructor availability. Please contact YMCA if child is ill and arrange with instructor if a make up class is warranted. We do not do make up lessons for group lessons.

CANCELLATION & REFUNDS

Refunds or credits for cancellations after the start of the session will be issued for medical reasons only. All requests must be accompanied by a doctor's note.



REGISTRATION INFORMATION
 Summer 2019
 Member registration: June 15th
 Open registration: June 19th
 Lessons begin: Week of July 18th

Fall 2019:
 Member registration: August 28th
 non-member registration: Sept 3rd

Registration must be done in person unless paying by credit card, in which case you can register by phone at (902) 742-7181.

CHANGE ROOM POLICIES

Adult change rooms– for individuals 18 years of age and older only. Children are not allowed in this change room.

Boys and Girls change rooms - for individuals 17 years of age and younger, adults assisting a child 17 or younger of the same gender and adults with a child of the opposite gender 3 years or younger.

Family/Special needs– for individuals with mobility limitations and adults with children of the opposite gender, or children who can't use youth change rooms for whatever reason.

NEW CHILD PROTECTION POLICY

As per new YMCA CANADA child protection policies, we are required to keep a record of all visitors that enter our facility. After filling out the initial one time agreement information you will be required to sign in and sign out at the front desk on every visit

Important Notice

Pool will be closed for annual maintenance from August 25th till September 9th. . We will re open on Sept 10th.



**YMCA of Yarmouth
Swim Lessons
Summer 2019**

POOL POLICIES

No spectators on deck.
Children under 8 must always be accompanied by an adult or someone 14 years of age within arms reach at all times. The only exception is during swim lessons .
Where necessary, children can have water wings or other PFDs.
Children who aren't toilet trained must wear a diaper covered by a plastic/rubber pant or a disposable diaper designed for use in water.
No inflatables allowed except for water wings. No mermaid tails .
Please do not send you children with face/ dive masks for swimming. They are not allowed in this pool.
If desired, infants can wear a light-colored t-shirt over their bathing suits to help them retain heat.

NO PHOTOS on deck or from the windows.

Yarmouth YMCA
275 Main Street, P.O. Box 86
Yarmouth, NS, B5A 4B1
(902) 742-7181
www.ymcayarmouth.net

PRIVATE LESSONS (4 classes)

YMCA private swim lessons are designed for swimmers who desire one-on-one instruction. There are 6 one week sessions of 4 classes each. These will run Monday to Thursday on each scheduled week. We do not teach children under the age of 4 in this program. We also do not teach star 5,6, or 7 in private lessons.

You may sign up for more than one week at a time during initial registration.

Members: \$65.00
Non-Members: \$80.00

Session 1 July 8th-July 11th:

Available times are: 9:45 am -10:15am
10:15 am - 10:45 am

Session 2 July 15th-July 18th:

Available times are: 9:45 am -10:15 am
10:15 am -10:45 am

Session 3 July 22rd-July 25th:

Available times are: 9:45 am—10:15 am
10:15 am -10:45 am

Session 4 July 29th-August 1st:

Available times are: 9:45 am—10:15 am
10:15 am—10:45 am

Session 5 August 5th-August 8th:

Available times are: 9:45 am—10:15 am
10:15 am—10:45 am

Session 6: August 12th-August 15th:

Available times are 9:45 am - 10:15 am
10:15 am- 10:45 am

GROUP LESSONS- LEARN TO SWIM (8 classes)

This program consists of lessons for children ages 6-12 years of age in Otter through to Swimmer levels.

This is a 4 level instructional program that introduces a series of easy learn to swim skills to the non-swimmer in a values based environment. Successful completion of the four level program indicates that the learner is capable of performing a variety of skills in shallow and deep water, including the fundamentals of the front and back crawl stroke. We do not take children under 6 in this program.

If you would like your child in all sessions you may register for all at once when registering.

Members : \$55.00
Non-Members: \$70.00

We are offering two 8 lesson sessions. Sessions run on the following dates:

Session 1: July 8th-July 11th & July 15th-July 18th

Time: 10:45 am -11:15 am Otter, Seal, and Dolphin only

Session 2: August 5th– August 8th & 12th– August 15th

Time: 10:45 am-11:15 am Otter, Seal and Dolphin only

LEARN TO SWIM CLASS DESCRIPTIONS

OTTER:

Skills: Submersion and gliding, back glides, front glides and side glides, face in water blowing bubbles, following rules and jumping in.

SEAL:

Skills: kicking and rolling to each side, submersion of whole body for 5 seconds, gliding and rolling to each side and deep water activities.

DOLPHIN:

Skills: swimming under water, vertical kicking in deep water, glides with kicking and rolling, sculling, kneeling dives, swim in clothes and lots more.

SWIMMER:

Skills: underwater swimming, front crawl initial standard, back crawl initial standard, sculling, bobbing in deep water, water polo skills, water safety, swim in clothes, treading water.

GROUP LESSONS STAR 1-4 (8 CLASSES)

The YMCA Star program includes stars 1-4 and introduces the swimmer to a wide variety of swimming and water activity skills in a values-based environment. The Star program improves swimming ability, furthers water sport and safety skills, and develops endurance and new strokes. If you would like your child in all sessions you may register for all at once when registering.

Members: \$55.00
Non Members: \$70.00

We are offering two 8 lesson sessions. Sessions run on the following dates:

Session 1: July 8th—July 11th & July 15th—July 18th

Time: 11:15am-11:45am Star 1-2, 3-4 and Swimmer only

Session 2: August 5th– August 8th & August 12th– August 15th

Time: 11:15 am– 11:45 am Star 1-2, 3-4 and Swimmer only

STAR SWIM CLASS DESCRIPTIONS

STAR 1: Skills– front and back crawl initial standard,(part 2), elementary backstroke initial standard (whip kick on back), eggbeater introduced, swim of 75 meters

STAR 2: front and back crawl intermediate standard, Breaststroke initial standard (whip kick on front), distance swim of 100 meters and more.

STAR 3: Skills—front and back crawl advanced standard, elementary backstroke intermediate standard, distance swim of 200m, eggbeater, dolphin kick and more.

STAR 4: Breast Stroke Intermediate standard, side stroke initial standard, Rookie H2O proficiency, 350m endurance swim teaching about floating component added

Some classes may not be offered if the minimum required registrants are not met. We will advise you if this happens and try to combine classes where possible.



Fish fact: 88 pool lengths = one mile



Fish fact: 56 pool lengths = one kilome-



Fish fact: The pool is 20 yds (18.5 m) in length, four ft (1.2 m) deep in the shallow end, and 9 ft (2.7 m) in the