

# Prescott Pool

## 2025 Aquatics Programs



Registration opens April 30 at 8 a.m.  
on a first-come, first-served basis.  
[eo.ymca.ca/onlineregistration](https://eo.ymca.ca/onlineregistration)



St Lawrence St, Prescott, ON K0E 1T0

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.

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## Registration

Online registration is available through our website at:  
[eo.ymca.ca/onlineregistration](http://eo.ymca.ca/onlineregistration)

We will open registration for all 2025 Prescott 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](mailto:rachel.scott@eo.ymca.ca) or call (613) 342-7961

# 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.

### **9-WEEK SESSION | JUNE 30 - AUGUST 29**

Mondays, Wednesday or Fridays | 12:30 - 1:15 PM

Drop-in, no registration required.

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## **Prescott Piranhas**

**\$57**

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.

### **JUNE 30 - AUGUST 22**

Monday - Friday | 4 - 5 PM

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### **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.

### **JUNE 30 - AUGUST 22**

Monday - Friday | 4 - 4:45 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 Prescott program is divided into two sections:

1. **Preschool**, which includes Bobber, Floater, Glider, Diver, Surfer & Jumper
2. **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		
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

# Y Swim Program

## Preschool (ages 3-5)

**\$60/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 - Thursday

#### **SESSION 1: June 30 - July 10\***

Bobber: 10:00-10:30 | 11:10-11:40

Floater: 10:00-10:30 | 11:10-11:40

Glider/Diver

10:35-11:05 | 11:45-12:15

Surfer/Jumper: 10:35-11:05

#### **SESSION 2: July 14-24**

Bobber: 10:00-10:30 | 11:10-11:40

Floater: 10:00-10:30 | 11:10-11:40

Glider/Diver

10:35-11:05 | 11:45-12:15

Surfer/Jumper: 10:35-11:05

#### **SESSION 3: July 28 - August 7\***

Bobber: 10:00-10:30 | 11:10-11:40

Floater: 10:00-10:30 | 11:10-11:40

Glider/Diver

10:35-11:05 | 11:45-12:15

Surfer/Jumper: 10:35-11:05

#### **SESSION 4: August 11-21**

Bobber: 10:00-10:30 | 11:10-11:40

Floater: 10:00-10:30 | 11:10-11:40

Glider/Diver

10:35-11:05 | 11:45-12:15

Surfer/Jumper: 10:35-11:05

### Weekly Evening Sessions | Mondays or Wednesdays

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

Bobber: 5:00-5:30 | 5:35-6:05

Floater: 5:00-5:30 | 6:10-6:40

Glider/Diver: 5:35-6:05

Surfer/Jumper: 6:45-7:15

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

Bobber: 5:00-5:30 | 5:35-6:05

Floater: 5:00-5:30 | 6:10-6:40

Glider/Diver: 5:35-6:05 | 6:10-6:40

# Y Swim Program

**Child (ages 6-12)**

**\$60/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 - Thursday

### **SESSION 1: June 30 - July 10\***

Otter: 10:35-11:05 | 11:45-12:15

Seal/Dolphin

10:00-10:30 | 11:10-11:40

Swimmer/Star 1

10:00-10:30 | 11:45-12:15

Star 2: 10:35-11:05

Star 3/4: 11:10-11:40

Star 5/6: 11:45-12:15

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