

Shine On

GROUP AND PRIVATE SWIM LESSONS - FREQUENTLY ASKED QUESTIONS

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 [Child Swim Level Guide](#) before placing your child in a swim level.

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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. Swim assessments should be arranged prior to putting child in lessons. For more information, please visit [Child Swim Level Guide](#).

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:** laura.ings@nl.ymca.ca
- **Placentia Regional YMCA:** artem.lytvynenko@nl.ymca.ca
- **Marystown YMCA:** deidre.ryan@nl.ymca.ca
- **Central Labrador YMCA:** kassandra.collins@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. Are tot lessons (ages 0-2) available?

Only at the Ches Penney Family YMCA. Call 709-726-9622 or visit the [online portal](#) to register. Parents must register for each lesson.

7. Are adult swim lessons available?

Yes. At the Ches Penney Family YMCA and Marystown YMCA. Call 709-726-9622 or visit the [online portal](#) to register. Participants must register for each lesson.

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8. 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](#)
- [Placentia Regional YMCA](#)
- [Marystown YMCA](#)
- [Central Labrador YMCA](#)

9. 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.

10. 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.