

# Midland YMCA

## Swim Lessons - Fall 2026

September 8 - December 20

Member Registration: August 15  
Non Member Registration: August 17

| Parent and Tot 6 Months-3 Years |                                      |                                                       |                                    |                                |                                    |                 |
|---------------------------------|--------------------------------------|-------------------------------------------------------|------------------------------------|--------------------------------|------------------------------------|-----------------|
| Level                           | Monday                               | Tuesday                                               | Wednesday                          | Thursday                       | Saturday                           | Sunday          |
| Splasher/<br>Bubbler            | 5:10 - 5:40pm                        |                                                       | 5:10 - 5:40pm                      | 11:15 - 11:45am                | 10:45 - 11:15am                    |                 |
| Preschool 3-5 Years             |                                      |                                                       |                                    |                                |                                    |                 |
| Level                           | Monday                               | Tuesday                                               | Wednesday                          | Thursday                       | Saturday                           | Sunday          |
| Bobber                          | 4:35 - 5:05pm<br>5:45 - 6:15pm       | 4:35 - 5:05pm<br>5:10 - 5:40pm                        | 4:35 - 5:05pm<br>5:45 - 6:15pm     |                                | 10:10 - 10:40am<br>11:20 - 11:50am | 10:10 - 10:40am |
| Floater/<br>Glider              | 5:10 - 5:40pm<br>5:45 - 6:15pm       | 6:20 - 6:50pm                                         | 6:20 - 6:50pm                      |                                | 9:00 - 9:30am<br>10:10 - 10:40am   | 9:00 - 9:30am   |
| Diver/<br>Surfer/<br>Jumper     | 5:10 - 5:40pm<br>6:20 - 6:50pm       | 5:10 - 5:40pm                                         |                                    |                                | 9:35 - 10:05am                     | 9:35 - 10:05am  |
| Child 6-12 Years and Youth      |                                      |                                                       |                                    |                                |                                    |                 |
| Level                           | Monday                               | Tuesday                                               | Wednesday                          | Thursday                       | Saturday                           | Sunday          |
| Otter                           | 4:35 - 5:05pm<br>5:45 - 6:15pm       | 4:00 - 4:30pm<br>5:45 - 6:15pm                        | 5:45 - 6:15pm<br>6:20 - 6:50pm     |                                | 9:35 - 10:05am<br>10:45 - 11:15am  | 9:35 - 10:05am  |
| Seal/<br>Dolphin                | 4:35 - 5:05pm<br>6:20 - 6:50pm       | 4:35 - 5:05pm<br>5:45 - 6:15pm                        | 4:35 - 5:05pm<br>5:10 - 5:40pm     |                                | 9:00 - 9:30am<br>10:10 - 10:40am   | 9:00 - 9:30am   |
| Swimmer/<br>Star 1              | 5:45 - 6:15pm<br>6:20 - 6:50pm       | 4:35 - 5:05pm<br>5:45 - 6:15pm                        | 4:35 - 5:05pm<br>5:45 - 6:15pm     |                                | 9:00 - 9:30am                      | 9:35 - 10:05am  |
| Star 2 & 3                      | 4:35 - 5:05pm                        |                                                       | 5:10 - 5:40pm                      |                                | 9:35 - 10:05am                     | 9:00 - 9:30am   |
| Star 4                          | 6:20 - 6:50pm                        | 5:10 - 5:40pm                                         |                                    |                                | 11:20 - 11:50am                    |                 |
| Star 5/6                        | 5:10 - 5:40pm                        | 6:20 - 6:50pm                                         |                                    |                                |                                    | 10:10 - 10:40am |
| Jr. Lifeguard Club              |                                      |                                                       |                                    |                                | 10:45 - 11:45am                    |                 |
| Low Sensory Lesson              |                                      |                                                       |                                    | 4:35 - 5:05pm<br>5:10 - 5:40pm |                                    |                 |
| Private Lessons                 | 11:15 - 11:45am<br>4:00 - 4:30pm (2) | 11:15 - 11:45am<br>4:00 - 4:30pm (2)<br>6:20 - 6:50pm | 4:00 - 4:30pm (2)<br>6:20 - 6:50pm | 4:35 - 5:05pm<br>5:10 - 5:40pm |                                    | 10:10 - 10:40am |
| Adult Drop In                   |                                      |                                                       | 11:15 - 11:45am                    |                                |                                    |                 |

**NOTE: Schedule subject to change.**

Please visit our Portal to check on the class times, cancellations or program changes.



# Midland YMCA

## Swim Lessons - Fall 2026

September 8 - December 20

### Parent and Tot

YMCA Parent and Tot program will introduce your baby, toddler, or preschooler to the basics of swimming. Caregiver assisted child program to develop comfort in the water, familiarity to environment and to promote water fun.

### Preschool Swim Lessons

You're never too young to enjoy the water! The YMCA Li'l Jumpers program will introduce your preschooler to the basics of swimming.

### Learn to Swim

At the YMCA, we believe that swimming benefits your child through better health, new friends, and self-confidence. The YMCA Learn to Swim program is a series of four swimming levels focused on technique, stroke development and endurance.

### Star Program 1-4

Children who have completed the YMCA Learn to Swim Program or equivalent can develop more advanced skills through the YMCA Star Program.

### Star Program 5-6

Children 10 years or older who are competent swimmers can take the YMCA Star Leadership Program. Combining leadership opportunities with the Lifesaving Society's Canadian Swim Patrol program, the YMCA Star Leadership Program consists of two levels - Star 5 and Star 6 - that develop first aid, lifesaving, and advanced swimming skills.

### Swim Program Conversion Chart

| Red Cross               | Lifesaving Society | YMCA     |
|-------------------------|--------------------|----------|
| Starfish                | Parent and Tot 1   | Splasher |
| Duck                    | Parent and Tot 2   | Bubbler  |
| Sea Turtle              | Parent and Tot 3   | Bubbler  |
|                         |                    |          |
| Sea Otter               | Preschool 1        | Bobber   |
| Salamander              | Preschool 1        | Floater  |
| Sunfish                 | Preschool 2        | Glider   |
| Sunfish                 | Preschool 3        | Diver    |
| Crocodile               | Preschool 4        | Surfer   |
| Whale                   | Preschool 5        | Jumper   |
|                         |                    |          |
| Swim Kids 1             | Swimmer 1          | Otter    |
| Swim Kids 1             | Swimmer 1          | Seal     |
| Swim Kids 2/3           | Swimmer 2          | Dolphin  |
| Swim Kids 4/5           | Swimmer 3          | Swimmer  |
| Swim Kids 6/7           | Swimmer 4          | Star 1   |
| Swim Kids 8             | Swimmer 5          | Star 2   |
| Swim Kids 9             | Swimmer 6          | Star 3   |
| Swim Kids 9 (400m Swim) | Rookie             | Star 4   |
| Swim Kids 10            | Ranger             | Star 4   |
| Swim Kids 10 (500m)     | Star               | Star 6   |

### What Swim Level is My Child in?

Visit swimgen to find your child's past and current swim reports. Access website below using your child's membership number to look up report card.  
swimgen.net/search

### Private Swim Lessons

Please contact your membership centre for scheduling and registration. Discount not applied online

One 30 minute lesson.....\$50

Four 30 minutes lessons.....\$170

Eight 30 minutes lessons..... \$320

Twelve 30 minutes lessons.....\$450

Our staff are available to help assess your child's swim level.

If you child has taken swim lessons outside of the YMCA simply use the above conversion chart to know which YMCA level to put your child in.

Please remember to bring secondary indoor footwear to wear in our wet areas and on the pool deck.

Outdoor footwear is not allowed on our pool deck as per public health regulations.