



**Member
Registration:**
Monday
September 14th

2020 FALL AQUATICS GUIDE

INTRODUCTION

We are excited to once again offer our Fall Aquatics Program for 2020. We have worked tirelessly to provide you and your family members a safe and welcoming environment at both our Downtown and Northwest Aquatic Centres.

In this guide you will find all the information you will need to know as well as some great new programs for you and your family to get back into the water this Fall.

NEW PROCEDURES FOR THIS YEAR

- All preschool levels and Otter/Seal will require a parent or guardian (at least 16 years of age in the water). (** if deemed safe by instructor, participants of Otter or Seal may be able to participate with no parent. Parents should expect to be in the water for at least 4 classes**. This does not apply to preschool classes, parents will attend all 8 lessons)
- Only one parent will be permitted to attend with participants or drop off students who do not require parent participation
- Participants (and parents) will need to shower prior to coming out for lessons
- Participants and parents will sit in designated areas or go directly to lesson meeting spot
- Participants will arrive no earlier than 5 minutes for their lessons
- Participants will be encouraged to bring their own life-jackets or pool toys when required
- Parents will be assisting their children with all skills when needed.
- Parents must stay with in arms reach of their child and stay with the class/instructor for the duration of the class
- For Youth Learn to Swim Otter/Seal, Parents are optional depending on the ability of the student
- Space for parents/spectators to remain on deck is limited and will be on a first come first serve basis

COURSE DESCRIPTIONS

Lil' Dippers Program - Parented Lessons

Orient preschoolers and the adults who accompany them to a wide range of water activities, while setting a foundation for swimming which is a critical life skill.

Splashers, Bubblers, Bobbers Age: 3M-5Y

Learn how to be safe and have fun in the aquatic environment with your young child. They will work to grow their comfort and confidence to thrive and prepare for their independent swim lessons.

Bobbers: Bobs and floats assisted, hold wall, kick and blow bubbles.

Floater: Front and back floats, bobs unassisted.

Gliders: Front/side/back glides, deep water skills, accessing EMS.

Divers: Kicking on front and back for 5m, surface support 10 seconds, boating safety.

Surfers: Surface support for 30 seconds, front and back swim 15m, ice safety.

Dippers: 25m swim, introduction to throwing assists.

Learn to Swim Program (6Y+) - Parented

Otter: Front and back glides, submersion.

Seal: Using flutter kick and rolling the body from side to side for streamlined movement through water.

Learn to Swim Program (6Y+)

Build positive values, a love for the water, and orient individuals age six and over to fundamental swim skills. Your beginner level swimmer will learn foundational swimming skills that will be applied throughout their future aquatics activities.

Dolphin: Coordinating arms, legs and breathing for smooth propulsion during front and back crawl.

Swimmer: Front and back crawl stroke standards, treading water for 1 minute and 25m endurance swim.

Star Program

Develop the individual, improving swim ability, developing water sport and safety skills, as well as endurance, developing new strokes and exploring leadership skills. Your continuing swimmer will learn elementary backstroke, breaststroke, sidestroke and increase their swimming distance to 350 metres by the end of Star 4.

The optional items give your child opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

Star 1: Whip kick on their back, and 75m endurance swim.

Star 2: Whip kick on their front, eggbeater as surface support and 100m endurance swim.

Star 3: Elementary backstroke, dolphin kick, and 200m endurance swim.

Star 4: Breaststroke, sidestroke, and 350 m endurance swim.

Star Leadership Program

Your competent and confident swimmer will build on their strong aquatic skills to learn to safely help others who are in trouble in the water, basic first aid skills, and to improve their physical fitness.

Star 5: Butterfly, throwing a buoyant aid to a swimmer, create and teach a water game, and 500m endurance swim.

Star 6: First aid, towing someone to safety, demonstrate how to teach a skill, and 600m endurance swim.

Star 7: First aid, teach someone a skill using effective feedback, and 400m in 12 minutes endurance swim.

Adult Swim Lessons

Adults will work independently at their ability with the guidance of an instructor. This class is great for beginners and intermediates alike.

Adult Beginner: Participants must register with a partner.

Participants will assist each other to learn basic swimming skills with the direction of the swimming instructor

Adult Intermediate: Participants must be comfortable on their own in the water, working on basic stroke development

Private: Working one on one with an instructor children will be able to have lessons tailored to their individual needs. Dependant on skill level, a guardian (16+) may be required to be in the water to assist. Contact the aquatics director to register.

NEW THIS FALL! - Family Swim Lessons

Family lessons will be customized to meet the goals of your family in categories such as beginner, stroke work or lifesaving skills.

Participants must have a family membership and will register with a max of 5 members. Add least one member must be an adult, 16+ years of age.

DOWNTOWN SWIMMING SCHEDULE

Age	Level	Monday	Wednesday	Saturday
		September 28th - November 23rd	September 30th - November 25th	October 3rd - November 21st
Lil' Dippers 0-3Y Parented	Splashers Bubblers	4:55-5:25 pm		10:50-11:20 am 1:25-1:55 pm
	Bobbers Floaters	4:20-4:50 pm 5:35-6:05 pm		10:10-10:40 am 12:50-1:20 pm 2:05-2:35 pm
Lil' Dippers 3-5 Y Parented	Gliders Divers	5:00-5:30 pm		11:10 - 11:40 am 12:10-12:40 pm
	Surfers Dippers	4:15-4:45 pm		11:30 am- 12:00 pm 12:45-1:15 pm
Learn to Swim 6Y+ (Otter /Seal Parented)	Otter Seal	5:40-6:10 pm 6:15-6:45 pm		10:30-11:00 am 12:05-12:35 pm 1:30-2:00 pm
	Dolphin Swimmer			12:55-1:25 pm 1:50-2:20 pm
Youth Learn to Swim 10 - 14 Only	Otter Seal			2:10-2:40 pm
	Dolphin Swimmer			2:40-3:10 pm
Star Program *must have completed swimmer level	Star 1 *			12:00-12:45 pm
	Star 2			2:30-3:15 pm
	Star 3			1:45-2:30 pm
	Star 4			
	Star 5			12:10-1:10 pm
	Star 6			
	Star 7			
All ages	Private		3:40-4:10 pm 4:20-4:50 pm 5:00-5:30 pm	
14Y+	Adult Lessons	Adult - Beginner 6:55-7:25 pm		Adult Intermediate 2:40 - 3:10 pm
Family	See Program Guide for Full Description			

Please call the Aquatic Director to register for Private Lessons 306.757.9622 ext 254 (DT) 354 (NW)
Members receive 1 free set of group lessons per session. Addition lessons are \$42.00 per class.

NORTHWEST SWIMMING SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Age	Level	September 28th - November 23rd	September 29th -November 17th	September 30th -November 25th	October 1st -November 19th	October 3rd -November 21st	October 4th -November 22nd
Lil' Dippers 0-3Y Parented	Splashers Bubblers	5:15-5:45 pm	9:45-10:15 am		5:05-5:35 pm	10:40-11:10 am	11:35 am-12:05 pm
Lil' Dippers 3-5 Y Parented	Bobbers Floaters	4:30-5:00 pm	9:00-9:30 am 5:20-5:50 pm	6:10-6:40 pm	4:25-4:55 pm 5:40-6:10 pm	9:15-9:45 am 11:35am-12:05pm	1:15-1:45 pm
	Gliders Divers	6:05-6:35 pm	10:25-10:55 am 4:30-5:00 pm 6:00-6:30 pm	6:50-7:20 pm	6:20-6:50 pm	9:55-10:25 am 12:20-12:50 pm	2:45-3:15 pm
	Surfers Dippers	6:45-7:15 pm	6:45-7:15 pm	5:30-6:00 pm	7:00-7:30 pm	1:00-1:30 pm	1:55-2:25 pm
Learn to Swim 6Y+ (Otter/Seal Parented)	Otter Seal	4:40-5:10 pm 5:20-5:50 pm	4:40-5:10 pm 6:05-6:35 pm			11:25-11:55 am 1:40-2:10 pm	11:00-11:30 am 1:25-1:55 pm 2:00-2:30 pm 2:50-3:10 pm
	Dolphin Swimmer	4:35-5:05 pm 5:25-5:55 pm 6:00 -6:30 pm	4:35-5:05 pm 5:15-5:45 pm 6:50-7:20 pm			10:45-11:15 am 11:30 am-12:00 pm	1:20-1:50 pm 2:05-2:35 pm
Youth Learn to Swim 10-14Y ONLY	Otter /Seal	6:10-6:40 pm					
	Dolphin/ Swimmer	6:55-7:25 pm					
Star Program *must have completed swimmer	Star 1 * Star 2	6:50-7:35 pm	5:25-6:05 pm		5:45-6:30 pm	10:35-11:20 am	2:40-3:25 pm
	Star 3 Star 4				6:40-7:25 pm		11:05-11:50 am
	Star 5 Star 6 Star 7				4:30-5:30 pm	9:30-10:30 am	
Adult Lessons 14Y+	Please see program guide for description		6:30-7:15 pm - must able to swim without assistance				12:00-12:45 pm- beginner *must register with partner
Family Lessons	Please see program guide for description			6:45-7:30 pm			12:15-1:00 pm

Please call the Aquatic Director to register for Private Lessons 306.757.9622 ext 254 (DT) 354 (NW)
Members receive 1 free set of group lessons per session. Addition lessons are \$42.00 per class.

How to Register:

- Priority registration is open for YMCA members starting September 14th.
- You must have an active YMCA of Regina membership prior to register for lessons
- Registrations for classes can be made
 - By Phone - Call 306-757-9622
 - In Person - At any one of our YMCA of Regina Locations
 - Online - through our website at regina.ymca.ca/account

Please note: Schedule and availability of classes could change without notice due to circumstances beyond the control of the YMCA of Regina. For up to date information, visit our website at regina.ymca.ca/swimming/

