

Kemptville Pool

2026 Aquatics Programs



Registration opens April 28 at 9 a.m.
on a first-come, first-served basis.
eo.ymca.ca/onlineregistration



29 Reuben Crescent, Kemptville

Whether you are a returning patron or are new to our pool, we are excited to welcome you this season. The information in this package will prepare you for participating in our programming this summer.

Please take the time to review prior to registering for programs and visiting our facility.

Use of Equipment

A limited number of PFDs and goggles are available to borrow.

Public, Family, and Adult/Lane Swim

The most up to date schedule for public, family, and adult/lane swimming is available on the YMCA of Eastern Ontario website at eo.ymca.ca/what-we-offer. We have returned to a pay-at-the-door system (cash, debit or credit) with no requirement to reserve tickets in advance.

Thunderstorms, Rain, & Other Interruptions

In the event of thunder or lightning, lessons will be stopped for 20 minutes after the last clap of thunder and 30 minutes after lightning. In the event of a thunderstorm, you are welcome to call the pool to ask about the opening status. In the event of pouring rain, the pool will be closed if staff on duty are unable to clearly see the bottom of the pool. We are unable to make up group lessons missed due to thunderstorms, mechanical problems or necessary maintenance procedures (such as pool fouling) and no refunds or credits will be issued.

Registration

Online registration is available on our website at: eo.ymca.ca/onlineregistration

Registration opens for all 2026 Kemptville aquatics programs at 9 AM, on Tuesday, April 28.

Full payment is required at the time of registration. If the program you are interested in is full, you have the option of putting your name on a waiting list. If a space opens, you will be contacted to confirm your registration or to pass the spot to the next-in-line.

For questions, email thomas.macmillan@eo.ymca.ca or call (613) 342-7961

Kemptonville Pool

Aquatics Programs

Bronze Star

11+ yrs Aquatics • Course

Open to All • \$135

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Kemptonville 1 session • 5 classes

Mon–Fri • Jul 6–10 • 10:00 AM–1:00 PM 62166

Bronze Medallion with Emergency First Aid & CPR-B

13+ yrs Aquatics • Course

Open to All • \$230

Introductory lifesaving course teaching water rescue skills, physical fitness, and judgment, combined with Emergency First Aid and CPR-B.

Prerequisite: 13+ years of age or hold Bronze Star certification.

Kemptonville 1 session • 5 classes

Mon–Fri • Jul 20–24 • 9:00 AM–2:00 PM 62167

Bronze Cross

13+ yrs Aquatics • Course

Open to All • \$195

Bronze Cross extends lifesaving skills and fitness and is a prerequisite for National Lifeguard certification.

Prerequisite: Bronze Medallion and Emergency First Aid or Standard First Aid.

Kemptonville 1 session • 5 classes

Mon–Fri • Aug 10–14 • 9:00 AM–2:00 PM 62168

Bluefins Swim Team (Junior)

6-10 yrs Aquatics • Program

Open to All • \$100

Swimmers aged 6-10 who have completed the Learn-to-Swim program and can swim at least 200m continuously of a core stroke.

Kemptonville 1 session • 8 weeks

Mon, Tue, Wed, Thu • 3:15 PM–4:00 PM 62164

Bluefins Swim Team (Senior)

11-16 yrs Aquatics • Program

Open to All • \$120

Swimmers aged 11-16 who have completed Star 2 and can swim at least 200m continuously of a core stroke.

Kemptonville 1 session • 8 weeks

Mon, Tue, Wed, Thu • 4:00 PM–5:00 PM 62165

Aquafit

Aquatics • Drop-in

Open to All • \$90

Water-based fitness class.

Kemptonville 3 sessions • 9 weeks

Tue • 7:30 AM–8:15 AM 62161

Tue • 5:30 PM–6:15 PM 62162

Thu • 7:30 AM–8:15 AM 62163

Kemptville Pool

Swim Lessons

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 Kemptville program is divided into three sections:

1. **Parent & Tot**, which includes Splasher & Bubbler
2. **Preschool**, which includes Bobber, Floater, Glider, Diver, Surfer & Jumper
3. **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.

Swimming Lesson Conversion Chart				
Age Groups	YMCA		Lifesaving Society	
0-3 years old - accompanied by a parent/guardian in water	Parent & Tot	Splasher	Parent & Tot	Parent & Tot 1
		Bubbler		Parent & Tot 2
				Parent & Tot 3
3-5 years old	Preschool Swim Lessons	Bobber	Preschool	Preschool 1
		Floater		Preschool 2
		Glider		Preschool 3
		Diver		Preschool 4
		Surfer		Preschool 5
		Jumper		
6-12 years old	Child Swim Lessons	Otter	Swimmer	Swimmer 1
		Seal		Swimmer 2/3
		Dolphin		Swimmer 4
		Swimmer		Swimmer 5/6
		Star 1		Rookie Patrol
		Star 2		Ranger Patrol
		Star 3		
		Star 4		
		Star 5		
		Star 6		Star Patrol

Parent & Tot Swim Lessons

Parent & Tot Swim Lessons — Weekday

0.5-3 yrs Aquatics • Lesson

Open to All • \$73

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Includes Splasher (6-18 months) and Bubbler (18 months - 3 years).

Kemptville 4 sessions • 2 weeks

	Splasher	Bubbler
Mon–Fri Jun 29–Jul 10		
9:05 AM	62199	62202
Mon–Fri Jul 13–24		
9:05 AM	62231	62232
Mon–Fri Jul 27–Aug 7		
9:05 AM	62261	62262
Mon–Fri Aug 10–21		
9:05 AM	62289	62292

Parent & Tot Swim Lessons — Saturday

0.5-3 yrs Aquatics • Lesson

Open to All • \$73

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Includes Splasher (6-18 months) and Bubbler (18 months - 3 years).

Kemptville 1 session • 8 weeks

	Splasher	Bubbler
Sat Jul 4–Aug 22		
9:15 AM	62176	62175

Preschool Swim Lessons

Preschool Swim Lessons — Weekday

3-5 yrs Aquatics • Lesson

Open to All • \$73

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. Includes Bobber, Floater, Glider, Diver, Surfer & Jumper.

Kemptville

4 sessions • 2 weeks

	Bobber	Floater	Glider/Diver	Surfer/Jumper
Mon–Fri Jun 29–Jul 10				
8:30 AM	62193	62194	-	-
9:05 AM	-	-	62200	62198
9:40 AM	62203	62205	-	-
10:15 AM	-	-	62212	62209
10:50 AM	62213	-	-	-
11:25 AM	-	-	62218	-
Mon–Fri Jul 13–24				
8:30 AM	62223	62224	-	-
9:05 AM	-	-	62228	62229
9:40 AM	62233	62234	-	-
10:15 AM	-	-	62242	62238
10:50 AM	62244	-	-	-
11:25 AM	-	-	62248	-
Mon–Fri Jul 27–Aug 7				
8:30 AM	62256	62254	-	-
9:05 AM	-	-	62258	62259
9:40 AM	62267	62264	-	-
10:15 AM	-	-	62268	62272
10:50 AM	62274	-	-	-
11:25 AM	-	-	62282	-
Mon–Fri Aug 10–21				
8:30 AM	62283	62286	-	-
9:05 AM	-	-	62291	62288
9:40 AM	62294	62297	-	-
10:15 AM	-	-	62300	62298
10:50 AM	62306	-	-	-
11:25 AM	-	-	62311	-

Preschool Swim Lessons — Saturday

3-5 yrs Aquatics • Lesson

Open to All • \$73

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. Includes Bobber, Floater, Glider, Diver, Surfer & Jumper.

Kemptville

1 session • 8 weeks

	Bobber	Floater	Glider/Diver	Surfer/Jumper
Sat Jul 4–Aug 22				
8:40 AM	62169	62170	-	-
9:15 AM	-	-	62173	62174
9:50 AM	-	62180	-	-
10:25 AM	-	-	62181	-
11:00 AM	62186	-	-	-
11:35 AM	-	-	62189	-

Child Swim Lessons

Child Swim Lessons — Weekday

6-12 yrs Aquatics • Lesson

Open to All • \$78

Designed to foster a love of water and increase endurance and comfort with swimming longer distances while improving upon their core swimming strokes. Includes Otter, Seal, Dolphin, Swimmer & Star 1-6.

Kemptville 4 sessions • 2 weeks

	Otter	Seal/ Dolphin	Swimmer/ Star 1	Star 2	Star 3/4	Star 5/6
Mon–Fri Jun 29–Jul 10						
8:30 AM	62195	62197	-	-	-	-
9:05 AM	-	-	62201	-	-	-
9:40 AM	62204	62206	-	-	-	-
10:15 AM	-	-	62210	62211	-	-
10:50 AM	62216	62215	-	-	-	62217
11:25 AM	-	-	-	62219	62220	-
Mon–Fri Jul 13–24						
8:30 AM	62225	62226	-	-	-	-
9:05 AM	-	-	62230	-	-	-
9:40 AM	62237	62236	-	-	-	-
10:15 AM	-	-	62240	62241	-	-
10:50 AM	62246	62247	-	-	-	-
11:25 AM	-	-	-	62249	62250	-
Mon–Fri Jul 27–Aug 7						
8:30 AM	62257	62253	-	-	-	-
9:05 AM	-	-	62260	-	-	-
9:40 AM	62266	62265	-	-	-	-
10:15 AM	-	-	62270	62271	-	-
10:50 AM	62273	62276	-	-	-	62275
11:25 AM	-	-	-	62279	62280	-
Mon–Fri Aug 10–21						
8:30 AM	62287	62284	-	-	-	-
9:05 AM	-	-	62290	-	-	-
9:40 AM	62293	62296	-	-	-	-
10:15 AM	-	-	62299	62301	-	-
10:50 AM	62304	62307	-	-	-	-
11:25 AM	-	-	-	62310	62309	-

Child Swim Lessons — Saturday

6-12 yrs Aquatics • Lesson

Open to All • \$78

Designed to foster a love of water and increase endurance and comfort with swimming longer distances while improving upon their core swimming strokes. Includes Otter, Seal, Dolphin, Swimmer & Star 1-6.

Kemptville 1 session • 8 weeks

	Otter	Seal/ Dolphin	Swimmer/ Star 1	Star 2	Star 3/4	Star 5/6
Sat Jul 4–Aug 22						
8:40 AM	62171	62172	-	-	-	-
9:50 AM	-	-	62178	62177	-	-
10:25 AM	62184	62183	-	-	-	-
11:00 AM	-	-	62187	62188	-	-
11:35 AM	-	-	-	-	62190	62191

Private Swim lessons

Private Swim Lessons — Weekday

3+ yrs Aquatics • Lesson

Open to All • \$160–\$200

One-on-one or semi-private swim instruction tailored to individual needs and skill levels. Multiple time slots available throughout the week.

Kemptville 4 sessions • 2 weeks

Private Swim Lesson

Mon–Fri Jun 29–Jul 10

8:30 AM	62196
9:40 AM	62207
10:15 AM	62208
10:50 AM	62214
11:25 AM	62221 62222

Mon–Fri Jul 13–24

8:30 AM	62227
9:40 AM	62235
10:15 AM	62239
10:50 AM	62243 62245
11:25 AM	62251 62252

Mon–Fri Jul 27–Aug 7

8:30 AM	62255
9:40 AM	62263
10:15 AM	62269
10:50 AM	62277
11:25 AM	62278 62281

Mon–Fri Aug 10–21

8:30 AM	62285
9:40 AM	62295
10:15 AM	62302
10:50 AM	62303 62305
11:25 AM	62308 62312

Private Swim Lessons — Saturday

3+ yrs Aquatics • Lesson

Open to All • \$160–\$200

One-on-one or semi-private swim instruction tailored to individual needs and skill levels. Multiple time slots available throughout the week.

Kemptville 1 session • 8 weeks

Private Swim Lesson

Sat Jul 4–Aug 22

9:50 AM	62179
10:25 AM	62182
11:00 AM	62185
11:35 AM	62192