



North Dundas 2025 Aquatics Programs



Registration opens May 14 at 8 a.m.
on a first-come, first-served basis.
eo.ymca.ca/onlineregistration



Winchester Centennial Pool

577 Winchester Main Street, Winchester



Chesterville Public Pool

1 William Street, Chesterville

Whether you are a returning patron or are new to the 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 North Dundas Pool Leadership

The YMCA of Eastern Ontario is pleased to have partnered with the Municipality of North Dundas to manage both the Winchester Centennial and Chesterville Public pools. The YMCA has been working closely with North Dundas to make this an easy transition for staff and patrons. 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 North Dundas 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 swim lesson conversion chart on the swim lesson page.

Use of Equipment

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

Pool Schedules

The most up to date schedule is available on the YMCA of Eastern Ontario website at eo.ymca.ca/what-we-offer.

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.



* Shorter session due to Holiday.



Registration

Online registration is available on our website at: eo.ymca.ca/onlineregistration
Registration opens for all 2025 North Dundas aquatics programs at 8 AM, on Wednesday, May 14.

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

Program-Specific Information

AquaZumba

Ages 13+

Aqua Zumba is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

Chesterville Pool	Winchester Pool
JULY 3 – AUGUST 28 Tuesdays 6:30 - 7:30 PM \$80 or Thursdays 6:30 - 7:30 PM \$90	JUNE 30 – AUGUST 28 Mondays 6:30-7:30 PM \$80 or Tuesdays 12:00-1:00 PM \$80 or Thursdays 12:00-1:00 PM \$90

North Dundas Swim Team

\$50

Join the North Dundas Swim Team! Open to all levels of swimmers 10+ years of age this competitive program offers teens an opportunity to improve swimming skills, endurance and promote a healthy lifestyle. Monday and Wednesday practice will be held at the Winchester Centennial Pool. Tuesday and Thursday practice will be held at the Chesterville Public Pool.

Chesterville Pool	Winchester Pool
JUNE 30 – AUGUST 21 Tuesday & Thursday 5:30-6:30 PM	JUNE 30 – AUGUST 21 Monday & Wednesday 5:30-6:30 PM



* Shorter session due to Holiday.



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 North Dundas 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
3-5 years old	Preschool Swim Lessons	Bobber	Parent & Tot 3
		Floater	Preschool 1
		Glider	Preschool 2
		Diver	Preschool 3
		Surfer	Preschool 4
		Jumper	Preschool 5
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 Patrol
		Star 4	
		Star 5	
		Star 6	



* Shorter session due to Holiday.



Y Swim Program

Parent & Tot (6 months - 3 years)

\$75/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

Chesterville Pool

SESSION 1: June 30 – July 11*

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

SESSION 2: July 14-25

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

SESSION 3: July 28 - August 8*

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

SESSION 4: August 11-22

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

Winchester Pool

SESSION 1: June 30 – July 11*

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

SESSION 2: July 14-25

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

SESSION 3: July 28 - August 8*

Splasher: 11:00-11:30
Bubbler: 11:00-11:30

SESSION 4: August 11-22

Splasher: 11:00-11:30
Bubbler: 11:00-11:30



* Shorter session due to Holiday.



Y Swim Program

Preschool (ages 3-5)

\$75/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

Chesterville Pool

SESSION 1: June 30 – July 11*

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

SESSION 2: July 14-25

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

SESSION 3: July 28 - August 8*

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

SESSION 4: August 11-22

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

Winchester Pool

SESSION 1: June 30 – July 11*

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

SESSION 2: July 14-25

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

SESSION 3: July 28 - August 8*

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30

SESSION 4: August 11-22

Bobber: 9:00-9:30 | 10:20-10:50
Floater: 9:00-9:30 | 9:40-10:10
Glider/Diver: 10:20-10:50 | 11:00-11:30
Surfer/Jumper: 11:00-11:30



* Shorter session due to Holiday.



Weekly Evening Sessions

Chesterville Pool

**SESSION 1: Mondays,
June 30 - August 18***

Bobber: 5:00-5:30

Floater: 5:00-5:30

Glider/Diver: 5:35-6:05

Surfer/Jumper: 5:35-6:05

**SESSION 2: Wednesdays,
July 2 - August 20**

Bobber: 5:00-5:30

Floater: 5:00-5:30

Glider/Diver: 5:35-6:05

Surfer/Jumper: 5:35-6:05

Winchester Pool

**SESSION 1: Tuesdays,
July 8 - August 19**

Bobber: 5:00-5:30

Floater: 5:00-5:30

Glider/Diver: 5:35-6:05

Surfer/Jumper: 5:35-6:05

**SESSION 2: Thursdays,
July 3 - August 21**

Bobber: 5:00-5:30

Floater: 5:00-5:30

Glider/Diver: 5:35-6:05

Surfer/Jumper: 5:35-6:05

Y Swim Program

Child (ages 6-12)

\$75/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

Chesterville Pool

SESSION 1: June 30 – July 11*

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

SESSION 2: July 14-25

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

SESSION 3: July 28 - August 8*

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

SESSION 4: August 11-22

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

Winchester Pool

SESSION 1: June 30 – July 11*

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

SESSION 2: July 14-25

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

SESSION 3: July 28 - August 8*

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50

SESSION 4: August 11-22

Otter: 9:00-9:30 | 9:40-10:10
Seal/Dolphin: 9:00-9:30 | 9:40-10:10
Swimmer/Star 1: 9:40-10:10 | 10:20-10:50
Star 2: 9:00-9:30
Star 3/4: 9:40-10:10
Star 5/6: 10:20-10:50



* Shorter session due to Holiday.



Weekly Evening Sessions

Chesterville Pool

SESSION 1: Mondays, June 30 - August 18

Otter: 5:35-6:05 | 6:10-6:40
Seal/Dolphin: 5:00-5:30 | 6:10-6:40
Swimmer/Star 1: 6:10-6:40
Star 2: 6:45-7:15
Star 3/4: 6:45-7:15
Star 5/6: 6:45-7:15

SESSION 2: Wednesdays, July 2 - August 20

Otter: 5:35-6:05 | 6:10-6:40
Seal/Dolphin: 5:00-5:30 | 6:10-6:40
Swimmer/Star 1: 6:10-6:40
Star 2: 6:45-7:15
Star 3/4: 6:45-7:15
Star 5/6: 6:45-7:15

Winchester Pool

SESSION 1: Tuesdays July 8 - August 19

Otter: 5:35-6:05 | 6:10-6:40
Seal/Dolphin: 5:00-5:30 | 6:10-6:40
Swimmer/Star 1: 6:10-6:40
Star 2: 6:45-7:15
Star 3/4: 6:45-7:15
Star 5/6: 6:45-7:15

SESSION 2: Thursdays, July 3 - August 21

Otter: 5:35-6:05 | 6:10-6:40
Seal/Dolphin: 5:00-5:30 | 6:10-6:40
Swimmer/Star 1: 6:10-6:40
Star 2: 6:45-7:15
Star 3/4: 6:45-7:15
Star 5/6: 6:45-7:15

Private Lessons

Chesterville Pool

Daytime Lesson Sessions

SESSION 1: \$180

June 30 – July 11, 9 Lessons*

3 spaces available | 11:00-11:30

SESSION 2: \$200

July 14 – 25, 10 Lessons

3 spaces available | 11:00-11:30

SESSION 3: \$180

July 28 - August 8, 9 Lessons*

3 spaces available | 11:00-11:30

SESSION 4: \$200

August 11 - 22

3 spaces available | 11:00-11:30

Evening Lesson Sessions

SESSION 1: \$140

**Mondays, June 30 - August 18
7 Lessons***

5:00-5:30 | 5:35-6:05 | 6:10-6:40 |
6:45-7:15

SESSION 2: \$160

**Wednesdays, July 2 - August 20
8 Lessons***

5:00-5:30 | 5:35-6:05 | 6:10-6:40 |
6:45-7:15

Winchester Pool

Daytime Lesson Sessions

SESSION 1: \$180

June 30 – July 11, 9 Lessons*

3 spaces available | 11:00-11:30

SESSION 2: \$200

July 14 - 25, 10 Lessons

3 spaces available | 11:00-11:30

SESSION 3: \$180

July 28 - August 8, 9 Lessons*

3 spaces available | 11:00-11:30

SESSION 4: \$200

August 11 - 22, 10 Lessons*

3 spaces available | 11:00-11:30

Evening Lesson Sessions

SESSION 1: \$140

**Tuesdays, July 8 - August 19
7 Lessons***

5:00-5:30 | 5:35-6:05 | 6:10-6:40 |
6:45-7:15

SESSION 2: \$160

**Thursdays, July 3 - August 21
8 Lessons***

5:00-5:30 | 5:35-6:05 | 6:10-6:40 |
6:45-7:15

Bronze Stream Certifications

Bronze Star

\$120

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 (course): 10:00 AM - 12:00 PM

Bronze Medallion & Emergency First Aid

\$120

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 21-26

Monday – Friday (course): 9:00 AM - 12:00 PM

Saturday (exam): 9:00 AM - 1:00 PM

Bronze Cross (no Standard First Aid)

\$120

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 11-16

Monday – Friday (course) | 9:00 AM - 1:00 PM

Saturday (exam): 9:00 AM - 1:00 PM



* Shorter session due to Holiday.

