

# 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.

**Members** \$24.50  
**Non Members** \$49

## 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.

**Members** \$28.50  
**Non Members** \$51

## Session Dates

**SESSION 1:** Jan 2 - Feb 26 / **SESSION 2:** Feb 27 - Apr 22  
**SESSION 3:** Apr 23 - Jun 17

## 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.

**Members** \$24.50  
**Non Members** \$49

## 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.

**Members** \$24.50  
**Non Members** \$49



## 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. **Now offered four days a week: Tuesday, Thursday, Saturday and Sunday!**

**Members** \$24.50 / **Non Members** \$49

## 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(S)	TIME
Sat	Jan 7 - Mar 24	4:00 pm - 5:00 pm

AGE GROUP	LEVEL	MON & WED Classes Begin: Jan 2, Jan 30, Feb 27, Mar 26, Apr 23 & May 21	TUESDAY Classes Begin: Jan 3, Feb 28 & Apr 24	THURSDAY Classes Begin: Jan 5, Mar 1 & Apr 26	FRIDAY Classes Begin: Jan 6, Mar 2 & Apr 27	SATURDAY Classes Begin: Jan 7, Mar 3 & Apr 28	SUNDAY Classes Begin: Jan 8, Mar 4 & Apr 29
<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	1:30 pm - 2:00 pm
<b>LIL' DIPPERS (3-5 YEARS)</b>	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	11:30 am - Noon
<b>LEARN TO SWIM (6-12 YEARS)</b>	Otter	4:00 pm - 4:30 pm 5:30 pm - 6:00 pm 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 12:30 pm - 1:00 pm	11:00 am - 11:30 am 1:00 pm - 1:30 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.

**Members** \$49  
**Non Members** \$82

### Bronze Star (9-16 YEARS)

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

**Members** \$56  
**Non Members** \$62

### 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.

**Members** \$24.50  
**Non Members** \$49

### 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.

**Members** \$22.50  
**Non Members** \$45

LEVEL	TUESDAY Classes Begin: Jan 3, Feb 28, & Apr 24	THURSDAY Classes Begin: Jan 5, Mar 1, & Apr 26	SUNDAY Classes Begin: Jan 8, Mar 4, & Apr 29
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	10:00 am - 11:00 am
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	1:00 pm - 1:30 pm
Power Strokes 2		6:30 pm - 7:15 pm	

## YMCA Action Kids Swimming Lessons

YMCA Action Kids participants can now register for full sessions of swim lessons. Simply register for the YMCA Action Kids program as well as the YMCA Action Kids Swimming Lesson that corresponds to your child's level. On each swimming lesson date, YMCA Action Kids staff will escort your child to and from the pool. It's as easy as that!

**Members:** \$24.50  
**Non Members:** \$24.50

LEVEL	TUESDAY Classes Begin: Jan 3, Feb 28, & Apr 24	WEDNESDAY Classes Begin: Jan 4, Feb 29, & Apr 25	THURSDAY Classes Begin: Jan 5, Mar 1, & Apr 26
Otter / Seal	4:00 pm - 4:30 pm		
Dolphin / Swimmer		4:00 pm - 4:30 pm	
Star 1 - 6			4:00 pm - 4:30 pm

## 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** \$17.50 / half hour lesson  
**Non Members** \$22.50 / half hour lesson

### SEMI-PRIVATE

**Members** \$15.50 / half hour lesson  
**Non Members** \$20.50 / half hour lesson

# 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 \$127.50 / Non Members \$163**

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

DAY(S)	DATE(S)	TIME
Tues	Jan 3 - Feb 4	5:30 pm - 9:30 pm
Tues	Apr 24 - Jun 5	5:30 pm - 9:30 pm
Sat	Jan 7 - Feb 18	Noon - 4:00 pm
Sat	Apr 28 - Jun 9	Noon - 4:00 pm
Sat	Mar 3 - Apr 14	Noon - 4:00 pm

### SPRING BREAK CRASH COURSE

Mon - Thurs	Mar 12 - 15	9:00 am - 6:00 pm
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## Bronze Cross

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

**Members \$127.50 / Non Members \$163**

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

DAY(S)	DATE(S)	TIME
Tues	Jan 3 - Feb 14	5:30 pm - 9:30 pm
Tues	Apr 24 - Jun 5	5:30 pm - 9:30 pm
Sat	Jan 7 - Feb 18	Noon - 4:00 pm
Sat	Mar 3 - Apr 14	Noon - 4:00 pm
Sat	Apr 28 - Jun 9	Noon - 4:00 pm

### SPRING BREAK CRASH COURSE

Mon - Thur	Mar 12 - 15	9:00 am - 6:00 pm
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## 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 \$285.50 / Non Members \$306**

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

DAY(S)	DATE(S)	TIME
Fri - Sun	Jan 20 - 29	<b>Fri</b> 4:30 pm - 10:30 pm
Fri - Sun	May 11 - 20	<b>Sat</b> 10:00 am - 6:00 pm <b>Sun</b> 10:00 am - 6:00 pm

### SPRING BREAK CRASH COURSE

Mon - Fri	Mar 19 - 23	9:00 am - 6:00 pm
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\*Optional Alert Guide can be purchased for additional \$33.00



## Standard First Aid and CPR Level C

**Members \$102 / Non Members \$127.50**

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

DAY(S)	DATE	TIME
Sat & Sun	Feb 4 - 5	9:00 am - 5:00 pm
Sat & Sun	March 10 - 11	9:00 am - 5:00 pm
Sat & Sun	May 5 - 6	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.

**Members \$28.50 / Non Members \$57**

LEVEL	TUESDAY Classes Begin: Jan 3, Feb 28 & Apr 24	THURSDAY Classes Begin: Jan 5, Mar 1 & Apr 26
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
Adult Masters	7:30 pm - 8:30 pm	

## 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.

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



**AQUATICS 2012**  
Winter/Spring

## Registration

**Member Registration: NOV 14, 2011**

**Non Member Registration: NOV 21, 2011**

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

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

**In person** at the Membership Services Desk



## 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**