

CPFY Swimming Lessons

The YMCA developed the first nationally-recognized aquatic program in 1931, and has continued to train aquatic leaders ever since.

Can I be registered for a lesson and also be on the wait list for another time slot?

Yes, but you may only be wait listed for one time slot at a time.

What happens if I am not able to make a scheduled lesson?

Simply email aquatics@ynortheastavalon.com to let us know. The missing of two consecutive lessons without prior notice may result in your space being made available to another member. Lessons will not go ahead on days when all schools are closed due to inclement weather.

When Will Swimming Lessons Start?

Lessons will be phased in early January. There may be a waiting period for some lessons.

How Do I Know What Level to Place my Child In?

The YMCA of Canada uses its own system of levels for swimming lessons. Please see the attached conversion chart for corresponding levels. This chart will be used as a tool to assist the aquatic staff to determine a swimmer's readiness for participation in a particular level of the Y programs. Please note that this chart is an approximation only and should be used as a general guide, since individual differences and situations will occur.

Do you Accommodate Child with Special Needs?

Yes! All individuals are encouraged to participate in our swim program, including those with special needs. If a swimmer does have special needs, we require a parent/worker 16 + years of age to accompany the swimmer for lessons.

Who Can Register for Swimming Lesson?

Swimming lessons are available to members only.

Can I Pay for Swim Lessons Only?

Swim lessons are included in the price of a membership and we encourage you to enjoy the full benefits of being a YMCA member.

How Can I Register for Swim Lessons?

Members are able to register at the Membership Sales and Service Desk.

Will you Offer Private Swim Lessons?

We recognize that everyone is unique in the way they learn and develop effective life long water safety skills and therefore design all of our swimming lessons with this in mind. Private lessons may be offered depending on demand for this programming.

Will You Offer Swim Lessons for Adults?

Adult lessons will be phased in early January. There may be a waiting periods.

YMCA National Swimming Program

- L'il Dippers (3mths – 5yrs): Splashers, Bubblers, Bobbers, Floaters, Gliders, Divers, Surfers and Dippers
- Learn to Swim (6 yrs +): Otter, Seal, Dolphin, Swimmer
- Star Levels (6 yrs +): Star 1-6
- YMCA Master Swimmer

YMCA L'il Dippers:

L'il Dippers is an eight level value-based water activity program for children three-month to five-year-olds. Children will be introduced to swim movement skills, develop a sense of comfort and confidence in the water, and learn some water safety skills. Parents and children will be in the pool for Splashers and Bubblers.

YMCA Learn To Swim Levels.

The Learn to Swim program covers four levels of the YMCA National Swimming program- Otter, Seal, Dolphin and Swimmer. This series introduces easy-to-learn skills in a safe environment. Instructors strive to have each swimmer feel a sense of achievement by introducing new, basic swim skills and increasing comfort, confidence and endurance. After completing this series, children six years and up will be able to perform a variety of swim skills in shallow and deep water, including the basics of the front crawl.

YMCA Star Program

The YMCA Star Swimmer program expands swimming and water activity skills. It includes six levels: Stars 1, 2, 3, 4, 5 and 6, which are designed to improve swimming ability and endurance. Swimmers learn front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Water sports and safety skills are also covered and there are leadership opportunities within the program.

YMCA Master Swimmer

The Master Swimmer program is for participants who have completed YMCA Star 6. Swimmers gain greater experience in water patrol and lifesaving skills, improve stroke proficiency and endurance, and get introduced to life as a swim instructor. This program involves an additional six hours of volunteer teaching with a certified swimming instructor.

Lifesaving

We offer courses to obtain advanced lifesaving awards and qualifications: Bronze Medallion, Bronze Cross and National Lifeguard Service.

Swim Lessons Conversion Chart
(Conversions are approximation only)

RED CROSS SWIM	YMCA	AQUARENA
Starfish	Splashers (w/parent)	Parent & Tot
Duck	Bubblers (w/parent)	Parent & Tot
Sea Turtle	Bobbers	Parent & Tot
Sea Turtle	Bobbers	
Salamander	Floaters/Gliders	Frogs
Salamander	Floaters/Gliders	Frogs/Penguins
Sunfish	Divers	Penguins
Crocodile	Surfers	Penguins/Dolphins
Whale	Surfers	Dolphins
N/A	Dippers	
Level 1	Otter	White
Level 2	Seal	Purple
Level 2/3	Seal/Dolphin	Red
Level 4/5	Dolphin/Swimmer	Green
Level 6	Star 1	Green/Aqua
Level 7	Star 2/3	Aqua/Blue
Level 8	Star 3/4	Blue/Bronze/Silver
Level 9	Star 4	Bronze/Silver/Gold
Level 10	Star 5/6	Bronze/Silver/Gold
Level 10	Master Swimmer	Silver/Gold