



Summer 2019 Aylmer Pool Program

YWCA ST. THOMAS - ELGIN www.ywcaste.ca

RECREATIONAL SWIMMING SCHEDULE

	Public Swim	Adult Swim	Family Swim
Monday	1:30-4pm 6-7:30pm	12:30-1:30pm	5-6pm
Tuesday	1:30-4pm	12:30-1:30pm	7-8pm
Wednesday	1:30-4pm	12:30-1:30pm	
Thursday	1:30-4pm	12:30-1:30pm	7-8pm
Friday	1:30-4pm 6:30-8	12:30-1:30pm	
Saturday	1:30-4:30pm 5:30-7pm	12-1:30pm 5-6pm	12:30-1:30pm
Sunday	1:30-4:30pm; 5:30-7pm	12-1:30pm 5-6pm	12:30-1:30pm

Swim Rates (Cash Only)	Daily	10 Swim Punch Card	Seasonal Pass
Child	\$3	\$25	\$100
Adult (18 yrs and up)	\$5	\$40	\$150
Family	\$12 *Stay after family swim & enjoy public swim at no additional cost		\$200



Sponsored **FREE** Swims
July 1st 1:30 – 4pm
July 20th 1:30-4 pm
August 16th 1:30-4pm



Sponsored **FREE** Swims
July 5th 1:30-4pm
August 24th 1:30-4pm

Aylmer Outdoor Pool: 7 Myrtle Street Aylmer

SWIM ADMISSION STANDARDS

All Children must be accompanied by a person 12 years of age or older who is responsible for their direct supervision	
Children Less than 6 years of Age	Must be within arm's reach of a parent or guardian 12 years of age or older 1:2 Ratio
Children Ages 6-9 (Non-Swimmers)	Must be within arm's reach of a parent or guardian 12 years of age or older 1:4 Ratio; 1:8 with lifejackets
Children Ages 6+ (Swimmers)	With a successful facility swim test, may swim unaccompanied in the pool. Must be accompanied at the facility by a responsible guardian at least 12 years of age or older.
Swim Admission Standard: Tread water for one minute Swim 2 widths of the pool without touching the bottom	
Responsible Guardians 12+ must identify themselves as a swimmer or non-swimmer upon entry	
Safety is our Priority. We reserve the right to swim test or re-test anyone to confirm ability to maintain the swim admission standard.	

SWIM TEAM, July 2 –August 22, Ages 5+

Practice: Mon, Tue, Thur: 4-5pm,

Swim Meets: Wed, \$120

Promote swimming ability and competition between other local pools. Children are taught stroke correction, starts and finishes and work on endurance and times.

AQUAFIT, July 2 –August 22

Tues/ Thurs: 7-8pm, \$85

Come have fun exercising in the water in a refreshing outdoor environment.

Online Registration Support: sysadmin@ywcaste.ca; 519-631-9800
Aylmer Community Services, 25 Centre Street Aylmer, 519-765-2082



Summer 2019 Aylmer Pool Program

Online Registration opens June 3rd, 2019!
Register early to avoid disappointment!
<http://ywcaste.ca/online-swim-registration/>

SWIMMING LESSONS: \$85/participant per course; Family Discount for 3 or more children: \$235 DAYTIME LESSONS: MONDAY—FRIDAY FOR 2 WEEKS				
RED CROSS SWIM	SESSION 1 July 1-July 12	SESSION 2 July 15-26	SESSION 3 Jul 29 –Aug 9	SESSION 4 Aug 12-23
DUCK 30 minutes	10:00; 12:00	10:30, 11:30	10:30, 11:30	10:30
SEATURTLE 30 minutes	10:30, 11:30, 12:30	10:00, 12:00	9:30, 11:00	11:00, 11:30
SALAMANDER 30 minutes	9:30, 11:00	9:30, 11:00, 12:30	10:00, 12:00	12:00
LEVEL 1 30 Minutes	10:00, 11:00 12:30	9:30, 10:00, 10:30, 11:30	9:30, 10:00 10:30, 11:30	10:00, 11:00
LEVEL 2 30 Minutes	9:30, 10:30 11:30, 12:30	9:30, 10:30 11:30, 12:00	9:30, 10:30 11:00, 12:00	10:30, 11:00, 11:30
LEVEL 3 30 Minutes	10:00, 11:00 12:00	10:00, 11:00 12:00, 12:30	10:00, 10:30 11:00, 12:00	10:30, 11:00, 11:30
LEVEL 4 30 Minutes	9:30, 10:30 11:30, 12:30	9:30, 11:00 12:00, 12:30	9:30, 10:30 11:30, 12:00	10:00, 10:30, 11:00, 12:00
LEVEL 5 & 6 45 Minutes	9:30, 10:15 11:00, 12:15	9:30, 11:00 11:45, 12:15	9:30, 10:15 11:00, 12:15	10:15, 11:30
LEVEL 7 45 Minutes	10:15, 11:45	9:30, 11:00	10:15, 11:30	10:30
LEVEL 8 1 Hour	9:30, 11:30	10:00 11:30	9:30, 11:00	11:00
LEVEL 9 & 10 1 Hour	10:30, 12:00	11:00	11:00	10:15, 11:30
STROKES	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00

EVENING LESSONS:	
SESSION 5: July 2-July 25, TUE/THUR	
SESSION 6: July 30-August 22, TUE/THUR	
SESSION 7: July 2—August 20, TUE	
SESSION 8: July 4-August 22, THUR	
LEVEL	TIME
DUCK	5pm
SEATURTLE	5:30pm
SALAMANDER	6pm
LEVEL 1	5pm
LEVEL 2	5:30pm
LEVEL 3	6:30pm
LEVEL 4	5:45pm
LEVEL 5 & 6	5pm
LEVEL 7	5pm
LEVEL 8	6pm
LEVEL 9 & 10	6pm

AQUA ADULTS:
RED CROSS SWIM for ADULTS & TEENS
July 8-August 19, MONDAYS 5-6pm
 Learn to swim, develop or improve your strokes, stay fit & healthy by swimming; \$85/participant

PRIVATE & SEMI-PRIVATE LESSONS:
 Private: one to one lessons; \$20 /class
 Semi-Private: 2-3 students/lesson;
 \$15/class; *minimum 5 classes required
 Contact Aquatics Coordinator: swim@ywcaste.ca

LIFESAVING SOCIETY		
SWIM PATROL	SESSION 2, 3, 4 9:30-10:30am	Swim Patrol's three levels - Rookie, Ranger, and Star - continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards. \$85
BRONZE STAR	SESSION 1 9:30-10:30	Learn CPR and develop lifesaving skills. Includes a timed 400m swim. Prerequisite: 12 years old and completed level 10; \$120 (including exam fee)
BRONZE MEDALLION & EMERGENCY FIRST AID	SESSION 1 & 3 10:45am-1pm	Learn basic lifeguard techniques, first aid training and stroke and skill development. Develop stroke efficiency and endurance in a 500 m timed swim. Pre-requisite: 13 years of age or Bronze Star; \$200 (includes manuals and exam fees)
BRONZE CROSS	SESSION 2 & 4 10:45am-1pm	Bronze Cross is recognized as an assistant lifeguard certificate. Includes a timed 600 m swim. Pre-requisite: Bronze Medallion & Emergency or Standard First Aid. \$200 (includes manuals and exam fees)