

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](http://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:** [membership@nl.ymca.ca](mailto:membership@nl.ymca.ca)
- **Placentia Regional YMCA:** [artem.lytvynenko@nl.ymca.ca](mailto:artem.lytvynenko@nl.ymca.ca)
- **Marystown YMCA:** [deidre.ryan@nl.ymca.ca](mailto:deidre.ryan@nl.ymca.ca)
- **Central Labrador YMCA:** [kassandra.collins@nl.ymca.ca](mailto: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.