



Shine On

Kemptville Pool

2025 Aquatics Programs



Registration opens April 30 at 8 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 only) 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/online-registration
Registration opens for all 2025 Kemptville aquatics programs at 8 AM, on Wednesday, April 30.

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 rachel.scott@eo.ymca.ca or call (613) 342-7961

Program-Specific Information

Aquafit

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.

9-WEEK SESSION | JULY 3 - AUGUST 28 | \$90

Thursdays | 7:30 - 8:15 AM

8-WEEK SESSION | JULY 8 - AUGUST 26 | \$80

Tuesdays | 7:30 - 8:15 AM **or** 5:30 - 6:15 PM

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. Swim meet dates will be circulated when received.

JR TEAM

\$100 (includes swim pass)

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.

JUNE 30 - AUGUST 21

Monday - Thursday | 3:15 - 4 PM

SR TEAM

\$120 (includes swim pass)

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.

JUNE 30 - AUGUST 21

Monday - Thursday | 4 - 5 PM

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 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.

Age Groups	YMCA	Lifesaving Society	
0-3 years old - accompanied by a parent/guardian in water	Parent & Tot	Splasher	Parent & Tot 1
		Bubbler	Parent & Tot 2
			Parent & Tot 3
3-5 years old	Preschool Swim Lessons	Bobber	Preschool 1
		Floater	Preschool 2
		Glider	Preschool 3
		Diver	Preschool 4
		Surfer	Preschool 5
		Jumper	
6-12 years old	Child Swim Lessons	Otter	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

Y Swim Program

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.

2-week Daytime Sessions | Monday - Friday

SESSION 1: June 30 - July 11*

Splasher: 9:05-9:35

Bubbler: 9:05-9:35

SESSION 2: July 14 - 25

Splasher: 9:05-9:35

Bubbler: 9:05-9:35

SESSION 3: July 28 - August 8*

Splasher: 9:05-9:35

Bubbler: 9:05-9:35

SESSION 4: August 11 - 22

Splasher: 9:05-9:35

Bubbler: 9:05-9:35

Y Swim Program

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.

2-week Daytime Sessions | Monday - Friday

SESSION 1: June 30 - July 11*

Bobber

8:30-9:00 | 9:40-10:10 |

10:50-11:20

Floater: 8:30-9:00 | 9:40-10:10

Glider/Diver

9:05-9:35 | 10:15-10:45 |

11:25-11:55

Surfer/Jumper: 9:05-9:35 |

10:15-10:45

SESSION 2: July 14 - 25

Bobber

8:30-9:00 | 9:40-10:10 |

10:50-11:20

Floater: 8:30-9:00 | 9:40-10:10

Glider/Diver

9:05-9:35 | 10:15-10:45 |

11:25-11:55

Surfer/Jumper:

9:05-9:35 | 10:15-10:45

SESSION 3: July 28 - August 8*

Bobber

8:30-9:00 | 9:40-10:10 |

10:50-11:20

Floater: 8:30-9:00 | 9:40-10:10

Glider/Diver

9:05-9:35 | 10:15-10:45 |

11:25-11:55

Surfer/Jumper: 9:05-9:35 |

10:15-10:45

SESSION 4: August 11 - 22

Bobber

8:30-9:00 | 9:40-10:10 |

10:50-11:20

Floater

8:30-9:00 | 9:40-10:10

Glider/Diver

9:05-9:35 | 10:15-10:45 |

11:25-11:55

Surfer/Jumper

9:05-9:35 | 10:15-10:45

Weekly Daytime Sessions | Saturdays

SESSION 1: Saturdays, July 5 - August 23

Bobber: 8:40-9:10

Floater: 8:40-9:10

Glider/Diver: 9:15-9:45 | 10:25-10:55

Surfer/Jumper: 9:15-9:45

Y Swim Program

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.

2-week Daytime Sessions | Monday - Friday

SESSION 1: June 30 - July 11*

Otter

8:30-9:00 | 9:40-10:10 | 10:50-11:20

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

Star 2: 10:15-10:45 | 11:25-11:55

Star ¾: 11:25-11:55

Star 5/6: 10:50-11:20

SESSION 2: July 14 - 25

Otter

8:30-9:00 | 9:40-10:10 | 10:50-11:20

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

Star 2: 10:15-10:45 | 11:25-11:55

Star ¾: 11:25-11:55

SESSION 3: July 28 - August 8*

Otter

8:30-9:00 | 9:40-10:10 | 10:50-11:20

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

Star 2: 10:15-10:45 | 11:25-11:55

Star ¾: 11:25-11:55

Star 5/6: 10:50-11:20

SESSION 4: August 11 - 22

Otter

8:30-9:00 | 9:40-10:10 | 10:50-11:20

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

Star 2: 10:15-10:45 | 11:25-11:55

Star ¾: 11:25-11:55

Weekly Daytime Sessions | Saturdays

SESSION 1: Saturdays, July 5 - August 23*

Otter: 8:40-9:10 | 9:50-10:20 | 11:00-11:30

Seal/Dolphin: 8:40-9:10 | 9:50-10:20 | 11:00-11:30

Swimmer/Star 1: 9:50-10:20

Star 2: 11:00-11:30

Star ¾: 11:35 - 12:05

Star 5/6: 11:35 - 12:05

Y Swim Program

Private Lessons

2-week Daytime Sessions | Monday - Friday

SESSION 1: \$180

June 30 - July 11, 9 Lessons*

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

SESSION 2: \$200

July 14 - 25, 10 Lessons

- 1 lesson available | 8:30-9:00 AM
- 1 lesson available | 9:40-10:10 AM
- 1 lesson available | 10:15-10:45 AM
- 2 lessons available | 10:50-11:20 AM
- 2 lessons available | 11:25-11:55 AM

SESSION 3: \$180

July 28 - August 8, 9 Lessons*

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

SESSION 4: \$200

August 11 - 22, 10 Lessons

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

Weekly Daytime Sessions | Saturdays

SESSION 1: \$160

Saturdays, July 5 - August 23, 8 Lessons*

- 1 lesson available | 9:50-10:20
- 1 lesson available | 10:25-10:55
- 1 lesson available | 11:00-11:30

Bronze Stream Certifications

Bronze Star

\$135

Prerequisite: 11+

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. Prerequisite: None

JULY 7-11

Monday - Friday | 10:00 AM - 1:00 PM

Bronze Medallion & Emergency First Aid

\$230

Prerequisite: 13+ or Bronze Star (Manual included)

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.

JULY 21-25

Monday - Friday | 9:00 AM - 2:00 PM

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.

AUGUST 11-15

Monday - Friday | 9:00 AM - 2:00 PM