

CHILDREN'S SWIM LESSON

NEW BLOCK LESSONS.

Try out our block lessons! This new lesson format will make registering your child easier and will add convenience to your scheduling.

Participants will register for their swim program (Lil' Dipper, Learn to Swim or Star Program) based on a time slot, rather than a specific level (Bobber, Otter, Star 1, etc.). The participants will be arranged into groups based on ability.

If you have any questions please contact Aquatic Programmers Erin West-Sadler (ewestsadler@victoriay.com) and Mike Watts (mwatts@victoriay.com) at 250.418.1838.

FEES	Member		Non-Member				
	Included in Child or Family Membership		30 min \$4/class	45 min \$6/class	60 min \$8/class		
SESSIONS	Dates	Day	Parent and Tot	Lil' Dipper Program	Learn to Swim Program	Star Program	Youth Swim Club
	Sept 8-Oct 27 Nov 1-Dec 15	Monday & Wednesday					3:30-4:30pm
	Sept 7-Oct 26 Nov 2-Dec 14	Tuesday		10:00-10:30 am			
	Sept 8-Oct 27 Nov 3-Dec 15	Wednesday		3:00-3:30 pm or 3:30-4:00 pm	2:30-3:00pm	3:30-4:15 pm	
	Sept 9-Oct 28 Nov 4-Dec 16	Thursday		10:00-10:30 am or 6:00-6:30 pm			
	Sept 11-Oct 30 Nov 6-Dec 18	Saturday	10:00-10:30 am	9:00-9:30 am or 9:30-10:00 am or 10:30-11:00 am	9:30-10:00 am or 10:00-10:30 am or 10:30-11:00 am	11:00-11:45 am	
Sept 12-Oct 31 Nov 7-Dec 19	Sunday		1:30-2:00 pm or 2:30-3:00 pm	2:00-2:30 pm	3:00-3:45 pm		

PRIVATE SWIM LESSONS

Need a little extra help? Register for one-on-one lessons with one of our trained swim instructors.
 \$20 per 30 minute lesson.

Visit the Member Services Desk to pick up a registration package today!

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

CHILDREN'S SWIM PROGRAMS
Lesson Descriptions

6 months to 3 years	
Parent and Tot	Introduction to swimming skills through activities, games and songs, adult participation required (adult must be 16 years or older).
Lil' Dipper Program (3 to 5 years)	
Bobbers	We introduce the child to breath control, face in progressions and assisted floats. Red Cross equivalent: Sea Turtle.
Floaters	We introduce the child to rhythmic breathing, moving from assisted to unassisted floats on front and back. Red Cross equivalent: Salamander/Sunfish.
Gliders	We help the child to build swimming skills from floats to glides to kicks on front, back and side. Red Cross equivalent: Crocodile.
Divers	We introduce the child to front swim using arms and legs (20 metre), deep water and surface support. Red Cross equivalent: Whale.
Surfers	We introduce the child to diving into deep water and front and back crawl (15 metres).
Learn to Swim Program (6 to 12 years)	
Otter	We help the children with submersion, front and back floats, front glide and kick, and 5 metre swim.
Seal	We introduce children to front swim, side kicking, deep water orientation, surface support, breath control, back glide with kick, 10 metre swim on front and back.
Dolphin	We work with the children's front crawl, back crawl, deep water skills, treading water, and 50 metre swim.
Swimmer	We work with the children on their front crawl, back crawl, deep water skills, treading water, and 50 metre swim.
Star Program (6 to 13 years)	
Star 1	We work on front crawl, back crawl, treading water, stride jump, underwater swim, front somersault, and the 75 metre endurance swim. Red Cross equivalent: Swim Kids 6.
Star 2	We teach the children shallow dives, sculling and help them with their 150 metre endurance swim. We continue to develop front and back crawl, and introduce the whip kick. Red Cross equivalent: Swim Kids 7.
Star 3	We help children work on their back stroke, feet first surface dives, feet first sculling and their 300 metre endurance swim. Red Cross equivalent: Swim Kids 8.
Star 4	We teach the children side stroke, eggbeater kick, head first surface dive, and the breast stroke start and turn. The endurance swim is 400 metres. Red Cross equivalent: Swim Kids 9.
Star 5	We teach the children lifesaving kick, synchronized swimming skills, freestyle turn and 500 metre swim. Red Cross equivalent: Swim Kids 10.
Star 6	We teach the children butterfly, synchronized swimming skills and water polo skills. The endurance swim is 600 metres.
Master Swimmer	We help children increase their knowledge and rescue performance. We also further develop swimming stroke proficiency and the endurance swim is 700 metre. Participants will also be expected to assist with teaching swimming to others.
Youth Swim Club	A program for youth to practice their strokes, challenge their speed and increase their endurance.

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