

CHILDREN'S SWIM LESSON SCHEDULE

NEW BLOCK LESSONS	Dates	Day	Lil' Dipper Program 3-5 years	Learn to Swim Program 6-12 years	Star Program 6-13 years
	July 13-July 29 August 3-August 26	Tuesday, Wednesday, Thursday	10:00-10:30am or 10:30-11:00am	9:00-9:30am or 9:30-10:00am	11:00-12:00am

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

LIL' DIPPER 3 TO 5 YEARS	Dates	Day	Bobber	Floater	Glider	Diver	Surfer	Parent & Tot
	July 13-August 24	Tuesday	10:00-10:30 am	10:00-10:30am				
	July 17-August 28	Saturday	9:00-9:30am or 10:00-10:30am	9:00-9:30am or 11:00-11:30am	9:30-10:00am or 10:30-11:00am	10:30-11:00am	10:00-10:30am	10:00-10:30am

LEARN TO SWIM 6 TO 12 YEARS	Dates	Day	Otter	Seal	Dolphin	Swimmer
	July 17-August 28	Saturday	9:30-10:00am	9:30-10:00am	10:30-11:00am	10:30-11:00am

STAR PROGRAM 6 TO 13 YEARS	Dates	Day	Star 1	Star 2	Star 3	Star 4	Star 5	Star 6 & Master Swimmer
	July 17-August 28	Saturday	10:30-11:00am	11:00-11:45am	11:00-11:45am	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm

7 TO 15 YEARS	Dates	Day	Youth Swim Club
	July 12-August 25	Monday & Wednesday	3:30-4:30pm

FEES	Member	Non-member
Included in Child or Family Membership	30 minutes: \$4/class	45 minutes: \$6/class
	60 minutes: \$8/class	60 minutes: \$8/class

***NEW* BLOCK LESSONS.** 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.

REGISTRATION FOR JULY 5 TO AUGUST 29 SESSION STARTS JUNE 7

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

DTY = Downtown Y VVWY = Vic West Y

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

Vic West Y
 521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 **Fax:** 250.388.6455

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).
3 to 5 years	
Bobbers <i>Seaturtle</i> ♦	We introduce the child to breath control, face in progressions and assisted floats. Red Cross equivalent: Sea Turtle.
Floaters <i>Salamander/Sunfish</i> ♦	We introduce the child to rhythmic breathing, moving from assisted to unassisted floats on front and back. Red Cross equivalent: Salamander/Sunfish.
Gliders <i>Crocodile</i> ♦	We help the child to build swimming skills from floats to glides to kicks on front, back and side. Red Cross equivalent: Crocodile.
Divers <i>Whale</i> ♦	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).
6 to 12 years	
Otter <i>Swim Kids 1 & 2</i> ♦	We help the children with submersion, front and back floats, front glide and kick, and 5 metre swim. Red Cross equivalent: Swim Kids 1/2.
Seal <i>Swim Kids 3</i> ♦	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. Red Cross equivalent: Swim Kids 3.
Dolphin <i>Swim Kids 4</i> ♦	We work with the children's front crawl, back crawl, deep water skills, treading water, and 50 metre swim. Red Cross equivalent: Swim Kids 4.
Swimmer <i>Swim Kids 5</i> ♦	We work with the children on their front crawl, back crawl, deep water skills, treading water, and 50 metre swim. Red Cross equivalent: Swim Kids 5.
6 to 13 years	
Star 1 <i>Swim Kids 6</i> ♦	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 <i>Swim Kids 7</i> ♦	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 <i>Swim Kids 8</i> ♦	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 <i>Swim Kids 9</i> ♦	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 <i>Swim Kids 10</i> ♦	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, synchronize 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.

♦ Red Cross equivalent

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