

# Innisfil YMCA

## Swim Lessons - Winter 2024

January 8 - April 28

Registration Opens  
9:00am on December 9th

Parent and Tot 6 Months-3 Years							
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Splasher/ Bubbler	5:45pm-6:15pm	4:00pm-4:30pm	4:35pm-5:05pm			10:10am-10:40pm	
Preschool 3-5 Years							
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Bobber	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm		9:00am-9:30am	
	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm		9:35am-10:05am	
	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm		10:10am-10:40am	
	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm		10:45am-11:15am	
	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm		11:20am-11:50am	
Floater/ Glider	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm		11:55am-12:25pm	
	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm		9:00am-9:30am	
	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm		9:35am-10:05am	
	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm		10:10am-10:40am	
	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm		10:45am-11:15am	
Diver/Surfer /Jumper	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm		11:20am-11:50am	
	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm		11:55am-12:25pm	
	4:00pm-4:30pm	6:20pm-6:50pm	5:45pm-6:15pm	6:55pm-7:25pm		9:35am-10:05am	
	<b>Child 6-12 Years</b>						
	Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Otter	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm		9:00am-9:30am	
	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm		9:35am-10:05am	
	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm		10:10am-10:40am	
	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm		10:45am-11:15am	
	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm		11:20am-11:50am	
Seal/ Dolphin	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm		11:55am-12:25pm	
	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm		9:00am-9:30am	
	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm		9:35am-10:05am	
	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm		10:10am-10:40am	
	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm		10:45am-11:15am	
Swimmer/ Star 1	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm		11:20am-11:50am	
	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm		11:55am-12:25pm	
	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm		9:00am-9:30am	
	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm	4:35pm-5:05pm		9:35am-10:05am	
	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm	5:10pm-5:40pm		10:10am-10:40am	
Star 2 & 3	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm	5:45pm-6:15pm		10:45am-11:15am	
	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm	6:20pm-6:50pm		11:20am-11:50am	
Star 4, 5 & 6	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm	6:55pm-7:25pm		11:55am-12:25pm	
	4:35pm-5:05pm	5:10pm-5:40pm	6:20pm-6:50pm	4:00pm-4:30pm	4:30pm-5:00pm 6:00pm-6:30pm	9:00am-9:30am	
	5:10pm-5:40pm		6:55pm-7:25pm	4:35pm-5:05pm	5:00pm-5:30pm 6:00pm-6:30pm	10:45am-11:15am	

**NOTE: Schedule subject to change.**

Please visit our Portal to check on the class times, cancellations or program changes.



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## Swim Lessons - Winter 2024

January 8 - April 28

Registration Opens  
9:00am on December 9th

### Parent and Tot

YMCA Parent and Tot program will introduce your baby, toddler, or preschooler to the basics of swimming. Caregiver assisted child program to develop comfort in the water, familiarity to environment and to promote water fun.

### Preschool Swim Lessons

You're never too young to enjoy the water! The YMCA Little Jumpers program will introduce your preschooler to the basics of swimming.

### Learn to Swim

At the YMCA, we believe that swimming benefits your child through better health, new friends, and self-confidence. The YMCA Learn to Swim program is a series of four swimming levels focused on technique, stroke development and endurance.

### Star Program 1-4

Children who have completed the YMCA Learn to Swim Program or equivalent can develop more advanced skills through the YMCA Star Program.

### Star Program 5-6

Children 10 years or older who are competent swimmers can take the YMCA Star Leadership Program. Combining leadership opportunities with the Lifesaving Society's Canadian Swim Patrol program, the YMCA Star Leadership Program consists of two levels - Star 5 and Star 6 - that develop first aid, lifesaving, and advanced swimming skills.

### Swim Program Conversion Chart

Red Cross	Lifesaving Society	YMCA
Starfish	Parent and Tot 1	Splasher
Duck	Parent and Tot 2	Bubbler
Sea Turtle	Parent and Tot 3	Bubbler
Sea Otter	Preschool 1	Bobber
Salamander	Preschool 1	Floater
Sunfish	Preschool 2	Glider
Sunfish	Preschool 3	Diver
Crocodile	Preschool 4	Surfer
Whale	Preschool 5	Jumper
Swim Kids 1	Swimmer 1	Otter
Swim Kids 1	Swimmer 1	Seal
Swim Kids 2/3	Swimmer 2	Dolphin
Swim Kids 4/5	Swimmer 3	Swimmer
Swim Kids 6/7	Swimmer 4	Star 1
Swim Kids 8	Swimmer 5	Star 2
Swim Kids 9	Swimmer 6	Star 3
Swim Kids 9 (400m Swim)	Rookie	Star 4
Swim Kids 10	Ranger	Star 4
Swim Kids 10 (500m)	Star	Star 6

### What Swim Level is My Child in?

Visit [swimgen.net](http://swimgen.net) to find your child's past and current swim reports. Access website below using your child's membership number to look up report card.  
[swimgen.net/search](http://swimgen.net/search)

Please remember to bring secondary indoor footwear to wear in our wet areas and on the pool deck. Outdoor footwear is not allowed on our pool deck as per public health regulations.

### Private Swim Lessons

Please contact your membership centre for scheduling and registration.  
\$200 for a block of 5 sessions, 30 minutes per session.

Our staff are available to help assess your child's swim level.

If your child has taken swim lessons outside of the YMCA simply use the above conversion chart to know which YMCA level to put your child in.