



# Aquatic Club and Sport Programs

## Aquatic Club and Sport Programs

### Junior Lifeguard Club Ages 8-15

**Fridays September 24th to December 17th, 5:00-6:00pm**

**Pre-requisites: Ages 11-15 years; ability to swim 25 metres and tread water 2 minutes**

**Members: \$106 + HST Non-Members: 156 + HST**

An action-packed program for kids who love the water and want more than swim lessons. Building on skills they already have, they will develop and improve swimming and other aquatic skills with emphasis on: swimming skills, lifesaving skills, lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness.

### Lifesaving Sport Fundamentals Ages 8-11

**Fridays September 24th to December 17th, 6:00-7:00pm**

**Pre-requisites: Successful Completion of YMCA Dolphin Level & able to swim 50 metres continuous**

**Members: \$126.00 + HST Non-Members must purchase day passes each day**

This program offers a recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility. The Fundamentals program is a five-level progression that builds on learn-to-swim skills for kids (approx. 8–12 years). Swimmer goals are individual and vary from skill development to competition.

### Lifesaving Sport Fundamentals Ages 12-15

**Fridays September 24th to December 17th, 6:00-7:00pm**

**Pre-requisites: Successful completion of YMCA Dolphin Level & able to swim 50 metres continuous**

**Members: \$126.00 + HST Non-Members must purchase day passes each day.**

This program offers a recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility. The Fundamentals program is a five-level progression that builds on learn-to-swim skills. The Lifesaving Sport Fundamentals program for ages 12-15 transitions athletes through the fundamentals into Being Active for Life, Learning to Train and preparing them to Learn to Compete. Swimmer goals are individual and vary from skill development to competition.

### Lifesaving Sport Telegames!

All athletes enrolled in our Lifesaving Sport programs are eligible to participate in the Lifesaving Society's TeleGames! The Lifesaving Society's TeleGames are inter-club level competitions held at aquatic facilities throughout the year. In TeleGames, participants have the opportunity to experience lifesaving sport events in a fun and encouraging competitive environment. Performances are compared with other lifesavers across Ontario – all without traveling! **The Innisfil YMCA Lifesaving Sport TeleGames competition events will be held December 17th!**

## Private Swim Lessons

YMCA private swim lessons are offered in a one-on-one setting with your specific needs in mind. **Safety is our top priority**, and we are taking extra measures and precautions to keep our participants safe. Our staff are equipped with goggles and/or a visor to provide instruction in a safe environment.

**Please contact your membership centre for scheduling and registration.**

- 1 lesson: \$40
- 4 lessons: \$160
- 8 lessons: \$320
- 12 lessons: \$480





# Grow as Part of the YMCA of Simcoe/Muskoka's Aquatics Team

## Aquatic Certifications

### Pre - Step 1

#### LSS Bronze Star

**Fridays October 1st—December 3rd, 4:00-5:00pm**

**Pre-Requisites: Ages 11 years + Star Leadership Recommended**

**Members: \$126 + HST Non-Members: \$156 + HST**

The Bronze Star course is a Lifesaving Society (LS) certification offered through the YMCA that will allow you to continue to build your aquatic safety skills. It is an advanced lifesaving course designed to prepare candidates for the next level of certification, Bronze Medallion. In Bronze Star, we emphasize rescue drills, fitness skills, and victim recognition. You will also learn CPR.

### Step 1

#### Bronze Medallion Course and Emergency First Aid with CPR B

**Fridays September 17th—December 17th, 5:05-6:05pm**

**Pre-requisites: Age 13 OR Completed Bronze Star**

**Member: \$156 + HST (Canadian Lifesaving Manual not included)**

**Non-Members: \$195 + HST (Canadian Lifesaving Manual not included)**

The course emphasizes the lifesaving principles embodied in the four components of water-rescue education: judgement, knowledge, skill, and fitness. Rescuers learn tows and carries as well as defense methods and releases, preparing themselves for challenging rescues of increased risk involving conscious and unconscious victims of various types.

### Step 2

#### YMCA Assistant Aquatic Leader Course

**Mondays & Fridays September 20th—December 17th, Online Mondays 4:30-6:00pm, In Pool Fridays 4:30-6:00pm**

**Pre-requisites: Bronze Medallion, Emergency First Aid with CPR B**

**Blended Learning Online**

**Member: \$186 + HST (First Aid Manual not included)**

**Non-Members: \$225 + HST (First Aid Manual not included)**

A Blended On-line and In-Pool Combined Certification Course for candidates wanting to be a part of a team as a YMCA Assistant Aquatic Volunteer. Upon successful completion you will have your Bronze Cross, Standard First Aid with CPR C and Assistant YMCA Swim Instructor Certifications and be eligible to assist YMCA Aquatics staff in teaching swim lessons. Volunteering with your local

### Step 3

#### YMCA Aquatic Leader Course

**Saturdays & Sundays September 18th—December 19th, In Pool Saturdays 8:00-10:00am, Online Sundays 10:00am-12:00pm**

**Pre-requisites: Bronze Cross, Standard First Aid, must be 15+ years old**

**Blended Learning Online**

**Member: \$280 + HST (Alert Manual and Lifesaving Instructor Binder Pack not included)**

**Non-Members: \$370 + HST (Alert Manual and Lifesaving Instructor Binder Pack not included)**

A blended On-line and in-Pool Combined Certification Course for candidates looking for a job or career in Aquatics. Upon successful completion you will have your National Lifeguard and Lifesaving Instructor with Inclusion Clinic Certifications.

**YMCA Aquatics Staff Employment (Pre-requisites: NL, SFA, YMCA Assistant Swim Instructor, Lifesaving Instructor and 16 Years)** Upon completion of all prerequisites, you will be invited to go through the hiring process to become a YMCA Aquatics Staff team member! Successful applicants will be given additional training and certification as a YMCA Swim Instructor and Bag-Valve Mask Clinic, free of charge.

**For dates and times of Advanced Aquatics Certification Courses Please See Our Aquatics Program Schedule**