

Policies:

Facility Swim Test

The YMCA swim test consists of a foot first jump into the deep end with a safe recovery to the surface followed directly by a 25 meter consistent, uninterrupted swim to the shallow end.

Facility Rules

In order to ensure that all our members and participants are safe while they are using the pool, we ask that the rules below are followed:

- No outdoor footwear or strollers on the pool deck
- All bathers must shower before entering the pool area
- No food, drink or gum is permitted on the pool deck (plastic bottles containing water may be permitted)
- Please stay off the railings, lane ropes and buoy lines
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required (modest bathing suit or clean clothing reserved for swimming)
- Please walk on the pool deck
- No spitting or spouting the water
- Swim diapers are required for those who are not toilet trained
- No water wings or inflatable toys are permitted in the pool
- Those with serious medical conditions should notify the aquatic staff

Wait Lists

Waiting lists are available for those classes or times that may be full. Please ensure you sign up at the Sales and Service desk to place yourself or child on the waitlist. Participants will be called when spaces become available.

Missed Lesson Policy

Due to the busy schedules of our instructors, we are unable to schedule a make-up lesson missed by a participant.

Progression Cards

All participants of a YMCA swim program will receive a full colour progression card at the end of each session. We ask that you return this card to your child's instructor upon the start of a new session. If you are unable to attend the last lesson, progression cards will be available for pick up for the two weeks following session completion. After this two week period progression cards will no longer be available as we are unable to store due to the large volume of progression cards.

Spa Guidelines

- Children under 8 years of age
- Children under the age of 8 are not permitted in the spa
- Children ages 8-12
- Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

All Inclusive Programs:

Splashers 6-18 months of age (parents must attend with children)
Bobbers 18 months-3 years of age (parents must attend with children)
L'il Dippers 3-5 years of age
Learn to Swim 6+ years of age
Star Swim Program – Star 1-4 8+ years of age
NEW: Star Leadership Program – Star 5, 6, 7 (Youth Master Swimmer)

Specialty Programs:

Private and Semi Private Swimming Lessons
Junior Lifeguard Club
Kids Swim for Fit
SNAP: Special Needs Aquatics Program
Swim to Survive
Synchro for Kids

First Aid Course:

CPR C
Standard First Aid with CPR and AED
Standard First Aid Recert

Adult Programs:

Aqua Fitness:

Aquafit

Aquatherapy

Aqua Yoga

Deep Water Aquafit

Parent and Tot Aquafit

Pre/Post Natal Aquafit

Adult Specialty Programs:

Learn to Swim

March of Dimes Therapy Swim

Stroke Development and Swim for Fitness

Synchronized Swimming

Underwater Hockey

Women's Only Swim

For more information regarding Aquatic programs, please contact:

Megan Feige

705-748-9642 ext. 227

megan_feige@ymca.ca