



Spring 2020

April 13 - June 21

H₂O Adventure + Fitness Centre
4075 Gordon Drive, Kelowna BC V1W 5J2
250-491-9622 | h2okelowna.ca

Child Swim Lessons

Swim Lesson Registration

In person: H₂O Adventure and Fitness Centre, 4075 Gordon Drive. **By phone:** 250-491-9622

- No make-up lessons or refunds will be provided for a missed private or group lesson
- Children must have already reached the required age prior to swim lesson to enroll for that level.
- Please note that there will be no classes on Jan 18,19 and Feb 17
- Private & Semi Private lessons are also available. Please see page 5 for details.
- Please note that there is a fee to withdraw from registered programs. As the fee varies amongst programs, please inquire when registering.

Swim Lesson Levels

All swim levels are taught by certified YMCA swim instructors who create a fun, safe and stimulating learning environment.

Parent and Tot Levels (3–36 months)

These classes will help you and your child learn fun water play together.

SPLASHERS (3–18 MONTHS)

As the first level of our YMCA L'il Dipper program, Splashers is a great way to introduce babies 6-18 months old to the water. Parents get in on the fun by participating with their children.

At this early stage, children are still learning a lot about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and (of course) to learn to splash with arms and legs!

BUBBLERS (18 MONTHS–3 YEARS)

Your child will be introduced to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

Preschool Levels (3–5 years)

These levels deliver fun and challenges with no more than five children per class.

BOBBERS (3–5 YEARS)

In Bobbers, we'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water, and will have learned basic movements while being supported.

FLOATERS (3–5 YEARS)

In Floaters, we introduce floating and gliding, and continue to practice other movements. Through structured activities and play, children will also become comfortable submerging themselves under water.

GLIDERS (3–5 YEARS)

In Gliders, children will combine kicking with gliding to learn how to propel themselves through the water.

DIVERS (3–5 YEARS)

In Divers, children will combine all the skills they have learned so far to swim on their front and back unaided for a distance of 10 metres. Your child will also learn to jump into and float in deep water unassisted.

SURFERS (3–5 YEARS)

In Surfers, your child will continue to develop front and back swimming skills and build up to a distance of 15 metres. And now that your child is comfortable jumping into the water, we'll work on some creative, fun entries.

DIPPERS (3–5 YEARS)

In Dippers, we'll introduce the front and back crawl as well as underwater swimming. Children at this level will have achieved a foundation of swimming skills and be able to front swim a distance of 25 metres.

Learn to Swim Levels (6–12 years)

These levels teach your child how to stay safe in the water and to develop their swimming skills.

OTTER (6–12)

Otter is an introductory swimming level that teaches your child the basics of pool safety, going underwater, and gliding on their front and back.

SEAL (6–12 YEARS)

In this level, your child will further develop the skills of gliding, kicking, and submerging.

DOLPHIN (6–12 YEARS)

Your child will be introduced to swimming on their front, back, and under water.

SWIMMER (6–12 YEARS)

In this class, kids will learn front and back crawl, and how to tread water. Children at this level will have achieved a solid foundation of swimming skills and be able to front swim for a distance of 25 metres.

Star Levels (7–12 years)

The Star Levels will introduce your child to a wide variety of water activities and skills such as synchronized swimming, lifesaving, water safety, competitive swimming, water polo and leadership skills.

STAR 1 (6–12 YEARS)

In this class, kids will learn to use the whip kick on their back and the egg-beater motion for treading water. We will help your child continue to develop front and back crawl technique and endurance.

STAR 2 (6–12 YEARS)

At this level we focus on the backstroke, and continue to help kids refine their stroke technique and increase their endurance.

STAR 3 (6–12 YEARS)

In this level your child will focus on the breaststroke and egg-beater motion for treading water, while continuing to build endurance in the pool. We will also introduce young swimmers to introductory lifesaving concepts.

STAR 4 (6–12 YEARS)

In this level we will help your child focus on the sidestroke, and we will continue to introduce lifesaving skills.

Star Leadership Levels (10–14 years)

Combining leadership opportunities with the Lifesaving Society's Canadian Swim Patrol program, the YMCA Star Leadership Program develop first aid, lifesaving, and advanced swimming skills.

STAR 5 (10–13 YEARS)

We will introduce the butterfly stroke along with lifesaving and first aid elements from the Rookie and Ranger levels of the Canadian Swim Patrol program.

STAR 6 (10–13 YEARS)

Swimmers will continue to develop lifesaving and first aid skills at the Ranger and Star level of the Canadian Swim Patrol program. They will also begin to learn how to teach others to swim.

STAR 7 (10–13 YEARS)

Star 7 is for children who have a strong interest in pursuing more advanced aquatics certifications. Star 7 bridges to the YMCA Swim Instructor and Lifesaving Society's Bronze programs.

Swim Lesson Schedule

Member session fee: Included in your child's membership

Non-member session fee: \$65 for Parent and Tot, Preschool and Learn to Swim levels
\$85 for Star Levels

Days	Session Dates	Times	Levels
Sunday	April 19- June 21 (no lessons May 10)	9:30–10:00 AM	Splashers, Bubblers
		10:05–10:35 AM	Splashers, Bubblers, Bobbers, Floaters, Gliders, Divers, Surfers, Dippers, Otter, Seal, Dolphin, Swimmer
		10:40–11:10 AM	Bobbers, Floaters, Gliders, Divers, Otter, Seal, Dolphin, Swimmer
		10:40–11:25 AM 11:30–12:15 PM	Star 1–4
		11:15–11:45 AM	Gliders, Divers, Surfers, Dippers, Otter, Seal, Dolphin, Swimmer
		11:15–12:15 PM	Star 5–7
Monday	April 13- June 15 (No lesson May 18)	9:00–9:30 AM	Bobbers, Floaters
		9:30–10:00 AM	Gliders, Divers
		10:00–10:30 AM	Splashers, Bubblers
		4:35–5:05 PM	Bobbers, Floaters, Gliders, Divers, Surfers, Dippers
		5:10– 5:40 PM	Bobbers, Floaters, Gliders, Divers, Otter, Seal

Swim Lesson Schedule (continued)

Days	Session Dates	Times	Levels
Tuesday	April 14- June 16	9:00–9:30 AM	Bobbers, Floaters
		9:30–10:00 AM	Gliders, Divers
		10:00–10:30 AM	Splashers, Bubblers
		4:00–4:30 PM	Bobbers, Floaters
		4:35–5:05 PM	Bobbers, Floaters, Gliders, Divers, Otter, Seal, Dolphin, Swimmer
		5:10–5:40 PM	Bobbers, Floaters, Surfers, Dippers, Otter, Seal, Dolphin, Swimmer
		5:45–6:15 PM	Otter, Seal, Dolphin, Swimmer
		4:45–5:30 PM 5:40–6:25 PM	Star 1–4
Wednesday	April 15- June 17	9:00–9:30 AM	Bobbers, Floaters
		9:30–10:00 AM	Gliders, Divers
		4:35–5:05 PM	Splashers, Bubblers, Bobbers, Floaters, Gliders, Divers
		5:10–5:40 PM	Bobbers, Floaters, Gliders, Divers, Surfers, Dippers, Otter, Seal
Thursday	April 16- June 18	9:00–9:30 AM	Bobbers, Floaters
		9:30–10:00 AM	Gliders, Divers
		10:00–10:30 AM	Splashers, Bubblers
		4:00–4:30 PM	Bobbers, Floaters
		4:35M–5:05 PM	Bobbers, Floaters, Gliders, Divers, Otter, Seal, Dolphin, Swimmer
		5:10–5:40 PM	Bobbers, Floaters, Surfers, Dippers, Otter, Seal, Dolphin, Swimmer
		5:45–6:15 PM	Otter, Seal, Dolphin, Swimmer
		4:45–5:30 PM 5:40–6:25 PM	Star 1–4
Friday	April 17- June 19 (No lesson May 8th)	6:00–7:00 PM	Star 3-4
		7:00–8:00 PM	Star 5-7
Saturday	April 18- June 20 (No lesson May 9)	9:05–9:35 AM	Splashers, Bubblers, Bobbers, Floaters, Gliders, Divers, Surfers, Dippers, Otter, Seal, Dolphin, Swimmer
		9:40–10:10 AM	Splashers, Bubblers, Bobbers, Floaters, Gliders, Divers, Otter, Seal, Dolphin, Swimmer
		10:15–10:45 AM	Gliders, Divers, Surfers, Dippers, Otter, Seal, Dolphin, Swimmer
		9:40–10:25 AM 10:30–11:15 AM	Star 1–4
		10:15–11:15 AM	Star 5–7

Private/Semi Private Lessons

Available to any child of any skill level who wants to benefit from personalized one-on-one or small group swimming instruction. Pricing below is for private lessons (one child). For semi private lessons we charge \$10.50 per additional child X # of classes. There is a maximum of 3 children total per semi private lesson. All children must be within 1 swimming level of each other.

Days	Session Dates	Times	# of Classes	Fees
Monday	April 13 - May 11	10:30–11:00 AM 4:00–4:30 PM 5:45–6:15 PM	5	\$110
	May 25 - June 15	10:30–11:00 AM 4:00–4:30 PM 5:45–6:15 PM	4	\$88
Tuesday	April 14 - May- 12	10:30–11:00 AM 4:00–4:30 PM 6:30–7:00 PM	5	\$110
	May 19 - June 16	10:30–11:00 AM 4:00–4:30 PM 6:30–7:00 PM	5	\$110
Wednesday	April 15 - May 13	4:00–4:30 PM 5:45–6:15 PM	5	\$110
	May 20 - June 17	4:00–4:30 PM 5:45–6:15 PM	5	\$110
Thursday	April 16 - May 14	10:30–11:00 AM 4:00–4:30 PM 6:30–7:00 PM	5	\$110
	May 21 - June 18	10:30–11:00 AM 4:00–4:30 PM 6:30–7:00 PM	5	\$110
Friday	April 17 - May15 (no lesson May 8th)	5:30–6:00 PM	4	\$88
	May 22 - June 19	5:30–6:00 PM	5	\$110
Saturday	April 18 - May 16 (no lesson May 9th)	8:30–9:00 AM 10:50–11:20 AM	4	\$88
	May 23 - June 20	8:30–9:00 AM 10:50–11:20 AM	5	\$110
Sunday	April 19 - May 17 (no lesson May 10th)	9:30–10:00 AM 11:50 AM–12:20 PM	4	\$88
	May 24 - June 21	9:30–10:00 AM 11:50 AM–12:20 PM	5	\$110

Youth and Adult Swim Lessons

Youth/Adult Beginner I Lessons

This registered program is designed for adults who are new to or lacking confidence in the water. Throughout the 11 week lesson set the instructor will help participants become more confident in the water by developing basic swimming skills and stroke techniques such as breathing patterns and flutter kick.

Days	Session Dates	Times	# of Classes	Member Fee	Non-Member Fee
Tuesday	Apr 14 - June 16	6:30–7:00 PM	10	Included in membership	\$80
Thursday	Apr 16 - June 18	6:30–7:00 PM	10	Included in membership	\$80

Youth/Adult Beginner II Lessons

This registered program is designed for adults who are able to comfortably swim 15-25 M and are looking to learn strokes such as front crawl and back crawl. Throughout the 11 week lesson set the instructor will help participants develop endurance and learn foundational swimming strokes.

Days	Session Dates	Times	# of Classes	Member Fee	Non-Member Fee
Tuesday	Apr 14 - June 16	7:30–8:00 PM	10	Included in membership	\$80
Thursday	Apr 16 - June 18	7:30–8:00 PM	10	Included in membership	\$80

Youth/Adult Intermediate Lessons

This registered program is designed for adults who are comfortable in the water, can comfortably swim 50M and have a basic knowledge of swim strokes such as front and back crawl. Throughout the 11 week lesson set the instructor will help the participants reach their individual goals by developing more advanced swim skills and stroke techniques.

Days	Session Dates	Times	# of Classes	Member Fee	Non-Member Fee
Tuesday	Apr 14 - June 16	8:00–8:30 PM	10	Included in membership	\$80
Thursday	Apr 16 - June 18	8:00–8:30 PM	10	Included in membership	\$80

Youth and Adult Private/Semi-Private Lessons

Private and semi-private lessons are available to any youth or adult of any skill level who wants to benefit from personalized one-on-one or small group swimming instruction. Pricing below is for private lessons (one adult). For semi private lessons we charge \$11 per additional adult X # of classes. There is a maximum of 3 persons total per semi private lesson. All youth and adults must be around the same swimming ability.

Days	Session Dates	Times	# of Classes	Fee
Tuesday	April 14 - May 12	6:20–6:50 PM	5	\$115
	May 19 - June 16		5	\$115
Thursday	April 16 - May 14	6:20–6:50 PM	5	\$115
	May 21 - June 18		5	\$115

Fun Aquatic Program

Junior Lifeguard Club (8+ Years)

FRIDAYS, APRIL 17 - JUNE 19 (NO LESSONS MAY 8) 8:00–9:00 PM

Junior lifeguard club provides a great bridge from YMCA star level programs into advanced aquatic courses such as Bronze Medallion and Bronze Cross. Through this program the swimmers will progress through the Lifesaving Rookie, Ranger, and Star Patrol (NOTE: Star Patrol is NOT Bronze Star) which serve as essential (though not mandatory) pre learning courses for Bronze Medallion and Bronze cross. This program will teach swimmers the building blocks of essential lifesaving skills and first aid knowledge as well as encourage them to build endurance and confidence in the water. Registration is required as there are limited spots available. The minimal fee attached to this course is for the new candidate fees the Lifesaving society charges for the certifications of the Rookie/Ranger/Star Patrol program.

Fee: \$12

Become a lifeguard!
Start or continue your journey to landing the coolest job in town. See the aquatic certification flat sheet for more information.

Waterpark Schedule

REGULAR FACILITY HOURS:

Monday–Friday	5:30 AM–9:30 PM (pool opens at 6 AM)
Saturday	6:00 AM–8:00 PM
Sunday	8:00 AM–8:00 PM
Stat Holiday	9:00 AM–5:00 PM (Stat hours column also refers to SD23 Pro-D days)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	STAT Hours
FlowRider®	4 PM–9 PM 9 PM - 9:45 PM (Available for rental)	4 PM–9 PM 9 PM–9:45 PM (Available for rental)	4 PM–9 PM 9 PM–9:45 PM (Available for rental)	4 PM–9 PM 9 PM–9:45 PM (Available for rental)	4 PM–9 PM 9 PM–9:45 PM (Available for rental)	12 PM–7:30 PM	12 PM–7:30 PM	12 PM–4:30 PM
Waterslides	4 PM–8 PM	4 PM–8 PM	4 PM–8 PM	4 PM–8 PM	4 PM–8 PM	12 PM–7 PM	12 PM–7 PM	12 PM–4:30 PM
Kid's Play Area	9 AM–9:30 PM	9 AM–2 PM 4 PM–9:30 PM	9 AM–9:30 PM	9 AM–2 PM 4 PM–9:30 PM	9 AM–9:30 PM	9 AM–8 PM	9 AM–8 PM	9 AM–5 PM
River Run	7 AM–2 PM 4 PM–9:30 PM	7 AM–9:30 PM	7 AM–2 PM 4 PM–9:30 PM	7 AM–9:30 PM	7 AM–2 PM 4 PM–9:30 PM	9 AM–8 PM	9 AM–8 PM	9 AM–5 PM
Diving Boards	11 AM–2:30 PM	11 AM–4 PM + 8:30 PM–9:30 PM	11 AM–2:30 PM	11 AM–4 PM + 8:30 PM–9:30 PM	11 AM–2:30 PM	12 PM–8 PM	1 PM–8 PM (1–4 PM shared with clubs)	9 AM–5 PM
50M lanes	6 AM - 8:30 AM	N/A	6 AM–8:30 AM	N/A	6 AM–8:30 AM	6 AM–8:30 AM	8 AM–9:30 AM	N/A
25M lanes	9 AM–9:30 PM except for bulkhead moves	6 AM–9:30 PM except for bulkhead moves	9 AM–9:30 PM except for bulkhead moves	6 AM–9:30 PM except for bulkhead moves	9 AM–9:30 PM except for bulkhead moves	9 AM–8 PM	10 AM–8 PM	9 AM–5 PM
Bulkhead Moves	8:30 AM–9 AM 2:30 PM–3 PM	8:30 AM–9 AM	8:30 AM–9 AM 2:30 PM–3 PM	8:30 AM–9 AM	8:30 AM–9 AM 2:30 PM–3 PM	8:30 AM–9 AM	9:30 AM–10 AM	N/A

STAY SAFE AND HAVE FUN AT THE H₂O CENTRE.

Please note:

Portions of H₂O's Pool + Waterpark may be used by aquatic user groups, scheduled for swim lessons or closed for special events. Diving boards, long course availability and length swimming times change regularly according to pool programming.

- A minimum of two lanes for length swimming are available, except when moving bulkhead (30 minutes) and some special events/programs/swim meets.
- Waves and spray toys are turned off during some aquatic fitness classes and swimming lessons.
- **Children under 8 must be within arm's reach of an adult attired in swim wear at all times.**
- **Children ages 8 and 9 must have a responsible person 16 years or older in the facility**
- **Child to adult ratios are as follows:** 1:3 Adults to Children ages 1-7
1:5 Adults to Children ages 8-9