



# Fall 2023 Aquatic Program Guide & Schedule



Registration open September 1-22, 2023! Please register early to avoid disappointment.

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

Swim for Life® stresses lots of in-water practice to develop solid swimming strokes and skills. We incorporate valuable Water Smart® education that will last a lifetime.

### Programs begin October 2-November 27, 2023 at the Ontario Police College, 10716

**Hacienda Road, Aylmer.** Register online, in person or by phone. For late registrations, please call or visit Aylmer Community Services, 20 Talbot Street East Aylmer at 226-210-6800 or the YWCA, 16 Mary Street West St. Thomas at 519-631-9800 during business hours.

**Swimming Lessons: \$89 per participant per level; 8 classes.** \*10% Family Discount for 3 or more participants. \*Participants must be from same household. Registration must be processed in one transaction for discount to be applied. Lifesaving Training & Aquatic Leadership programs do not qualify for discount. If financial assistance is required to join in, please contact us to learn more. We are happy to help determine available options for support.

Swim for Life Level	Mondays, October 2-November 27; no class October 9	Fridays, October 6-November 24	Saturdays, October 7-November 25
<b>Parent &amp; Tot 2/3</b> (Guardian participation)	5:15-5:45pm	5:15-5:45pm	12:15-12:45pm; 2:30-3:00pm
<b>Preschool 3/4/5</b> (Guardian participation)	5:45-6:15pm; 6:30-7:00pm	5:45-6:15pm; 6:30-7:00pm	12:45-1:15pm; 1:30-2:00pm;
<b>Swimmer 1</b>	5:15-5:45pm; 6:30-7:00pm	5:15-5:45pm; 6:30-7:00pm	12:15-12:45pm; 1:30-2:00pm
<b>Swimmer 2</b>	5:45-6:15pm; 7:00-7:30pm	5:45-6:15pm; 7:00-7:30pm	12:45-1:15pm; 2:00-2:30pm
<b>Swimmer 3</b>	5:15-5:45pm; 6:30-7:00pm	5:15-5:45pm; 6:30-7:00pm	12:15-12:45pm; 1:30-2:00pm
<b>Swimmer 4</b>	5:45-6:15pm; 7:00-7:30pm	5:45-6:15pm; 7:00-7:30pm	12:45-1:15pm; 2:00-2:30pm
<b>Swimmer 5/6</b>	5:15-6:00pm	5:15-6:00pm	12:15-1:00pm
<b>Swimmer 7/8/9</b>	6:15-7:00pm	6:15-7:00pm	1:15-2:00pm
<b>Adult Swimmer</b>	7:30-8:30pm	7:30-8:30pm	
<b>Fitness Swimmer</b>	7:30-8:30pm	7:30-8:30pm	



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### Private/Semi-Private Lessons:

4 classes, 30 minutes each; 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 in October or November. Spaces are limited. Mondays or Fridays: 7:00-7:30pm or 7:30-8:00pm or Saturdays: 2:00-2:30pm or 2:30-3:00pm

### Lifesaving Training & Aquatic Leadership

#### Lifesaving Society Bronze Star (10hours): Saturdays, October 7-November 25, 2023 from 2:00-3:30pm

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. **Cost:** \$120, including exam fee. **Prerequisites:** None. Swim Patrol experience recommended (Swimmer 7/8/9 (Rookie, Ranger Star)

### Registration Information & Frequently Asked Questions

**How do we Register? Can we pay at the pool?** Registration in advance is required for all swimming lessons, lifesaving and lifeguarding training courses. 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. **If financial assistance is required to join in,** please contact us. We are happy to help determine available options for support. Registrations will not be processed at the pool. Spaces are limited. **Please register early** to avoid disappointment as classes may not be available for last-minute registration. 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.

**Class schedules, changes, delays, cancellations, withdrawals and refunds:** Programs will be available pending sufficient registration 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. 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 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.



## Planning your visit:

We look forward to welcoming you at aquatic programs! Anyone accessing services in person is required to adhere to all provincial and local public health regulations. Please stay home if sick. Please monitor the YWCA website for updates throughout the season, follow posted signage and direction from staff.

All children 12 years of age and younger must be accompanied at the facility by a responsible person 13 years or older. Guardians of children under the age of 12 are expected to accompany participant(s) to meet their instructor from the changeroom exit onto the pool deck and to meet their child there for pick up at the end of aquatic program. Anyone not participating in aquatic programs exits back through changerooms to designated areas. Street shoes are not permitted on the pool deck. A viewing area is available overlooking the pool.

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.

Aquatic staff are available to further direct you to area(s) of activities. Please arrive no earlier than 10 minutes prior to your program start time and leave promptly at the end. Changerooms, washrooms, and showers are available onsite. If you require a family changing area, please speak with the Aquatics Coordinator or designate.

Swimming designated clothing must be worn in the pool. Swim diapers are mandatory and must be worn by all children under 2 years of age and for those who are not toilet trained. The use of photographic devices, including cell phones, is prohibited in the change rooms and washrooms. No person shall bring a glass container into the pool enclosure. Please stay in designated areas, supervise children 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.

Instructors will support participants in learning skills according to level, previous experience, ability, & readiness. If placement changes are needed to better accommodate participant skill development, we will advise upon completion of the first class.

Viewing areas during aquatic programming are available on a first-come basis. Please adhere to posted signage and YWCA staff direction. Seating on the pool deck is not permitted during swimming lessons, lifesaving training or advanced aquatic leadership courses.

## Facilities:

We are grateful for our partnership with the Ontario Police College to deliver aquatic programming throughout the school year in Fall, Winter and Spring sessions. We expect and appreciate your cooperation in respecting facilities, staying within designated areas at all times and leaving them in the same condition as when you arrive.

**Please note important indoor pool facility access considerations below:**



YWCA ST. THOMAS - ELGIN

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**Ontario Police College:** 10716 Hacienda Road, Aylmer

Upon entering the Ontario Police College grounds, please proceed to the left of the drive to park and enter facility on the North side of the building. Entrance will be denied at main entrance. There is a designated **Pool Entrance** marked by signage on the building. Please park in designated area and proceed on walkway to pool entrance doors. Parking on the grass is not permitted. The new paved road leading to the Pool Entrance is for emergency vehicles only. Sign in with security is required upon entrance into the facility. Direction will be provided to the change rooms and pool area. Sign out with security is required prior to exit. Please note that the OPC is a hat free facility.