



NEWS SPLASH

FALL 2022

Swim Lessons

September 19th – December 17th

Registration Opens:

Saturday August 6th

7:00am

Visit our Online Portal to
register:

www.YMCAOnlinePortal.ca



Private Swimming Lessons

Look on your online portal for available private swimming lesson times. We offer our private lessons as a private lesson or semi-private lesson.

Welcome back to your YMCA!

Parents and Guardians:

Swimmers under 10 years of age must be accompanied by a Guardian. All Guardians must have an active membership or Guardian Pass to enter the facility and must remain in the facility during the lesson.

Stop by our Membership Services Desk and have your Guardian Pass created today!

We Are Hiring!

Swim Instructors and Lifeguards - submit your resume online today!

Teaching swimming lessons and lifeguarding is the most rewarding job you will ever have. Work with life-long friends. A job at the Y is where all of your great memories begin!!

HEALTH REGULATIONS

In accordance with Regulation 565, all bathers must take a cleansing shower prior to entering the pool.

This will help us maintain appropriate and safe pool chemistry and minimize pool closures and interruptions.

We thank you in advance for helping to keep our pool area clean and free from debris by bringing sandals with you to change into in order to gain access to the pool deck, even if only to sign your child in/out of lessons.

Thank you!

More Options!

Low Sensory Swimming Lessons - Available most days, please check your Portal
Activities in the water can help children with autism, ADHD, or specific sensory challenges strengthen their sensory processing skills, while also providing calming and modulating benefits. Water is also a safe and supportive environment for trying new skills.

Youth Learn to Swim - Fridays, 6:00-6:30pm

We offer a wide variety of programs to help you reach your full potential and begin your journey towards lifelong fitness, friends and fun!

Adult Learn to Swim—Fridays 5:30-6:00pm and 6:00-6:30pm

Drop-in Youth Stroke Clinics Fridays 5:00-5:30pm

Masters Swim Club—Tuesdays, 7:15-8:15pm

This program will help you strengthen and improve through stroke correction, technique tips, skills and drills.

This registered program is suitable for intermediate recreational swimmers through to competitive level swimmers/triathletes.



HEALTH REGULATIONS

In accordance with Regulation 565, all bathers must take a cleansing shower prior to entering the pool. This will help us maintain appropriate and safe pool chemistry and minimize pool closures and interruptions.

Remember...

**NO SWIM LESSONS
the following dates:**

Labor Day

September 5th

Thanksgiving

October 10th

SIGN IN/OUT POLICY

To ensure children are safe in our programs all children under the age of 10 MUST be signed in and out of swim lessons by a parent or guardian at least 16 years of age. This procedure must take place on the pool deck with each child's swim instructor present.



Swim Lessons

Summer 2022

Parent and Tot (3-36 months) *Splasher/Bubbler*

Mon	Tue	Wed	Thurs	Fri	Sat
	5:45pm	4:00pm 4:35pm		4:00pm 4:30pm	10:10am 10:45am

Pre-school Lessons (3-5 years) *Bobber, Floater, Glider, Diver, Surfer, Jumper*

Level	Mon	Tue	Wed	Thurs	Fri	Sat
Bobber/Floater	4:00pm 4:35pm 5:10pm 6:20pm	4:00pm 4:35pm 5:45pm 6:20pm	4:00pm 4:35pm 5:10pm 5:45pm 6:20pm	4:00pm 4:35pm 5:10pm 5:45pm	Youth Swim Lessons	9:00am 9:35am 10:10am 10:45am 11:20am
Glider/Diver	4:00pm 6:20pm	4:35pm 5:45pm	4:35pm 5:45pm	4:00pm 6:20pm	Youth Swim Lessons	9:35am
Surfer/Jumper	5:45pm			5:45pm	Youth Swim Lessons	

Child Lessons (6-12 years) *Otter, Seal, Dolphin, Swimmer, Star 1-7*

Level	Mon	Tue	Wed	Thurs	Fri	Sat
Otter/Seal	4:00pm 4:35pm 5:10pm 5:45pm 6:20pm	4:00pm 4:35pm 5:10pm 5:45pm 6:20pm	4:00pm 4:35pm 5:10pm 5:45pm 6:20pm	4:00pm 5:10pm 5:45pm	Youth Swim Lessons	9:00am 9:35am 10:10am
Dolphin/Swimmer	4:00pm 4:35pm 5:10pm 5:45pm	4:00pm 4:35pm 5:10pm	4:00pm 5:10pm 5:45pm	4:00pm 4:35pm 5:10pm 5:45pm 6:20pm	Youth Swim Lessons	9:35am 10:45am
Star 1/2	4:35pm 5:45pm	4:00pm 5:10pm		4:35pm 5:10pm 6:20pm	Youth Swim Lessons	9:00am 10:10am 11:20am
Star 3/4	5:10pm 6:20pm				Youth Swim Lessons	10:45am
Star 5/6/7	6:20pm	5:10pm		4:35pm	Youth Swim Lessons	

Aquatic Leadership Courses

At the YMCA you can complete your aquatic leadership courses beginning in Bronze Medallion, Bronze Cross, Assistant YMCA Swim Instructor, National Lifeguard, Lifesaving Instructor and YMCA Swim Instructor. These programs provide essential lifesaving and leadership skills that will enable your child to reach their full potential in any aquatic environment.

Consult our Advanced Aquatic information sheet, available on our website or ask our Aquatic or Membership Staff for a printed copy!

Volunteers Needed!

Whatever your special talents, interests, or schedule may be, there is a way for you to become a YMCA volunteer and help change someone's life! If you share the YMCA's commitment to help build healthy communities, please consider becoming a YMCA volunteer. Volunteer opportunities are available for those age 13 and older (or those involved in our Advanced Aquatics or Youth Leadership Programs) and require successful completion of our Training Program as well as a clear Criminal

Reference Check.

For more information, please email our Volunteer Coordinator at volunteer.innisfil@sm.ymca.ca

NEW FOR FALL 2022!

Pre-Bronze

This course is designed to help maintain and develop the skills needed for both Bronze Medallion and Bronze Cross. If age or skill is holding you back on your lifeguard journey, this is the course for you.

Pre-Guard

This course is designed to help maintain and develop the skills need for National Lifeguard, it will also give you the change to get a taste of the different streams, pool and waterfront.



Family Swim to Survive®

Everyone in Canada should learn to swim.

Swim to Survive is an important first step and helps prepare for an unexpected fall into deep water.

Learn as a family.

Family Swim To Survive

The program is designed to create a comfortable and safe learning environment for families, some of whom might be new to Canada or may have no experience with survival swimming and water safety.

Register at:

www.YMCAOnlinePortal.ca



LIFESAVING SOCIETY

The Lifeguarding Experts