

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 3 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 swimmer diapers.

Age: 3 to 18 months

CARLINGWOOD Y

67114	Tu	11:00-11:30AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67113	W	4:30- 5:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67115	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67116	Su	12:30- 1:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67112	M	4:30- 5:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67729	M	4:30- 5:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67119	Tu	11:00-11:30AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67118	W	4:30- 5:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67120	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67121	Su	12:30- 1:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67332	Tu	10:30-11:00AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67301	W	5:15- 5:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67297	Sa	9:00- 9:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67299	Sa	10:30- 11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67303	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67300	M	5:15- 5:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67294	M	5:15- 5:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67447	Tu	10:00-10:30AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67295	W	5:15- 5:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67293	Sa	9:00- 9:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67292	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67446	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

67959	Tu	10:30- 11:00 AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66656	Tu	5:00- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66657	Tu	5:30- 6:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66659	W	5:00- 5:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66661	Th	5:30- 6:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67793	Th	5:00- 5:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66663	Sa	10:00-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66664	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66666	Su	9:30-10:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67794	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66654	M	5:00- 5:30PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66990	M	5:00- 5:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67960	Tu	10:30- 11:00AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66991	Tu	5:00- 5:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66992	Tu	5:30- 6:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66993	W	5:00- 5:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66994	Th	5:30- 6:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67806	Th	5:00- 5:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66995	Sa	10:00-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66996	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66997	Su	9:30-10:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67807	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66644	Tu	4:30- 5:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66641	W	5:30- 6:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66642	Sa	9:15- 9:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66643	Sa	12:15-12:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66640	M	5:30- 6:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

Age: 19 months to 3 years

CARLINGWOOD Y

67123	Tu	11:00-11:30AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67124	W	4:30- 5:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67125	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67126	Su	12:30- 1:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67122	M	4:30- 5:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67730	M	4:30- 5:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67128	Tu	11:00-11:30AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67129	W	4:30- 5:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67130	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67131	Su	12:30- 1:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67341	Tu	10:30-11:00AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67343	W	5:00- 5:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67970	Sa	9:00- 9:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68054	Su	10:00- 10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67430	M	5:00- 5:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67433	Tu	10:30-11:00AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67434	W	5:00- 5:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68056	Sa	9:00- 9:30AM	Jan 14	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68055	Sa	10:30- 11:00AM	Jan 14	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68057	Su	10:00- 10:30AM	Jan 15	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50

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

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66605	Tu	4:30- 5:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66606	Tu	5:00- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66608	Tu	5:30- 6:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66617	Tu	6:00- 6:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66619	W	4:30- 5:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66620	W	5:00- 5:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67961	Th	10:30- 11:00AM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66622	Th	4:30- 5:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66623	Th	5:00- 5:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66624	Th	5:30- 6:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66625	Th	6:00- 6:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66627	Sa	9:30-10:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66628	Sa	10:00-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66629	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66630	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66632	Su	9:30-10:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66633	Su	9:00- 9:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66634	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66598	M	4:30- 5:00PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66600	M	5:00- 5:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66998	M	4:30- 5:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67000	M	5:00- 5:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67002	Tu	4:30- 5:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67003	Tu	5:00- 5:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67004	Tu	5:30- 6:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67005	Tu	6:00- 6:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67006	W	4:30- 5:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67008	W	5:00- 5:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67962	Th	10:30- 11:00AM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67010	Th	4:30- 5:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67011	Th	5:00- 5:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67012	Th	5:30- 6:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67013	Th	6:00- 6:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67015	Sa	9:30-10:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67016	Sa	10:00-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67017	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67018	Sa	11:00-11:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67020	Su	9:30-10:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67021	Su	9:00- 9:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67022	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66639	Tu	4:30- 5:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66636	W	5:30- 6:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66637	Sa	9:15- 9:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66638	Sa	12:15-12:45PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66635	M	5:30- 6:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30

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 swimmer diapers. Please provide your child's previous report card on the first day of lessons.

Age: 3 to 5 years

CARLINGWOOD Y

66544	Tu	11:30-12:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66545	W	4:30- 5:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66546	W	5:15- 5:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66547	W	5:45- 6:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67766	W	6:15- 6:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66548	Sa	9:30-10:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66551	Sa	10:15-10:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66556	Sa	10:45-11:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66558	Sa	11:15-11:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66560	Su	12:30- 1:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66562	Su	1:15- 1:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66564	Su	1:45- 2:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66540	M	4:30- 5:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66541	M	5:15- 5:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66542	M	5:45- 6:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66543	M	6:15- 6:45PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66568	M	4:30- 5:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66906	M	5:15- 5:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66908	M	5:45- 6:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66911	M	6:15- 6:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66935	Tu	11:30-12:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66913	W	4:30- 5:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66915	W	5:15- 5:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66917	W	5:45- 6:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66919	W	6:15- 6:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66923	Sa	9:30-10:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66924	Sa	10:15-10:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66926	Sa	10:45-11:15AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66928	Sa	11:15-11:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66930	Su	12:30- 1:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66932	Su	1:15- 1:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66933	Su	1:45- 2:15PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67538	W	6:15- 6:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67540	W	7:00- 7:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67545	Sa	9:30-10:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67546	Sa	10:00-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67547	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67548	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67550	Sa	11:30-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67529	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67530	Su	10:30-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50

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

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67533	Su	11:30-12:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67534	M	6:15- 6:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67536	M	7:00- 7:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67520	M	6:15- 6:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67521	M	7:00- 7:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67522	W	7:00- 7:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67523	W	6:15- 6:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67552	Sa	10:00-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67553	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67554	Sa	11:00-11:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67555	Sa	11:30-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67524	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67525	Su	10:30-11:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67526	Su	11:00-11:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67527	Su	11:30-12:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66553	Tu	4:30- 5:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66554	Tu	4:00- 4:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66555	Tu	5:00- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66557	Tu	5:30- 6:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66559	Tu	6:00- 6:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67790	Tu	10:00-10:30AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66563	W	4:00- 4:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66565	W	4:30- 5:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66566	W	5:00- 5:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66567	W	5:30- 6:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66569	Th	4:00- 4:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66575	Th	4:30- 5:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66576	Th	5:00- 5:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66577	Th	5:30- 6:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66578	Th	6:00- 6:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67791	Th	10:00-10:30AM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66580	Sa	9:00- 9:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66581	Sa	9:30-10:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66582	Sa	10:00-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66583	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66584	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66585	Sa	11:30-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66586	Su	9:00- 9:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66587	Su	9:30-10:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66588	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66589	Su	10:30-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66478	M	4:30- 5:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66549	M	4:00- 4:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66550	M	5:00- 5:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66552	M	5:30- 6:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66966	Tu	5:00- 5:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66967	Tu	5:30- 6:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66968	Tu	6:00- 6:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67786	Tu	4:00- 4:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67787	Tu	4:30- 5:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67788	Tu	10:00-10:30AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66970	W	4:00- 4:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66971	W	4:30- 5:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66972	W	5:00- 5:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

66973	W	5:30- 6:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66974	Th	4:00- 4:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66975	Th	4:30- 5:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66976	Th	5:00- 5:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66977	Th	5:30- 6:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66978	Th	6:00- 6:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67789	Th	10:00-10:30AM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66980	Sa	9:00- 9:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66981	Sa	9:30-10:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66982	Sa	10:00-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66983	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66984	Sa	11:00-11:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66985	Sa	11:30-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66986	Su	9:00- 9:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66987	Su	9:30-10:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66988	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66989	Su	10:30-11:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

68006	Tu	5:00- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68007	Tu	5:30- 6:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68008	Tu	5:45- 6:15PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68009	W	6:00- 6:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68010	W	6:30- 7:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68011	Sa	9:45-10:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68012	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68013	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
68014	Sa	11:45-12:15PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
60816	M	6:00- 6:30PM	Sep 12	Classes: 14	CM \$98	IM/PM \$0	NM \$127.50
68015	M	6:30- 7:00PM	Sep 12	Classes: 14	CM \$98	IM/PM \$0	NM \$127.50
68017	M	6:00- 6:30PM	Jan 2	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10
68018	M	6:30- 7:00PM	Jan 2	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10
68019	Tu	5:00- 5:30PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68020	Tu	5:30- 6:00PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68021	Tu	5:45- 6:15PM	Jan 3	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68022	W	6:00- 6:30PM	Jan 4	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68023	W	6:30- 7:00PM	Jan 4	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68024	Sa	9:45-10:15AM	Jan 7	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68025	Sa	10:30-11:00AM	Jan 7	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68026	Sa	11:00-11:30AM	Jan 7	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
68027	Sa	11:45-12:15PM	Jan 7	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

PRIVATE/SEMI-PRIVATE SWIMMING LESSONS

ALL AGES

Private and Semi-Private swim lessons are designed to meet individual needs and abilities and are ideal for conquering fear of water, skill development and stroke technique improvement. Private and Semi-Private lessons can be tailored to suit your specific needs and are available for both adults and children. For centre specific course information, please contact your local Y Aquatics Coordinator.

PRIVATE LESSON (30 minutes) CM/IM/PM \$20 NM \$25

SEMI-PRIVATE LESSON (30 minutes) CM/IM/PM \$13 NM \$18

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

66943	W	4:00- 4:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66944	W	4:45- 5:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66945	W	5:45- 6:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66947	Sa	9:45-10:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66948	Sa	10:45-11:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66953	Sa	9:00- 9:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66949	Su	12:00-12:30PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66954	Su	12:45- 1:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66955	Su	1:45- 2:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66956	Su	2:15- 2:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66938	M	4:00- 4:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66939	M	4:45- 5:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66941	M	5:45- 6:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67075	M	4:00- 4:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67076	M	4:45- 5:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67077	M	5:45- 6:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67078	W	4:00- 4:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67079	W	4:45- 5:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67080	W	5:45- 6:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67081	Sa	9:00- 9:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67082	Sa	9:45-10:15AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67083	Sa	10:45-11:15AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67084	Su	12:00-12:30PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67085	Su	12:45- 1:15PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67086	Su	1:45- 2:15PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67087	Su	2:15- 2:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67360	W	5:15- 5:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67361	W	5:45- 6:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67362	W	6:30- 7:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67363	W	7:00- 7:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67364	Sa	9:00- 9:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67365	Sa	9:30-10:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67366	Sa	10:00-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67367	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67368	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67369	Sa	11:30-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67370	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67371	Su	10:30-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67372	Su	11:00-11:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67373	Su	11:30-12:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67356	M	5:15- 5:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67357	M	5:45- 6:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67358	M	6:30- 7:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67359	M	7:00- 7:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67448	M	5:15- 5:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10

67449	M	5:45- 6:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67450	M	6:30- 7:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67451	M	7:00- 7:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67452	W	5:15- 5:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67453	W	5:45- 6:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67454	W	6:30- 7:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67455	W	7:00- 7:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67456	Sa	9:00- 9:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67457	Sa	9:30-10:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67458	Sa	10:00-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67459	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67460	Sa	11:00-11:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67461	Sa	11:30-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67462	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67463	Su	10:30-11:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67464	Su	11:00-11:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67465	Su	11:30-12:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66454	Tu	6:00- 6:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66455	Tu	4:00- 4:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66456	Tu	4:30- 5:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66457	Tu	5:00- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66458	Tu	5:30- 6:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66459	W	4:00- 4:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66460	W	4:30- 5:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66461	W	5:00- 5:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66462	W	5:30- 6:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66463	Th	4:00- 4:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66464	Th	4:30- 5:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66465	Th	5:00- 5:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66466	Th	5:30- 6:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66467	Th	6:00- 6:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66469	Sa	9:00- 9:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66470	Sa	9:30-10:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66471	Sa	10:00-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66472	Sa	10:30-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66473	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67780	Sa	11:30-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66474	Su	9:00- 9:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66475	Su	9:30-10:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66476	Su	10:00-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66477	Su	10:30-11:00AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66448	M	4:00- 4:30PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66449	M	4:30- 5:00PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66450	M	5:00- 5:30PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66451	M	5:30- 6:00PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
67772	M	5:30- 6:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67781	M	4:00- 4:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67782	M	4:30- 5:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67783	M	5:00- 5:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67773	Tu	4:00- 4:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67774	Tu	4:30- 5:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67775	Tu	5:00- 5:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67776	Tu	5:30- 6:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67777	Tu	6:00- 6:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67023	W	4:30- 5:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67024	W	5:00- 5:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67025	W	5:30- 6:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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

67784	W	4:00- 4:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67026	Th	4:00- 4:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67027	Th	4:30- 5:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67028	Th	5:00- 5:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67029	Th	5:30- 6:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67030	Th	6:00- 6:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67032	Sa	9:00- 9:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67033	Sa	9:30-10:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67034	Sa	10:00-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67035	Sa	10:30-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67036	Sa	11:00-11:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67785	Sa	11:30-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67037	Su	9:00- 9:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67038	Su	9:30-10:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67039	Su	10:00-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67040	Su	10:30-11:00AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66671	Tu	5:00- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66672	Tu	6:00- 6:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66662	W	6:00- 6:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66665	W	6:30- 7:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66667	Sa	9:45-10:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66668	Sa	10:15-10:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66669	Sa	11:00-11:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66670	Sa	11:30-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66658	M	6:00- 6:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66660	M	6:30- 7:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66830	M	6:00- 6:30PM	Jan 9	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10
66831	M	6:30- 7:00PM	Jan 9	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10
66843	Tu	5:00- 5:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66844	Tu	6:00- 6:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66832	W	6:00- 6:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66833	W	6:30- 7:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66836	Sa	9:45-10:15AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66837	Sa	10:15-10:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66838	Sa	11:00-11:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66841	Sa	11:30-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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

67091	W	4:00- 4:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67092	W	5:00- 5:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67093	W	6:15- 7:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67094	Sa	9:00- 9:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67095	Sa	10:00-10:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67096	Sa	11:15-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50

67097	Su	12:00-12:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67098	Su	1:00- 1:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67099	Su	2:15- 3:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67088	M	4:00- 4:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67089	M	5:00- 5:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67090	M	6:15- 7:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67102	M	6:15- 7:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67727	M	5:00- 5:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67728	M	4:00- 4:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67103	W	4:00- 4:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67104	W	5:00- 5:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67105	W	6:15- 7:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67106	Sa	10:00-10:45PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67107	Sa	9:00- 9:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67108	Sa	11:15-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67109	Su	12:00-12:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67110	Su	1:00- 1:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67111	Su	2:15- 3:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67380	W	5:30- 6:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67381	W	5:45- 6:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67382	W	6:15- 7:00PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67383	W	6:45- 7:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67384	Sa	9:00- 9:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67385	Sa	9:45-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67386	Sa	10:30-11:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67387	Sa	11:15-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67374	Su	10:30-11:15AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67375	Su	11:15-12:00PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67376	M	5:30- 6:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67377	M	5:45- 6:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67378	M	6:15- 7:00PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67379	M	6:45- 7:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67469	M	5:30- 6:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67470	M	5:45- 6:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67471	M	6:15- 7:00PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67472	M	6:45- 7:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67473	W	5:30- 6:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67474	W	5:45- 6:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67475	W	6:15- 7:00PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67476	W	6:45- 7:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67477	Sa	9:45-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67478	Sa	9:00- 9:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67479	Sa	10:30-11:15AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67480	Sa	11:15-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67467	Su	11:15-12:00PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67468	Su	10:30-11:15AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66433	Tu	4:00- 4:45PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66434	Tu	4:45- 5:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66435	Tu	5:30- 6:15PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66436	W	4:00- 4:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66437	W	4:45- 5:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66438	W	5:30- 6:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66439	Th	4:00- 4:45PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50

Continued on next page...

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

Continued from previous page...

66440	Th	4:45- 5:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67792	Th	5:30- 6:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66441	Sa	9:00- 9:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66442	Sa	9:45-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66443	Sa	10:30-11:15AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66444	Sa	11:15-12:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66445	Su	9:00- 9:45AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66446	Su	9:45-10:30AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66447	Su	10:30-11:15AM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66430	M	4:00- 4:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66431	M	4:45- 5:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66432	M	5:30- 6:15PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
67803	M	4:00- 4:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67804	M	4:45- 5:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67805	M	5:30- 6:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67795	Tu	4:00- 4:45PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67796	Tu	4:45- 5:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67797	Tu	5:30- 6:15PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67798	W	4:00- 4:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67799	W	4:45- 5:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67800	W	5:30- 6:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66965	Th	4:45- 5:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67801	Th	4:00- 4:45PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67802	Th	5:30- 6:15PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66961	Sa	11:15-12:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66962	Sa	10:30-11:15AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66963	Sa	9:45-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66964	Sa	9:00- 9:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66958	Su	10:30-11:15AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66959	Su	9:45-10:30AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66960	Su	9:00- 9:45AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66746	Tu	5:00- 5:45PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66747	Tu	5:30- 6:15PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66675	W	6:00- 6:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66676	W	6:30- 7:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66677	Sa	9:45-10:30AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66743	Sa	10:15-11:00AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50

OTTAWA Y OLYMPIANS SWIM CLUB 6 TO 18 YEARS

OYO is a swim team providing fun, fitness and competition opportunities for young athletes 6 - 18 years of age, and is based primarily at the Carlingwood Y pool. The Competitive Program runs from September to June, and is designed to prepare swimmers for local, regional, provincial and national level meets. The Pre-Competitive Program (PCP) provides entry level training (two to three sessions per week) for younger swimmers not quite ready for the full competitive program.

If you are potentially interested, a two-week free trial (no obligation) will be held September 6 to 16, 2011 at the Carlingwood Y (PCP will start later).

For more information, visit the OYO website at www.oyoswim.ca or send an email to contact@oyoswim.com.

66745	Sa	11:00-11:45AM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67939	Sa	11:30-12:15PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66673	M	6:00- 6:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66674	M	6:30- 7:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66848	M	6:00- 6:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66849	M	6:30- 7:15AM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66866	Tu	5:00- 5:45PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66867	Tu	5:30- 6:15PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66850	W	6:00- 6:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66851	W	6:30- 7:15AM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66852	Sa	9:45-10:30AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66854	Sa	10:15-11:00AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66864	Sa	11:00-11:45AM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66865	Sa	11:30-12:15PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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 6 hours.

Age: 12 to 17 years

CARLINGWOOD Y

67767	Sa	12:00- 1:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67768	Sa	12:00- 1:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66766	W	7:15- 8:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66884	W	7:15- 8:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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 13 years

CARLINGWOOD Y

67725	M	1:30- 2:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67726	M	1:30- 2:15PM	Jan 9	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10

PRIVATE/SEMI-PRIVATE SWIMMING LESSONS

ALL AGES

Private and Semi-Private swim lessons are designed to meet individual needs and abilities and are ideal for conquering fear of water, skill development and stroke technique improvement. Private and Semi-Private lessons can be tailored to suit your specific needs and are available for both adults and children. For centre specific course information, please contact your local Y Aquatics Coordinator.

PRIVATE LESSON (30 minutes) CM/IM/PM \$20 NM \$25

SEMI-PRIVATE LESSON (30 minutes) CM/IM/PM \$13 NM \$18

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

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

67176	W	7:45- 8:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67177	F	10:30-11:15AM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67175	M	7:45- 8:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67736	M	7:45- 8:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67179	W	7:45- 8:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67180	F	10:30-11:15AM	Jan 13	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67410	Tu	8:00- 8:45AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67407	Th	8:00- 8:45AM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67408	Th	6:45- 7:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67409	Su	3:00- 3:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67501	Tu	8:00- 8:45AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67499	Th	8:00- 8:45AM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67500	Th	6:45- 7:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67502	Su	3:00- 3:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66679	W	8:00- 8:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67971	F	8:00- 8:45PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67972	Su	4:30- 5:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66678	M	8:00- 8:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67068	M	8:00- 8:45PM	Jan 9	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10
67069	W	8:00- 8:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67973	F	8:00- 8:45PM	Jan 13	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67974	Su	4:30- 5:15PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66756	Tu	6:30- 7:15PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66755	W	7:30- 8:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66753	M	7:30- 8:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66869	M	7:30- 8:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66871	Tu	6:30- 7:15PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
66870	W	7:30- 8:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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

67182	W	7:45- 8:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67183	F	10:30-11:15AM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67181	M	7:45- 8:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67737	M	7:45- 8:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67192	W	7:45- 8:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67194	F	10:30-11:45AM	Jan 13	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20



CLARENCE-ROCKLAND Y

67413	Tu	8:00- 8:45AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67414	Th	8:00- 8:45AM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67415	Th	6:45- 7:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67412	Su	3:00- 3:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67504	Tu	8:00- 8:45AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67505	Th	8:00- 8:45AM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67506	Th	6:45- 7:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67503	Su	3:00- 3:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66681	W	8:00- 8:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67977	F	8:00- 8:45PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67978	Su	4:30- 5:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66680	M	8:00- 8:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67070	M	8:00- 8:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67071	W	8:00- 8:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67975	F	8:00- 8:45PM	Jan 13	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67976	Su	4:30- 5:15PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66760	W	7:30- 8:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66759	M	7:30- 8:15PM	Sep 12	Classes: 14	CM \$98	IM/PM \$0	NM \$127.40
66873	M	7:30- 8:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66875	W	7:30- 8:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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 meters continuously and be comfortable in deep water.

Age: 13 years and up

CARLINGWOOD Y

67201	W	7:45- 8:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67200	M	7:45- 8:30PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67738	M	7:45- 8:30PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67198	W	7:45- 8:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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



CLARENCE-ROCKLAND Y

67418	Tu	8:00- 8:45AM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67416	Th	8:00- 8:45AM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67417	Th	6:45- 7:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67419	Su	3:00- 3:45PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67509	Tu	8:00- 8:45AM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67507	Th	8:00- 8:45AM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67508	Th	6:45- 7:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67510	Su	3:00- 3:45PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66683	W	8:00- 8:45PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67979	F	8:00- 8:45PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67980	Su	4:30- 5:15PM	Sep 11	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66682	M	8:00- 8:45PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
67073	M	8:00- 8:45PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
67072	W	8:00- 8:45PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67981	F	8:00- 8:45PM	Jan 13	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67982	Su	4:30- 5:15PM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66762	W	7:30- 8:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66761	M	7:30- 8:15PM	Sep 12	Classes: 13	CM \$91	IM/PM \$0	NM \$118.30
66876	M	7:30- 8:15PM	Jan 9	Classes: 11	CM \$77	IM/PM \$0	NM \$100.10
66877	W	7:30- 8:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

PRIVATE/SEMI-PRIVATE SWIMMING LESSONS

ALL AGES

Private and Semi-Private swim lessons are designed to meet individual needs and abilities and are ideal for conquering fear of water, skill development and stroke technique improvement. Private and Semi-Private lessons can be tailored to suit your specific needs and are available for both adults and children. For centre specific course information, please contact your local Y Aquatics Coordinator.

PRIVATE LESSON (30 minutes) CM/IM/PM \$20 NM \$25

SEMI-PRIVATE LESSON (30 minutes) CM/IM/PM \$13 NM \$18

ADVANCED CERTIFICATIONS

BRONZE STAR, BASIC FIRST AID & CPR A

Participants will learn CPR and develop Water Smart confidence and the preliminary lifesaving skills needed to become a lifeguard. 100% attendance is required to complete the course.

Age: 10 years and up

CARLINGWOOD Y

67204	Tu	6:45- 8:15PM	Sep 6	Classes: 10	CM/IM/PM \$65	NM \$85
67205	Tu	6:45- 8:15PM	Jan 10	Classes: 10	CM/IM/PM \$65	NM \$85

CLARENCE-ROCKLAND Y

67426	Th	4:30- 7:00PM	Sep 8	Classes: 10	CM/IM/PM \$65	NM \$85
67513	Th	4:30- 7:00PM	Jan 12	Classes: 10	CM/IM/PM \$65	NM \$85

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66684	Su	10:30-12:00PM	Sep 25	Classes: 10	CM/IM/PM \$65	NM \$85
67577	Su	10:30-12:00PM	Jan 29	Classes: 10	CM/IM/PM \$65	NM \$85

TAGGART FAMILY Y

66763	Sa	12:15- 2:15PM	Sep 10	Classes: 10	CM/IM/PM \$65	NM \$85
66878	Sa	12:15- 2:15PM	Jan 14	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

67172	Sa	12:00- 2:30PM	Sep 10	Classes: 10	CM/IM/PM \$85	NM \$110
66879	Sa	12:00- 2:30PM	Jan 14	Classes: 10	CM/IM/PM \$85	NM \$110

CLARENCE-ROCKLAND Y

67427	F-Su	5:00-10:00PM	Sep 9	Classes: 6	CM/IM/PM \$85	NM \$110
67628	F-Su	5:00-10:00PM	Jan 13	Classes: 6	CM/IM/PM \$85	NM \$110

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66685	M	5:30- 8:00PM	Sep 19	Classes: 10	CM/IM/PM \$85	NM \$110
67597	Th	1:00- 2:30 PM	Jan 17	Classes: 10	CM/IM/PM \$85	NM \$110
67512	M	5:30- 8:00PM	Jan 23	Classes: 10	CM/IM/PM \$85	NM \$110

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66764	Tu	6:30- 9:00PM	Sep 6	Classes: 10	CM/IM/PM \$85	NM \$110
66806	F-Su	5:00- 9:00PM	Sep 30	Classes: 3	CM/IM/PM \$85	NM \$110

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

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

67428	F-Su	5:00-10:00PM	Sep 23	Classes: 6	CM/IM/PM \$85	NM \$110
67511	F-Su	5:00-10:00PM	Jan 20	Classes: 6	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

67174	Sa	12:00- 2:30PM	Sep 10	Classes: 10	CM/IM/PM \$70	NM \$90
67173	Sa	12:00- 2:30PM	Jan 14	Classes: 10	CM/IM/PM \$70	NM \$90

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66686	W	5:30- 8:00PM	Sep 21	Classes: 10	CM/IM/PM \$70	NM \$90
67627	W	5:30- 8:00PM	Jan 25	Classes: 10	CM/IM/PM \$70	NM \$90

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66768	Tu	6:30- 9:00PM	Sep 6	Classes: 10	CM/IM/PM \$70	NM \$90
66808	F-Su	5:00- 9:00PM	Oct 14	Classes: 3	CM/IM/PM \$70	NM \$90
66885	Tu	6:30- 9:00PM	Jan 10	Classes: 10	CM/IM/PM \$70	NM \$90

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

67236	F	5:00-10:00PM	Sep 9	Classes: 10	CM/IM/PM \$100	NM \$130
67238	F	5:00-10:00PM	Jan 13	Classes: 10	CM/IM/PM \$100	NM \$130

CLARENCE-ROCKLAND Y

67429	F	5:00- 9:00PM, Sa-Su 9:00- 2:30PM	Oct 14	Classes: 9	CM/IM/PM \$100	NM \$130
67514	F	5:00- 9:00PM, Sa-Su 9:00- 2:30PM	Feb 3	Classes: 9	CM/IM/PM \$100	NM \$130

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66687	Sa	12:00- 5:00PM	Sep 24	Classes: 10	CM/IM/PM \$100	NM \$130
67575	Sa	12:00- 5:00PM	Jan 28	Classes: 10	CM/IM/PM \$100	NM \$130

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

67940	F-Su	5:00- 9:00PM	Nov 11	Classes: 5	CM/IM/PM \$100	NM \$130
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SPECIALTY PROGRAMS

PRESCHOOL - GYM AND SWIM

This program combines the fun of the gym and the pool for preschoolers ages 3 to 5. Children will enjoy movement and coordination development in our gym and a L'il Dippers swim lesson in our pool.

Age: 3 to 5 years

CARLINGWOOD Y

66484	Th	12:30- 1:45PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66610	Th	12:30- 1:45PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67422	Th	9:00-10:25AM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67517	Th	9:00-10:25AM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66696	W	1:00- 2:15PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67067	W	1:00- 2:15PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

67539	W	1:00- 2:30PM	Sep 7	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67998	F	1:00- 2:30PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67579	W	1:00- 2:30PM	Jan 11	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
67997	F	1:00- 2:30PM	Jan 9	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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 meters continuously.

Age: 8 to 15 years

CLARENCE-ROCKLAND Y

67406	F	7:00- 8:00PM	Sep 9	Classes: 15	CM/IM/PM \$0	NM \$136.50
67570	F	7:00- 8:00PM	Jan 13	Classes: 12	CM/IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66694	F	7:00- 8:00PM	Sep 9	Classes: 15	CM/IM/PM \$0	NM \$136.50
66695	Sa	12:30- 1:30PM	Sep 10	Classes: 15	CM/IM/PM \$0	NM \$136.50
67065	F	7:00- 8:00PM	Jan 13	Classes: 12	CM/IM/PM \$0	NM \$109.20
67066	Sa	12:30- 1:30PM	Jan 14	Classes: 12	CM/IM/PM \$0	NM \$109.20



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



HOMESCHOOL GYM AND SWIM

Children will enjoy 1 hour of play in the gym, followed by a 3/4 hour swim lesson.

Age: 6 to 13 years

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66886	W	1:00- 2:15PM	Sep 7	Classes: 15	CM \$195	IM/PM \$0	NM \$150
67676	W	1:00- 2:15PM	Jan 11	Classes: 12	CM \$120	IM/PM \$0	NM \$156

TAGGART FAMIL Y – SHENKMAN AQUATICS CENTRE

67999	Th	11:00- 1:00PM	Sep 8	Classes: 15	CM \$195	IM/PM \$0	NM \$150
68000	Th	11:00- 1:00PM	Jan 12	Classes: 12	CM \$120	IM/PM \$0	NM \$156

AQUA ZUMBA NEW

Aqua Zumba incorporates all the fun of Zumba with the gentle support of the water. Zumba combines high energy and motivating music with unique moves and combinations that gives new meaning to the idea of an invigorating workout!

Age: 13 years and up

CLARENCE-ROCKLAND Y

67751	Su	9:00- 9:45AM	Jan 15	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20
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PRIVATE/SEMI-PRIVATE SWIMMING LESSONS

ALL AGES

Private and Semi-Private swim lessons are designed to meet individual needs and abilities and are ideal for conquering fear of water, skill development and stroke technique improvement. Private and Semi-Private lessons can be tailored to suit your specific needs and are available for both adults and children. For centre specific course information, please contact your local Y Aquatics Coordinator.

PRIVATE LESSON (30 minutes) CM/IM/PM \$20 NM \$25

SEMI-PRIVATE LESSON (30 minutes) CM/IM/PM \$13 NM \$18

DISCOVER SYNCHRONIZED SWIMMING NEW

A great opportunity to learn about the sport of synchronized swimming. This program will provide children the opportunity to learn basic synchronized swimming skills that will challenge them both physically and creatively all while having FUN! This is a perfect program for children who would like to have more time in the pool and will allow for them to improve their swimming skills.

Age: 8 to 13 years

CLARENCE-ROCKLAND Y

67423	Sa	12:00- 1:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67573	Sa	12:00- 1:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

UNDER WATER HOCKEY

A twist on Canada's national past time. Battle for the puck and go for the goal armed only with a mask, fins and a stick. In this program participants will learn the basics of underwater hockey in a fun, educational and team environment. Each class will consist of practice drills and scrimmage games. Underwater hockey is a fun way to build on your swimming skills and endurance. Bring your own snorkel and fins and a sense of adventure.

Age: 8 to 13 years

CLARENCE-ROCKLAND Y

67424	Sa	12:00- 1:00PM	Sep 10	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67516	Sa	12:00- 1:00PM	Jan 14	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66691	Th	6:15- 7:15PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67041	Th	6:15- 7:15PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

MASTERS 'SWYM' CLUB

Age: 18 years and up

The Y Masters 'Swym' clubs provide the opportunity for Y members to develop swimming skills for fitness and competition. Our Masters groups cater to a very wide range of abilities, ages and goals.

While many members compete in masters swim competitions, the majority participate for the enjoyment of training within a structured practice environment, to increase their fitness level, and as a social outlet. The clubs also provide opportunities for leadership through coaching and club administration.

MINIMUM REQUIREMENTS:

- The ability to swim 20 consecutive laps (500 metres), and the desire for progressively longer workouts (up to 1000 - 3500 metres) over the course of the season.
- Members should 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, Clarence-Rockland Y, Ruddy Family Y and Taggart Family Y. Please contact your Y Aquatics Coordinator for more information.

UNDER WATER HOCKEY (ADULTS)

A twist on Canada's national past time. Battle for the puck and go for the goal armed only with a mask, fins and a stick. This is a recreational program for Adults that will teach you the basics of the sport then turn you loose. Bring your own snorkel and fins and come prepared to have fun while playing this exciting team sport.

Age: 13 years and up

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66692	Th	8:00- 9:00PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67042	Th	8:00- 9:00PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

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

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66693	F	6:00- 7:00PM	Sep 9	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67064	F	6:00- 7:00PM	Jan 13	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMIL Y – SHENKMAN AQUATICS CENTRE

66765	M	7:15- 8:00PM	Sep 12	Classes: 14	CM \$91	IM/PM \$0	NM \$118.30
66881	M	7:15- 8:00PM	Jan 9	Classes: 12	CM \$77	IM/PM \$0	NM \$100.10

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 Y, Clarence-Rockland Y, Kanata Y, Nepean Y, Ruddy Family Y or Taggart Family Y, locations.

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

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

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.ymca.ca to view the drop-in schedule at your local Y.



The National Capital Region YMCA-YWCA is pleased to be offering the I Love Water Polo (ILWP) program. ILWP is Water Polo Canada's introductory water polo program, delivered by certified community coaches in a learn-to-play environment. Participants will discover the game of water polo and the basic skills involved in aquatic sports. The ILWP program will help enhance participants swimming, balance, and coordination skills. For centre specific course information please see below.

I LOVE WATER POLO NEW

ILWP is an introductory, grass roots water polo program. The ILWP program offers participants the ability to learn the game of water polo, the basic skills involved in the sport and will help participants to enhance their swimming, balance, and coordination skills. This program will provide a positive environment that promotes fitness, friendship, teamwork and sportsmanship. No water polo experience is necessary, but participants should be comfortable deep water swimmers.

Age: 8 to 13 years

CARLINGWOOD Y

66689	Th	4:30- 5:30PM	Sep 8	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67209	Th	4:30- 5:30PM	Jan 12	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

CLARENCE-ROCKLAND Y

67425	Tu	6:30- 7:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67572	Tu	6:30- 7:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

67771	Tu	6:15- 7:15PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67062	Tu	6:15- 7:15PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

TAGGART FAMILY Y – SHENKMAN AQUATICS CENTRE

66801	Tu	6:30- 7:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
66894	Tu	6:30- 7:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

Age: 13 years and up

CLARENCE-ROCKLAND Y

67421	Tu	7:30- 8:30PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67574	Tu	7:30- 8:30PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20

RUDDY FAMILY Y – BILL AND GERRY MARSH AQUATICS CENTRE

66690	Tu	8:00- 9:00PM	Sep 6	Classes: 15	CM \$105	IM/PM \$0	NM \$136.50
67063	Tu	8:00- 9:00PM	Jan 10	Classes: 12	CM \$84	IM/PM \$0	NM \$109.20