

# Kemptville Pool

## 2023 Aquatics Programs



Registration for all aquatics programs will begin online at 8 a.m. on May 23, on a first-come, first-served basis.  
[eo.ymca.ca/onlineregistration](https://eo.ymca.ca/onlineregistration)



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# Welcome to the Kemptonville Pool 2023 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 beginning this season. 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 May 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 2023 aquatics programs at 8am, Tuesday, May 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 11 - August 28  
Tuesdays 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 12 and other swim meet dates will be circulated when received.

**JR Team:** Swimmers aged six to 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 from 3:15 - 4 p.m.  
Cost is \$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 from 4 - 5 p.m.  
Cost is \$120 (includes swim pass)**

# Y Swim Program

## Descriptions and Conversion

### 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;

- Preschool, which includes Bobber through to Jumper;
- Learn to Swim, which includes Otter to Swimmer;
- and Star 1-7.

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 and Tot (3 months - 3 years)

**\$73/session**

This exciting program structures in-water interaction between parent and child and focusses on the importance of play in developing water-positive attitudes and skills. Ages three months to three years. One adult must accompany each child in the water.



**Register for either Tuesdays 6:15 - 6:45 p.m. or Thursdays 6:15 - 6:45 p.m.**

## Preschool (ages 3-5)

**\$73/session**

Previously Preschool A through E. Through songs and games, children will learn to get in and out of the water with assistance. Wearing PFDs, they will try floats, glides on front and back, and side rolls as well as learning the importance of water-smart messages. They will learn to blow bubbles and get their face wet, and attempt to feel comfortable fully submerging. With a buoyant aid, kids will work on moving through the water kicking on their front and back.

- Bobber/Floater – previously Preschool A/B
- Glider/Diver – previously Preschool C/D
- Surfer/Jumper – previously Preschool E

## Learn to Swim: Otter/Seal (ages 6-12)

**\$73/session**

These beginners will become comfortable jumping into water, opening their eyes and exhaling underwater. Floating and gliding on their fronts, backs and sides will give them the foundation needed to be comfortable in the water and develop swimming strokes in future levels. Children will also learn the importance of water safety. Enroll at six years old as an introduction.

- Otter – previously Swimmer 1 (introductory)
- Seal – previously Swimmer 1 (strong swimmer)

## Learn to Swim: Dolphin/Swimmer (ages 6-12)

**\$73/session**

Participants will continue to build their gliding and kicking technique up to 10 m. In Swimmer, they will be introduced to front and back crawl, with an emphasis on a strong kick and breathing sequence. They will develop comfort in deeper water and begin to learn sculling and treading.

- Dolphin – previously Swimmer 2
- Seal – previously Swimmer 3

## Star 1-4 (ages 6-12)

**\$78/session**

Beginning in Star 1 with a 15 m standard for front crawl and back crawl, participants will eventually build their endurance to complete a 350 m workout with a combination of strokes. Completion of the Learn to Swim program is highly recommended before attempting Star 1-3.

- Star 1 – previously Swimmer 4
- Star 2 – previously Swimmer 5
- Star 3 – previously Swimmer 6 (beginning)
- Star 4 – previously Swimmer 6 (advanced)

## Star 5-7 (ages 6-12)

**\$85/session**

This was previously called the Rookie, Ranger and Star Patrol lifesaving courses. Swimmers will begin the exciting journey into advanced swimming and basic lifesaving. They will complete a 350-metre workout and learn the water-safety skills that can save lives. Perfect for kids looking for more than just swimming lessons.

- Star 5 – previously Swimmer 7 (Rookie Patrol)
- Star 6 – previously Swimmer 8 (Ranger Patrol)
- Star 7 – previously Swimmer 9 (Star Patrol)



# Kemptville Pool

## Swim lessons

- Participants can register for ONE group lesson OR ONE private lesson per session.
- Star 5, 6 & 7 classes are 60 minutes.
- No lessons on August 12.

Preschool (Ages 3 - 5) | Star 1-4 (Ages 6 - 12) | Star 5-7 (Ages 6 - 12) | Learn 2 Swim (Ages 6 - 12)

### Weekdays



30 min. classes

2 week session runs: Monday - Friday

	Session 1 July 3-July 14	Session 2 July 17-July 28	Session 3 July 31-Aug 11	Session 4 Aug 14-Aug 25
8:30am	Star 1 Star 2 Star 3 Star 5-7 (1 hour) Bronze Star (1 hour) Dolphin Otter	Star 1 Star 2 Star 3 Star 5-7 (1 hour) Dolphin Seal	Star 1 Star 2 Star 3 Star 5-7 (1 hour) Bronze Star (1 hour)	Star 1 Star 2 Star 3 Star 5-7 (1 hour) Bronze Star (1 hour)
9:05am	Bobber/Floater Surfer/Jumper Otter Bobber/Floater Swimmer	Bobber/Floater Surfer/Jumper Otter Bobber/Floater Swimmer	Bobber/Floater Surfer/Jumper Otter	Bobber/Floater Glider/Diver Otter
9:40am	Swimmer Bobber/Floater Glider/Diver Dolphin Surfer/Jumper Bobber/Floater	Swimmer Bobber/Floater Glider/Diver Dolphin Surfer/Jumper Bobber/Floater	Swimmer Bobber/Floater Surfer/Jumper Dolphin	Swimmer Bobber/Floater Surfer/Jumper Dolphin
10:15am	Dolphin Swimmer Bobber/Floater Seal Seal	Dolphin Swimmer Bobber/Floater Seal Otter	Dolphin Swimmer Bobber/Floater Seal	Dolphin Swimmer Bobber/Floater Seal
10:50am	Glider/Diver Dolphin Swimmer Star 5-7 (1 hour) Star 1	Glider/Diver Dolphin Swimmer Star 5-7 (1 hour) Star 1	Glider/Diver Dolphin Swimmer Glider/Diver	Glider/Diver Dolphin Swimmer Surfer/Jumper
11:25am	Star 4 Otter Glider/Diver Seal	Surfer/Jumper Star 4 Glider/Diver Surfer/Jumper	Star 4 Glider/Diver Surfer/Jumper Star 1	Star 4 Otter Seal Star 1

### Saturday



30 min. classes

8 week session runs: July 8 - August 26

	8:40am	9:15am	9:50am	10:25pm	11:00am	11:35am
Saturday	Dolphin Glider/Diver Swimmer	Bobber/Floater Otter	Bobber/Floater Surfer/Jumper	Swimmer Star 1	Seal Dolphin	Otter Glider/Diver Seal

#### Parent & Tot 8 week sessions

Tuesdays (July 4 - Aug 22) 6:15pm

Thursdays (July 6 - Aug 24) 6:15pm

Parent & Tot is a parented lesson which requires a parent to be in the water handling their child.

# 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. In 2023, there are a limited number of private lesson timeslots available due to a staffing shortage. Private lesson packages typically include four or five 30-minute lessons.

## Weekdays



30 min. classes

2 week session runs: Monday - Friday

	Session 1 July 3-July 14	Session 2 July 17-July 28	Session 3 July 31-Aug 11	Session 4 Aug 14-Aug 25
<b>8:30am</b>	-	-	-	1 lesson slot
<b>9:05am</b>	-	-	-	1 lesson slot
<b>9:40am</b>	1 lesson slot	-	1 lesson slot	2 lesson slots
<b>10:15am</b>	2 lesson slots	1 lesson slot	1 lesson slot	2 lesson slots
<b>10:50am</b>	2 lesson slots	1 lesson slot	1 lesson slot	2 lesson slots
<b>11:25am</b>	2 lesson slots	1 lesson slot	1 lesson slot	2 lesson slots

## Saturday



30 min. classes

8 week session runs: July 8 - August 26

8:40am	9:15am	9:50am	10:25pm	11:00am	11:35am
-	1 lesson slot	1 lesson slot	1 lesson slot	1 lesson slot	-
-	-	-	-	-	-

# Bronze Stream Certifications

## Bronze Star (Prerequisite: 11 years old)

\$95 + Manual (\$40)

Designed for youth who want to take Bronze Medallion and are not yet 13 years of age. Prepares candidates for timed swims. Rescue skills are required at the Bronze Medallion level. It is recommended to have completed at least Star 3 of the Y Swim program (Swimmer 6/7).

## Bronze Medallion & Emerg. First Aid/CPR B \$110 + Manual (\$40) (Prerequisite: 13 years old or Bronze Star)

The Bronze Medallion Award teaches new lifesavers tows and carries, and defense methods in preparation for rescues of conscious and unconscious victims. Candidates develop stroke efficiency and endurance in a timed swim designed to improve physical fitness.



Register for either July 17-21: 8 a.m. - 12:30 p.m.  
or August 14-18: 8 a.m. - 12:30 p.m.

## Bronze Cross

\$110 + Manual (\$40)

(Prerequisite: Bronze Medallion & Emergency First Aid/CPR B)

Bronze Cross is designed for candidates pursuing lifeguarding and who want the challenge of more advanced training. This course includes an introduction to safe supervision in aquatic facilities and more rigorous endurance standards. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Please note that to continue with the National Lifeguard course, candidates must take a Standard First Aid with CPR-C course prior to the start date.



Register for either July 24-28 from 8 a.m. - 12:30 p.m.  
or August 21-25 from: 8 a.m. - 12:30 p.m.