



## YWCA Aquatics Program

### Swim Handbook 2018



#### **Thank you for choosing YWCA Aquatics Programs.**

We are proud to be a Canadian Red Cross Training Partner in delivering the Red Cross Swim program and an Affiliate of the Lifesaving Society in delivering the Lifesaving Society Bronze Programs.

Instructors offer a balanced program of swimming and water safety skills that allow youth to learn alongside their peers in a fun and encouraging environment. Children are awarded along the way with badges, stickers and lifelong skills!

Through strong partnerships with Terrace Lodge and the Ontario Police College we deliver aquatics programs in the Aylmer area throughout the school year. Please refer to the Fall, Winter, Spring or Summer Swim Program schedule for specific lessons, times, dates and registration/information sessions. Program information can be accessed online at [www.ywcaste.ca](http://www.ywcaste.ca) or by calling or visiting the YWCA at office locations below:

**Aylmer Community Services**, 25 Centre Street, Aylmer, 519-765-2082;

Hours: Mon, Wed, Thu, Fri 9am-4:30pm, Tuesdays 9am to 6pm

**YWCA St. Thomas-Elgin**, 16 Mary St. W. St. Thomas, 519-631-9800

Hours: Mon-Friday 9am-5pm

**Registrations & Withdrawals:** Online, over the phone and in person registration is available for YWCA Aquatics Programs. Online registration is available by visiting [www.ywcaste.ca](http://www.ywcaste.ca). You may also call or visit Aylmer Community Services or the YWCA St. Thomas-Elgin for support with the registration process. Each session, registration/information dates are also hosted in the Aylmer area. Please check swim program schedules for details. Refunds will not be issued after the session begins, for classes cancelled due to inclement weather or due to facility closures. Refunds will be provided when a Doctor's note is submitted, minus classes attended and a \$10 administration fee. Classes will only run based on sufficient registration. Participants may be required to move to an alternative day or time. If the class day and time that you wish to have your child attend is full, please consider registering for an alternative class day or time prior to joining the wait list. Please note that children on wait lists will only be contacted in the event that space becomes available. If you encounter an age registration or are unable to register your child online, please contact the YWCA at 519-765-2082 or speak with the Aquatics Coordinator.

**Closures & Cancellations:** In the event of pool and/or facility closures or inclement weather, swimming lessons may be cancelled. We will make every attempt to contact you as much in advance as possible by phone or email. We also post notices on the YWCA Facebook page. In the event of a closure or cancellation, every attempt will be made to reschedule lessons missed at the end of the session. Refunds are not issued for class cancellations due to inclement weather or facility closures.

**Facilities:** The YWCA is very grateful for our partnerships with facilities and the use of the pools at Terrace Lodge and the Ontario Police College to deliver swimming lessons. In accessing these shared spaces, we appreciate your cooperation in respecting the facilities and leaving them in the same condition as when you arrive. Please keep your children with you at all times when not in the pool and walk at all times. Please do not leave valuables in change rooms. We can not be responsible for lost or stolen items. When registering, please make note of specific information as it pertains to the facility where you will be attending swimming lessons.

Ontario Police College: 10716 Hacienda Road, Aylmer  
Terrace Lodge: 475 Talbot Street East Aylmer

**Parent and Child Feedback:** Your input and feedback is important to us. Please speak with the Aquatics Coordinator at the pool during lessons or contact the YWCA if you wish to discuss any aspect of aquatics programming. Program surveys are also distributed regularly. We appreciate your time in providing your written feedback anonymously to help enhance program responsiveness and quality.

### **Red Cross Swim Program**

Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success. The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Children learn swimming and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around the water. In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed. Children are provided with progress reports at the end of each session. Please keep these for future registration purposes and provide to your instructor to update at the beginning of lessons. Every child progresses at a different rate. It is not uncommon to repeat a level in order to strengthen a particular skill or skills.

The YWCA delivers Red Cross Swim Preschool lessons including Starfish, Duck, Sea Turtle and Salamander and Red Cross Swim Kids Lesson levels 1-10. Please see class descriptions included online, in course registration information, or request a paper copy.

### **Lifesaving Society Bronze Programs**

As a Lifesaving Society Affiliate member, the YWCA is proud to support youth in developing skills and qualifications towards becoming a lifeguard. Swim Patrol, Bronze Star, Bronze Medallion and Bronze Cross programs are offered. Please see program descriptions included online, in course registration information, or request a paper copy.