

Innisfil YMCA

Swim Lessons - Fall 2024

September 9th - December 22nd

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-10:40am |

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 |
| | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | | 11:55am-12:25pm |
| Floater/Glider | 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 |
| | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | | 11:55am-12:25pm |
| Diver/Surfer/ Jumper | 4:00pm-4:30pm | 6:20pm-6:50pm | 5:45pm-6:15pm | 6:55pm-7:25pm | | 9:35am-10:05am |

Child 6-12 Years

| 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 |
| | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | | 11:55am-12:25pm |
| Seal/Dolphin | 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 |
| | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | 6:55pm-7:25pm | | 11:55am-12:25pm |
| Swimmer/Star 1 | 4:00pm-4:30pm | 4:35pm-5:05pm | 4:00pm-4:30pm | 4:35pm-5:05pm | | 9:00am-9:30am |
| | 5:10pm-5:40pm | 5:45pm-6:15pm | 5:10pm-5:40pm | 5:45pm-6:15pm | | 10:10am-10:40am |
| | 6:20pm-6:50pm | 6:55pm-7:25pm | 6:20pm-6:50pm | 6:55pm-7:25pm | | 11:20am-11:50am |
| Star 2 & 3 | 4:35pm-5:05pm | 4:00pm-4:30pm | 4:35pm-5:05pm | 4:00pm-4:30pm | 4:30pm-5:00pm | 9:35am-10:05am |
| | 5:45pm-6:15pm | 5:10pm-5:40pm | 5:45pm-6:15pm | 5:10pm-5:40pm | 6:00pm-6:30pm | 10:45am-11:15am |
| | 6:55pm-7:25pm | 6:20pm-6:50pm | 6:55pm-7:25pm | 6:20pm-6:50pm | | 11:55am-12:25pm |
| Star 4,5 & 6 | 5:10pm-5:40pm | | 6:55pm-7:25pm | 4:35pm-5:05pm | 5:00pm-5:30pm | 10:45am-11:15am |
| | | | | | 6:00pm-6:30pm | |
| Private Swim Lesson | 4:35pm-5:05pm | 5:10pm-5:40pm | 4:00pm-4:30pm | 4:00pm-4:30pm | 4:00pm-4:30pm | 9:00am-9:30am |
| | 6:55pm-7:25pm | 5:45pm-6:15pm | 6:20pm-6:50pm | 5:10pm-5:40pm | 5:10pm-5:40pm | 11:55am-12:25pm |
| | | 6:55pm-7:25pm | | 6:20pm-6:50pm | 6:20pm-6:50pm | |
| | | | | | 6:00pm-6:30pm | |
| | | | | | 6:30pm-7:00pm | |
| Low Sensory | 6:20pm-6:50pm | 4:35pm-5:05pm | 5:10pm-5:40pm | 5:45pm-6:15pm | | 11:20am-11:50am |

NOTE: Schedule subject to change.

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



Innisfil YMCA

Swim Lessons - Spring 2024

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 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

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. \$250 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.