

YMCA of Central East Ontario Aquatics

FOR SESSION INFO AND LESSON TIMES PLEASE VISIT MEMBERSHIP SERVICES OR YMCAOFCEO.CA

LIL' DIPPERS



Splasher/Bubbler (6mo-3yrs)

Caregiver assisting child program to develop comfort in the water, familiarity to environment and to promote water fun.



Bobber (3-5yrs)

Gaining comfort in the water, blowing bubbles with gradual facial immersion, front & back floats with assistance.



Floater (3-5yrs)

Must be comfortable entering and exiting the pool on their own, as well as putting their face in the water. To complete: child must be able to float on their front and back and swim 5m unassisted.



Glider (3-5yrs)

Must be able to float, swim 5m unassisted in shallow water. Must be comfortable beginning the transition from shallow to deep water with assistance.



Diver (3-5yrs)

Comfort in deep water. To complete: 10m back and front swim with leg and arm action, as well as front and back float in deep water.



Surfer/Dipper (3-5yrs)

Surfer – Surface support for 30sec, front and back swim with arm action and flutter kick up to 15m, side breathing, face in with buoyant aid.
Dipper – Front and back swim 25m, intro to front and back crawl, standing dive, and surface support for 45 seconds.

LEARN TO SWIM



Otter (6 yrs+)

This level is for beginner swimmers. To complete: submerge, holding breath, front and back float unassisted, front and back swim 5m.



Seal (6 yrs+)

Deep end activities on a more regular basis. Build endurance and stamina to proceed onto length swimming. To complete: surface support 20sec; front and back float in deep water unassisted; front and back swim 10m.



Dolphin (6 yrs+)

Build endurance and stamina for length swimming and instruction. To complete: tread in deep water 45sec, front glide with kick, face in, side-breathing 15m, front and back swim with arm and leg action 15m. Jump into deep water and swim 15m.



Swimmer (6 yrs+)

Introduction to length swimming. To complete: initial standard front crawl 25m; back swim 25m; tread water 60sec; jump into deep water and swim 50m.

STAR PROGRAM



Star 1

To complete: front crawl intermediate standard; back crawl initial standard; tread water 90sec; endurance swim of 75m.



Star 2

To complete: front crawl advanced standard; back crawl intermediate standard; elementary backstroke initial standard; endurance swim 350m (14 lengths) throughout program; tread water 2min.



Star 3

To complete: back crawl advanced standard; elementary backstroke intermediate standard; breast stroke initial standard; endurance swim 300m (12 lengths).



Star 4

To complete: recognition and care for an obstructed, conscious victim; eggbeater kick 60sec; elementary backstroke 50m advanced standard, breast stroke 50m intermediate standard. Endurance swim 400m (16 lengths).

STAR LEADERSHIP



Star 5

To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).



Star 6

To complete: rescue unconscious victim with obstructed airway; sidestroke 50m intermediate standard; butterfly stroke 25m initial standard; endurance swim 600m(24 lengths); help teach a swim skill.



Star 7

To complete: recognition and care for bone/joint injuries; respiratory distress and asthma/anaphylaxis; create and deliver 3 fun activities for a stroke/skill; 400m swim in under 12min.

LESSON CONVERSION CHART

YMCA	RED CROSS SWIM
Splasher/Bubbler	Starfish/Duck/Sea Turtle
Bobber	Sea Otter
Floater	Salamander
Glider	Sunfish
Diver	Crocodile
Surfer/Dipper	Whale
Otter	SwimKids 1
Seal	SwimKids 2
Dolphin	SwimKids 3
Swimmer	SwimKids 4
Star 1	SwimKids 5
Star 2	SwimKids 6
Star 3	SwimKids 7
Star 4	SwimKids 8
Star 5	SwimKids 9
Star 6	SwimKids 10



YMCA OF CENTRAL EAST ONTARIO
Belleville, Peterborough, Quinte West