



# SWIMMING LESSON PROGRAM CHANGES

The YMCA-YWCA of Winnipeg will be making the following changes to our swimming lesson program **effective July 4, 2011**.

1. All Star programs (Star 1-6) will be 45 minutes long. This will allow for more time to be spent on stroke development and swimming endurance.
2. All Dipper and Learn-to-Swim programs will remain at 30 minutes in duration.

As a result of these changes, children will need to register in the appropriate **program** (Dippers, Learn-to-Swim or Star program) and in the appropriate **level** within the program.

***These registration changes will allow us to regulate and organize our classes more effectively.***

Starting March 21, 2011, your child's Progress Report will now indicate what program and level to register your child in for future lessons. ***\*\*Please keep your most current Progress Report Card and bring it with you when you register your child for swimming lessons. This will be extremely helpful in placing your child in the right program and level\*\*.*** Example:

- If your child has completed Dolphin, the Progress Report will indicate that your child needs to register in the Learn-to-Swim program, level: Swimmer.
- If your child is currently working in Star 1, the Progress Report will indicate that your child needs to register in the Star program, level: 1.
- If your child is currently in a split class, e.g. Otter/Seal, the Progress Report will indicate that your child needs to register in the Learn-to-Swim program, and the level: Otter or Seal, will depend upon skills completed.

We have adjusted our schedule to reflect these program changes. As a result, we will no longer be offering the full spectrum of classes within one time slot. Each block of lessons however (shaded area), will have a mixture of programs to accommodate families with children in different levels. Following is an example of how a Regular session **may** look like (subject to change):

Program	Age	Wednesday
Parented Dippers (30 minutes)	Child must have head control	11:00-11:30 11:30-12:00 5:45-6:15
Dippers (30 minutes)	3-5 years	10:00-10:30 10:30-11:00 4:30-5:00 5:00-5:30 5:45-6:15 6:15-6:45 7:00-7:30
LTS (30 minutes)	5+ years	4:30-5:00 5:45-6:15 7:00-7:30
Stars (45 minutes)	5+ years	5:00-5:45 6:15-7:00
Adult/Teen (45 minutes)	13+ years	
Adaptive (45 minutes)		6:15-7:00

Our lessons will continue to run in 2 different sessions; Regular (September to June) and Summer (July & August).

We will continue with our progressive teaching/evaluation system where children progress/advance at their own rate and are evaluated on a continual basis.

If your child progresses from one program into another during the session (e.g. Learn-to-Swim into Star) we will accommodate this change into the new class time. The Swimming Lesson Supervisor will contact the child's parent/guardian to arrange for this transition.

Registration for Summer Lessons will be available May 24, 2011.

We will no longer be offering Rolling Registration. Registration for swimming lessons for the upcoming Regular Session (September '11 to June '12) will be available June 6, 2011 for those who maintain an active membership.

**Waiting Lists & Missed Classes**

If your child is already enrolled in a swim class, they may be on 1 other swimming class waiting list.

If your child is not enrolled in a swim class, they may be on 2 waiting lists.

**A child who missed 3 classes in a row will automatically be removed for the class unless the Aquatic Coordinator is notified before the 3<sup>rd</sup> missed class**

If you have any questions, please contact the Aquatic Coordinator at your local YMCA-YWCA.