

ADULT SWIM LESSONS

ADULT	Dates	Day	Beginners	Intermediate	Strokes and Drills
	September 11-October 30 November 6-December 18	Saturday	9:30-10:15 am	10:15-11:15 am	11:15am-12:15 pm
	September 7-October 28 November 2-December 16	Tuesday & Thursday	7:30-8:15 pm	9:00-10:00 am or 7:30-8:30 pm	7:00-8:00 am or 8:30-9:30 pm

MASTERS SWIMMING	Dates	Day	Introduction to Masters	Masters Swim Club
	September 11-October 30 November 6-December 18	Saturday		7:30-8:30 am or 8:30-9:30 am
	September 8-October 27 November 1-December 15	Monday & Wednesday	5:15-6:15 pm	6:00-7:30 pm

Fees

Adult Lesson Costs:	Level	Classes	Member	Non-Member
	Beginners	7 to 14 classes	Included	\$8 per lesson
	Intermediate	7 to 14 classes	Included	\$8 per lesson
	Strokes and Drills	7 to 14 classes	Included	\$8 per lesson
	Introduction to Masters	14 classes	Included	\$7.50 per lesson
	Masters Swim Club	13 classes	Included	\$9.25 per lesson

Lesson Descriptions

Classes	
Beginners	Introduction to movement through submersion, floating, gliding and kicking on both front and back. Introduction to front and back crawl.
Intermediate	Developing front crawl and back crawl, introduction to breast stroke and elementary back stroke. 50 metre endurance swim.
Strokes and Drills	Stroke correction for breast stroke. Introduction to butterfly. 200 metre endurance swim.
Introduction to Masters	Get a workout by challenging yourself and increasing your endurance. Ongoing stroke correction. 400 metre endurance swim.
Masters Swim Club	Join this adult swim club where a coach guides you through a one hour workout. Two to three kilometre swim. Option of joining Masters BC (extra fee) to compete at local swim meets. Registration includes Monday and Wednesday evenings as well as a Saturday morning swim time.

REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9
REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4

Classes will be cancelled 48 hours prior to start date if insufficient registration is received.

Don't delay — register today!

No classes on statutory holidays

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
Phone: 250.386.7511 **Fax:** 250.380.1933

ADVANCED AQUATICS

Our Advanced Aquatic programs include Bronze Star, Bronze Medallion, Bronze Cross, Assistant YMCA Swim Instructor, YMCA Swim Instructor, YMCA Crossover, and NLS Recertification.

For more information regarding these courses, please contact Aquatic Programmers Erin West-Sadler (ewestsadler@victoriay.com) and Mike Watts (mwatts@victoriay.com) at 250-418-1838.

NLS RECERT	Keep your lifeguarding certification current by completing this 8 hour recertification. Prerequisites: CPR C within 1 year and NLS within 5 years.				
	Dates	Day	Time	Member	Non-Member
	September 24-September 25	Friday	5:30-9:30 pm	2/\$70	2/\$90
	November 5-November 6	Saturday	1:00-5:00 pm		

Lesson Descriptions

Classes	
Bronze Star	The first step to becoming a lifeguard! Learn important lifesaving skills that can save lives. Prerequisites: Ability to swim 200 metres and minimum of 12 years of age.
Bronze Medallion	Includes CPR B: 20 hours. Begin your journey as a lifesaver with training in water rescue, judgment, knowledge, skills and fitness. Prerequisites: Bronze Star or a minimum of 13 years of age.
Bronze Cross	Includes CPR C: 20 hours. Continue on your journey as a lifesaver with more advanced training in aquatic emergencies, stroke, and endurance fitness skills. Prerequisite: Bronze Medallion.
Assistant YMCA Swim Instructor	This certification course is a prerequisite to the YMCA Swim Instructor course. It covers teaching methods, learning styles, physical principals, progressions, communication, safety supervision and feedback. Prerequisites: Minimum 16 years of age, Current Bronze Cross or NLS, and current Standard First Aid and CPR C.
YMCA Swim Instructor	This course concentrates on teaching styles and methods, lesson planning, class formations and stroke development. Once completed candidate will be able to teach all YMCA Swim Programs. Prerequisites: Assistant YMCA Instructor course and current Bronze Cross or NLS. Candidate must be 16 years of age by the last lesson.
YMCA Crossover	Already a qualified swimming lesson instructor? Obtain your YMCA Swim Instructor Certification in just 8 hours! Prerequisites: WSI, LSI or NCCP.
NLS Recert	Keep your lifeguarding certification current by doing this 8 hour recertification. Prerequisites: CPR C within 1 year and NLS within 5 years.

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