

# AQUATICS

January 9 - June 17, 2012

## Registration Dates

Fall Programs begin September 12, 2011

Members: Registration begins August 29, 2011

Non-Members:

Registration	Session
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Winter: December 12	January 9 - March 11
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Spring: February 27	March 26 - June 10
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Program Breaks: December 19, 2011 - January 8, 2012  
 March 12 - 25, 2012

*Applicable taxes will be applied at time of registration.*

## Member Preferred Registration

YMCA members receive continuous registration September through June in aquatics programming as a benefit of their membership. Non-members may register for one session at a time during the registration period.

## Waiting List Policy

Waiting list positions will only be available for members who sought to register in a YMCA Aquatic Program, but were unable to do so as the result of their desired program being unavailable for immediate registration. Only one waiting list spot is available for each member.

## Attendance Policy

If your child misses three consecutive lessons without prior notice to the Aquatics Dept., your child's registration will be dropped from the course roster. Credits or make up dates for missed lessons are not offered.

## Progress Reports

Your child will receive ongoing evaluation of their swim skills progress. Between September - June when your child completes a level they will automatically progress to the next. Final report cards will be distributed in June or earlier at parent/guardian request.

## Pool Rentals

Contact the Aquatics Department to rent the leisure pool or up to 4 lanes of the lap pool for your private function.

Tel: 519-360-9622 ext. 108

Bathers	Cost
1-30	\$ 90.00/hour
31-60	\$105.00/hour
61-99	\$120.00/hour

Bather loads include all persons within the pool area.

Individual lane rentals are also available.

## Photo Policy

Please ask at the Membership Services Desk for a YMCA Duty Manager to accompany you when taking pictures in our facility. There will be no pictures permitted at any time during busy open swims or swimming lessons. The safety and protection of our participants and their privacy is a priority at the YMCA.

## Pool Policies

- Children must be at least 48" and able to swim in deep water unassisted to ride the waterslide. No lifejackets or waterwings permitted on the slide.
- Absolutely no street shoes allowed on the pool deck.
- Children in lifejackets are only allowed in the deep end of the pool when directly accompanied by an adult (14 yrs.+) within arms reach.
- Lifejackets, water wings and pool toys are not permitted in the whirlpool.
- Children who are not toilet-trained must wear a 'Little Swimmer' under their swimsuit.
- Children aged 14 and under are not permitted in the whirlpool unless directly supervised by an adult.
- The sauna is restricted to members 16 yrs.+.

## Pool Hours of Operation

### Regular Hours - Effective Sept 5 - June 29, 2012

Monday - Friday	5:30am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	7:00am - 8:00pm
Holidays	9:00am - 4:00pm

*All program areas will close 15 minutes prior to facility closing.*

# Sarnia YMCA Rapids Swim Team All Swim Team Members must have a YMCA Membership

TEAM	DATES	COURSE	FEE	COMPETITION
Rapids 1 Non Competitive	September 12, 2011 – May 2012  <b>Hours Available:</b> <i>Mon, Wed 3:45 - 4:45pm</i> <i>Tues, Thurs 6:30 - 7:30am</i> <i>Sat 6:30 - 8:30am</i>	Emphasis on fitness and four basic competitive strokes technique, turns and starts.	<b>Bronze:</b> 1 hour/week \$165 <b>Silver:</b> 2 hours/week \$240	Swimmers may compete as exhibition in one swim meet per season.
Rapids 1 Competitive	September 12, 2011 – May 2012  <b>Hours Available:</b> <i>Mon, Wed 3:45 - 4:45pm</i> <i>Tues, Thurs 6:30 - 7:30am</i> <i>Sat 6:30 - 8:30am</i>	First step into competitive swimming. An emphasis on teaching the four basic competitive strokes, technique, turns and starts. Improve fitness and provide a steady interest in the sport of swimming while having fun!  *\$75 is the Swim Ontario Fee, \$90 is the Swim Meet Fees	<b>Bronze:</b> 1 hour/week \$165 + \$75 + \$90 = \$330* <b>Silver:</b> 2 hours/week 240 + \$75 + \$90 = \$405* <b>Gold:</b> 3 hours/week \$315 + \$75 + \$90 = \$480*	Compete in the SEAL league swim meets throughout Southwestern Ontario.
Rapids 2 Competitive	September 12, 2011 – June 2012  <b>Hours Available:</b> <i>Mon to Fri 6:00 - 7:30am</i> <i>Tues, Thurs, Fri 3:00 - 4:45pm</i> <i>Sat 6:00 - 9:00am</i>	This level of competitive swimming prepares swimmers physically and mentally for their advancement into a more challenging level of competition. Based on aerobic training principles, it refines the four competitive strokes, turns and starts.	<b>Bronze:</b> 4 hours/week \$190 + Sarnia Swimming Fee <b>Silver:</b> 6 hours/week \$265 + Sarnia Swimming Fee <b>Gold:</b> 9 hours/week \$357 + Sarnia Swimming Fee <b>Platinum:</b> 13.5 hours/week \$420 + Sarnia Swimming Fee	Compete in the Swim Ontario Western Region sanctioned swim meets and are working towards meeting qualifying times to attend provincial and national level competitions.

## Masters Group (Ages 18 yrs+)

This adult only program is a successful blend of fitness, stroke improvement and fun! It is not necessary to have previous experience in competitive swimming. Workouts are structured for all levels of ability by a qualified swim coach. Participation in Masters Ontario swim meets is voluntary.

September 12, 2011 – June 10, 2012

YMCA Membership + \$80.00 per session + Sarnia Swimming Fee

## Triathlon Swim Training Program

The coach will teach triathlon swimming technique, efficiency, endurance and injury prevention. All levels, ages and abilities welcome. There will be optional once a month mock triathlons on Sundays at the YMCA.

January 10 - March 11, 2012

Morning Program: Tuesdays and Thursdays 7:30-8:30 am

Lunch Program: Wednesdays and Fridays 1:00-2:00 pm

Members: \$90/program

## Hours of Operation

### Regular Hours - Effective Sept 5 - June 29, 2012

Monday - Friday	5:00am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	7:00am - 8:00pm
Holidays	9:00am - 4:00pm

*All program areas will close 15 minutes prior to facility closing.*



## Admission Standards

- Children under 10 years of age who are non-swimmers must be accompanied by a parent/guardian at least 14 years of age and responsible for direct supervision in the pool.
- The ratio of non-swimmers to parent/guardian may be a maximum of 4:1. The ratio may be increased to 8:1 if lifejackets are worn by all non-swimmers.
- Children under the age of 10 years who are able to demonstrate comfort in the water and pass the facility swim test may be admitted to the swimming pool unaccompanied.
- Children under the age of 6 may not be admitted to the swimming pool unless they are accompanied by a parent/guardian who is responsible for their direct supervision with a maximum of two children for each parent/guardian.

# Advanced Aquatics & Lifesaving

## Bronze Star (Ages 12+)

Bronze Star provides excellent preparation for success in Bronze Medallion. Participants develop problem solving and decision making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim. Prerequisite: 12 years of age. Minimum 6 candidates required to run course.

Session Dates: Offered all sessions Tuesday 6:30-7:30pm  
Members: \$36.00 / Non-Members: \$80.00

## Bronze Medallion with Emergency First Aid B (Ages 13+)

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness.

January 2 - March 10, 2012, March 26 - June 2, 2012  
Class Time: Monday 4:30-8:00pm or Saturday 2:00-5:30pm  
Manual Fee (Canadian Lifesaving Manual BK01): \$45.00  
Members: \$104.00 / Non-Members: \$144.00

## Bronze Cross (Ages 14+)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including Nation Lifeguard and Instructor certification. 100% attendance is required.

Prerequisite: Bronze Medallion & Emergency First Aid  
January 2 - March 10, 2012, March 26 - June 2, 2012  
Class Time: Monday 5:30-8:00pm or Saturday 3:00-5:30pm  
Manual Fee (Canadian Lifesaving Manual BK01): \$45.00  
Members: \$90.00 / Non-Members: \$130.00

## National Lifeguard Service & Standard First Aid+CPR-C (Ages 16+)

National Lifeguard Service is Canada's only nationally recognized lifeguard certification program. National Lifeguard Service is a legal certificate for lifeguarding throughout the country, and the only lifeguard certificate recognized by the Province of Ontario. 100% attendance is required.

Prerequisite: Standard First Aid & CPR offered within course, Bronze Cross (*minimum age 16 yrs*)  
Dates: January 4 - March 7, 2012, March 28 - May 30, 2012  
Class Time: Wednesday 5:00-9:00pm  
Manual Fee (Alert Manual BK02: \$48.00 + Standard First Aid Manual BK06 \$16.00)  
Members: \$227.00 / Non-Members: \$267.00

## NLS Recertification

Date/Time: Sunday, May 27, 2012, 1:00-5:00 pm  
Members: \$52.00 / Non-Members: \$64.00

## Red Cross Assistant Swim Instructor (AWSI) (Ages 15+)

This course covers the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 20 hours of assistant teaching and through individual study assignments. This is a pre-requisite for Tri-Instructors.

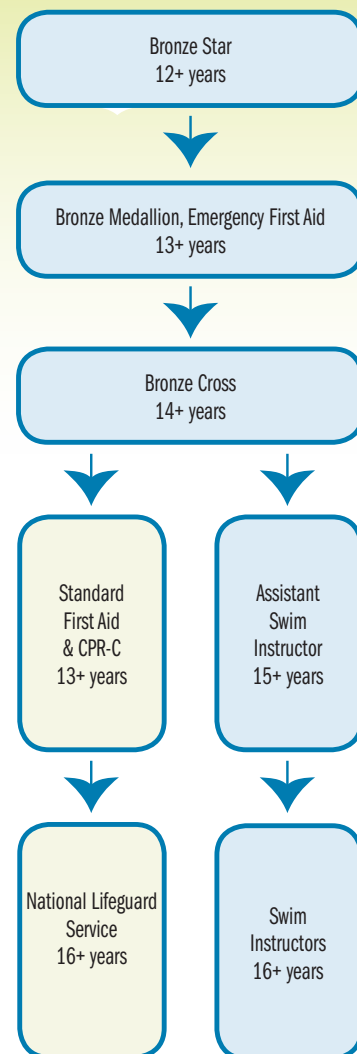
Prerequisite: Minimum 15 years of age  
Winter Dates: January 6 - 8 & February 11, 2012; Spring Dates: March 23 - 25 & April 28, 2012  
Times: Friday 5:00-9:00pm, Saturday & Sunday 9:00am-6:00pm  
Manual Fee: (Assistant Water Safety Instructor Binder BK03 \$58.00)  
Members: \$80.00 / Non-Members: \$120.00

## Tri-Instructors (Ages 16+)

Swim Instructor Certification for Red Cross, YMCA & Lifesaving Society. Candidates will be certified to teach all levels of the Red Cross and YMCA swim program, the Lifesaving Bronze awards and Emergency First Aid. 100% attendance is required.

Prerequisite: Minimum 16 yrs. of age, Red Cross Assistant Swim Instructors  
Dates: April 13 - 15 and April 20 - 22, 2012  
Times: Friday 5:00-9:00pm, Saturday & Sunday 9:00am-6:00pm  
Manual Fees: \$102 (Red Cross Water Safety Instructor BK04: \$47.00 + Lifesaving Society Binder Package BK07 \$55.00)  
Members: \$210.00 / Non-Members: \$260.00

## AQUATICS LEADERSHIP MODEL

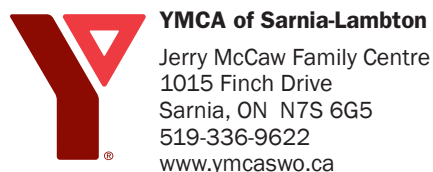


# Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
Rapids 2 Swim Team 6:00-7:30am	Rapids 1 & 2 Swim Teams 6:00-7:30am	Rapids 2 Swim Team 6:00-7:30am	Rapids 1 & 2 Swim Teams 6:00-7:30am	Rapids 2 & Adult Swim Teams 6:00-7:30am	Rapids 1 & 2 Swim Teams Until 9:00am		<p><b>MODIFIED POOL SCHEDULE</b></p> <p><i>Family Day - February 20</i> <small>(Alternative Activities Scheduled)</small></p> <p><i>Good Friday - April 06</i></p> <p><i>Victoria Day - May 21</i></p> <hr/> <p>Parent &amp; Tot 11:00am-1:00pm</p> <p>Open &amp; Family Swim 1:00-3:30pm</p> <hr/> <p><b>PROGRAM BREAKS</b></p> <p>Modified Pool Schedule will be posted:</p> <p>December 19, 2011 - January 8, 2012</p> <p>March 12 - 25, 2012</p>
	Triathlon Program 7:30 - 8:30am	Rental 8:30 - 9:00am <i>2 Lanes Open</i>	Triathlon Program 7:30 - 8:30am	Rental 8:30 - 9:00am <i>2 Lanes Open</i>		Adult Swim Team 8:00-9:00am	
	Swimming Lessons 9:30-10:30am	Swimming Lessons 9:30-10:30am			Swimming Lessons 9:00 am-1:00pm		
Daycare 10:30-11:00am			Daycare 10:30-11:00am	Daycare 10:00-10:30am 10:30-11:00am			
Aqua-Fit 10:30-11:15am	Aqua-Fit 10:30-11:15am	Aqua-Fit 10:30-11:15am	Aqua-Fit 10:30-11:15am	Aqua-Fit 10:30-11:15am			
Parent & Tot 11:00am-1:00pm	Parent & Tot 11:00am-1:00pm	Parent & Tot 11:00am-1:00pm	Parent & Tot 11:00am-1:00pm	Parent & Tot 11:00am-1:00pm		Parent & Tot 11:00am-1:00pm	
Gentle Aqua-Fit 11:20am-12:00pm	Parent & Tot Instruction 11:00-11:30am	Gentle Aqua-Fit 11:20am-12:00pm					
Gym & Swim 11:30am-12:00pm	Gym & Swim 11:30am-12:00pm	Triathlon Program 1:00-2:00pm		Triathlon Program 1:00-2:00pm			
Rapids 1 Swim Team 3:45-4:45pm	Rapids 2 Swim Team 3:00-4:45pm	Rapids 1 Swim Team 3:45-4:45pm	Rapids 2 Swim Team 3:00-4:45pm	Rapids 2 Swim Team 3:00-4:45pm	Open Swim 2:00-5:00pm	Open Swim 2:00-5:00pm	
Open Swim 4:00-4:30pm	Open Swim 4:00-4:30pm	Open Swim 4:00-4:30pm	Open Swim 4:00-4:30pm	Open Swim 4:00-4:30pm	Bronze Classes 4:00 - 5:30pm		
Swimming Lessons 4:30-6:30pm	Swimming Lessons 4:30-6:30pm	Swimming Lessons 4:30-6:30pm	Swimming Lessons 4:30-6:30pm	Swimming Lessons 4:30-6:30pm	Family Swim 5:00-7:00pm	Family Swim 5:00-7:00pm	
	Y Kids Gym & Swim 6:30-7:00pm		Y Kids Gym & Swim 6:30-7:00pm				
Bronze Classes 6:30-8:00pm	Bronze Star 6:30-7:30pm						
Open Swim 6:30-8:00pm	Open Swim 6:30-8:00pm	Open Swim 6:30-8:00pm	Open Swim 6:30-8:00pm	Open Swim 6:30-8:30pm			
	Aqua-Fit 7:00-7:45pm	NLS 7:00-9:00pm	Aqua Boot Camp 7:00-7:45pm				
Youth Lessons 8:00-8:30pm	Adult Swim Team 8:00-9:00pm	Adult Lessons 8:00-8:30pm	Adult Swim Team 8:00-9:00pm				

# Swimming Lessons

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Li'l Dippers (Ages 3-5) Members: No charge / Non-Members: \$86.00</b>						
<b>Li'l Dipper A</b> Bobber, Floater, Glider	4:30-5:00pm 5:30-6:00pm	9:30-10:00am 10:00-10:30am 5:00-5:30pm 6:00-6:30pm	9:30-10:00am 10:00-10:30am 4:30-5:00pm 5:30-6:00pm	5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	9:30-10:00am 10:30-11:00am 12:00pm-12:30pm
<b>Li'l Dipper B</b> Diver, Surfer, Dipper	4:30-5:00pm 5:30-6:00pm	9:30-10:00am 5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	9:30-10:00am 10:30-11:00am
<b>Learn To Swim (Ages 6-12) Members: No charge / Non-Members: \$86.00</b>						
<b>Learn to Swim A</b> Otter, Seal	5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	5:00-5:30pm 6:00-6:30pm	9:00-9:30am 10:00-10:30am 11:00-11:30am 11:30-12:00pm 12:30-1:00 pm
<b>Learn to Swim B</b> Dolphin, Swimmer	5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	5:00-5:30pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm	5:00-5:30pm 6:00-6:30pm	9:00-9:30am 10:00-10:30am 11:00-11:30am 11:30am-12:00pm 12:30-1:00pm
<b>Stars (Ages 6-12) Members: No charge / Non-Members: \$92.00</b>						
<b>Star A</b> Star 1, Star 2	4:45-5:30pm 5:30-6:15pm	4:45-5:30pm 5:30-6:15pm	4:45-5:30pm 5:30-6:15pm	4:45-5:30pm 5:30-6:15pm	4:45-5:30pm 5:30-6:15pm	9:30-10:15am 10:15-11:00am 11:00-11:45am
<b>Star B</b> Star 3, Star 4	4:45-5:30pm 5:30-6:15pm	5:30-6:15pm	4:45-5:30pm 5:30-6:15pm	5:30-6:15pm	4:45-5:30pm 5:30-6:15pm	9:30-10:15am 10:15-11:00am 11:00-11:45am
<b>Star C</b> Star 5, Star 6, Masters	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	11:00-11:45am
Youth Swim Instruction	8:00-8:30pm					
Adult Swim Instruction			8:00-8:30pm			
<b>Drop-In Aquatic Programs</b>						
<b>Parent &amp; Tot Drop-In Program (Ages 3 - 36 months)</b> Join us for an instructor led class full of games and activities where your child will learn how to move around and become more comfortable in the water.						
Tuesday: 11:00-11:30am Members: No Charge / Non-members: Activity Pass						
<b>Youth &amp; Adult Drop-In Lessons</b> This is a Member only service - no registration required. An instructor will be available to help you achieve your swimming goals whether you are a beginner just starting out, or would like some stroke correction to better perfect your swimming strokes.						
Youth Lessons, Monday: 8:00-8:30pm Adult Lessons, Wednesday: 8:00-8:30pm						
<b>Private Lessons</b>						
Flexible days & times offered. Please fill out a private lesson contract located at the Membership Services Desk. Available for all ages and skill levels. All lessons are 30 minutes in length.						
Members: \$18.00/person Non-Members: \$24.00/per person 5 Lesson Package: Members: \$80.00 / Non-Members:\$110.00 10 Lesson Package: Members: \$150.00 / Non-Members:\$210.00						



As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.