



# Aquatic Club and Sport Programs



**WINTER 2023**

## Junior Lifeguard Club Ages 11-15

**Tuesdays starting January 10th 2023 — March 7th 2023 @ 6:30pm-7:30pm**

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

**Members: \$126 + 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 and personal fitness.

## Lifesaving Sport FUNDamentals Ages 8-11

**Mondays starting January 10th 2023 – March 6th 2023 @ 7:10pm-7:50pm**

**Pre-requisites: Passed YMCA Dolphin Level & can swim 50 metres continuous**

**Members: \$106.00 + HST      Non-Members: \$136 + HST**

A fun introduction to lifesaving sport and competition! The FUNDamentals Lifesaving Sports program is a five-level progression that builds on learn-to-swim skills and teaches team building, fair play, ethics in sport and personal responsibility. Swimmer goals are individual and vary from skill development to competition.

## Lifesaving Sport Ages 12-15

**Mondays January 9th 2023 - March 6th 2023 @ 7:00pm-8:30pm**

**Pre-requisites: Completed YMCA Dolphin Level & can swim 50 metres continuous**

**Members: \$126.00 + HST      Non-Members: \$156 + HST**

This program offers a recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility. The Lifesaving Sport 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!

**Let us take your swimming to the next level!  
Gain valuable skills in Lifesaving and Leadership!**



# Advanced Aquatic Certifications



## WINTER 2023

### LSS Bronze Star:

**Pre-Requisites: Ages 12 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: LSS Bronze Medallion Course and Emergency First Aid with CPR B

**(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: LSS Bronze Cross, LSS Standard First Aid & Assistant YMCA Swim Instructor

**PLUS: Must complete 10 hours of volunteering with swim lessons**

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

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

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

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 YMCA satisfies your high school community hours and is a great resume builder while also giving back to your community!

### Step 3: LSS National Lifeguard Certification

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

**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 Certification Course for candidates looking for a job or career in Aquatics. Upon successful completion you will have your National Lifeguard Certification.

### 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.

LEVEL	TIMES AND DATES	
LSS Bronze Star	Sundays starting Feb 12th–Mar 19th at 9am-11am	Sundays starting April 9th–May 14th at 9am-11am
Step 1: LSS Bronze Medallion and Emergency First Aid	Sundays starting Feb 12th–Mar 19th at 9am-1pm	Sundays starting April 9th - May 14th at 9am-1pm
Step 2: Y Assistant Aquatic Leader LSS Bronze Cross, Standard First aid, YMCA Assistant Instructor	Fridays starting Feb 10th-Mar 17th at 4:30-6:30pm <b>As well as</b> Sundays starting Feb 12th- Mar 19th at 9am-1pm	
Step 3: LSS National Lifeguard Course	March 13th-17th @8am-4pm	



# First Aid Courses



**WINTER 2023**

## LSS Standard First Aid and CPR-C

**Price: \$125 + Tax**

**Pre-requisites: This course is suitable for participants 12+ years of age.**

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification.

## LSS Standard First Aid and CPR-C Recertification

**Price: \$100 + Tax**

**Pre-requisites: You must provide proof of your current SFA certification card.**

Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course, not more than 3 years from the Standard First Aid date of issue.

### Dates & Times

<b>Standard First Aid and CPR-C</b>	February 11th & 12th <b>OR</b> April 22nd & 23th	9:00am– 5:00pm
<b>Standard First Aid CPR-C Recertification</b>	February 12th <b>OR</b> April 23th	9:00am-5:00pm



# Adult Aquatic Programs



WINTER 2023

## Aqua-fit

**Pre-Booked - See schedule for days and times**

A series of aerobic exercises done in water to music. Aqua-fit provides many great health benefits such as; improved heart health, muscle strengthening and conditioning, improved flexibility and mindfulness. Pre-book for Aqua-fit classes through the YMCA online portal and be part of the fun!



## Aqua-therapy

**Drop In - See schedule for days and times**

A series of therapeutic exercises and movements done in water to music. Aqua-therapy provides a light alternative to aqua-fit for those recovering from injuries, surgeries, or those whom are just starting back to fitness. Therapeutic due to the properties of water and the gentle movements being used. Come give this wonderful aqua class a try! We would love to help heal you!

## Aqua-Zumba

**Drop In - See schedule for days and times**

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. Come show off your dance moves along with getting an amazing exercise. The more the merrier!

## Adult Swim Lessons

**Drop In: Thursdays 11:15-11:45am**

YMCA adult swim lessons use a variety of adult learning principles to structure the program to meet the individual needs of each swimmer.