



# Fall 2024 Aquatic Program Guide & Schedule



**Please register early – online, in person or by phone!**

Aquatic Program Registration open:  
 September 4 – September 20, 2024 (programs at Ontario Police College).  
 October 1-10, 2024 (programs at Terrace Lodge)

Please review the Aquatic Program Guide & Schedule for important information in advance of registration and prior to attending classes. Thank you for registering early to avoid disappointment. **Please note that response to requests for late registrations may be delayed during registration review periods.** 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: Learn to swim with 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.**

| <b>NEW! PROGRAM LOCATION: Terrace Lodge, 49462 Talbot Street East, Aylmer</b> |   |   |  |
|---|---|---|--|
| <b>Swim for Life Level</b>  | <b>Tuesdays,<br/>October 15-<br/>December 3</b> | <b>Wednesdays,<br/>October 16-<br/>December 4</b> | <b>Thursdays,<br/>October 17-December 12<br/>(No classes October 31)</b> |
| <b>Preschool 1/2</b>  | 4:45-5:15pm                                     |   | 5:20-5:50pm  |
| <b>Parent &amp; Tot 1</b>   |   | 4:45-5:15pm                                       | 4:45-5:15pm  |
| <b>Parent &amp; Tot 2/3</b>   | 5:20-5:50pm                                     | 5:20-5:50pm                                       |  |
| <b>Preschool 3/4/5</b>  | 5:55-6:25pm;<br>6:30-7:00pm                     | 5:55-6:25pm;<br>6:30-7:00pm                       | 6:30-7:00pm  |
| <b>Swimmer 1</b>  | 7:05-7:35pm                                     |   | 5:55-6:25pm  |

| <b>PROGRAM LOCATION: Ontario Police College, 10716 Hacienda Road, Aylmer</b> |  |  |
|--|--|--|
| <b>Swim for Life Level</b>   | <b>Mondays, Sept 30-November 25.<br/>(No class October 14, Thanksgiving)</b> | <b>Fridays,<br/>October 4-November 22.</b> |
| <b>Parent &amp; Tot 2/3</b>  | 5:15-5:45pm  | 5:15-5:45pm                                |
| <b>Preschool 3/4/5</b>   | 5:50-6:20pm  | 5:50-6:20pm                                |
| <b>Swimmer 1</b>   | 5:15-5:45pm;<br>6:25-6:55pm  | 5:15-5:45pm;<br>6:25-6:55pm                |
| <b>Swimmer 2</b>   | 5:50-6:20pm;<br>6:25-6:55pm  | 5:50-6:20pm;<br>6:25-6:55pm                |
| <b>Swimmer 3</b>   | 5:15-5:45pm;<br>6:25-6:55pm;<br>7:00-7:30pm                                  | 5:15-5:45pm;<br>6:25-6:55;<br>7:00-7:30pm  |
| <b>Swimmer 4</b>   | 5:50-6:20pm;<br>7:00-7:30pm  | 5:50-6:20pm;<br>7:00-7:30pm                |
| <b>Swimmer 5/6</b>   | 6:25-7:10pm  | 6:25-7:10pm                                |
| <b>Swimmer 7/8/9</b>   | 5:30-6:15pm  | 5:30-6:15pm                                |
| <b>Adult Swimmer</b>   | 7:15-8:00pm  | 7:15-8:00pm                                |
| <b>Fitness Swimmer</b>   | 7:15-8:00pm  | 7:15-8:00pm                                |

### Private/Semi-Private Lessons:

4 classes, 30 minutes each; Lesson availability may include Monday or Friday evenings, 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 confirm registration in advance of program start.

| <b>LOCATION: Ontario Police College, 10716 Hacienda Road, Aylmer</b> |  |  |
|--|--|--|
| <b>Private or Semi-Private Swimming Lessons</b>                      | Mondays, from 7:35-8:05pm<br>Sept 30-October 28. (No class<br>October 14 - Thanksgiving) | Fridays, from 7:35-8:05pm<br>October 4-October 25.   |
|  | Mondays, from 7:35-8:05pm<br>November 4-25.  | Fridays, from 7:35-8:05pm<br>November 1-November 22. |



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### **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, September 30-November 25 (no class Monday October 14, Thanksgiving) from 5:15-8:15 pm at the Ontario Police College.

**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).

### **Registration Information & Frequently Asked Questions**

**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.

**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. Please note that Aylmer Non-Resident fees do not apply to YWCA Fall aquatic programming. **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



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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 monitor the YWCA website for updates throughout the season, follow posted signage and direction from staff. Failure to follow staff direction, facility expectations or to adhere to safety rules may result in participant(s) removal from the program. 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. If you have any questions or concerns about class placement, please speak to staff.

**Facilities:** We are grateful for our partnership with the Ontario Police College and Terrace Lodge to deliver aquatic programming throughout the school year in Fall, Winter and Spring sessions. We expect and appreciate your cooperation in respecting facilities, adhering to facility protocols, always staying within designated areas 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/out with security is required upon entrance into the facility and prior to exit. Please note that the OPC is a hat free facility.

**Terrace Lodge: 49462 Talbot Road East, Aylmer.** A reminder that aquatic programs here are scheduled in a long-term care Home where vulnerable seniors reside. It is important that anyone attending onsite including participant(s)/guardian(s) pre-screen for any respiratory symptoms (nasal congestion, runny nose, cough, headache, general achiness, etc.) and gastroenteric symptoms (nausea, vomiting, diarrhea, etc.) prior to attending each session. Any person with symptoms is reminded that they should not attend programming while symptomatic, as per public health guidelines. Once at the building, please wait for YWCA aquatic staff/volunteer to further direct you to areas of indoor pool facility access. A facility waiver/release must be completed in advance of participation in YWCA Aquatic Programs at Terrace Lodge. Visitor sign in/out is required upon each entrance and prior to exit. For resident safety, an access code is required to enter various areas within the facility. Please always remain in designated areas, enter, exit according to staff direction.

**Please note important indoor pool facility access considerations continued below on following page:**

## Facility Access Guidelines:

- No person infected with a communicable disease or having open sores on their body shall enter the pool.
- No person shall bring a glass container into the pool enclosure.
- No person shall pollute the water in the pool in any manner and that spitting, spouting of water and blowing the nose in the pool or on the deck are prohibited.
- No person shall engage in boisterous play in or about the pool.
- Each bather shall take a shower using warm water and soap and thoroughly rinse off all soap before entering or re-entering the deck.
- 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. Please stay in designated areas, supervise children when not in the pool and walk at all times.
- 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.
- 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.
- Anyone not participating in aquatic programs must stay in designated areas. Seating on the pool deck is not permitted. Viewing areas are available, however seating and areas are limited. Street shoes are not permitted on the pool deck.
- Changerooms, washrooms, and showers are available onsite. If you require a family changing area, please speak with the Aquatics Coordinator or designate. Please do not leave valuables in change rooms. We are not responsible for lost or stolen items.
- 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. Thank you for respecting the privacy of other children and participants. If you would like a photo opportunity with your child, please speak with Aquatics Coordinator in advance.