

Registration open February 23 - March 18, 2024. Please register early!

**Join in Lifesaving Training, Aquatic Leadership and Swimming Lessons by registering online, in person, or phone by March 18, 2024. Aquatic Programs begin April 8, 2024, at the Ontario Police College, 10716 Hacienda Road, Aylmer.**

Please review the Aquatic Program Guide & Schedule for important information in advance of registration and prior to attending classes. **Please note that requests for late registrations received after registration close will not be accepted or processed during the registration review period from March 20-April 1, 2024.** After this time, 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. Thank you for registering early to avoid disappointment!

## Lifesaving Training & Aquatic Leadership

### **Lifesaving Society Swim Instructor (20+ hrs)**

Learn how to teach swimming lessons and become a qualified Lifesaving Society Swim Instructor! Prepares the instructor to teach and evaluate the swimming strokes and related skills in the Lifesaving Society Swim for Life program. **Course dates and times:** Course runs April 26-May 18 on Fridays from 5:15-8:15pm and Saturdays from 12:15-3:15pm. 100% Attendance is mandatory. Course includes time for nutrition breaks. **Prerequisites:** Age 15 and Bronze Cross or National Lifeguard; Need not be current. **Cost:** \$150. Swim Instructor Pack set of 3 manuals is required and can be purchased for \$75 during registration.

### **Lifesaving Society Bronze Medallion & Emergency First Aid (20 hours):**

Bronze Medallion & Emergency First Aid 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. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Note: Candidates must be able to swim 400 metres within 12 minutes. Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, CPR, choking and what to do for external bleeding, heart attack, stroke wounds and burns. Includes CPR-B certification. Recognized by Ontario's Workplace Safety & Insurance Board. **Course dates and times:** Mondays, April 8th – June 3 (no class Monday May 20) from 5:15-8:30 pm. **Prerequisite:** Minimum 13 years of age or Bronze Star certification (need not be current). **Cost:** \$150 (including exam fee) plus Required Materials. (Canadian Lifesaving Manual and Bronze Medallion Workbook are required and can be purchased during registration for \$60).



YWCA ST. THOMAS - ELGIN



# Spring 2024 Aquatic Program Guide & Schedule

## Swimming Lessons

### 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.

**Swimming Lessons: \$90 per participant per level; 8 classes.** \*10% Family Discount for 3 or more participants in swimming lessons. \*Participants must be from same household. Registration must be processed in one transaction for discount to be applied. Lifesaving Training, Aquatic Leadership and Private/Semi-Private programs do not qualify for family 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, April 8 - June 3; no class May 20.	Fridays, April 12 - May 31.	Saturdays, April 13-June 1.
<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>	5:45-6:15pm; 6:30-7:00pm	5:45-6:15pm; 6:30-7:00pm	12:45-1:15pm; 1:30-2:00pm; 2:00-2:30pm
<b>Swimmer 1</b>	5:15-5:45pm; 6:30-7:00pm; 7:00-7:30pm	5:15-5:45pm; 6:30-7:00pm; 7:00-7:30pm	12:30-1:00pm; 1:45-2:15pm
<b>Swimmer 2</b>	5:45-6:15pm; 7:00-7:30pm	5:45-6:15pm; 7:00-7:30pm	1:00-1:30pm; 2:15-2:45pm
<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; 3:00-3:30pm
<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>	5:30-6:15pm	5:30-6:15pm	12:30-1:15
<b>Swimmer 7/8/9</b>		6:30-7:15pm	1:30-2:15
<b>Adult Swimmer</b>	7:30-8:15pm	7:30-8:15pm	
<b>Fitness Swimmer</b>	7:30-8:15pm	7:30-8:15pm	2:45-3:30pm

### **Private/Semi-Private Lessons:**

4 classes, 30 minutes each; Lesson availability may include Monday or Friday evenings or Saturday afternoons, weekly; Private: \$105/Participant/session; Semi-Private \$84/participant/session; \*Private/Semi-Private lessons do not qualify for family discount. Level may not be accomplished. Spaces are limited. Please join the wait list to confirm interest. Please note that participants on the waitlist will only be contacted after registration closes if space is available. Where space exists, participants on the wait list will be contacted in order of sequence to discuss available dates and times and to confirm registration in advance of program start.

### **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 at YWCA office locations 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. If currently participating in swimming lessons and assistance is required in determining appropriate level to register in, please speak with aquatic staff. Wait lists may be maintained for some programs, where possible. Anyone on a wait list will only be contacted if a space becomes available. 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.

**Class schedules, changes, delays, cancellations, withdrawals and refunds:** Programs will be available pending sufficient registration and capacity. Please note that the registration close date is followed by a registration review period to allow for consideration of where class changes or cancellations are required and/or where class additions may be possible. Please ensure profile information is accurate and up to date so that we may contact you regarding any class changes, delays, cancellations or additions prior to the program start. 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 \$15 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 \$15 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 note important indoor pool facility access considerations below.** 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. Seating on the pool deck is not permitted during swimming lessons, lifesaving training or advanced aquatic leadership courses. 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.

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.

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. 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 are not 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.

### 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.

**Ontario Police College:** 10716 Hacienda Road, Aylmer. Upon entering the Ontario Police College grounds from Hacienda Road, turn left at the first opportunity on Ring Road and continue around and behind the college (towards the water tower). Parking is available in P3 Residence parking lot on the left and a paved walkway on the right leads up to the Pool Entrance. Please park in designated area. Parking on the grass is not permitted. Sign in with security is required upon entrance into the facility and prior to exit. Please note that the OPC is a hat free facility.