

SWIMMING LESSONS

The Y recognizes that every child is unique in the way they learn their skills. Our commitment to your child is to provide fun and values based instruction based on your child's abilities. Your child can progress through levels, with the same instructor, at their own rate.

Taught by qualified instructors, your child will experience skill progression in lessons. Through building and nurturing relationships with their peers and instructors we offer opportunities using the Y four core values of honesty, respect, responsibility and caring.

Through sharing, building relationships, character development and communication we help each child understand that water is a place to enjoy, have fun and be confident.



L'IL DIPPERS: PARENTED PROGRAM

SPLASHERS • 3 to 18 months

- Introduction to water and water safety
- Holding and assisting child
- Entering and exiting the water safely
- Learning through games and songs
- Splashing and kicking
- Getting face wet
- Assisted front and back floats
- Front and back towing

BUBBLERS • 19 months to 3 years

- Water safety awareness
- Assisting and supporting child
- Entering and exiting water safely
- Learning through games and songs
- Getting face wet in stages
- Blowing bubbles and bobbing
- Assisted front and back floats
- Towing with arm and feet movement

BOBBERS • 19 months to 3 years

- Activities to build confidence and comfort in water
- Water safety, swimming rules and lifeguard's role
- Entering and exiting pool assisted and unassisted
- Introduction to personal floatation devices
- Getting face wet in stages
- Blowing bubbles and bobbing
- Retrieving object in shallow water
- Assisted front and back floats and glides

L'IL DIPPERS: UNPARENTED PROGRAM

BOBBERS • 3 to 5 years

- Activities to build confidence and comfort in the water
- Water safety, swimming rules and lifeguard's role
- Entering and exiting pool assisted and unassisted
- Introduction to personal floatation devices
- Getting face wet in stages
- Blowing bubbles and bobbing
- Retrieving object in shallow water
- Assisted front and back floats and glides

FLOATERS • 3 to 5 years

- Basic safety rules and sounds
- Calling for help
- Jump into chest-deep water unassisted
- Bobbing unassisted
- Open eyes underwater
- Unassisted front and back floats and recovery
- Surface support in chin-deep water for 10 seconds
- Unassisted front glide
- Front and back glides with buoyant aid for three metres

GLIDERS • 3 to 5 years

- Introduction to boating safety
- Deep water awareness
- Jump into deep water assisted
- Bob eight times in chest-deep water
- Hold wall and kick while blowing bubbles
- Unassisted front and back float and recovery in chest-deep water
- Introduction to deep water surface support
- Assisted side glide with kick, both sides
- Front and back swim using arms and legs, for five metres

DIVERS • 3 to 5 years

- Boating safety
- Awareness of hazards in other bodies of water
- Introduction to side breathing
- Unassisted side glide
- Surface support in deep water for 10 seconds
- Front and back glide with kick in deep water
- Front and back swim for 10 metres

SURFERS • 3 to 5 years

- HELP and HUDDLE positions
- Introduction to ice safety
- Introduction to basic reaching assists
- Diving into deep water unassisted
- Retrieving object in deep water
- Surface support in deep water for 30 seconds
- Front and back swim for 15 metres
- Front or back somersault

DIPPERS • 3 to 5 years

- Boating safety
- Introduction to throwing assists without a line
- Standing and surface dives
- Jumps from a height
- Deep water activities with and without support
- Surface support in deep water for 45 seconds
- Underwater swim
- Front and back swim for 25 metres
- Sculling and finning skills

L'IL DIPPERS - PARENTED PROGRAM

Splash around with your little one! Parent and child will be in the pool for Splashers, Bubblers or Bobbers, for the three levels of the values based YMCA Canada L'il Dippers program. Children will be introduced to swim movement skills and water safety skills while developing a sense of comfort in the water with their parent. Children who are not toilet trained must wear waterproof diapers.

Age: 3 to 18 months

CARLINGWOOD Y

62960	M	4:30-5:00PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62966	Tu	11:00-11:30AM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62967	W	4:30-5:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62968	Sa	10:30-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62969	Su	12:30-1:00PM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62995	M	4:30-5:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62997	Tu	11:00-11:30AM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62998	W	4:30-5:00PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63000	Sa	10:30-11:00AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63002	Su	12:30-1:00PM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62525	M	6:00-6:30PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62533	Sa	9:30-10:00AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62534	Su	10:00-10:30AM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62526	Tu	9:00-9:30AM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62527	W	6:00-6:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62528	Sa	9:30-10:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62529	Su	10:00-10:30AM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62532	M	6:00-6:30PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62531	Tu	9:00-9:30AM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62530	W	6:00-6:30PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62734	M	5:30-6:00PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62735	W	5:30-6:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62736	Sa	9:15-9:45AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62737	Sa	12:15-12:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62738	M	5:30-6:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62739	W	5:30-6:00PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62740	Sa	9:15-9:45AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62741	Sa	12:15-12:45PM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63542	M	9:00-9:30AM	Feb 28	Classes: 5	CM \$35	IM/PM \$0	NM \$45.50
63543	Tu	5:00-5:30PM	Feb 22	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63544	Th	5:00-5:30PM	Feb 24	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63545	Sa	9:30-10:00AM	Feb 26	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60

Age: 19 months to 3 years

CARLINGWOOD Y

62971	M	4:30-5:00PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62976	Tu	11:00-11:30AM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62980	W	4:30-5:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62989	Sa	10:30-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62991	Su	12:30-1:00PM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63005	M	4:30-5:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63006	Tu	11:00-11:30AM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63007	W	4:30-5:00PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

63008	Sa	10:30-11:00AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63009	Su	12:30-1:00PM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62535	M	6:30-7:00PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62536	Tu	9:30-10:00AM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62537	W	6:30-7:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62538	Sa	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62539	Su	10:00-10:30AM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62540	M	6:30-7:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62541	Tu	9:30-10:00AM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62542	W	6:30-7:00PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62543	Sa	10:00-10:30AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62544	Su	10:00-10:30AM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

63518	M	5:30-6:00PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63519	W	5:30-6:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63520	Sa	9:15-9:45AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63521	Sa	12:15-12:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63522	M	5:30-6:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63523	W	5:30-6:00PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63524	Sa	9:15-9:45AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63525	Sa	12:15-12:45PM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63546	M	9:30-10:00AM	Feb 28	Classes: 5	CM \$35	IM/PM \$0	NM \$45.50
63547	Tu	5:30-6:00PM	Feb 22	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63548	Th	5:30-6:00PM	Feb 24	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63549	Sa	10:00-10:30AM	Feb 26	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60

AGE 4 TO 9 YEARS

Parents Night Out

Would you like to enjoy dinner at a nice restaurant, shopping without the kids or are you simply looking for some alone time? Reserve a Friday evening for yourself and at the same time reward your kids with a special night of games, sports, arts and crafts, movies and more. **Call today to reserve.**

Available at the Carlingwood, Nepean and Ruddy Family Centre Y locations.

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member



L'IL DIPPERS - PRESCHOOL UNPARENTED PROGRAM

Excite your child's love for water with the unparented courses in the YMCA Canada L'il Dippers Program. This values based water program includes the Bobbers, Floaters, Gliders, Divers, Surfers and Dippers levels. Children will be introduced to swim movement skills, learn water safety and increase their comfort and confidence in the water. Register for a convenient time and an aquatic staff member will place you at the appropriate swim level. All children who are not toilet trained must wear waterproof diapers. Please provide your child's previous report card on the first day of lessons.

Age: 3 to 5 years

CARLINGWOOD Y

63034	M	4:30- 5:00PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63035	M	5:15- 5:45PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63036	M	5:45- 6:15PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63037	M	6:15- 6:45PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63038	Tu	11:30-12:00PM	Sep 7	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63039	W	4:30- 5:00PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63040	W	5:15- 5:45PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63041	W	5:45- 6:15PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63042	W	6:15- 6:45PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63043	Sa	9:30-10:00AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63044	Sa	10:15-10:45AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63045	Sa	10:45-11:15AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63046	Sa	11:15-11:45AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63047	Su	12:30- 1:00PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63048	Su	1:15- 1:45PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63049	Su	1:45- 2:15PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63050	Su	2:15- 2:45PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
63051	M	4:30- 5:00PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
63052	M	5:15- 5:45PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
63053	M	5:45- 6:15PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
63054	M	6:15- 6:45PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
63055	Tu	11:30-12:00PM	Jan 4	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63056	W	4:30- 5:00PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63057	W	5:15- 5:45PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63058	W	5:45- 6:15PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63059	W	6:15- 6:45PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30

63060	Sa	9:30-10:00AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63061	Sa	10:15-10:45AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63062	Sa	10:45-11:15AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63063	Sa	11:15-11:45AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63064	Su	12:30- 1:00PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63065	Su	1:15- 1:45PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63066	Su	1:45- 2:15PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30
63067	Su	2:15- 2:45PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30

CLARENCE-ROCKLAND Y

62545	M	5:00- 5:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62546	M	5:30- 6:00PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62547	M	6:00- 6:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62548	M	6:30- 7:00PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62549	Tu	9:00- 9:30AM	Sep 7	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62550	Tu	9:30-10:00AM	Sep 7	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62551	W	5:00- 5:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62552	W	5:30- 6:00PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62553	W	6:00- 6:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62554	W	6:30- 7:00PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62555	Sa	9:00- 9:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62556	Sa	9:30-10:00AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62557	Sa	10:00-10:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62558	Sa	10:30-11:00AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62559	Sa	11:00-11:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62560	Sa	11:30-12:00PM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62561	Su	10:00-10:30AM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62562	Su	10:30-11:00AM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62563	Su	11:00-11:30AM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62564	Su	11:30-12:00PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62565	M	5:00- 5:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
62566	M	5:30- 6:00PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
62567	M	6:00- 6:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
62568	M	6:30- 7:00PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM \$109.20
62569	Tu	9:00- 9:30AM	Jan 4	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62570	Tu	9:30-10:00AM	Jan 4	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62571	W	5:00- 5:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62572	W	5:30- 6:00PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62573	W	6:00- 6:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62574	W	6:30- 7:00PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62575	Sa	9:00- 9:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62576	Sa	9:30-10:00AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62577	Sa	10:00-10:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62578	Sa	10:30-11:00AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62579	Sa	11:00-11:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62580	Sa	11:30-12:00PM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62581	Su	10:00-10:30AM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62582	Su	10:30-11:00AM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62583	Su	11:00-11:30AM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62584	Su	11:30-12:00PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM \$118.30

METRO CENTRAL Y

62786	W	6:00- 6:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62787	W	6:45- 7:15PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62788	Sa	9:45-10:15AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62789	Sa	10:30-11:00AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62790	Sa	11:00-11:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62791	Sa	11:45-12:15PM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM \$136.50
62784	M	6:00- 6:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30
62785	M	6:45- 7:15PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM \$118.30

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CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

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62792	M	6:00- 6:30PM	Jan 3	Classes: 12	CM \$84	IM/PM SO	NM \$109.20
62793	M	6:45- 7:15PM	Jan 3	Classes: 12	CM \$84	IM/PM SO	NM \$109.20
62794	W	6:45- 7:15PM	Jan 5	Classes: 13	CM \$91	IM/PM SO	NM \$118.30
62795	W	6:00- 6:30PM	Jan 5	Classes: 13	CM \$91	IM/PM SO	NM \$118.30
62796	Sa	9:45-10:15AM	Jan 8	Classes: 13	CM \$91	IM/PM SO	NM \$118.30
62797	Sa	10:30-11:00AM	Jan 8	Classes: 13	CM \$91	IM/PM SO	NM \$118.30
62798	Sa	11:00-11:30AM	Jan 8	Classes: 13	CM \$91	IM/PM SO	NM \$118.30
62799	Sa	11:45-12:15PM	Jan 8	Classes: 13	CM \$91	IM/PM SO	NM \$118.30

RUDDY FAMILY CENTRE Y

63552	M	9:30-10:00AM	Feb 28	Classes: 5	CM \$35	IM/PM SO	NM \$45.50
63551	Tu	9:00- 9:30AM	Feb 22	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
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63559	Th	4:00- 4:30PM	Feb 24	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
63560	Th	4:30- 5:00PM	Feb 24	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
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63565	Sa	9:00- 9:30AM	Feb 26	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
63566	Sa	9:30-10:00AM	Feb 26	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
63567	Sa	10:00-10:30AM	Feb 26	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
63568	Sa	10:30-11:00AM	Feb 26	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
63569	Sa	11:00-11:30AM	Feb 26	Classes: 6	CM \$42	IM/PM SO	NM \$54.60
63570	Sa	11:30-12:00PM	Feb 26	Classes: 6	CM \$42	IM/PM SO	NM \$54.60



PRIVATE SWIMMING LESSONS

ALL AGES

Work one-on-one with an aquatics instructor to assess and improve your skills. These lessons are designed to meet individual needs and abilities and can cover anything from stroke improvement to training tips. **Please contact your local Y Aquatics Coordinator.**

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

LEARN TO SWIM LEVELS

OTTER • 6 to 17 years

- Pool safety
- Entering and exiting pool
- Submerging
- Holding breath
- Blowing bubbles
- Opening eyes under water
- Front and back floats assisted and unassisted
- Front and back glides assisted and unassisted
- Front and back swim for five metres

SEAL • 6 to 17 years

- Entering deep water
- Recovering object in chest-deep water
- Rhythmic breathing on side
- Front and back floats in deep water
- Front and back floats with rollovers
- Front, back and side glides
- Front and back swim for 10 metres
- Water safety and buoyant aids

DOLPHIN • 6 to 17 years

- Treading water in deep water
- Front and back floats with rollovers in deep water
- Front glide variations for 15 metres
- Front and back swim variations for 15 metres
- 25-metre continuous swim in shallow and deep water
- Introduction to front crawl
- Recognizing trouble and assessing scene
- Understanding difference between life jackets and personal floatation devices

SWIMMER • 6 to 17 years

- Jumping and diving into deep water
- Recovering object in deep water
- Handstands and rolls
- Jumping into deep water and treading for 60 seconds
- Boating and diving safety
- Introduction to resuscitation
- Initial front crawl for 25 metres
- Introduction to back crawl
- Back swim for 25 metres
- Jumping into deep water and swimming 50 metres

STAR LEVELS

STAR 1 • 6 to 17 years

- Awareness of personal swimming abilities and limits
- Lifeguard's role
- Lifesaving Rookie First-Aid: primary assessment, rescue breathing and getting help
- Treading water for 90 seconds
- Intermediate front crawl for 50 metres
- Initial back crawl for 25 metres
- Introduction to elementary backstroke
- 75-metre continuous swim

STAR 2 • 6 to 17 years

- Lifesaving Society Rookie H2O Proficiency skills: entries, somersaults, strokes, dives, sculls, kicks and distance swims
- Deep dive
- Treading water for two minutes
- Head-first sculling for 10 metres
- Front and back crawl starts
- Advanced front crawl for 50 metres
- Intermediate back crawl for 50 metres
- Elementary backstroke for 25 metres
- Introduction to breaststroke
- 150-metre continuous swim

STAR 3 • 6 to 17 years

- Lifesaving Society Rookie Recognition and Rescue skills: look and see, recognizing weak or non-swimmers and throwing aids
- Introduction to eggbeater
- Feet-first sculling for 10 metres
- Back crawl turn
- Advanced back crawl for 50 metres
- Intermediate elementary backstroke for 50 metres
- Breaststroke for 25 metres
- 300-metre continuous swim

STAR 4 • 6 to 17 years

- Hypothermia and ice safety
- Demonstrate three reaching assists
- HELP and HUDDLE positions
- Lifesaving Society Ranger First-Aid: victim assessment, rescue breathing and emergency care
- Eggbeater for 60 seconds
- Breaststroke start and turn
- Front crawl turn
- Advanced elementary backstroke for 50 metres
- Intermediate breaststroke for 50 metres
- Introduction to sidestroke
- 400-metre continuous swim

STAR 5 • 6 to 17 years

- Boating safety and self-rescue
- Lifesaving Society Ranger H2O Proficiency skills: entries, somersaults, eggbeater, various distance swims and victim recovery, carry and removal
- Eggbeater for two minutes
- Introduction to five synchronized swimming skills
- Advanced breaststroke for 50 metres
- Sidestroke for 25 metres
- Introduction to butterfly
- 500-metre continuous swim

STAR 6 • 6 to 17 years

- Lifesaving Society Ranger Recognition and Rescue Award skills: recognize and evaluate victims, locate and describe objects below water surface or on bottom of pool and non-contact rescue with buoyant aid
- First-aid and victim rescue skills
- Intermediate sidestroke for 50 metres
- Butterfly for 25 metres
- Introduction to waltz crawl, inverted breaststroke and double overarm backstroke
- 600-metre continuous swim
- Introduction to two synchronized swimming skills
- Introduction to three water polo skills
- Assist/teach a swim skill

JUNIOR MASTER SWIMMER • 6 to 17 years

- Lifesaving Society Star Patrol H2O Proficiency and Rescue and Recognition skills: dives and entries with aids, defenses, eggbeater variations, supporting and carrying objects, towing and removing victims, distance swims, and perform and recognize whistle signals
- Advanced front and back crawl for 50 metres
- Advanced elementary backstroke for 50 metres
- Advanced breaststroke and sidestroke for 50 metres
- Intermediate butterfly for 50 metres
- 700-metre continuous swim
- Breaststroke, front and back crawl starts and turns
- Assist/teach with an instructor for six hours
- Demonstrate knowledge of aquatic leadership

LEARN TO SWIM

Have fun and build positive relationships while learning fundamental swimming skills. The YMCA Canada Learn to Swim program includes the Otter, Seal, Dolphin and Swimmer levels. This series introduces easy to learn skills in a safe environment where each participant increases their comfort, confidence and endurance in the water. Register for a convenient time and an aquatics staff will place your child in the appropriate level. Please provide your child's previous report card on the first day of lessons.

Age: 6 to 17 years

CARLINGWOOD Y

63022	M	4:00-4:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
63023	M	4:45-5:15PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
63024	M	5:45-6:15PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
63025	W	4:00-4:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
63026	W	4:45-5:15PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
63027	W	5:45-6:15PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
63028	Sa	9:00-9:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
63029	Sa	9:45-10:15AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
63030	Sa	10:45-11:15AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
63031	Su	12:00-12:30PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
63032	Su	12:45-1:15PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
63033	Su	1:45-2:15PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
63012	M	4:00-4:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
63013	M	4:45-5:15PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
63014	M	5:45-6:15PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
63015	W	4:00-4:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
63016	W	4:45-5:15PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
63017	W	5:45-6:15PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
63018	Sa	9:00-9:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
63019	Sa	9:45-10:15AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
63020	Sa	10:45-11:15AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
63010	Su	12:45-1:15PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30
63011	Su	1:45-2:45PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30
63021	Su	12:00-12:30PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30

CLARENCE-ROCKLAND Y

62585	M	5:00-5:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62586	M	5:30-6:00PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62587	M	6:00-6:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62588	M	6:30-7:00PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62589	M	7:00-7:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62590	W	5:00-5:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62591	W	5:30-6:00PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62592	W	6:00-6:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62593	W	6:30-7:00PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62594	W	7:00-7:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62595	Sa	9:00-9:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62596	Sa	9:30-10:00AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62597	Sa	10:00-10:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62598	Sa	10:30-11:00AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62599	Sa	11:00-11:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62600	Sa	11:30-12:00PM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62601	Su	10:00-10:30AM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
62602	Su	10:30-11:00AM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
62603	Su	11:00-11:30AM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
62604	Su	11:30-12:00PM	Sep 12	Classes: 15	CM S105	IM/PM SO	NM S136.50
62605	M	5:00-5:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
62606	M	5:30-6:00PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20

62607	M	6:00-6:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
62608	M	6:30-7:00PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
62609	M	7:00-7:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
62610	W	5:00-5:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62611	W	5:30-6:00PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62612	W	6:00-6:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62613	W	6:30-7:00PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62614	W	7:00-7:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62615	Sa	9:00-9:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62616	Sa	9:30-10:00AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62617	Sa	10:00-10:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62618	Sa	10:30-11:00AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62619	Sa	11:00-11:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62620	Sa	11:30-12:00PM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62621	Su	10:00-10:30AM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30
62622	Su	10:30-11:00AM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30
62623	Su	11:00-11:30AM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30
62624	Su	11:30-12:00PM	Jan 9	Classes: 13	CM S91	IM/PM SO	NM S118.30

METRO CENTRAL Y

62750	M	6:00-6:30PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62751	M	6:30-7:00PM	Sep 13	Classes: 13	CM S91	IM/PM SO	NM S118.30
62752	W	6:00-6:30PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62753	W	6:30-7:00PM	Sep 8	Classes: 15	CM S105	IM/PM SO	NM S136.50
62754	Sa	9:45-10:15AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62755	Sa	10:15-10:45AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62756	Sa	11:00-11:30AM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62757	Sa	11:30-12:00PM	Sep 11	Classes: 15	CM S105	IM/PM SO	NM S136.50
62742	M	6:00-6:30PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
62743	M	6:30-7:00PM	Jan 3	Classes: 12	CM S84	IM/PM SO	NM S109.20
62744	W	6:00-6:30PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62745	W	6:30-7:00PM	Jan 5	Classes: 13	CM S91	IM/PM SO	NM S118.30
62746	Sa	9:45-10:15AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62747	Sa	10:15-10:45AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62748	Sa	11:00-11:30AM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30
62749	Sa	11:30-12:00PM	Jan 8	Classes: 13	CM S91	IM/PM SO	NM S118.30

RUDDY FAMILY CENTRE Y

63571	Tu	4:00-4:30PM	Feb 22	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63572	Tu	4:30-5:00PM	Feb 22	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63573	Tu	5:00-5:30PM	Feb 22	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63574	Tu	5:30-6:00PM	Feb 22	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63575	Tu	6:00-6:30PM	Feb 22	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63576	Tu	6:30-7:00PM	Feb 22	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63577	Th	4:00-4:30PM	Feb 24	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63578	Th	4:30-5:00PM	Feb 24	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63579	Th	5:00-5:30PM	Feb 24	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63580	Th	5:30-6:00PM	Feb 24	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63581	Th	6:00-6:30PM	Feb 24	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63582	Th	6:30-7:00PM	Feb 24	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63583	Sa	9:00-9:30AM	Feb 26	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63584	Sa	9:30-10:00AM	Feb 26	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63585	Sa	10:00-10:30AM	Feb 26	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63586	Sa	10:30-11:00AM	Feb 26	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63587	Sa	11:00-11:30AM	Feb 26	Classes: 6	CM S42	IM/PM SO	NM \$54.60
63588	Sa	11:30-12:00PM	Feb 26	Classes: 6	CM S42	IM/PM SO	NM \$54.60

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

LEARN TO SWIM - MASTER

An excellent course to complete before taking Bronze Star, Bronze Medallion or Bronze Cross. This final level in the Y Learn to Swim program includes instruction in dives and entries with aids, defenses, eggbeater variations, towing and removing victims. Advanced stroke work for 50 metres each, competitive starts and turn, swim endurance training, demonstrate knowledge of aquatic leadership by assisting a Y Swim Instructor for six hours.

Age: 12 to 17 years

CARLINGWOOD Y

63369	Sa	12:00-12:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63370	Sa	12:00-12:45PM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62782	W	7:45- 8:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62783	W	7:45- 8:30PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

HOME SCHOOL SWIM LESSONS

An opportunity for home schooled families to develop their physical fitness, swimming strokes and skills while building their confidence and self-esteem in water.

Age: 6 to 17 years

CARLINGWOOD Y

62859	M	1:30- 2:15PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62857	M	1:30- 2:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

METRO CENTRAL Y

62761	Th	1:30- 2:15PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62762	Th	1:30- 2:15PM	Jan 6	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30



AGE 6 TO 12 YEARS

March Break Camp

March 14 to 18, 2011 | 9:00 am – 4:30 pm

Come and join us at your local Y for games, crafts, sports, outdoor play, baking and a tubing trip. Swimming is available at centres with pools.

CM/IM/PM \$144 NM \$160

Pre-care, post-care and daily options available.
Please contact the Children, Youth and Family Coordinator at your local Y for more information.

STAR PROGRAM

Expand your swimming and water activity skills with the YMCA Canada Star program. This values based program includes the Stars 1, 2, 3, 4, 5 and 6 levels and is designed to improve ability and endurance. Your child will learn stroke correction, water sport skills, safety and leadership. Pre-requisite is completion of the swimmer level. Register for a convenient time and an aquatics staff will place your child in the appropriate level. Please provide your child's previous report card on the first day of lessons.

Age: 6 to 17 years

CARLINGWOOD Y

63068	M	4:00- 4:45PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63069	M	5:00- 5:45PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63070	M	6:15- 7:00PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63071	W	4:00- 4:45PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63072	W	5:00- 5:45PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63073	W	6:15- 7:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63074	Sa	9:00- 9:45AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63075	Sa	10:00-10:45AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63076	Sa	11:15-12:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63077	Su	12:00-12:45PM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63078	Su	1:00- 1:45PM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63079	Su	2:15- 3:00PM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63080	M	4:00- 4:45PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63081	M	5:00- 5:45PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63082	M	6:15- 7:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63083	W	4:00- 4:45PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

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CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

...CONTINUED FROM PREVIOUS PAGE

63084	W	5:00- 5:45PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63085	W	6:15- 7:00PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63086	Sa	9:00- 9:45AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63087	Sa	10:00-10:45AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63088	Sa	11:15-12:00PM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63089	Su	12:00-12:45PM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63090	Su	1:00- 1:45PM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63091	Su	2:15- 3:00PM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62625	M	5:00- 5:45PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62626	M	5:45- 6:30PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62627	M	6:30- 7:15PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62628	W	5:00- 5:45PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62629	W	5:45- 6:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62630	W	6:30- 7:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62631	Sa	10:30-11:15AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62632	Sa	11:15-12:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62633	Su	10:30-11:15AM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62634	Su	11:15-12:00PM	Sep 12	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62635	M	5:00- 5:45PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62636	M	5:45- 6:30PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62637	M	6:30- 7:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62638	W	5:00- 5:45PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62639	W	5:45- 6:30PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62640	W	6:30- 7:15PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62641	Sa	10:30-11:15AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62642	Sa	11:15-12:00PM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62643	Su	10:30-11:15AM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62644	Su	11:15-12:00PM	Jan 9	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62758	M	6:00- 6:45PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63330	M	6:30- 7:15PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63331	W	6:00- 6:45PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63332	W	6:30- 7:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63333	Sa	9:45-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63334	Sa	10:15-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63335	Sa	11:00-11:45AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63336	Sa	11:30-12:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
63337	M	6:00- 6:45PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63338	M	6:30- 7:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63339	W	6:00- 6:45PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63340	W	6:30- 7:15PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63341	Sa	9:45-10:30AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63342	Sa	10:15-11:00AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63343	Sa	11:00-11:45AM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
63344	Sa	11:30-12:15PM	Jan 8	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63589	Tu	4:00- 4:45PM	Feb 22	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63590	Tu	4:45- 5:30PM	Feb 22	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63591	Tu	5:30- 6:15PM	Feb 22	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63592	Tu	6:15- 7:00PM	Feb 22	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63593	Th	4:00- 4:45PM	Feb 24	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63594	Th	4:45- 5:30PM	Feb 24	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63595	Th	5:30- 6:15PM	Feb 24	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63596	Th	6:15- 7:00PM	Feb 24	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63597	Sa	10:30-11:15AM	Feb 26	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
63598	Sa	11:15-12:00PM	Feb 26	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60



PRIVATE SWIMMING LESSONS

ALL AGES

Work one-on-one with an aquatics instructor to assess and improve your skills. These lessons are designed to meet individual needs and abilities and can cover anything from stroke improvement to training tips. **Please contact your local Y Aquatics Coordinator.**

ADULT LEVEL 1 - LEARN TO SWIM

Learn the basic skills to be comfortable in the water. You will learn how to float with and without assistance. Participants will become comfortable entering and exiting the water and learn the skills needed for stroke development such as breathing techniques and surface support.

Age: 13 years and up

CARLINGWOOD Y

62884	M	7:45- 8:30PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62885	W	7:45- 8:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62886	F	10:30-11:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62887	M	7:45- 8:30PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62888	W	7:45- 8:30PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62889	F	10:30-11:15AM	Jan 7	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62645	Th	8:00- 8:45PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62646	Th	8:00- 8:45PM	Jan 6	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62763	M	7:30- 8:15PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62764	W	7:30- 8:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62765	M	7:30- 8:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62766	W	7:30- 8:15PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63601	M	8:00- 8:45PM	Feb 28	Classes: 5	CM \$35	IM/PM \$0	NM \$45.50
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ADULT LEVEL 2 - SWIMMING STROKES AND SKILLS

Improve your swimming strokes and build on your skills you learnt in the learn to swim level. These classes include front and back crawl, breaststroke introduction, and treading water.

Age: 13 years and up

CARLINGWOOD Y

62894	M	7:45- 8:30PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62895	W	7:45- 8:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62896	F	10:30-11:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62890	M	7:45- 8:30PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62891	W	7:45- 8:30PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62892	F	10:30-11:15AM	Jan 7	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62647	Th	8:00- 8:45PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62648	Th	8:00- 8:45PM	Jan 6	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62767	M	7:30- 8:15PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62768	W	7:30- 8:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62769	M	7:30- 8:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
63526	W	7:30- 8:15PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63602	M	8:00- 8:45PM	Feb 28	Classes: 5	CM \$35	IM/PM \$0	NM \$45.50
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ADULT LEVEL 3 - STROKE CORRECTION AND IMPROVEMENT

This level is perfect for those interested in more than just the basics. Participants build endurance while developing and fine tuning their swimming strokes. Must be able to swim 50 metres continuously and be comfortable in deep water.

Age: 13 years and up

CARLINGWOOD Y

62866	M	7:45- 8:30PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62868	W	7:45- 8:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62870	M	7:45- 8:30PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62871	W	7:45- 8:30PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62649	Th	8:00- 8:45PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62650	Th	8:00- 8:45PM	Jan 6	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62770	M	7:30- 8:15PM	Sep 13	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62771	W	7:30- 8:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62772	M	7:30- 8:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
62773	W	7:30- 8:15PM	Jan 5	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63603	M	8:00- 8:45PM	Feb 28	Classes: 5	CM \$35	IM/PM \$0	NM \$45.50
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PRIVATE SWIMMING LESSONS

ALL AGES

Work one-on-one with an aquatics instructor to assess and improve your skills. These lessons are designed to meet individual needs and abilities and can cover anything from stroke improvement to training tips. **Please contact your local Y Aquatics Coordinator.**

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

BRONZE STAR, BASIC FIRST AID AND CPR A

Participants will learn CPR and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard. 100% attendance is required to complete the course.

Age: 10 years and up

CARLINGWOOD Y

62877	Tu	7:00- 8:30PM	Sep 7	Classes: 10	CM/IM/PM \$65	NM \$85
62879	Tu	7:00- 8:30PM	Jan 4	Classes: 10	CM/IM/PM \$65	NM \$85

CLARENCE-ROCKLAND Y

63621	Th	4:30- 6:00PM	Sep 23	Classes: 10	CM/IM/PM \$65	NM \$85
63631	Th	4:30- 6:00PM	Jan 6	Classes: 10	CM/IM/PM \$65	NM \$85

METRO CENTRAL Y

62775	Tu	6:00- 7:30PM	Jan 4	Classes: 10	CM/IM/PM \$65	NM \$85
62774	Tu	6:00- 7:30PM	Sep 7	Classes: 10	CM/IM/PM \$65	NM \$85

BRONZE MEDALLION, EMERGENCY FIRST AID AND CPR B

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education and judgment, knowledge, skill, and fitness. Emergency First Aid and CPR B includes respiratory and circulatory emergencies and how to deal with external bleeding. Prerequisite: Minimum 13 years of age by the date of the exam OR completion of Bronze Star. 100% attendance is required to complete the course.

Age: 13 years and up

CARLINGWOOD Y

62916	Sa	12:00- 2:30PM	Sep 11	Classes: 10	CM/IM/PM \$85	NM \$110
62913	Sa	12:00- 2:30PM	Jan 8	Classes: 10	CM/IM/PM \$85	NM \$110

CLARENCE-ROCKLAND Y

63633	F	5:00-10:00PM, Sa 1:00-6:00PM	Sep 17	Classes: 6	CM/IM/PM \$85	NM \$110
63634	F	5:00-10:00PM, Sa 1:00-6:00PM	Jan 14	Classes: 6	CM/IM/PM \$85	NM \$110

METRO CENTRAL Y

62776	Tu	6:00- 8:30PM	Sep 14	Classes: 10	CM/IM/PM \$85	NM \$110
62777	Tu	6:00- 8:30PM	Jan 4	Classes: 10	CM/IM/PM \$85	NM \$110

BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Prerequisite: Bronze Medallion and Emergency First Aid/ CPR B. 100% attendance is required to complete the course.

Age: 13 years and up

CARLINGWOOD Y

62883	Sa	12:00- 2:30PM	Sep 11	Classes: 10	CM/IM/PM \$70	NM \$90
62881	Sa	12:00- 2:30PM	Jan 8	Classes: 10	CM/IM/PM \$70	NM \$90

METRO CENTRAL Y

62778	Tu	6:00- 8:30PM	Sep 14	Classes: 10	CM/IM/PM \$70	NM \$90
62779	Tu	6:00- 8:30PM	Jan 4	Classes: 10	CM/IM/PM \$70	NM \$90

BRONZE CROSS AND STANDARD FIRST AID/CPR C

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Standard First Aid and CPR C provides comprehensive training covering an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Manuals are not included in the course fee. Prerequisite: Bronze Medallion and Emergency First Aid. 100% attendance is required to complete the course.

Age: 13 years and up

CLARENCE-ROCKLAND Y

63626	F	5:00-10:00PM, Sa 1:00-6:00PM	Oct 8	Classes: 6	CM/IM/PM \$85	NM \$110
63635	F	5:00-10:00PM, Sa 1:00-6:00PM	Feb 4	Classes: 6	CM/IM/PM \$85	NM \$110

NATIONAL LIFEGUARD SERVICE

NLS is a legal certificate for lifeguarding throughout Canada. Candidates will learn to manage a variety of emergency situations within an aquatic environment. Prerequisites: Candidates must hold Bronze Cross (need not be current) and a current Standard First Aid and CPR C certification, and be a minimum 16 years of age. 100% attendance is required to complete the course.

Age: 16 years and up

CARLINGWOOD Y

62853	F	5:00-10:00PM	Sep 10	Classes: 10	CM/IM/PM \$100	NM \$130
62856	F	5:00-10:00PM	Jan 7	Classes: 10	CM/IM/PM \$100	NM \$130

CLARENCE-ROCKLAND Y

63627	F	5:00-10:00PM, Sa 1:00-6:00PM	Oct 29	Classes: 10	CM/IM/PM \$100	NM \$130
63630	F	5:00-10:00PM, Sa 1:00-6:00PM	Feb 25	Classes: 10	CM/IM/PM \$100	NM \$130

METRO CENTRAL Y

63516	Su	3:00- 8:00PM	Sep 12	Classes: 10	CM/IM/PM \$100	NM \$130
63517	Su	3:00- 8:00PM	Jan 9	Classes: 10	CM/IM/PM \$100	NM \$130



CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member



PRESCHOOL - GYM AND SWIM

Enjoy movement and coordination development in our gym followed by swim time with your child. Parents accompany children in the pool.

Age: 3 to 5 years

CARLINGWOOD Y

62873	Su	10:00-11:00AM	Sep 12	Classes: 15	CM/IM/PM \$0	NM \$136.50
62875	Su	10:00-11:00AM	Jan 9	Classes: 13	CM/IM/PM \$0	NM \$118.30

CLARENCE-ROCKLAND Y

62675	Th	9:00-10:00AM	Sep 9	Classes: 15	CM/IM/PM \$0	NM \$136.50
62680	Th	9:00-10:00AM	Jan 6	Classes: 13	CM/IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62759	F	11:00-12:00PM	Sep 10	Classes: 15	CM/IM/PM \$0	NM \$136.50
62760	F	11:00-12:00PM	Jan 7	Classes: 13	CM/IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63550	W	9:00-10:00AM	Feb 23	Classes: 6	CM/IM/PM \$0	NM \$54.60
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FAMILY FLICK AND FLOAT

This family fun movie night and splash party is an awesome way to spend your evening. A family friendly movie will be shown then you head over to float and splash in the pool.

Age: 6 and up

CARLINGWOOD Y

62845	F	5:30- 8:30PM	Sep 17	Classes: 1	CM/IM/PM \$0
63609	F	5:30- 8:30PM	Oct 15	Classes: 1	CM/IM/PM \$0
63610	F	5:30- 8:30PM	Nov 12	Classes: 1	CM/IM/PM \$0
63611	F	5:30- 8:30PM	Dec 10	Classes: 1	CM/IM/PM \$0
63612	F	5:30- 8:30PM	Jan 14	Classes: 1	CM/IM/PM \$0
62849	F	5:30- 8:30PM	Feb 11	Classes: 1	CM/IM/PM \$0
63613	F	5:30- 8:30PM	Mar 25	Classes: 1	CM/IM/PM \$0

H2O EXTREME

This program is pure fun! Pool based games such as water polo, underwater hockey, relay races and survival games. Participants should be comfortable in deep water and be able to swim of minimum of 25 metres continuously.

Age: 8 to 15 years

CLARENCE-ROCKLAND Y

62677	F	7:00- 8:00PM	Sep 10	Classes: 15	CM/IM/PM \$0	NM \$136.50
62678	F	7:00- 8:00PM	Jan 7	Classes: 13	CM/IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63599	F	8:00- 9:00PM	Feb 25	Classes: 6	CM/IM/PM \$0	NM \$54.60
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JUNIOR LIFEGUARD CLUB

Discover what it takes to be a lifeguard! An alternative to traditional swim lessons, this program emphasizes fun and aquatic skill development based on personal best achievements.

Age: 8 to 15 years

CARLINGWOOD Y

62820	Tu	7:15- 8:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62822	Tu	7:15- 8:15PM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

METRO CENTRAL Y

62780	M	7:30- 8:30PM	Sep 6	Classes: 15	CM \$91	IM/PM \$0	NM \$118.30
62781	M	7:30- 8:30PM	Jan 3	Classes: 13	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY CENTRE Y

63600	W	5:00- 6:00PM	Feb 23	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
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DROP-IN AQUATICS CLASSES

As part of your Y membership, we offer several aquatic drop-in programs at no additional cost. No registration is required. Visit www.ymcaywca.ca to view the drop-in schedule at your local Y.

MASTERS 'SWYM' CLUB

Age: 18 years and up

This is a competitive swim club. The majority of the team's members join for the fitness opportunity and the structured practice environment. Many members compete in masters swim competitions locally and nationally; however, competition is not mandatory.

Minimum requirements: The ability to swim 20 consecutive laps (500 metres), be able to swim three out of the four major strokes (butterfly, backstroke, breaststroke and freestyle).

Open to all Y members. Offered at Carlingwood Y and Metro Central Y — please contact your Y Aquatics Coordinator for more information.

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member

WATER POLO - TIGER SHARKS

An introductory water polo program which allows you to have fun while learning basic skills, tactics and rules of water polo in a positive environment that promotes fitness, fun, friendship, teamwork and sportsmanship. You must be able to swim 50 metres continuously and tread water for 1 minute.

Age: 8 to 15 years

CLARENCE-ROCKLAND Y

62682	Tu	7:00- 8:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62683	Tu	7:00- 8:00PM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63604	W	7:00- 8:00PM	Feb 23	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60
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SWIM FIT

If you are looking to get fit faster, Y Swim Fit is for you. Our program is designed for improving fitness in a fun and safe environment with a different workout every week just for you. Must be able to swim 200m continuously and know front crawl, back crawl and breaststroke. This is not a learn to swim program.

Age: 13 years and up

CLARENCE-ROCKLAND Y

62651	Tu	8:00- 9:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62652	Th	7:00- 8:00PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
62653	Tu	8:00- 9:00PM	Jan 4	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
62654	Th	7:00- 8:00PM	Jan 6	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

RUDDY FAMILY CENTRE Y

63605	M	7:00- 8:00PM	Feb 28	Classes: 5	CM \$35	IM/PM \$0	NM \$45.50
63606	W	8:00- 9:00PM	Feb 23	Classes: 6	CM \$42	IM/PM \$0	NM \$54.60

Give the Gift of Health
this holiday season!

Y gift cards and merchandise available starting in November.

Call or visit your local Y for details!

AGE 4 TO 9 YEARS

Birthday Parties

Celebrate your birthday party with us! Choose from one of our gym party or pool party options. We supply:

- 1 hour in the party room
- 1 hour of active games or sports OR 45 minutes in the pool
- 1 party attendant for up to 15 children (birthday party)
- 1 staff + lifeguard for up to 15 children (pool party)
- Staff set up and clean up

Book your party at the Carlingwood, Clarence-Rockland, Kanata, Metro Central, Nepean or Ruddy Family Centre Y locations.

GYM PARTIES START AT: CM/IM/PM \$75 NM \$100

POOL PARTIES START AT: CM/IM/PM \$125 NM \$150

AGE 6 TO 12 YEARS

Winter Break Camp

December 20 to 23 and 27 to 30 | 8:00 am to 5:00 pm

A great place for your children to spend their holiday break. Come and join us at the Y for games, holiday crafts, sports, outdoor play, music and more.

CM/IM/PM \$32/DAY NM \$35/DAY

Available at the Ruddy Family Centre Y, 613.830.4199

CM – Core Membership IM – Inclusive Membership PM – Plus Membership NM – Non Y Member