

Aquatic Programs Schedule

September 7 – November 29, 2026

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun: 08:00 – 16:00

HOLIDAYS: Monday, September 7 (Labour Day) – Closed, Monday, October 12 (Thanksgiving) - No programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 – 10:45 Aqua Fit ■		10:00 – 10:45 Aqua Fit ■	10:00 – 10:45 Aqua Zumba ■	10:00 – 10:45 Aqua Fit ■	9:30 – 12:00 Child Swimming Lessons ☼	10:00 – 10:45 Aqua Fit ■
					Private Lessons ☼	Private Lessons ☼
17:15 – 18:00 Aqua Fit Deep Water ■	17:45 – 18:30 Aqua Fit ■	18:30 – 19:30 Gym and Swim ■	17:00 – 18:10 Low Ratio Child Swimming Lessons			
		19:45 – 20:30 Adult Learn To Swim ☼	18:15 – 19:00 Adult Learn To Swim ☼		Birthday Parties - Pool Party Make a splash on your special day! Dive into a full hour of pool fun with friends, then keep the celebration going in the party room with cake, games, and laughter. <i>(last Sunday of every month)</i> 15:00-17:00	
		19:45 – 20:30 Adult Stroke Correction ☼	18:15 – 19:00 Adult Stroke Correction ☼			

Advanced Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		17:15 – 21:00 Bronze Medallion ☼: September 9 th – October 7 th				
		17:15 – 21:00 Bronze Cross ☼: October 21 th – November 25 th				

Schedule is subject to change

☼ Swimming lessons and Aquatic Certifications are not included in memberships. Members are eligible for priority registration, reduced rates, and financial assistance.

■ Registration is required. Free for members.

Aquatic Programs Schedule

September 7 – November 29, 2026

YMCA Preschool Swim Lessons (Parented)

Ages: 3M – 36M

Splasher & Bubbler ☼	Sat	10:40 – 11:10
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YMCA Preschool Swim Lessons

Ages: 3Y – 5Y

Bobber & Floater ☼	Sat	9:30 – 10:00, 11:15 – 11:45
Glider & Diver ☼	Sat	10:05 – 10:35

YMCA Learn to Swim Lessons

Ages: 6Y – 12Y

Otter & Seal ☼	Sat	9:30 – 10:00
Dolphin & Swimmer ☼	Sat	10:05 – 10:35

Low Ratio Swimming Lessons

YMCA Preschool Swim Lessons

Ages: 3Y – 5Y

Bobber & Floater ☼	Thurs	17:05 – 17:35
Glider ☼	Thurs	17:40 – 18:10

YMCA Learn to Swim Lessons

Ages: 6Y – 12Y

Otter & Seal ☼	Thurs	17:05 – 17:35
Dolphin ☼	Thurs	17:40 – 18:10

YMCA Star Program Swim Lessons

Ages: 6Y – 12Y

Star 1 & 2 ☼	Sat	10:40 – 11:10
Star 3 & 4 ☼	Sat	11:15 – 11:45

Specialty Programs

Ages: 6Y – 17Y

Gym & Swim	Wed	18:30 – 19:30 (Starts at 17:30 pm in Gym)
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Youth Swim Group

Ages: 13Y – 17Y

Youth Learn to Swim ☼		
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Adult Swim Group

Ages: 18Y+

Adult Learn to Swim ☼	Wed	19:45 – 20:30
Adult Learn to Swim ☼	Thurs	18:10 – 18:55
Adult Stroke Correction ☼	Wed	18:10 – 18:55
Adult Stroke Correction ☼	Thurs	19:45 – 20:30

Program Descriptions

Swim Lessons

Splasher & Bubbler | Age: 3M - 36M

In this engaging class, parents will learn how to be safe and have fun in the pool with their child. This program will teach parents and their child through a variety of activities designed to grow and develop basic swimming skills so that children can be confident and prepared for independent swim lessons. Children who are not toilet trained must wear waterproof diapers.

Bobber & Floater | Age: 3Y - 5Y

Bob into YMCA Preschool Swim Lessons and open your eyes to the wonders of the water. Your child will learn basic safety rules and sounds while having fun in the water. Bobbers will blow bubbles while bobbing, learn how to float on their front and back while assisted and how to jump safely into the pool. Floaters will perform unassisted bobs and floats and front and back glides with kicks for 3 meters.

Glider & Diver | Age: 3Y - 5Y

Dive into the water and glide with the creatures of sea! Your child will progress from the skills achieved in Bobbers and Floaters and will be introduced to swimming on their front and back, as well as a variety of deep-water activities. Gliders will learn boating safety and deep water awareness. Gliders will also learn how to float, glide and support themselves in deep water. Divers will learn to support themselves in deep water for 10-seconds and how to swim on their front and back for 10-meters.

Otter & Seal | Age: 6Y - 12Y

With our first level of Learn to Swim, children learn to go under water, kick, roll and jump. They will gain confidence in their body awareness and swimming abilities. Otters will learn to swim underwater and glide unassisted on their front, back and side. Seal builds upon the Otter skills, continuing to work on Glides up to 5m and increasing comfort in deep water.

Dolphin & Swimmer | Age: 6Y - 12Y

These levels are designed to increase your child's swimming abilities, endurance and stamina; building on their increased confidence in deep water. Dolphins will coordinate arms, legs and breathing for smooth propulsion leading to front and back crawl. At the Swimmer level, participants will increase skills in front and back strokes, endurance and treading water for 40 seconds in deep water.

Star Program – 1 & 2 | Age: 6Y - 12Y

In Star 1, you will develop your front crawl and back crawl to the initial standard while also learning to whip kick on your back. Children will work towards completing a 75m distance swim and treading water for 2 minutes. In Star 2, you continue to develop front and back crawl, introducing breaststroke and an endurance swim of 100m.

Star Program – 3 & 4 | Age: 6Y - 12Y

In Star 3, participants will develop their front crawl and back crawl to an advanced standard over 50m. They will complete a 200-metre endurance swim and begin the lifesaving Societies Canadian Swim Patrol curriculum. Star 4 Builds further endurance to swim 100m in 3 minutes and covers drowning prevention, eggbeater, and continues the Swim patrol Curriculum.

Low Ratio Swimming Lesson | Age: 3Y+

Our low ratio swimming lessons provide children with more individualized instruction in a small-group setting. With extra attention from instructors, swimmers can build confidence, improve skills, and progress at a comfortable pace in a supportive learning environment.

Youth Learn to Swim | Age: 13Y – 17Y

Learn the basic skills to be comfortable in the water. Participants will practice how to float with and without assistance, become comfortable entering and exiting the water, and learn the skills needed for developing strokes on the back and front such as breathing and surface support techniques.

Private Swim Lesson | Age: 3Y+

Participants work one-on-one with a Y Swim Instructor to assess and improve skills. These lessons are designed to meet individual needs and abilities, and can cover anything from stroke improvement to training tips. *Additional Spaces and bookings can be requested in person.*

Adult Learn to Swim | Age: 18Y+

Learn the basic skills to be comfortable in the water. Participants will practice how to float with and without assistance, become comfortable entering and exiting the water, and learn the skills needed for developing strokes on the back and front such as breathing and surface support techniques.

Adult Stroke Correction | Age: 18Y+

Improve your swimming strokes and build on skills learned in the beginner level. These classes include corrections on front and back crawl, breaststroke introduction, and treading water.

Specialty Programs

Gym and Swim | Ages: 6Y – 12Y

A fun opportunity to enjoy a Gym and Pool combination program with a variety of land and water activities. All participants must bring active footwear for the gym and a swimsuit and towel for the pool. Program consists of 50 minutes in the gym and 50 minutes in pool. Program leaders will transition group from the gym to the pool and supervise changing into swimsuits. Drop off in gym, pick up on pool deck. Parent/Caregiver participation is not required.

Aqua Fitness

Aqua Fit | Age: 13Y+

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

Aqua Zumba | Age: 13Y+

Make a splash with Aqua Zumba®! This fun, high-energy, low-impact class combines exciting dance moves with the natural resistance of the water for a full-body workout. Improve your cardio fitness, strength, balance, and coordination while enjoying great music and a pool party atmosphere. Suitable for all fitness levels.

Advanced Certifications

Bronze Medallion Age: | 13Y+

Learn how to respond to complex water rescue situations. Advances physical fitness, decision-making, and judgement skills in preparation for challenging rescues of increased risk. Participants will develop stroke efficiency and endurance in a timed swim. Prerequisite: Bronze Star or 13 years of age by exam date.

Bronze Cross | Age: 13Y+

Bronze Cross teaches the differences between lifesaving and lifeguarding, safe supervision in aquatic facilities and the principles of emergency procedures and teamwork. Participants learn how to rescue a spinal injured victim and a pulseless victim. Prerequisite: Bronze Medallion and Emergency First Aid + CPR-B / NEW Basic First Aid.

