

## Aquatic Leadership

Always wanted to be a lifeguard or swim instructor? Sign up at the YMCA for the courses you need to pursue your dream!

### Bronze Medallion

The first step towards becoming a lifeguard. Participants will be introduced to lifesaving skills, knowledge, fitness, and risk assessment.

**Members \$125 / Non Members \$160**

**Prerequisites:** 13 years of age or Bronze Star

CODE	DAY(S)	DATE	TIME
32828	Tuesday	Sep 6 - Oct 18	5:30 pm - 9:30 pm
32829	Saturday	Sep 10 - Oct 22	12:00 pm - 4:00 pm
38830	Tuesday	Nov 1 - Dec 13	5:30 pm - 9:30 pm
32831	Saturday	Nov 5 - Dec 17	12:00 pm - 4:00 pm

### Bronze Cross

This course is a prerequisite for the National Lifeguard Service Award and introduces more advanced lifesaving rescues and skills.

**Members \$125 / Non Members \$160**

**Prerequisites:** 14 years of age and Bronze Medallion

CODE	DAY(S)	DATE	TIME
32824	Tues	Sep 6 - Oct 18	5:30 pm - 9:30 pm
32825	Sat	Sep 10 - Oct 22	12:00 pm - 4:00 pm
32826	Tues	Nov 1 - Dec 13	5:30 pm - 9:30 pm
32827	Sat	Nov 5 - Dec 17	12:00 pm - 4:00 pm

### National Lifeguard Services

Recognized as the standard measurement of lifeguarding performance in Canada, this course is the final requirement for those looking to become lifeguards.

**Members \$280 / Non Members \$300**

**Prerequisites:** Ages 16+, Bronze Cross, CPR-C and Standard First Aid valid for at least one year.

CODE	DAY(S)	DATE	TIME
33073	Sun	Sep 18 - Oct 30	10:00 am - 5:00 pm
33074	Sun	Nov 6 - Dec 18	10:00 am - 5:00 pm

\*Optional Alert Guide can be purchased for additional \$33.00

### Standard First Aid and CPR Level C

**Members \$100 / Non Members \$125**

\* Ask us about recertification and CPR-only course options

CODE	DAY(S)	DATE	TIME
33264	Sat - Sun	Oct 1 - 2	9:00 am - 5:00 pm
33268	Sat - Sun	Nov 12 - 13	9:00 am - 5:00 pm



## Adult Swimming

These adult classes range from those looking to learn how to swim and get comfortable in the water to those wanting to improve strokes and work on endurance.

**Session 5: Members \$28 / Non Members \$50**

**Session 6: Members \$24.50 / Non Members \$43.75**

LEVEL	TUESDAY Classes Begin: Sep 6 & Nov 1	THURSDAY Classes Begin: Sep 8 & Nov 3
Level 1	7:00 pm - 7:45 pm	7:45 pm - 8:30 pm
Level 2	7:45 pm - 8:30 pm	7:00 pm - 7:45 pm
Level 3	7:00 pm - 7:45 pm	7:45 pm - 8:30 pm
Level 4	7:45 pm - 8:30 pm	7:00 pm - 7:45 pm
Level 5	7:30 pm - 8:30 pm	

## Registration

**Member Registration: AUG 1, 2011**

**Non Member Registration: AUG 8, 2011**

**On the web:** [www.MyYMCA.ca](http://www.MyYMCA.ca)

**By phone:** 604-324-9622

**In person** at the Membership Services Desk

**To learn more about YMCA swim lesson levels:**  
visit [www.LangaraYMCA.ca](http://www.LangaraYMCA.ca)

### Check It Out!

YMCA memberships and most programs are eligible for the Child Fitness Tax Credit!

### YMCA Access Program

Financial assistance through the YMCA Access Program is available for individuals or families who face financial barriers to joining our programs and services.



### Langara Family YMCA

282 West 49th Ave, Vancouver BC, V5Y 2Z5

**Monday – Friday** 5:30 am – 10:30 pm  
**Weekends & Holidays** 7:00 am – 9:00 pm

604-324-9622

[WWW.LANGARAYMCA.CA](http://WWW.LANGARAYMCA.CA)

### NEW FOR FALL! SIBLING SWIM LESSONS

Where siblings can swim together regardless of level.

Friends make  
everything fun



Langara Family YMCA

# Family & Child Swimming

Join the YMCA's National Swimming Program to develop swimming skills in a safe, caring and fun environment.

## Family (0-12 YEARS)

Bring the whole family to swim at the YMCA! Sign up for Parent & Tot or have all your kids' lessons at the same time with Sibling Swim Lessons.

SESSION 5: **Members** \$24  
**Non Members** \$48

SESSION 6: **Members** \$21  
**Non Members** \$42

## Lil' Dippers (3-5 YEARS)

Fun-filled, non-competitive lessons for preschoolers. Each child has the opportunity to get comfortable in the water by playing games, singing songs, and learning to float, glide and play safe.

SESSION 5: **Members** \$28  
**Non Members** \$50

SESSION 6: **Members** \$24.50  
**Non Members** \$43.75

## Session Dates

SESSION 5: Sept 5 - Oct 30 / SESSION 6: Oct 31 - Dec 18

## Learn to Swim (6-12 YEARS)

The YMCA's progressive swim lessons that take swimmers from floats to glides to the development of front and back swim, including water safety.

SESSION 5: **Members** \$24  
**Non Members** \$48

SESSION 6: **Members** \$21  
**Non Members** \$42

## Star Swim (6-12 YEARS)

The YMCA's progressive swim lessons that help swimmers develop strokes, increase distances and learn about water safety and rescue.

SESSION 5: **Members** \$24  
**Non Members** \$48

SESSION 6: **Members** \$21  
**Non Members** \$42



## NEW! Sibling Swim Lessons

Wouldn't it be nice to have all of your kids' swimming lessons at the same time? Sign up for Sibling Swim Lessons and your children ages 6-12 can swim at the same time on the same day, regardless of level! We even have a Preschool Sibling Swim at the same time for your 3-5 year old to join.

SESSION 5: **Members** \$24 / **Non Members** \$48

SESSION 6: **Members** \$21 / **Non Members** \$42

## I CAN Swim (7-17 YEARS)

I CAN Swim is a unique program for children with autism and their siblings. The goal of the program is for children to learn skills and feel safe in the water. Register online at [www.canucksautism.ca](http://www.canucksautism.ca).

DAY(S)	DATE	TIME
Sat	Sep 17 - Dec 17	4:00 pm - 5:00 pm

AGE GROUP	LEVEL	MON & WED Classes Begin: Sep 5, Oct 3, Oct 31 & Nov 23	TUESDAY Classes Begin: Sep 6 & Nov 1	THURSDAY Classes Begin: Sep 8 & Nov 3	FRIDAY Classes Begin: Sep 9 & Nov 4	SATURDAY Classes Begin: Sep 10 & Nov 5	SUNDAY Classes Begin: Sep 11 & Nov 6
<b>FAMILY (0-12 YEARS)</b>	Parent & Tot		5:00 pm - 5:30 pm	4:00 pm - 4:30 pm		10:00 am - 10:30 am	Noon - 12:30 pm
	<b>NEW!</b> Sibling Swim Lessons		6:00 pm - 6:30 pm	6:00 pm - 6:30 pm		1:30 pm - 2:00 pm	
<b>LIL' DIPPERS (3-5 YEARS)</b>	Preschool Sibling Swim		6:00pm - 6:30 pm	6:00 pm - 6:30 pm		1:30pm - 2:00pm	
	Bobber	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	4:30 pm - 5:00 pm	5:00 pm - 5:30 pm	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	10:30 am - 11:00 am Noon - 12:30 pm 1:00 pm - 1:30 pm	10:00 am - 10:30 am Noon - 12:30 pm
	Floater	4:30 pm - 5:00 pm 6:00 pm - 6:30 pm	4:00 pm - 4:30 pm	4:30 pm - 5:00 pm	4:30 pm - 5:00 pm 6:00 pm - 6:30 pm	11:00 am - 11:30 am 12:30 pm - 1:00 pm	10:30 pm - 11:00 am 12:30 pm - 1:00 pm
	Glider	5:00 pm - 5:30 pm	5:00 pm - 5:30 pm	5:30 pm - 6:00 pm	5:00 pm - 5:30 pm	10:00 am - 10:30 am 11:30 am - Noon	11:00 am - 11:30 am 1:00 pm - 1:30 pm
	Diver	5:00 pm - 5:30 pm		4:00 pm - 4:30 pm	5:00 pm - 5:30 pm	11:30 am - Noon	11:30 am - Noon
	Surfer		5:30 pm - 6:00 pm			11:30 am - Noon	11:30 am - Noon
	Dipper					10:00 am - 10:30 am	1:30 pm - 2:00 pm
<b>LEARN TO SWIM (6-12 YEARS)</b>	Otter	4:00 pm - 4:30 pm 5:30 pm - 6:00pm 6:30 pm - 7:00 pm	4:30 pm - 5:00 pm	5:30 pm - 6:00 pm	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	10:30 am - 11:00 am Noon - 12:30 pm 1:00 pm - 1:30 pm	10:00 am - 10:30 am 12:30 pm - 1:00 pm
	Seal	4:30 pm - 5:00 pm 6:00 pm - 6:30 pm 6:30 pm - 7:00 pm	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	5:00 pm - 5:30 pm	4:30 pm - 5:00 pm 6:00 pm - 6:30 pm	11:00 am - 11:30 am 1:30 pm - 2:00 pm	11:00 am - 11:30 am 1:30 pm - 2:00 pm
	Dolphin	4:30 pm - 5:00 pm 6:00 pm - 6:30 pm	4:30 pm - 5:00 pm	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	4:30 pm - 5:00 pm 6:00 pm - 6:30 pm	11:00 am - 11:30 am 12:30 pm - 1:00 pm	10:30 am - 11:00 am 1:00 pm - 1:30 pm
	Swimmer	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	4:30 pm - 5:00 pm	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm	10:30 am - 11:00 am Noon - 12:30 pm 1:00 pm - 1:30 pm	10:00 am - 10:30 am Noon - 12:30 pm
<b>STAR SWIM (6-12 YEARS)</b>	Star 1	4:45 pm - 5:30 pm 6:30 pm - 7:15 pm	4:00 pm - 4:45 pm	4:00 pm - 4:45 pm	4:45 pm - 5:30 pm	10:00 am - 10:45 am 12:15 pm - 1:00 pm	10:00 am - 10:45 am 11:30 am - 12:15 pm
	Star 2	5:00 pm - 5:45 pm 6:30 pm - 7:15 pm	4:00 pm - 4:45 pm	4:45 pm - 5:30 pm	5:00 pm - 5:45 pm	10:00 am - 10:45 am 12:15 pm - 1:00 pm	10:30 am - 11:15 am 11:30 am - 12:15 pm
	Star 3	4:00 pm - 4:45 pm 6:30 pm - 7:15 pm	4:45 pm - 5:30 pm	5:15 pm - 6:00 pm	4:00 pm - 4:45 pm	10:45 am - 11:30 am	10:45 am - 11:30 am 12:15 pm - 1:00 pm
	Star 4	4:00 pm - 4:45 pm 6:30 pm - 7:15 pm	4:45 pm - 5:30 pm	5:15 pm - 6:00 pm	4:00 pm - 4:45 pm	10:45 am - 11:30 am	10:45 am - 11:30 am 12:15 pm - 1:00 pm
	Star 5	5:45 pm - 6:30 pm	5:00 pm - 5:45 pm	4:30 pm - 5:15 pm	5:45 pm - 6:30 pm	11:30 am - 12:15 pm	11:15 am - Noon
	Star 6	5:45 pm - 6:30 pm	5:00 pm - 5:45 pm	4:30 pm - 5:15 pm	5:45 pm - 6:30 pm	11:30 am - 12:15 pm	11:15 am - Noon

## Youth Swimming

Master your swimming skills or learn how to be a lifeguard.

### Master Swimmer (9-16 YEARS)

Master Swimmer is the final level in the YMCA's National Swimming Program. Swimmers learn advanced strokes, swim 700 metres and teach as a volunteer for 6 hours.

SESSION 5: **Members** \$48  
**Non Members** \$80

SESSION 6: **Members** \$42  
**Non Members** \$70

### Teen Learn to Swim (11-16 YEARS)

The YMCA Teen Learn to Swim program introduces teens to a variety of basic swim skills and water safety.

SESSION 5: **Members** \$24  
**Non Members** \$48

SESSION 6: **Members** \$21  
**Non Members** \$42

LEVEL	TUESDAY Classes Begin: Sep 6 & Nov 1	THURSDAY Classes Begin: Sep 8 & Nov 3	SUNDAY Classes Begin: Sep 11 & Nov 6
Master Swimmer	6:30 pm - 7:30 pm	6:30 pm - 7:30 pm	12:30 pm - 1:30 pm
Bronze Star		7:30 pm - 8:30 pm	1:00 pm - 2:00 pm
Teen Learn to Swim	6:30 pm - 7:00 pm	6:30 pm - 7:00 pm	
Power Strokes 1	6:30 pm - 7:00 pm	6:30 pm - 7:00 pm	1:30 pm - 2:00 pm
Power Strokes 2		6:30 pm - 7:15 pm	

### Bronze Star (9-16 YEARS)

This course prepares candidates for Bronze Medallion, while developing first aid, rescue and resuscitation skills.

**Members** \$55  
**Non Members** \$60

### Stroke Improvement

**Power Strokes 1** is specifically designed to develop the front and back crawl strokes.

**Power Strokes 2** focuses on stroke technique and endurance for all swimming strokes.

SESSION 5: **Members** \$22  
**Non Members** \$44

SESSION 6: **Members** \$19.25  
**Non Members** \$38.50



## Private Swim Lessons

Private and semi-private swim lessons are available to anyone at any swim level that is looking to reap the benefits of personalized one-on-one instruction.

**PRIVATE**  
**Members** \$17/half hour lesson  
**Non Members** \$22/half hour lesson

**SEMI-PRIVATE**  
**Members** \$15/half hour lesson  
**Non Members** \$20/half hour lesson