

YMCA OF NEWFOUNDLAND AND LABRADOR SWIM LESSONS - FREQUENTLY ASKED QUESTIONS (March 2023)

1. How do I register for swim lessons?

Register using the online portal, by phone or in-person. Access the online registration through your YMCA centre's online portal 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 years of age within the last three months)
 - Bobbers, Floaters and Gliders – play pool
 - beginner preschool levels
 - maximum of 6 children
 - Divers, Surfers, Jumpers – play pool (MTY, CPFY)
 - advanced preschool levels
 - maximum of 6 children

- **Learn to Swim** (ages 6-11; children who are turning six within three months, or have turned 12 years of age 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 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 pool using different swim strokes
 - Stars 5-7 – main pool
 - advanced level swimmers
 - maximum of 12 children

3. In which level should I register my child?

Registration is based on age and ability. See question #2 above for details. For those who have not enrolled in the YMCA swim programs before, please visit our [Swim Lesson Program Detail](#) 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 [Swim Lesson 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.

Swim Lesson Assessments

If you need help determining which class will best meet the needs of your child, in-person swim assessments may be arranged. Please inform the Welcome Desk that your child needs a swim assessment when you arrive at lesson time so that the deck lead can be notified. On your child's first day of lessons, the deck lead will do a swim assessment to determine which swimming level your child should be in. (please add this URL Link- <https://ymcanl.com/wp-content/uploads/2022/02/Child-Swimming-Level-Guide-Place-a-child-in-swim-level.pdf>)

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:** [Zachary 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 #2 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 the 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-Thursdays (7:00-7:30pm), Friday (6:55-7:25pm), Saturdays (10:50-11:20am & 11:25-11:55am), Sundays (4:45-5:15pm)
- Marystown YMCA: Wednesdays and Thursdays 6:15-6:55pm (Star 1-7)
- Central Labrador YMCA: Saturdays 12:00-1:00 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 Ches Penney Family YMCA, adult group lessons for any swim level are offered on Sundays from 6:00-6:45PM. No registration required. Drop in for any class.

At Marystown YMCA, adult group lessons for any swim level are offered on Mondays from 5:45 – 6:15PM. Blocks are eight weeks with a maximum group size of eight participants. No registration required. Drop in for any class.

At Central Labrador YMCA, adult group lessons for any swim level are offered on Wednesdays from 7:30 – 8:30pm. No registration required. Drop in for each class.

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. 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.

13. Where can I watch my child swim?

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.**

14. 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 open during swim lessons. The whirlpool at the Ches Penney Family YMCA is open during swim lessons.

15. What is the cost of private swim lessons?

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

Packages may vary depending on locations. A maximum of three children from the same family or household 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).

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.

16. 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. The Marystown YMCA gives progress reports at the end of the every session.

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

Yes.

To learn more or to register, please click on your nearest centre below:

- [Ches Penney Family YMCA](#)
- [Marystown YMCA](#)
- [Central Labrador YMCA](#)

18. Will I ever have to complete a swim test?

Yes

A participant may be asked to complete a swim test if they are participating in pool rentals, day camps, open swims, etc. This test will determine if they are a swimmer or non-swimmer and if they would be able to adhere to aquatics supervision guidelines. This test will include; without a lifejacket, do a feet first jump into the deep end and swim without stopping/holding onto rope or side of the pool to the shallow end.