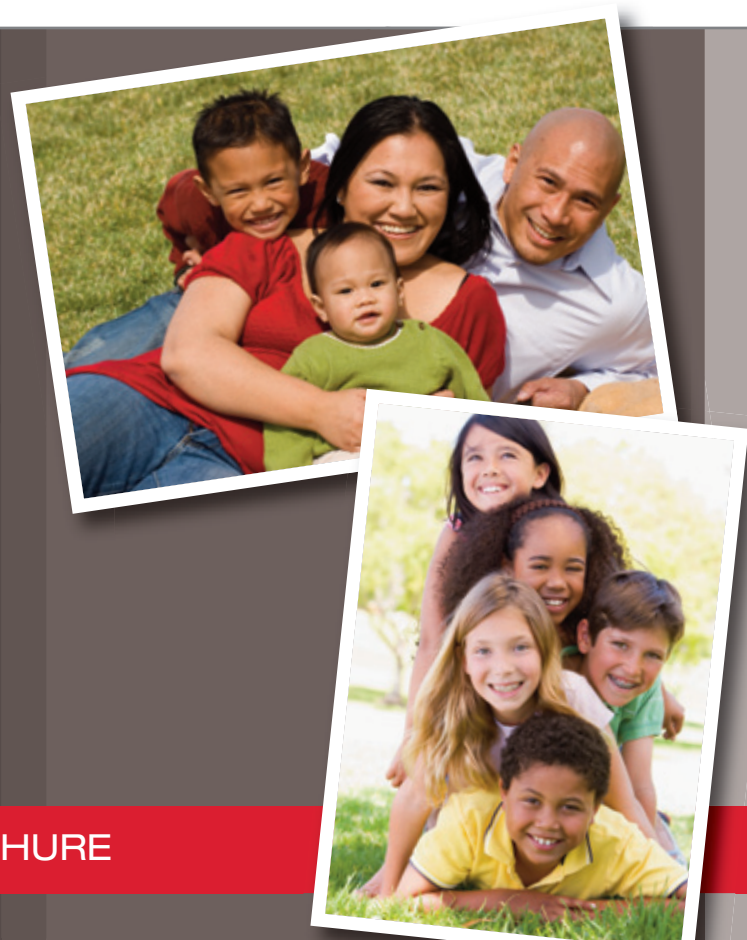


We build strong kids, strong families, strong communities.

Responsibility
Honesty
Respect
Caring



MEMBERSHIP & PROGRAM BROCHURE

GENERAL INFORMATION

Features of your YMCA

- 6 lane, 25 meter lap pool
- Heated Wading Pool
- Hot Tub
- Steam Room
- Member (adult/child) Locker Rooms w/Showers
- Gymnasium
- Group Fitness Classes
- Squash Court
- Indoor Walking/ Running Track
- Child-Minding Services
- Instructional and Recreational programs
- Indoor Playground and Freedom Climber
- Member Lounge
- Flex studio
- Two Conditioning Zones (full range of strength and cardio equipment)

Members may be asked to produce their membership card or receipt of payment while in the Westwood facility.

Cell Phones/Cameras

To ensure the protection of privacy, cell phone use is banned from locker rooms. As a courtesy to all participants we request that you turn off your cell phone in program areas or fitness classes. Taking photos or videos of others without their permission is prohibited on YMCA property.

Lost and Found Policy

The YMCA of Wood Buffalo is not responsible for lost or stolen items. Valuables (ie. watches, mp3's, jewellery, etc.) found in the building may be turned in to the Member Services Desk. All lost and found clothing including locker contents, are stored in the building for one week.

Change Room Access

The YMCA is dedicated to the safety of all children in our facility and on our grounds. For this reason, we ask that all members and guests refer to the following table when choosing the appropriate change room.

Age	Male	Female
Child/Youth (6-12yrs)	Boys Change Rm	Girls Change Rm
Teen/Adult (13+yrs)	Mens Change Rm	Womens Change Rm
Adult w/Child (0-5yrs) *either gender	Mens Change Rm	Womens Change Rm

Upon checking in, please notify a Member Services staff should you require the use of a family change area which can be provided by request.

Change Room Etiquette

1. These are shared spaces; please leave the room clean and ready for the next user.
2. Always keep your valuables within eyesight or locked securely.

Day Locker Access

To deter and prevent theft, it is highly recommended that you keep your personal belongings (including clothing items) locked in a locker. Please note that lockers are available for day use only and will be cut from lockers if they have been left on overnight. Should you need a lock, they are available for purchase at the Member Services Desk.

Visiting out-of-town YMCA members are always welcome. Please present your membership card at the Member Services desk to sign in.

Hold and Cancellations

To place a hold or to cancel your membership, you must visit the Member Services desk to fill out a PAP (*pre-authorized payment*) form. We regret that we are unable to process a hold or cancellation over the phone. For Continuous Members, holds may be placed for a minimum of 1 month and a maximum of 6 months. Notification for a hold or a cancellation must be submitted by the main account holder and received a minimum of 5 business days prior to your payment date to cancel a membership.

Parking

We are pleased to offer FREE parking as part of your YMCA membership. Parking passes will be issued with your membership and must be displayed on your front windshield to allow access to the front parking lot. If you are visiting the facility, please ensure that you sign your vehicle in at the membership desk to avoid being ticketed.

Please note: The front lot is reserved for YMCA members or visitors only – Westwood High School students are required to park in the back lot.

YMCA Child Access Policy

To ensure the safety and security of children while at the YMCA, children up to the age of 12 must either be attending a supervised Y program or age-appropriate registered program or be under the direct supervision of a parent or adult guardian.

Please note that during Youth Night, children are supervised while attending the activities within the Westwood Family YMCA. The YMCA will does not assume responsibility for children who choose to leave the facility during a program.

Child-Minding

Kiddie Kare Hours:

The YMCA can take care of your children while you take care of yourself! Our convenient care is provided FREE to our family membership holders for children aged 8 weeks to 9 years of age. Adult membership holders may access Kiddie Kare provided your child is less than 2 years of age and listed on your account. If you have any questions, please contact the Membership Services Desk for details.

Our staff take great care to ensure your child has a safe and enjoyable experience. Because children play in close contact, germs can be easily transmitted. Toys and equipment are disinfected daily to ensure a clean and safe play environment. In consideration of other children and the staff, we ask that you refrain from bringing children who are ill.

Please note: Members accessing Kiddie Kare must remain in the building at all times.

Monday-Thursday	8:15am to 2pm and 3:30pm to 8:15pm
Friday	8:15am to 1:00pm
Saturday	8:45am to 1:00pm
Sunday/Holidays	CLOSED

Kiddie Kare hours may be subject to change during seasonal programming. Please confirm with the Kiddie Kare staff for specific days and times.

Day Passes

(full-facility access with age restrictions)

Toddler (0-2 yrs)	FREE w/adult admission
Child/Youth (3-12 yrs)	\$8.00
Teen (13-17 yrs)	\$8.00
Adult (18+ yrs)	\$15.00
Senior (65+ yrs)	\$8.00
Family (Adult w/children)	\$25.00
Playpit Only Pass: (2-12 yrs)	\$2.00
Youth Night Pass: (10-13 yrs)	\$5.00

Continuous Membership Fees

Toddler (0-2 yrs)	FREE w/adult admission
Child/Youth (3-12 yrs)	\$27.00/month
Teen (13-17 yrs)	\$40.00/month
Adult (18+ yrs)	\$54.29/month
Senior (65+ yrs)	\$40.00/month
Adult Couple	\$93.33/month
One-Adult Family w/child(ren)	\$79.05/month
Two-Adult Family w/child(ren)	\$114.29/month

Annual Memberships Paid in Full qualify for 10% off the posted rates. GST is applicable to all membership holders 15yrs of age and older. Programming and Fees may be subject to change.

Kiddie Kare

Member	FREE
Non-Member	\$10.00/per hour/per child

30-Day Activity Passes

Per person	\$80.95/month
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Activity passes are a full-access pass for 30 days, and are non-transferable and non-refundable.

Swim Lessons

Members	FREE
Non-Members	\$76.19/Per Session

Our memberships are All-Inclusive!

At the Westwood Family YMCA, usage of all areas of the facility and the programs we offer, come at no-additional charge. Services such as certification classes are a 'fee for service' charge for members and non-members.

*All new or lapsed members over 3 months (90 days) are required to contribute to our **Facility Enhancement Fund** building fee. This fee is directed to a fund that will be used to keep the facility and our equipment in 'best' condition. All adult and family memberships are required to contribute \$75.00. The Facility Enhancement Fund fee is non-refundable.*

Financial Assistance

The YMCA offers the opportunity for financial assistance for services to those who are unable, not unwilling to pay full-fees for requested services. Please stop by and ask us for more details on how to apply for membership assistance through our *Opportunity Fund*.

YMCA Group Memberships

YMCA Group Memberships are part of our commitment to helping employees and employers meet their goals of improving health and well-being, as well as staff productivity. Please contact the Membership Director at 780-790-9622 ext. 235 to learn more.

Building Hours

Monday – Friday: 4:30am-11:00pm

Saturday-Sunday: 7:00am-9:00pm

Holiday hours: 9:00am-7:00pm (includes):

*New Years Day, Alberta Family Day, Good Friday, Victoria Day, Canada Day, Heritage Day, Labour Day, Thanksgiving Day, Remembrance Day, Christmas Day, Boxing Day – **CLOSED***

All program areas close ½ hour prior to building closure.

Pool Hours

- Monday to Friday – 6:00am-10:00pm
- Saturday/Sunday – 7:00am-9:00pm
- Holidays – 9:00am-6:30pm

WHAT CAN A YMCA BIRTHDAY PARTY OFFER YOUR FAMILY?

- * Access to your favourite YMCA activities
- * An enthusiastic YMCA staff to assist you with your set-up and lead you to your activities
- * Swimming in our indoor swimming pool
- * Playing in the Syncrude Play-Pit (indoor playground and climbing wall)
- * Fun in our Playzone (Wii games and Dance-Dance Revolution)
- * Cool YMCA loot bag for the birthday boy/girl
- * No hassles for you and FUN FOR ALL!

Birthday Party Package Options

We offer both a 2-hr package and a 3-hr package for children aged 0-12 years which will include time in either our multi-purpose room or studio (great for cake and presents) as well as our three fun zones (Syncrude Play Pit, Swimming Pool, Playzone (interactive games room). The birthday boy/girl will also receive a special YMCA Loot Bag.

Members: \$150 - 2hr or \$220 - 3 hr.

Non-Members: \$190 - 2 hr or \$275 - 3 hr.

To book your YMCA Birthday Party or to get more information, please contact the Membership Services Desk. We regret that we are unable to hold party spaces or take party bookings over the phone.

Package includes up to 12 children. GST is included. Space will be booked and reserved upon submission of complete payment and a signed rental contract. *All party bookings are subject to a cancellation fee - please ask upon booking for details.*



Contact Us:

Phone: 780-790-YMCA (9622)

Fax: 780-743-4045

Westwood Family YMCA

221 Tundra Drive Fort McMurray
T9H 4Z7

www.ymca.woodbuffalo.org

YMCA CHILDCARE

LICENSED CHILD CARE PROGRAMS

The Wood Buffalo YMCA proudly operates licensed childcare programs for children in our region. Our qualified Early Childhood Educators and Staff provide high-quality care so that you can have peace of mind while you work to help your family succeed. YMCA childcare builds on a child's natural desire to learn new skills and become more self-reliant.

Please contact us at the Birchwood YMCA Child Development Centre
(780)-790-9532 ext. 30

Riedel Child Development Centre

Daycare: 12months-6yrs
Monday – Friday 6:30am – 6:00pm
34-8820 Franklin Ave
Fort McMurray, AB
T9H 3N2
Phone: (780)-743-5554

Thickwood Heights Child Development Centre

Daycare: 19months-6yrs
Out-of-School Care: 6-12yrs
Monday – Friday 6:00am – 6:30pm
96 Silin Forest Road
Fort McMurray AB
T9H 3A1
Phone: 780-715- 8584 or 780-714-4213

Birchwood Child Development Centre

Daycare: 19months - 6yrs
Monday – Friday 6:00am – 6:00pm
190 Tamarack Way
Fort McMurray AB
T9H 1A1
Phone: (780)-790-9532



Out-of-School Care

Ages 6-12 years
The YMCA of Wood Buffalo is proud to be partnering with the Fort McMurray Public School District to provide before and after school programs for Fort McMurray families. Locations are offered at these public schools across the city. Please call 780-715-8584 or 780-714-4213 for information.

Out-of-School-Care (North)

Thickwood Heights
Westview
Ecole Dickensfield
Timberlea

Out-of-School-Care (South)

Greely Road



CAMP

The YMCA offers licensed Out-of-School-Care programs as well as daycamps. If you're looking for safe, fun and stimulating camp experience for your child you have come to the right place!

Our camping heritage makes the Wood Buffalo YMCA day camp a trustworthy, solid and dependable choice. Meeting new friends, learning new skills, and enjoying fun-filled days in a caring, supervised environment is what YMCA day-camps are all about!

The YMCA may offer licensed out-of-school-care programs during these holidays: Christmas, February break, Spring break and Summer break in addition to daycamps during the Summer months. Please contact the Membership Services desk for more information.



NORTHEAST ALBERTA
CHILD & FAMILY services authority



PROUD PARTNER OF
ALBERTA'S PROMISE
www.albertaspromise.org

Syncrude

YMCA CHILDCARE

YMCA COMMUNITY PROGRAMS

The YMCA Community Programs team is there to encourage newcomers to live healthy lifestyles and to join recreational and social activities in their community.

WHAT WE DO:

1. Immigrant Settlement Services

- Information, Orientation & Referrals
- Supportive, Solution-based Counselling
- Interpretation & Translation Services
- Community Access Program
- Community Participation & Education
- Other services designed to assist newcomers to integrate into our Community

Notary Public Services available on the last Saturday of every month!

2. Community Connections

- A befriending program – designed to match newcomers to Canada with a volunteer for friendship and emotional support
- Language referrals
- Translation Services
- Community Connections
- Volunteer opportunities
- Legal Referral
- Available Assistance
- Other services designed to assist newcomers to integrate into our Community

Youth Career & Employment

Located on site at the Westwood Family YMCA, the staff and volunteers deliver career and employment services to youth aged 14-24 years. Our city's youth can benefit from workshops, one-on-one client access, and information sessions.

Monday-Friday, 8:30am – 4:30pm
(Evening appointments available as needed)

**CONNECTIONS CLUB FOR
ABORIGINAL YOUTH**
*(FORMALLY YOUTH
CONNECTIONS)*

221 Tundra Drive
Fort McMurray, AB T9H 4Z7
Program Coordinator: 780-370-2530

3. Temporary Foreign Worker Program

- A program designed to assist TFWs to adjust and have support in the Community while they are working in Canada
- Supportive, Solution-based Counselling
- Information & Referrals
- Legal Referrals
- Community Orientation
- Other services designed to assist newcomers to integrate into our Community

4. Job Search Services for Immigrants

- One-on-one Assistance with: Resume Development, Cover Letters, & Job Search Strategies
- International Qualifications Assessment Services (IQAS)
- Labour Market Information
- Information & Referrals
- Other services designed to assist newcomers to integrate into our Community
- Workshops on 'Understanding Canadian Culture in the Workplace'



All services are offered free of charge!

CONTACT US:

- **Immigrant Settlement Services**
- **Career & Employment**
- **Community Connections (formerly HOST program)**
- **Temporary Foreign Workers**

YMCA Community Programs

#201-10011 Franklin Ave
Fort McMurray, AB T9H 2K7

p: (780) 743-2970

f: (780) 743-2973

Mon-Fri: 8:30am-4:30pm
(closed 12pm-1pm)

The YMCA of Wood Buffalo acknowledges the partnership of:



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

For their resource assistance and funding support of this program.

Government of Alberta ■
Employment and Immigration

PROGRAMS AND SERVICES

GROUP FITNESS CLASS DESCRIPTIONS

BOOT CAMP:

Challenge this high intensity, results-oriented class. Test your muscle endurance, strength and most of all your determination.

CARDIO INTERVAL:

Challenge your body with alternating high and moderate intensity exercises to reap maximum cardiovascular benefits and fat loss! Core and stretch will get you to the finish line. A great class to kick start your week.

CIRCUIT TRAINING:

Enjoy a great workout using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. Great calorie burner while toning your body!

CORE STRENGTH:

Boost your day with this mid-morning class designed to ignite your inner core and empower you! Better than a cup of coffee!

SPIN:

Jumpstart your health with this class, which provides a balance of endurance, hill climbing and interval training. Finish with a rejuvenating stretch.

TOTAL MUSCLE CONDITIONING:

Torch some calories in this high energy, fun class using a variety of equipment! Get those muscles moving in Total Muscle Conditioning!

TRACK INTERVAL:

Join us in the fitness centre on the cushioned track for this fitness challenge. Muscle toning and strengthening exercises for the entire body mixed with cardio drills. This class will keep you moving while improving your strength, coordination and overall fitness.

ULTIMATE CARDIO:

Challenge yourself with this cardio-conditioning class. Offering a variety of boxing, spin, circuit & plyometric training.

Get Set!

QUICK-START PROGRAM:

An opportunity for new members to set themselves up for success. Get a jump on your fitness routine as our fitness leaders show you the basics in developing a program you can stick with. We will be your guide to getting fit. Registration is required.

Next Step!

NEXT STEP PROGRAM:

This 30 min session is offered free to our members. This is a follow up program from the Quickstart. Our fitness staff will work with you and reassess your current exercise program. We will guide you through some new moves to help you achieve a higher-level of fitness. Registration is required.

FIRM & FOCUS:

Find your focus by building total body strength and flexibility while improving good posture. Work with a variety of equipment in a fun, friendly atmosphere.

FUNCTIONAL FITNESS:

This great class provides practical workouts for creating lifelong habits. Designed to optimally combine agility, coordination and flexibility and ideal for those whose posture might be affected by working in an office setting or for those who sit for long hours.

GOING BALLISTIC:

Discover new ways to challenge your body using a stability ball. Experience a blend of cardio moves with total core conditioning. A great workout sure to re-energize you!

NOON-HOUR GROOVE

Rock this energetic noon-hour class offering a Latin flavored cardio dance class. A heart pumping class that puts the “fun” in “funk”!

WATER WORKOUT:

Increase your cardio conditioning while developing toning and flexibility in the shallow and deep end of the pool. A great water workout!

ZUMBA:

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance into movements, creating a dynamic, exciting, exhilarating and effective fitness program. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/ fitness approach to achieve a unique blended balance of cardio and muscle toning.



TEEN STRENGTH TRAINING (13-15YRS)

This is a 2-hr course designed to give teens an introduction to cardio and resistance training, safe exercise practices and fitness centre expectations. This program is offered usually once a month based on demand. Contact the Group and Individual Conditioning Supervisor for more information.

All fitness classes are...

- Drop-in for teens/adults 13+ yrs
- First-come, first-served for fitness equipment and spin bikes.
- Aimed at providing an invigorating workout for all levels of fitness (from first-timers to experienced class-goers.)

Pre/Post-Natal participants should check with their doctor before attending any of the YMCA's fitness programs.

Please arrive 10 minutes prior to start of class to allow for proper setup. If you are joining a class for the first-time, please notify the instructor prior to start of class.

Please note: A warm-up segment is essential, you may be denied participation if you arrive more than 10 minutes late for the start of a class.



The YMCA offers a variety of Yoga and Pilates classes including Hatha Yoga, Level 1 and 2 and Meditation. All classes are focused on stress-reducing postures, stretching, breathing and core strength. Exercises will strengthen the core while developing stability and abdominal control. Slow, controlled exercises are excellent for increasing flexibility and improving posture and coordination. Discover the ways in which Yoga can enhance your life – check the monthly fitness schedule for days and times.



Fitness Centre Etiquette

The YMCA and its programs are a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others.

The YMCA Proper attire must be worn while in program areas at all times. Denim, sandals and t-shirts with offensive logos are not considered appropriate athletic wear. Indoor, closed-toe athletic shoes must be worn at all times during dry land programs.

Food is not permitted in fitness areas.

During peak workout hours, please limit your cardio workout to 30 minutes.

Please use equipment with the purpose it was intended for.

As a courtesy to others, please return equipment to proper storage locations.

Avoid 'banging' your weights or dropping your dumbbells. Dropping heavy weights is an abuse of our equipment. Please be reminded that proper weight lifting technique requires full control from start to finish.

Use appropriate language (no foul language will be accepted).

Please refrain from using scented products (perfumes/colognes).

As a courtesy to all participants we request that you turn off your cell phone in fitness areas.

body

spirit mind



Syncrude **PLAY PIT**

the YMCA of Wood Buffalo acknowledges the generous donation of the Syncrude Playpit by Syncrude Canada Ltd.

Please help us provide a safe, clean and fun environment by respecting these simple rules:

- **Children must be supervised while in the Playpit.** Seating is provided for your comfort.
- The Playpit is reserved for children 12 years and under.
- Socks are mandatory. Socks are available for sale at Membership Services for a nominal fee.
- No food or drink in the Playpit area.
- Play nice, make new friends and have tons of fun!

VOLUNTEER OPPORTUNITIES

Volunteering is a demonstration of caring for others and you will find it at the heart of the YMCA. Our volunteers represent diverse cultures, age groups, abilities and life experiences. While some are looking to future leadership in our community, others are looking back over the rich life experiences that have equipped them for their role as volunteers. Whatever their backgrounds, all of our volunteers are working to enhance quality of life within our region. Our volunteers truly are ***Heroes Among Us.***

Thinking about volunteering? If you have a little Time, Talent or Treasure to contribute, and you would like to learn more about volunteering at the YMCA, please contact the Membership Services desk at 780-790-YMCA (9622).

OPPORTUNITY FUND

The YMCA is Open to Everyone

The YMCA of Wood Buffalo provides programs and services to all people, regardless of circumstance, through the YMCA Opportunity Fund which is funded by the **Strong Kids Campaign**. This allows those who are unable, not unwilling to afford the full cost of membership and/or programs to access the YMCA at a reduced cost.

OPTION 1: Am I Eligible for the Opportunity Fund?

You are pre-approved for the Opportunity Fund if you are a current recipient of:

- * IS: Income Support
- * AISH: Assured Income for the Severely Handicapped

Please bring one of the above benefits card(s) to the Membership Services desk to get information on how you can begin your YMCA membership at a reduced cost.

OPTION 2: If I don't qualify under OPTION 1, how do I apply?

Eligibility for the Opportunity Fund is determined by family income and size. The YMCA uses the government's Low Income Cut-Off Chart (LICO) www.canadavisa.com/immigration-financial-ability.html as a guideline to help determine eligibility.

You may also be eligible to apply for the YMCA Opportunity Fund if you have unique or special circumstances and/or are unable to provide proof of income. If this is your situation:

1. Stop in and join us for a tour to learn all about what the YMCA has to offer – workout areas, schedules and programs for all ages. At the end of your tour you will also receive a 2-week pass to try the YMCA and an Opportunity Fund Application form.

2. Complete an application form and gather the necessary information.
3. Bring your completed application and information and join us for one of the drop-in times.

The YMCA is pleased to offer this opportunity to you and your family.



RECREATION

Preschool (3-5yrs)

Preschool Fun Factory:

A learn through play program to help develop children's creativity and imagination through movement activities, arts and crafts, songs, stories, and games. Children must bring indoor shoes and a painting shirt.

Preschool Smorga-Sports:

A sports buffet including soccer, floor hockey, hoop ball and more. An all-you-can-play class designed to introduce preschoolers to the wide world of sports!

Preschool Tumblers:

Develop gross motor skills, balance and coordination using basic gym equipment and tumbling activities. Parent must accompany child.



Child/Youth (6-12yrs)

Open Family Gym:

Play various recreational sports or ping-pong with your family and friends and enjoy a great time together!

Youth Night (10-13yrs):

A YMCA tradition designed for youth. Jump in the pool and make waves swimming. Try a variety of indoor sports in the gym, or show off your moves in the studio challenging your friends to DDR or Wii games. All activities are supervised and led by our superstar staff.



Teen/Adult (13-18+yrs) and Family Activities (all ages)

Badminton:

Challenge your partner or play doubles in this YMCA favourite. Badminton is an excellent form of physical conditioning, and is regarded as one of the most physically demanding sports

Basketball:

Play a little one-on-one or make it a full court and challenge your "Y" friends.

Open Family Gym:

Play various recreational sports or ping-pong with your family and friends and enjoy a great time together!

Volleyball:

Experience this great sport with a large group. Develop your skills with the help of qualified coaches while playing one of our most-popular gymnasium programs.

AQUATICS

Lane Swimming

A minimum of two (2) lanes will be available at all times, except Sunday 7:00-9:00am.

Aquatic Information

For your child's safety and to ensure the swimming pool is available for use by all participants, we ask the following:

- Children who are not toilet trained must wear either "swimmer diapers" or plastic pants with elastic waistband and leg bands. Swim diapers are available for sale at the Membership Services desk.
- Please do not feed your child within 30 minutes before entering the pool.
- Individuals with open cuts, respiratory infections, planter's warts, ringworm or any other casually transmitted pathogens are not to be brought to swim in the pool.
- Swimmers must take a warm, soapy shower before entering the pool
- Proper swim attire must be worn in the pool (no outdoor clothing or underwear)
- Cameras, cell phones, food, drinks, or shoes are not permitted on the pool deck.

Family/Open Swim Times

- Children who are under the age of 6 years must be accompanied in the water within arms reach by a parent or caregiver over the age of 16.
- Children aged 7-9yrs must have direct (on deck) supervision of a parent or caregiver over the age of 16.
- Children of any age who cannot touch the bottom or cannot swim 25 m must be accompanied in the water within arms reach by a parent or caregiver over the age of 16.
- Workers must accompany any individual requiring a support worker and the use of a Personal Floatation Device (i.e. lifejacket) in the water. *Exceptions may be made at the discretion of the lifeguard on duty.*

Adult Swim Times

This time is reserved for swimmers aged 16+ to enjoy our pool in a peaceful environment. Family and Open swim times are available to our younger participants.



Swim Lessons

Qualified swim instructors teach all lessons at the YMCA. Your child will experience the water, learn skills and have fun. Your child will continue to progress until they have reached the pinnacle of instruction for their swim level.



Fitness Classes

Water Workout programs provide all the benefits of a dry-land workout without the sweat! People of varying fitness levels and abilities can enjoy an effective workout while being gentle on the joints.

Please note: The warm-up segment is an important part of any fitness class or lesson. Please respect the class instructor and participants by arriving to your class on time. We regret that participation may be denied if you arrive more than 10 minutes late for class.

Parents:

Please ensure that your child is ready for the start of their lesson and collected promptly from the deck at the end of the lesson. Additional time has been scheduled at the end of the lesson time, should you wish to speak with your child's instructor.

Due to high demand, and necessary progression of skills, we ask that children do not miss more than 2 consecutive classes, excluding holidays and periods of illness. If a child is going to be absent from their class, please call ahead of time and let the aquatics department know to avoid the loss of space.
780-790-9622 ext. 241

Join our Aquatics team and get the perfect part-time job! Our qualified and trained lifeguards and swimming instructors are an integral part of our community – Interested to learn more?

Contact the Aquatics department at 780-790-9622 ext 241 and we'll tell you how!

PARENT AND TOT LESSONS (parent must accompany child):

Splasher: (6 to 18 Months)

Splashers will become acquainted with breath control, floats and various movements.

Bubbler: (19 to 3 years)

Bubblers will become confident in the water and will learn new games.

LI'L DIPPERS PROGRAM (3-5yrs)

This program allows the parent to watch the progress of their child. It is designed to familiarize the child with the water environment through a variety of songs, games, and skill development.

Bobber:

Bobbers learn activities to gain confidence in the water. The child will be introduced to floats and games with a face in the water progression.

Floater:

The focus of floater is front and back floats and glides. The child will also work on front and back swim to a distance of 15 meters. This class is an introduction to the pool.

Glider:

Gliders are encouraged to become more independent, comfortable in the water, with continuous work on skills and endurance.

Divers:

Divers are introduced to deep-water activities, side glides and development of arm action. Continuous development of front and back swims up to a distance of 10 meters.

Surfer:

Surfers will continue developing front and back swims up to a distance of 15 meters. They will also explore diving, creative entries and surface support.

Dippers:

Dippers focus on building endurance through a 25-meter swim. Swimming is continually refined on front, back and deep-water activities and skills explored.

LEARN TO SWIM (6-12yrs):

In the first levels of the YMCA National Swimming program (Otter, Seal, Dolphin, and Swimmer), instructors strive to have each participant feel a sense of achievement by introducing basic swim skills, and increasing comfort, confidence and endurance in the water.

Otter:

Builds confidence in floating, gliding, and breath control under water.

Seal:

Introduction to deep-water jumping, breath control and surface support. Swimmers will continue to develop floats, glides, and distance swims.

Dolphin:

Build endurance and skills for front and back swims. Develop side breathing and treading water.

Swimmer:

Improve front and back strokes endurance swims and treading water.

STAR PROGRAM

Star 1:

Develop safety education; tread water 90 seconds, increase front and back crawl skills and endurance. Introduction to elementary backstroke.

Star 2:

Introduction to safety skills, improve diving and treading water, learn higher stroke standards. Introduction to breaststroke.

Star 3:

Begin recognition and rescue skills, introduction to eggbeater, focus on improving stroke improvement standards.

Star 4:

Learn about drowning prevention; develop more rescue skills, introduction to levels build endurance and skills for strokes.

Star 5:

Intermediate boating safety, intermediate rescue skills, introduction to butterfly, improve sidestroke and breaststroke.

Star 6:

Advanced first aid and rescue skills, an introduction to alternative strokes and development of synchronized and water polo skills.

ADULT LESSONS

Adult lessons are drop-in and available for all levels from beginner to advanced.



Evaluations are ongoing and full attendance is recommended for the child's progression of skills. Please check with the Aquatics Department or Member Services for session and registration dates.

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