

YMCA OF NEWFOUNDLAND AND LABRADOR
SWIM LESSONS – FREQUENTLY ASKED QUESTIONS (Effective January 1, 2022)

1. How do I register for swim lessons?

Register using the online portal, by phone or in-person. Access the online registration at ymcanl.com

2. What swim lesson levels will be offered?

- **Preschool** (ages 3-5; children who are turning three within three months, or have turned six within the last three months)
 - Bobber, Floater and Glider – play pool
 - beginner preschool levels
 - maximum of 6 children
 - Diver, Surfer, Dippers (Jumper) – play pool (MTY, CPFY)
 - intermediate preschool levels
 - maximum of 6 children

- **Learn to Swim** (ages 6-11; children who are turning six within three months, or have turned 12 within the last three months)
 - Otter, Seal – play pool or main pool shallow end
 - beginner levels
 - maximum of 6 children
 - Dolphin, Swimmer – main pool
 - intermediate levels
 - maximum of 8 children for children who can swim up to two lengths of the main pool

- **Star Programs** (ages 6+; children who are turning six within three months)
 - Stars 1- 4 – main pool
 - intermediate levels
 - maximum of 8 children for children who are able to swim 3-12 lengths of the pool using different swim strokes
 - Stars 5-7 – main pool
 - advance level swimmers
 - maximum of 12 children

3. In which level should I register my child?

Registration is based on age and ability. See question #3 above for details. For those who have not enrolled in the YMCA swim programs before, please visit our [quick guide](#) to placing your child in a swim level. [Child Swimming Level Guide.](#)

If your child was previously in lessons outside of the YMCA, please refer to the [conversion chart](#) to determine the appropriate level. If your child is between levels, use your best estimate of ability to register them for a level using the information above.

If you need help determining which class will best meet the needs of your child, in-person swim assessments may be arranged. Please contact:

- **Ches Penney Family YMCA:** aquatics@nl.ymca.ca
- **Marystown YMCA:** [Deidre Ryan](#)
 - **Central Labrador YMCA:** [Zach Garland](#)

4. What class sizes can I expect?

Class sizes are dependent on level and will range from a maximum of 6 - 8 children per lesson. Please refer to question #3 for details. Parents are not required to get into the water with their child(ren).

5. Can we stay and swim after my child's lesson?

No. Please exit the pool promptly once the lesson is completed. Parents/caregivers with an active YMCA membership or who wish to purchase a day pass (if available) may attend any of our swims listed on the schedule in the program guide.

6. My child is in Star 5, 6, or 7. When is their lesson time?

- Ches Penney Family YMCA: Tuesdays-Fridays (7:00-30pm) Saturdays (10:45am-12pm) Sundays (4:45-5:15pm)
- Marystown YMCA: Wednesdays 6:15-6:55pm
- Central Labrador YMCA: Saturdays 4:00-5:00 pm

7. Are tot lessons (ages 0-2) available?

Yes, call your facility or check the online portal for times. These classes are drop-in each week and are not set rosters. Parents must register before each class.

8. Are adult swim lessons available?

Yes. At CPFY adult group lessons are offered on Wednesdays (7-7:30pm), Thursdays (7-7:30pm) and Sundays (5:20-5:50pm). Drop in for each class. Registration required before each class.

At the Marystown YMCA adult group lessons for any level are offered on Mondays from 7:00 – 7:30 pm. Blocks are eight weeks with a maximum group size of eight participants. Registration may be done [online](#).

Central Labrador Y – adult group lessons Thurs 7:30 – 9:00 pm drop in

9. Can I choose the instructor for my child?

No. YMCA Swim instructors are assigned to lessons after registration.

10. Can I switch the time of my lesson slot?

If you would like to change time or day, please call or visit the Welcome Desk.

- Ches Penney Family YMCA: 709-726-9622
- Marystown YMCA: 709-279-9622
- Central Labrador YMCA: 709-896-9622

11. Can I make up a missed lesson?

No. We are unable to provide make-up time for missed lessons.

12. What measures are you taking to help protect my child against the transmission of COVID-19?

Physical Distancing

YMCA Swim instructors will maintain a two metre distance from all participants (except during emergencies).

Signage to assist with physical distancing practices and for traffic flow to reduce congestion is in place throughout our facilities.

Personal Hygiene

Please sanitize your hands upon entering facility and before and after swimming. We also ask that you clean your locker/bench before and after use with the disinfectant spray provided. Showers may be used, however, to facilitate the flow in the change room please limit showers to a quick rinse.

Enhanced Cleaning and Disinfecting Protocols

High touch areas in the pool and change rooms are disinfected frequently. Deep cleaning of all areas in the facility is performed nightly.

Personal Protective Equipment

Non-medical masks that cover the nose and mouth are mandatory for all individuals (age 5+) to enter the YMCA and throughout the facility (change rooms, hallways, stairways, elevators, etc.). Masks may be left secured in your locker while in the water but must be put back on as soon as you return to your locker.

13. Where do I go when I arrive on the pool deck?

A staff member will direct you and your child to your space in the pool area.

14. Where can I watch my child swim?

Due to physical distancing guidelines, viewing space is limited. Once you have ensured your child is safely in the pool with the instructor, **you may watch from the designated viewing area outside the aquatics centre in the lobby.**

Masks are mandatory for all individuals (age 5+) when not in the water, including in the viewing areas.

15. Can I use the steam room at the Marystown YMCA or whirlpool at the Ches Penney Family YMCA during my child's swim lesson?

The steam room at the Marystown YMCA is closed during swim lessons. The whirlpool at the Ches Penney Family YMCA is closed during swim lessons under Alert Level 2.

16. Can my child's class consist of only children from our household bubble?

No. With physical distancing measures in place there may be children from more than one household bubble per lesson slot. Private lessons are available and may accommodate up to three children in the same family or household bubble.

17. What is the cost of private swim lessons?

Private lessons cost \$125 (+HST) for five, 30-minute lessons.

Packages may vary depending on location and Alert levels. A maximum of three children from the same family or household bubble may be booked into a private block at no additional charge. Children must have an active YMCA membership and similar swimming abilities (i.e., all learning to swim in the shallow end or play pool, or all able to swim on their own). **Central Labrador YMCA is not offering private lessons at this time.**

Private lessons will take place primarily in the main pool. The lessons are at the same time each week for consecutive weeks. Call or visit the Welcome Desk or the online portal for details and registration.

18. Will progress cards be available?

Progress cards are available upon request. Parents/caregivers are welcome to discuss their child's progress when instructors are available.

19. Are you offering Bronze Star, Bronze Medallion, Bronze Cross or National Lifeguard currently?

Yes, contact your local YMCA for details or check the website ymcanl.com