

Prescott Pool

2024 Aquatics Programs



Registration for all aquatics programs will begin online at 8 a.m. on April 23, on a first-come, first-served basis.
eo.ymca.ca/onlineregistration



Program-Specific Information

Aquafit **FREE!**

We are pleased to offer limited Aquafit classes again this season. Our Aquafit instructors are YMCA-certified and are excited to be back on deck with you.

 **Right now, we are offering a nine-week session July 3 - August 30
Mondays, Wednesdays or Fridays from 12:30 - 1:15 p.m.**


Prescott Piranhas

This year, the Prescott Swim Team will be continuing with **one senior (A Team)** and **one junior (B Team)** group, each group practicing daily Monday through Friday. A swim meet will be scheduled in Prescott in July, with other optional meets whose dates will be circulated when received.

A Team: Swimmers aged 11-16, who can swim at least 200 meters continuously (eight lengths of the pool) of a core stroke (front crawl, back crawl, breaststroke) are welcome.

 **A Team practices
Monday through Friday (July 2 to August 23)
4 - 5 p.m.
\$55**

B Team: Swimmers aged 6-10, able to swim at least 200 metres continuously (eight lengths of the pool) of a core stroke (front crawl, back crawl, breaststroke) are welcome.

 **B Team practices
Monday through Friday (July 2 to August 23)
4 - 4:45 p.m.
\$55**

Y Swim Program

Introduction to the Y Swim Program

Welcome to the Y Swim program! If your child has completed levels in the Lifesaving Society program and wishes to continue with swim lessons, below are some helpful conversions and descriptions to register them accurately. We understand that you may enroll your child in what ends up being the incorrect level, and we will do our best to ensure that your child has a positive experience.

Our program is divided into three sections;

- **Parent & Tot**, which includes Splasher & Bubbler;
- **Preschool**, which includes Bobber, Floater, Glider, Diver, Surfer & Jumper;
- and **Child**, which includes Otter, Seal, Dolphin, Swimmer & Star 1-6

Preschool classes are taught in combination, so completing one level means children should remain in the same class to build skills in the next level. This is similar to the Preschool A/B, C/D/E classes taught previously through the Lifesaving Society. All children will receive a report card digitally at the end of every session which indicates which level they are prepared for next. Don't hesitate to reach out to our membership team if you have any questions.

Y Swim Program

Preschool (ages 3-5)

\$58/session

Introduces preschoolers to a wide range of water activities while setting a foundation of swimming skills essential to their safety in water and continuous learning in swim lessons.

Session 1: July 2-11

Monday - Thursday

Bobber/Floater 10:35-11:05 | 11:45-12:15
Glider/Diver 10:00-10:30 | 11:10-11:40
Surfer Jumper 11:10-11:40

Session 2: July 15-25

Monday - Thursday

Bobber /Floater 10:35-11:05 | 11:45-12:15
Glider/Diver 10:00-10:30
Surfer Jumper 11:10-11:40

Session 3: July 29-Aug 8

(No class August 5)

Monday - Thursday

Bobber /Floater 10:35-11:05 | 11:45-12:15
Glider/Diver 10:00-10:30
Surfer Jumper 11:10-11:40

Session 4: August 12-22

Monday - Thursday

Bobber /Floater 10:35-11:05 | 11:45-12:15
Glider/Diver 10:00-10:30
Surfer Jumper 11:10-11:40

Mondays, July 8-August 19

(No class August 5)

Bobber /Floater 5:00-5:30 | 5:35-6:05 |
6:10-6:40
Glider/Diver 5:35-6:05 | 6:45-7:15
Surfer Jumper 6:45-7:15

Wednesdays, July 3-August 21

Bobber /Floater 5:00-5:30 | 5:35-6:05 |
6:10-6:40
Glider/Diver 5:35-6:05 | 6:45-7:15
Surfer Jumper 6:45-7:15

Y Swim Program

Child (ages 6-12)

\$58/session

Designed to foster a love of water and increase endurance and comfort with swimming longer distances while improving upon their core swimming strokes.

Session 1: July 2-11

Monday - Thursday

Otter 10:00-10:30 | 11:45-12:15
Seal/Dolphin 10:35-11:05 | 11:45-12:15
Swimmer/Star1 11:10-11:40
Star 2/3/4 10:00-10:30
Star 5/6 10:35-11:05

Session 2: July 15-25

Monday - Thursday

Otter 10:00-10:30 | 11:45-12:15
Seal/Dolphin 10:35-11:05
Swimmer/Star1 11:10-11:40 | 11:45-12:15
Star 2/3/4 10:00-10:30
Star 5/6 10:35-11:05

Session 3: July 29-August 8

(No lessons August 5)

Monday - Thursday

Otter 10:00-10:30 | 11:45-12:15
Seal/Dolphin 10:35-11:05 | 11:45-12:15
Swimmer/Star1 11:10-11:40
Star 2/3/4 10:00-10:30
Star 5/6 10:35-11:05

Session 4: August 12-22

Monday - Thursday

Otter 10:00-10:30 | 11:45-12:15
Seal/Dolphin 10:35-11:05
Swimmer/Star1 11:10-11:40 | 11:45-12:15
Star 2/3/4 10:00-10:30
Star 5/6 10:35-11:05

Mondays, July 8-August 19

(No lessons August 5)

Monday - Thursday

Otter 5:00-5:30 | 6:10-6:40
Seal/Dolphin 5:35-6:05
Swimmer/Star1 6:10-6:40 | 6:45-7:15
Star 2/3/4 5:00-5:30

Wednesdays, July 3-August 21

Monday - Thursday

Otter 5:00-5:30 | 6:10-6:40
Seal/Dolphin 5:35-6:05 | 6:45-7:15
Swimmer/Star1 6:10-6:40
Star 2/3/4 5:00-5:30pm

Bronze Stream Certifications

Bronze Medallion & Emergency First Aid \$230 (includes manual)

Prerequisite: 13+ or Bronze Star

Bronze Medallion 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. This course includes Emergency First Aid with CPR-B certification. Bronze Medallion and Emergency First Aid are prerequisites for Bronze Cross.



Register for July 15-25
10 a.m. - 12:15 p.m.

Bronze Cross (no Standard First Aid)

\$195

Prerequisite: 13+ and Bronze Medallion and Emergency First Aid

Bronze Cross 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. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.



Register for August 12-22
9 a.m. - 12:15 p.m.