

Summer 2022 Aylmer Pool Program Guide



Registration opens June 1!

Learn to swim with the Lifesaving Society's Swim for Life program!

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12-year-olds including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life®

Daytime Swimming Lessons: Monday-Thursday for 2 weeks, 8 classes or Evening Swimming Lessons: Wednesdays or Fridays for 8 weeks, 8 Classes

Register online, by phone, or in person. \$85/Participant/Level;

*Family Discount for 3 or more children: \$235; *Registration must be for daytime or evening lessons and must be processed in one transaction for discount to be applied.

Swimmer Level	SESSION 1: July 4-14 Register by June 27	SESSION 2: July 18-28 Register by July 11	SESSION 3: August 2-11 Register by July 25 (*no classes August 1)	Session 4: August 15-25 Register by August 8	Session 5: July 6-August 26 Register by June 27; Combined classes
Swimmer 1/2	10:00-10:30	10:00-10:30	10:00-10:30	10:00-10:30	4:15-4:45
Swimmer 3	10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:15	Swimmer 3/4 4:15-4:45
Swimmer 4	10:45-11:30	10:45-11:30	10:45-11:30	10:45-11:30	
Swimmer 5	10:00-10:45	10:00-10:45	10:00-10:45	10:00-10:45	Swimmer 5/6 4:45-5:15
Swimmer 6	11:30-12:15	11:30-12:15	11:30-12:15	11:30-12:15	
Swimmer 7/8/9	11:15-12:15	11:15-12:15	11:15-12:15	11:15-12:15	4:15-5:15

Private/Semi-Private Lessons:

SESSION 6: July 6-29 (Register by June 27); **SESSION 7: August 3-26** (Register by July 25)

Wednesday or Friday Evenings 4:45-5:15pm for 4 weeks, 4 classes

Private: \$100/Participant/session; Semi-Private \$80/participant/session; *Private/Semi-Private lessons do not qualify for family discount. Level may not be accomplished. Please join wait list for preferred dates/time. Spaces are limited.

Lifesaving Society Swimmer Course Descriptions

Swimmer 1/2(Combined Level, Guardian participation optional):

Beginner swimmers will become comfortable jumping into water with & without a lifejacket. They'll learn to open their eyes, hold their breath & exhale under water. They will learn to float and begin glides. In Swimmer 2, advanced beginner swimmers will jump into deeper water & learn to be comfortable falling sideways into the water wearing a lifejacket. They will be able to support themselves at the surface without an aid, learn whip kick. They will be able to swim 10 metres on their front, back & be introduced to flutter kick interval training (4 x 5m).

Swimmer 3

Swimmers will dive, do in-water somersaults & handstands. They'll work on increasing distances up to 15m of front & back crawl, 10m of whip kick, & flutter kick interval training up to 4 x 15m.

Swimmer 4

Swimmers will swim 5m underwater and lengths of front crawl, back crawl, whip kick & breaststroke arms with breathing. Includes the completion of the Canadian Swim to Survive Standard. They will cap it off with front crawl sprints over 25m & 4 x 25m front or back crawl interval training.

Swimmer 5

Swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50m swims, and breaststroke over 25m. They will pick up the pace in 25m sprints & two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

Swimmer 6

Advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll easily swim lengths of front crawl, back crawl and breaststroke. They also will have a 300metre workout.

Swimmer 7/8/9 (Rookie, Ranger, Star Patrol, Combined Level):

Swimmer 7 continues stroke development with 50m swims of front crawl, back crawl & breaststroke. Lifesaving Sport skills include a 25m obstacle swim & 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS & treatment for bleeding. Fitness improves in 350m workouts & 100m timed swims. Swimmer 8 develops better strokes over 75m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support & rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock & obstructed airway procedures. Skill drills develop a strong lifesaving foundation. In Swimmer 9, swimmers are challenged with 600m workouts, 300m timed swims & a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries, respiratory emergencies including asthma & allergic reactions. Lifesaving skills include defence methods, victim removals & rolling over & supporting a victim face up in shallow water.

Lifesaving & Lifeguarding Training

Lifesaving Training Program	Dates/Times
<p>Lifesaving Society Bronze Star (10hours)</p> <p>This course develops swimming proficiency, lifesaving skill & personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, & apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion.</p> <p>Prerequisites: None. Swim Patrol experience recommended (Swimmer 7/8/9 (Rookie, Ranger Star))</p> <p>Cost: \$120, including exam fee.</p>	<p>July 11-14 Register by June 27 Mon-Thurs 9:30am-12pm</p>
<p>Lifesaving Society Bronze Medallion & Emergency First Aid (20 hours)</p> <p>This course challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Note: Candidates must be able to swim 400 metres (9.5 lengths or 26 widths of the Aylmer Pool) within 12 minutes. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.</p> <p>Prerequisites: Age 13 or Bronze Star certification.</p> <p>Cost: \$140 includes exam fee. Canadian Lifesaving Manual + Bronze Medallion workbook are required & can be purchased for \$50 on first day of course.</p>	<p>July 18-28 Register by July 11 Mon-Thurs 9:30am-12pm Exam to be announced based on Examiner</p>
<p>Lifesaving Society Bronze Cross (20 hours)</p> <p>This course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Note: Candidates must be able to swim 400 metres (9.5 lengths or 26 widths of the Aylmer Pool) within 11 minutes. Bronze Cross is a prerequisite for advanced Training for National Lifeguard and Lifesaving Society Instructor certifications.</p> <p>Prerequisites: Bronze Medallion & Emergency or Standard First Aid.</p> <p>Cost: \$160, includes exam fee + Bronze Cross Workbook</p>	<p>August 8-18 Register by July 25 Mon-Thurs, 9:30am-12pm Exam to be announced based on Examiner</p>

Recreation Swimming Schedule

Make a splash & come for a swim at the Outdoor Pool in Aylmer beginning July 4, 2022. *NOTE: Recreational Swimming is not available August 1st, 2022. Bather and Pool Admission Guidelines apply to all recreational swim programs. Recreational swimming is provided based on pool supervision and capacity requirements. Space may be limited.

Champion active recreation, connectedness and fun in your community!
Contact us to learn more about Sponsoring a Free Public Swim

Recreational Swimming Programs	Days	Times
<p>Preschool Playtime: Join in water fun together with your little one(s) under 5 years of age in the wading pool. Parent/guardian must always accompany child(ren) in wading pool. (1 Guardian:2 Children maximum); Space is limited. Register in advance: \$85/family/session <u>or</u> pay as you go at the pool, where space permits</p>	<p>Monday-Thursday Session 1: July 4-14 Register by June 27 Session 2: July 18-28 Register by July 11 Session 3: August 2-11 Register by July 25 Session 4: August 15-25 Register by August 8</p>	<p>10:15-11am; 11:15-12pm</p>
<p>Public Swim: Cool off, be active and join the fun of recreational swimming! Pay as you go!</p>	<p>Monday-Friday</p>	<p>1-4pm</p>
<p>Lane Swim, Water Walking & Exercise Recreational swimming in 2 lanes, water walking & swimming exercise in the other 3 lanes of the main pool. Lane swims are a great workout and water walking is a low-impact exercise that mixes the benefits of walking with the buoyancy of water. It reduces stress on the joints while helping to strengthen muscles. Register in advance: \$30/participant/session <u>or</u> pay as you go at the pool, where space permits.</p>	<p>Monday, Tuesday, Thursday Session 1: July 4-14 Register by June 27 Session 2: July 18-28 Register by July 11 Session 3: August 2-11 Register by July 25 Session 4: August 15-25 Register by August 8</p>	<p>4:15-5:15pm</p>

Recreational Swim Rates	Daily	Swim Pass (12 Swims)
<p>Pay as you go at the pool for each daily swim program! Swim Passes are not able to be purchased at the pool. Please register in advance online or in person at office for Swim Passes.</p>		
Child (17 & under)	\$3	\$30
Adult	\$5	\$50
Family (up to 6 people of same household, up to 2 adults)	\$14	\$140

Bather & Pool Admission Guidelines

For everyone's safety, Bather & Pool Admission Standards are in place for all individuals accessing the Outdoor Pool facilities in Aylmer.

All children 12 years of age and younger must be accompanied at the facility and directly supervised in the water at all times by a responsible person 13 years or older.

Guests with serious medical conditions are at greater risk while swimming and should be accompanied at all times by a person knowledgeable of their condition and responsible for their direct supervision.

"Direct supervision" is defined as being in the water and able to render immediate assistance.

Swim Testing: Facility Swim Test requires a swimmer to swim a minimum of 2 widths of the main pool and tread water for one minute. Safety is our priority. Aquatic staff may test or re-test anyone to confirm ability to maintain the swim admission standard.

Children Less than 6 Years of Age 1 Responsible Guardian: 2 Children	Receive a RED wrist band prior to entry, are required to stay in the designated shallow end and must be directly supervised in the water at all times by a responsible guardian aged 13+. The responsible guardian must be able to provide immediate assistance if needed.
Children ages 6-12 Non-Swimmers 1 Responsible Guardian: 4 Children Non-Swimmers with Lifejackets 1 Responsible Guardian: 8 Children	Receive a YELLOW wrist band, are required to stay in the designated shallow end and must be directly supervised in the water at all times by a responsible guardian 13+. The responsible guardian must be able to provide immediate assistance if needed.
Children ages 6-12 Swimmers	Receive a GREEN wrist band upon successful swim test and may swim unaccompanied in the pool. Children aged 12 and under must be accompanied at the facility by a responsible guardian who is at least 13 years of age.
Responsible Person 13+	Must identify themselves as a swimmer or non swimmer prior to entry.

Registration Information & Frequently Asked Questions

Anyone accessing services in person is required to adhere to all provincial and local public health regulations. Please [screen for symptoms](#) prior to attending & stay home if sick. Please monitor the YWCA website for updates throughout the season, follow posted signage and direction from staff.



How do we Register? Can we pay at the pool? Registration in advance is required for all swimming lessons, lifesaving and lifeguarding training courses that take place at the Aylmer Outdoor Pool, 7 Myrtle Street, Aylmer and is available for some recreational swimming programs to secure a space. Registration may be completed online, by phone, or in person during business hours on a first come, first served basis. Payment is required at the time of registration to secure a space. Registrations will not be processed at the pool. Spaces are limited. Wait lists may be maintained for some programs, where possible. Anyone on a wait list will only be contacted if a space becomes available. Please ensure profile information is accurate and up to date. If a space becomes available, it will be offered to the first person on the wait list in order of sequence. If response is not received within one business day, the space will be offered to the next person on the wait list. Classes may be added to the lesson schedule where possible. Registration is not required to attend daily recreational swimming and cash payments for daily rates are accepted at the pool.

Class schedules, changes, delays, cancellations, withdrawals and refunds: Programs will be available pending sufficient registration, COVID-19 restrictions, and capacity. Participants may be required to move to an alternative time. Schedules are subject to change, delays or cancellations may occur. Notice may be minimal in unexpected situations including but not limited to inclement weather, pool fouling, mechanical issues or facility closure. For the safety of everyone, following any perceived thunder, the pool will be cleared for 30 minutes. Delayed, missed or cancelled programs or swim times are not rescheduled. We will do our best to communicate changes in a timely manner at the Aylmer Pool, on our website and social media where possible. Refunds will not be issued after the session begins, for schedule or program changes, delays, or cancellations. Requests for program withdrawals received at least one business day in advance of session start may be accommodated where possible, subject to a \$10 administration fee. Program withdrawals after session start due to illness or injury may be eligible for refund upon written request minus fees for any sessions attended, program material or supply related costs and a \$10 administration fee. Refunds are not issued for payments received at the pool for daily recreational swimming programs.

Planning your visit: Please arrive no earlier than 10 minutes prior to your program start time and leave promptly at the end. Swimmers are encouraged to arrive showered and ready to swim in proper swim attire. Changerooms, washrooms, and showers are available onsite. You/your child will be directed to area(s) of activity. Please bring swimming progress reports and/or proof of pre-requisites and provide to your instructor at the start of the session. Instructors will support participants in learning skills according to level, previous experience, ability, & readiness. If placement changes are needed to better accommodate your child's skill development, we will advise upon completion of the first class. Viewing areas during swimming lessons are available along the outside of the fence perimeter. Seating on the deck is not permitted during swimming lessons. The YWCA is grateful for our partnership with the Town of Aylmer Outdoor pool to deliver aquatic programming. We appreciate your cooperation in respecting the facilities.

Connect with us: Please speak with your instructor, Aquatics Coordinator or contact the YWCA if you wish to discuss any aspect of programming. Program surveys are distributed regularly. We appreciate your time in providing your feedback!

YWCA St. Thomas-Elgin, 16 Mary Street West St. Thomas ON N5P 2S3, 519-631-9800
Aylmer Community Services, 20 Talbot Street East Aylmer ON N5H 1H4, 226-210-6800

www.ywcaste.ca