



## Continuous Swim Lessons at the YMCA

What does it mean?

At the Y, we believe swimming is a critical life skill for every child and teenager. We use a variety of fun methods to help them overcome fears, build confidence in the water and develop skills that last a lifetime.

Our qualified instructors are trained in the philosophies and disciplines set by YMCA Canada. We've been leaders in swim lessons for more than 100 years. Continuous lessons promote your child's development and leads to regular participation.

### **Instructors teach a strength based, child centred approach where they:**

- Set individual goals
- Teach skills through progressions
- Provide activities that meet the needs of individual learning styles

### **A few of the benefits of continuous swim lessons are:**

- You will be in a convenient, consistent swim time throughout the year
- You have a choice of day and time, which you may alter at any time
- Once you've signed up and selected your spot, it's yours to keep until your child no longer needs it
- You receive continuous feedback with the emphasis on participation
- When a level is completed, the next level is started immediately without re-registration
- You may register your child at any time
- Children will progress at their own pace without the pressure of completing levels within the typical lesson set structure

### **Important Information for parents:**

- Swim lessons are not available during scheduled break periods (Winter Break, first week of School) and statutory holidays
- All swim lesson participants must have a current YMCA membership. If your membership is cancelled or placed on hold, the swim lesson registration will be cancelled
- Inform your YMCA membership desk if your child is going to miss a class
- If a child is absent for three or more classes without notification, we will assume you no longer need your time slot and they will be removed from the registered timeslot