

Ches Penney Family YMCA & Marystown YMCA
SWIM LESSONS - FREQUENTLY ASKED QUESTIONS (September 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
 - 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 8 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 - 10 children for children who are able to swim 3-12 lengths of pool using different swim strokes
 - Stars 5-6 – 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/wpcontent/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:** membership@nl.ymca.ca
- **Marystown YMCA:** deidre.ryan@nl.ymca.ca

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 or Star 6. When is their lesson time?

- Ches Penney Family YMCA: Wednesday (6:55-7:25pm).
- Marystown YMCA: Wednesdays and Thursdays 6:15-7:00pm (Star 1-6)

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?

Only at Ches Penney Family YMCA.

At Ches Penney Family YMCA, adult group lessons for any swim level are offered on Wednesdays from 6:55-7:25PM. No registration required. Drop in for any class.

9. 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](#)

10. 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.

11. Will my child receive a Progress Card?

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.