

## SWIM LESSONS

**NEW**

### ROLLING REGISTRATION

At the Y, we know that it takes a child more than eight weeks to develop effective lifelong water safety skills. That is why we are excited to introduce the YMCA Canada Rolling Registration swim lesson model at the YMCA-YWCA of Greater Victoria. Just register your children once and watch them progress through the levels at their own pace.

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	Lil' Dipper Program	Learn to Swim Program	Star Program
	January 3-June 12	Tuesday	10:00-10:30 am		
	January 4-June 13	Wednesday	3:30-4:00 pm or 4:30-5:00 pm	3:30-4:00 pm or 4:00-4:30 pm	4:00-4:45 pm
	January 5-June 14	Thursday	6:30-7:00 pm		
	January 7-June 16	Saturday	9:00-9:30 am or 9:30-10:00 am or 10:00-10:30 am or 10:30-11:00 am or 11:30 am-12:00 pm	9:30-10:00 am or 11:00-11:30 am	11:30 am- 12:15 pm
	January 8-June 17	Sunday	1:30-2:00 pm	2:00-2:30pm	2:30-3:15 pm

### DROP-IN PARENT AND TOT SWIM LESSONS

Introduction to swimming skills through activities, games and songs. Adult participation required (adult must be 16 years or older).

Dates	Day	Time	Member	Non-Member
January 7-June 16	Saturday	11:00-11:30 am	Included	Child Day Pass Fee
January 8-June 17	Sunday	1:00-1:30 pm	Included	Child Day Pass Fee

### NLS RECERT

Keep your lifeguarding certification current by completing this 8 hour recertification.

Dates	Day	Time	Member	Non-Member
February 3-4 April 27-28	Friday & Saturday	5:30-9:30pm 1:00-5:00pm	2/\$70	2/\$90

## REGISTRATION

**DEC 5 FOR JANUARY 3-JUNE 17**

**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](http://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**  
Sea Turtle<sup>♦</sup> We introduce the child to breath control, face in progressions and assisted floats.

**Floaters**  
Salamander/Sunfish<sup>♦</sup> We introduce the child to rhythmic breathing, moving from assisted to unassisted floats on front and back.

**Gliders**  
Crocodile<sup>♦</sup> We help the child to build swimming skills from floats to glides to kicks on front, back and side.

**Divers**  
Whale<sup>♦</sup> We introduce the child to front swim using arms and legs (20 metre), deep water and surface support.

**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**  
Swim Kids 1 & 2<sup>♦</sup> We help the children with submersion, front and back floats, front glide and kick, and 5 metre swim.

**Seal**  
Swim Kids 3<sup>♦</sup> 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**  
Swim Kids 4<sup>♦</sup> We work with the children's front crawl, back crawl, deep water skills, treading water, and 50 metre swim.

**Swimmer**  
Swim Kids 5<sup>♦</sup> 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**  
Swim Kids 6<sup>♦</sup> We work on front crawl, back crawl, treading water, stride jump, underwater swim, front somersault, and the 75 metre endurance swim.

**Star 2**  
Swim Kids 7<sup>♦</sup> 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.

**Star 3**  
Swim Kids 8<sup>♦</sup> We help children work on their back stroke, feet first surface dives, feet first sculling and their 300 metre endurance swim.

**Star 4**  
Swim Kids 9<sup>♦</sup> 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.

**Star 5**  
Swim Kids 10<sup>♦</sup> We teach the children lifesaving kick, synchronized swimming skills, freestyle turn and 500 metre swim.

**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.

♦ Red Cross equivalent.

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