

# Kemptville 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](https://eo.ymca.ca/onlineregistration)



# Table of Contents

<b>Welcome to the Kemptville Pool 2024 Season!</b>	<b>3</b>
Changes to Kemptville Pool Leadership	3
Use of Equipment	4
Public, Family, and Adult/Lane Swim	4
Thunderstorms, Rain, and Other Interruptions	4
Registration	4
Unforeseen Circumstances	4
<b>Program-Specific Information</b>	<b>5</b>
Aquafit	5
Bluefins Swim Team	5
<b>Y Swim Program</b>	<b>6</b>
Introduction to the Y Swim Program	6
Parent & Tot Swim Lessons (6 months - 3 years)	7
Preschool Swim Lessons (ages 3-5)	7
Child Swim Lessons (ages 6-12)	8
Private Swim Lessons	9
<b>Bronze Stream Certifications</b>	<b>10</b>
Bronze Star	10
Bronze Medallion & Emergency First Aid	10
Bronze Cross (no Standard First Aid)	10

# Welcome to the Kemptonville Pool 2024 Season!

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.

## Changes to Kemptonville Pool Leadership

The YMCA of Eastern Ontario is pleased to have partnered with the Municipality of North Grenville to manage the Kemptonville pool. Your YMCA has been working closely with North Grenville and members of the community to make this an easy transition. You will continue to recognize familiar faces and see similar features, with some new staff members, programming, and scheduling to provide a positive experience. The most recognizable change is that Kemptonville will no longer offer the Lifesaving Society Swim program, but rather the Y Swim Program. This will create consistency with other YMCA facilities while being easily transferable using the information on the following pages.

Please don't hesitate to reach out to Emily Wimpenny or our membership staff, if you have any questions relating to swim lessons.

Emily Wimpenny: [emily.wimpenny@eo.ymca.ca](mailto:emily.wimpenny@eo.ymca.ca)  
Membership services: [brk.membership@eo.ymca.ca](mailto:brk.membership@eo.ymca.ca)



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](http://eo.ymca.ca/onlineregistration)

## 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, on the “What We Offer” page at [eo.ymca.ca/what-we-offer](http://eo.ymca.ca/what-we-offer). We have returned to a pay-at-the-door system (cash only) with no requirement to reserve tickets in advance.

## Thunderstorms, Rain, and 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 through our website at: [eo.ymca.ca/onlineregistration](http://eo.ymca.ca/onlineregistration)

We will open registration for all 2024 aquatics programs at 8 a.m., Tuesday, April 23. 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.

## Unforeseen Circumstances


Due to the unpredictability of COVID-19 (protective measures), weather and pool maintenance issues; pool programming and safety requirements are subject to change.

# Program-Specific Information

## Aquafit

\$90/session

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 2 - August 29  
Tuesdays or Thursdays from 7:30 - 8:15 a.m.**

## Bluefins Swim Team

This year, the Bluefins Swim Team will be returning to one senior and one junior group, each group practicing daily Monday through Thursday. A Kemptville swim meet is scheduled for August 10 and other swim meet dates will be circulated when received.

**JR Team:** Swimmers aged 6-10, having completed the Learn-to-Swim program (Swimmer 2 in previous programming) and able to swim at least 200 metres continuously (eight lengths of the pool) of a core stroke (front crawl, back crawl, breaststroke) are welcome.

 **JR team practices are Monday through Thursday (July 2 to August 22)  
3:15 - 4 p.m.  
\$100 (includes swim pass)**

**SR Team:** Swimmers aged 11-16, having completed Star 2 (Swimmer 3 in previous programming) and able to swim at least 200 metres continuously (eight lengths of the pool) of a core stroke (front crawl, back crawl, breaststroke) are welcome.

 **SR team practices are Monday through Thursday (July 2 to August 22)  
4 - 5 p.m.  
\$120 (includes swim pass)**

# 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.

## Parent & Tot (6 months - 3 years)

\$73/session

### Splasher (6-18 months)

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation.

### Bubbler (18 months – 3 years)

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their legs, assisted front/back floats, and practicing safe swimming.

#### Session 2: July 15-26

Splasher 10:15-10:45  
Bubbler 10:50-11:20

#### Tuesdays: July 2-August 20

Splasher 6:15-6:45pm

#### Thursdays: July 4-August 22

Bubbler 6:15-6:45pm

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## Preschool (ages 3-5)

\$73/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 2-12

Bobber 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Floater 9:05-9:35 | 10:15-10:45 | 11:25-11:55  
Glider/Diver 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Surfer/Jumper 9:05-9:35 | 11:25-11:55

#### Session 2: July 15-26

Bobber 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Floater 9:05-9:35 | 10:15-10:45 | 11:25-11:55  
Glider/Diver 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Surfer/Jumper 9:05-9:35 | 11:25-11:55

#### Saturdays, July 6-August 24

##### (No class August 10)

Bobber/Floater 8:40-9:10 | 10:25-10:55  
Glider/Diver 9:15-9:45 | 11:00-11:30  
Surfer/Jumper 11:35-12:05

#### Session 3: July 29-August 9

##### (No class August 5)

Bobber 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Floater 9:05-9:35 | 10:15-10:45 | 11:25-11:55  
Glider/Diver 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Surfer/Jumper 10:15-10:45

#### Session 4: August 12-23

Bobber 8:30-9:00 | 9:40-10:10 | 10:50-11:20 |  
11:25-11:55  
Floater 9:05-9:35 | 10:15-10:45  
Glider/Diver 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Surfer/Jumper 9:05-9:35

## Child (ages 6-12)

\$78/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 2-12

Otter 8:30-9:00 | 9:05-9:35 | 9:40-10:10 |  
10:15-10:45 | 10:50-11:20 | 11:25-11:55  
Seal/Dolphin 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Swimmer/Star 1 9:05-9:35 | 10:15-10:45 | 11:25-11:55  
Star 2/3/4 8:30-9:00 | 10:15-10:45  
Star 5/6 9:05-10:05

### Session 2: July 15-26

Otter 8:30-9:00 | 9:05-9:35 | 9:40-10:10 |  
10:15-10:45 | 10:50-11:20 | 11:25-11:55  
Seal/Dolphin 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Swimmer/Star 1 9:05-9:35 | 10:15-10:45 | 11:25-11:55  
Star 2/3/4 8:30-9:00 | 11:25-11:55  
Star 5/6 9:05-10:05

### Saturdays, July 6-August 24

#### (No class August 10)

Otter 8:40-9:10 | 10:25-10:55  
Seal/Dolphin 9:15-9:45 | 11:00-11:30  
Swimmer/Star 1 9:50-10:20 | 11:35-12:05  
Star 2/3/4 8:40-9:10 | 11:00-11:30  
Star 5/6 9:50-10:50

### Session 3: July 29-August 9

#### (No class August 5)

Otter 9:05-9:35 | 10:15-10:45 | 11:25-11:55  
Seal/Dolphin 8:30-9:00 | 10:50-11:20  
Swimmer/Star 1 9:40-10:10 | 11:25-11:55  
Star 2/3/4 8:30-9:00  
Star 5/6 9:05-10:05

### Session 4: August 12-23

Otter 8:30-9:00 | 9:40-10:10 | 10:50-11:20  
Seal/Dolphin 9:05-9:35 | 10:50-11:20  
Swimmer/Star 1 10:15-10:45 | 11:25-11:55  
Star 2/3/4 9:05-9:35  
Star 5/6 10:50-11:50



# Private swim lessons

Earn a badge, overcome a fear of water or master a skill.

**\$100/session**

Private lessons are available for children, youth and adults. A certified instructor will work one-on-one to help you, or your child meet your swimming goals. There are a limited number of private lesson timeslots available, so book early.

## Session 1: July 2-12

8:30-9:00 | 9:05-9:35 | 9:40-10:10 | 10:15-10:45 | 10:50-11:20 | 11:25-11:55  
1 available | 1 available | 1 available | 2 available | 1 available | 1 available

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## Session 2: July 15-26

8:30-9:00 | 9:05-9:35 | 9:40-10:10 | 10:15-10:45 | 10:50-11:20 | 11:25-11:55  
1 available | 1 available | 1 available | 2 available | 1 available | 1 available

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## Session 3: July 29-August 9

**(No class August 5)**

8:30-9:00 | 9:05-9:35 | 9:40-10:10 | 10:15-10:45 | 10:50-11:20 | 11:25-11:55 | 11:45-12:15  
1 available | 2 available | 1 available | 2 available | 2 available | 1 available | 2 available

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## Session 4: August 12-23

8:30-9:00 | 9:40-10:10 | 10:15-10:45 | 11:25-11:55  
1 available | 1 available | 2 available | 1 available

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## Saturdays, July 6-August 24

**(No class August 10)**

9:15-9:45 | 9:50-10:20 | 11:35-12:05  
1 available | 1 available | 1 available

# Bronze Stream Certifications

## Bronze Star

\$135 (includes manual)

**Prerequisite: 11 years old**

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.



**Register for July 2-12: 10:50 - 11:50 a.m.**

## 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 either July 15-19: 8 a.m. - 12:30 p.m.  
or August 12-16: 8 a.m. - 12:30 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 either July 22-26 from 8 a.m. - 12:30 p.m.  
or August 19-23 from: 8 a.m. - 12:30 p.m.**