

# AQUATICS SPRING NEWSLETTER 2022

*Save the Dates!*

## SUMMER SWIM PROGRAM & PRIVATE LESSONS

**REGISTRATION DATE JUNE 6TH**

### JULY SESSIONS RUN

#### MONDAY EVENINGS

Starting July 4th to July 26th

4:00pm-4:40pm or 4:45pm-5:25pm Private  
Lessons 5:30pm - 6:00pm

Adult Learn to Swim -6:05pm-6:50pm

#### WEDNESDAY EVENINGS

Starting July 6th - July 28th

4:00pm-4:40pm or 4:45pm-5:25pm Private  
Lessons 5:30pm - 6:00pm

Adult Learn to Swim -6:05pm-6:50pm

### AUGUST SESSIONS RUN

#### MONDAY EVENINGS

Starting Aug 1 - 22nd

4:00pm-4:40pm or 4:45pm-5:25pm Private  
Lessons 5:30pm - 6:00pm

Adult Learn to Swim -6:05pm-6:50pm

#### WEDNESDAY EVENINGS

4:00pm-4:40pm or 4:45pm-5:25pm Private  
Lessons 5:30pm - 6:00pm

Adult Learn to Swim -6:05pm-6:50pm



## Important Reminder

### CONTINUOUS SWIM LESSONS:

At the YMCA, we believe swimming is a critical life skill for everyone. We offer continuous swim lessons throughout the year to ensure ongoing development of this skill for children and adolescents. Adult Learn-to-Swim programs are also available in the fall.

Continuous swim lessons are included in a YMCA membership, and enrollment continues until the lessons are no longer needed

\*Reminder that memberships must be maintained throughout the summer months. This will guarantee registration for continuous swim lessons to remain unchanged. Otherwise, swim lesson registration will be cancelled (re-registration would be required)

# Summer Programs Offered

Program	Description	Age Group	Included in YMCA Membership	Registration Required	\$ Extra Cost
Adult Leisure Swim	Open swim time for adults and seniors. Two lanes provided	16+	✓		✓ (Non-Members)
AquaFit (Multiple levels)	Fitness class including strength, cardio, and ongoing fitness	12+	✓		✓ (Non-Members)
Aqua Recovery	Aqua therapy for those recovering from injury or illness	18+	✓	✓	✓ (Non-Members)
Birthday Party Rentals	One Hour in the Pool	--		✓	✓ (\$145)
Lane Swim	Five lanes are available for lap swimming only	12+	✓		✓ (Non-Members)
Open/Family Swim	Open swim time for individuals, small groups, and families	--	✓		✓ (Non-Members)
Play Pals	45min open pool time, followed by 60min open gym play time	6mo-5yr (+ adult)	✓		✓ (Non-Members)
Private Lessons	Individualized, one-on-one swimming skill development	3+		✓	✓ (Non-Members)
Summer Swim Program	Swimming skill development for children during summer months	3-12	✓	✓	

**No previous swimming ability required for any of the above swim programs!**





# Important Dates!

## JUNE 22

- June 6 Summer Swim Program Registration Opens -  
Including Private Lessons Opens!
- June 20-25 Final week of swim programs

## JULY 2022

- July 1 Canada Day-Revised Schedule
- July 4 1st Day of Summer Lessons  
(Monday's Group)
- July 6 1st Day of Summer Lessons  
(Wednesday's Group)
- July 15,16,17th Bronze Medallion Course

## AUGUST 2022

- August 1 August Summer Swim Program  
(Monday's Group)
- August 3 August Summer Swim Program  
(Wednesday's Group)
- August 15th Registration open for Fall Swim Lessons
- August 26th-Sept. 3rd - Pool Closed for Annual Cleaning

## SEPTEMBER 2022

- September 5 Labour Day-revised schedule
- Sept. 9,10,11 Bronze Cross Course  
& Sept.16,17,18th
- September 12-17th - Fall Lessons Begin



# Member Reminders

## AGE RESTRICTIONS:

### CHILDREN UNDER 6 YEARS

- Must be directly supervised and within arm's reach of someone at least 12 years of age
- Max. ratio of 2 children to 1 adult
- All children not fully toilet trained must wear specialty swim diapers (can be purchased at our Front Desk if available), or rubber pants

### CHILDREN AGED 6-11 YEARS

- If a child prefers to swim independently in the deep end, he or she must complete our facility swim test (2 widths of the pool uninterrupted)
- Children who cannot complete the swim test must be accompanied by someone at least 12 years of age, either in the pool or on the deck
- Max. ratio of 4 children to 1 adult

### AGES 12 AND OLDER

- Can swim independently in the pool without adult supervision
- If someone prefers to swim independently in the deep end, he or she must complete our facility swim test (2 widths of pool uninterrupted) or use a buoyant aid
- Children 5 years and older must use the appropriate gender General locker room (or the Family locker room)

For more information or to find out how to register, please contact Membership Services at 902-562-9622 ext,2257 or the Aquatics Manager [julie.mackinnon@cb.ymca.ca](mailto:julie.mackinnon@cb.ymca.ca))





# Learning and Employment Opportunities

## SUMMER COURSES

### **BRONZE MEDALLION COURSE -Ages 13+ July 15,16,17th-Bronze Medallion Course**

- Four components of water rescue emphasized: judgment, knowledge, skill, and fitness
- Rescuers learn appropriate tows and carries, as well as defence methods and releases, preparing them for challenging rescues involving conscious or unconscious victims

### **BRONZE CROSS COURSE - July 15,16, 17th- Bronze Medallion Course**

- Ages 13+ (must have completed Bronze Medallion course)
- Emphasize principles of teamwork, procedures, and the use of special equipment for lifesaving
- More advanced training than Bronze Medallion, including an introduction to safe supervision in aquatic facilities and advanced fitness challenges

### **FIRST AID/CPR CERTIFICATION**

- Emergency First Aid and CPR-B
  - Included in Bronze Medallion course
- Standard First Aid and CPR-C
  - Included in Lifeguard certification

## **JUNIOR LIFEGUARD PROGRAM – FALL PROGRAM**

- Ages 8-18
- Must be capable of swimming 25m continuously, and treading water for 2 minutes
- This program introduces children and adolescents to the world of aquatic lifesaving and fitness training, beyond that of regular swim lessons
- Skills and challenges covered in this program include:
  - Development and progression of swimming skills
  - Lifesaving skills and techniques
  - Overall fitness progression
  - Leadership skill development
  - Excellent preparation for aspiring lifeguards

## **SWIM INSTRUCTOR COURSE - TBA**

- Ages 16+

## **LIFEGUARD CERTIFICATION - TBA**

- Ages 16+

## **VOLUNTEERING**

- Swim instructor volunteer on going
- Application can be picked up at the front desk

**For more information or to find out how to register, please contact Membership Services at 902-562-9622 ext,2257 or the Aquatics Manager [julie.mackinnon@cb.ymca.ca](mailto:julie.mackinnon@cb.ymca.ca)**





## Annual Pool Maintenance

### August 27th- September 3rd

The Pool will be closed from August 26th – September 3rd (re-opening September 4th) for our annual maintenance. The closure is required in order to maintain our pool and keep it running all year round with minimum downtime. The following tasks will be completed:

- Draining the 600,000 litres of water
- Cleaning the liner
- Replacing broken or loose tile and grout all the gutters
- Scrubbing the scum lines
- Cleaning and polishing all stainless
- Pressure-washing and cleaning the deck tiles and grout
- Painting
- Pump maintenance
- Taking apart and inspecting the sand filters
- Cleaning all sensors for chemical controls
- Cleaning backwash tank
- Cleaning the acid and chlorine jets
- Filling pool back up, then balancing and reheating water

We apologize for the inconvenience, thank you for your understanding.

-YMCA Maintenance Staff

