



North Dundas 2026 Aquatics Programs



Registration opens April 30 at 9 a.m.
on a first-come, first-served basis.
eo.ymca.ca/onlineregistration



Winchester Centennial Pool

577 Winchester Main Street, Winchester



Chesterville Public Pool

1 William Street, Chesterville

North Dundas Pools

Aquatics Programs

Whether you are a returning patron or are new to our pool, we are excited to welcome you this season. The information in this package will prepare you for participating in our programming this summer.

Please take the time to review prior to registering for programs and visiting our facility.

Use of Equipment

A limited number of PFDs and goggles are available to borrow.

Pool Schedules

The most up to date schedule is available on the YMCA of Eastern Ontario website at eo.ymca.ca/schedules.

Thunderstorms, Rain, & Other Interruptions

In the event of thunder or lightning, lessons will be stopped for 20 minutes after the last clap of thunder and 30 minutes after lightning. In the event of a thunderstorm, you are welcome to call the pool to ask about the opening status. In the event of pouring rain, the pool will be closed if staff on duty are unable to clearly see the bottom of the pool. We are unable to make up group lessons missed due to thunderstorms, mechanical problems or necessary maintenance procedures (such as pool fouling) and no refunds or credits will be issued.

Registration

Online registration is available on our website at: eo.ymca.ca/onlineregistration

Registration opens for all 2026 North Dundas aquatics programs at 9 AM, on Thursday, April 30.

Full payment is required at the time of registration. If the program you are interested in is full, you have the option of putting your name on a waiting list. If a space opens, you will be contacted to confirm your registration or to pass the spot to the next-in-line.

For questions, email thomas.macmillan@eo.ymca.ca or call (613) 342-7961

North Dundas Pools

Aquatics Programs

Bronze Star

11+ yrs Aquatics • Course

Open to All • \$120

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

North Dundas 2 sessions • 5 classes

CHESTERVILLE POOL

Mon–Fri • Jul 6–10 • 10:00 AM–12:00 PM 62435

WINCHESTER POOL

Mon–Fri • Jul 6–10 • 10:00 AM–12:00 PM 62317

Bronze Cross

13+ yrs Aquatics • Course

Open to All • \$120

Bronze Cross extends lifesaving skills and fitness and is a prerequisite for National Lifeguard certification.

Prerequisite: Bronze Medallion and Emergency First Aid or Standard First Aid.

North Dundas 2 sessions

CHESTERVILLE POOL

Mon–Sat • Aug 17–22 • 9:00 AM–1:00 PM 62437

WINCHESTER POOL

Mon–Fri • Aug 10–14 • 9:00 AM–1:00 PM 62319

Bronze Medallion with Emergency First Aid & CPR-B

13+ yrs Aquatics • Course

Open to All • \$120

Introductory lifesaving course teaching water rescue skills, physical fitness, and judgment, combined with Emergency First Aid and CPR-B.

Prerequisite: 13+ years of age or hold Bronze Star certification.

North Dundas 2 sessions • 5 classes

CHESTERVILLE POOL

Mon–Fri • Jul 27–31 • 9:00 AM–12:00 PM 62436

WINCHESTER POOL

Mon–Fri • Jul 20–24 • 9:00 AM–12:00 PM 62318

Aqua Zumba

Aquatics • Drop-in

Open to All • \$90

Dance-inspired water fitness class.

North Dundas 5 sessions • 9 weeks

CHESTERVILLE POOL

Tue • 6:30 PM–7:30 PM • Chesterville Pool 62432

Thu • 6:30 PM–7:30 PM • Chesterville Pool 62433

WINCHESTER POOL

Mon • 6:30 PM–7:30 PM • Winchester Pool 62313

Tue • 12:00 PM–1:00 PM • Winchester Pool 62314

Thu • 12:00 PM–1:00 PM • Winchester Pool 62315

North Dundas Swim Team

10+ yrs Aquatics • Program

Open to All • \$50

Open to all levels of swimmers 10+. Competitive program to improve swimming skills, endurance and promote a healthy lifestyle.

North Dundas 2 sessions • 8 weeks

CHESTERVILLE POOL

Tue, Thu • 5:30 PM–6:30 PM • Chesterville Pool 62434

WINCHESTER POOL

Mon, Wed • 5:30 PM–6:30 PM • Winchester Pool 62316

North Dundas Pools

Swim Lessons

If your child has completed levels in the Lifesaving Society program and wishes to continue with swim lessons, below are some helpful conversions and descriptions to register them accurately. We understand that you may enroll your child in what ends up being the incorrect level, and we will do our best to ensure that your child has a positive experience.

Our North Dundas program is divided into three sections:

1. **Parent & Tot**, which includes Splasher & Bubbler
2. **Preschool**, which includes Bobber, Floater, Glider, Diver, Surfer & Jumper
3. **Child**, which includes Otter, Seal, Dolphin, Swimmer & Star 1-6

Preschool classes are taught in combination, so completing one level means children should remain in the same class to build skills in the next level. This is similar to the Preschool A/B, C/D/E classes taught previously through the Lifesaving Society. All children will receive a report card digitally at the end of every session which indicates which level they are prepared for next.

Don't hesitate to reach out to our membership team if you have any questions.

Swimming Lesson Conversion Chart				
Age Groups	YMCA		Lifesaving Society	
0-3 years old - accompanied by a parent/guardian in water	Parent & Tot	Splasher	Parent & Tot	Parent & Tot 1
		Bubbler		Parent & Tot 2
				Parent & Tot 3
3-5 years old	Preschool Swim Lessons	Bobber	Preschool	Preschool 1
		Floater		Preschool 2
		Glider		Preschool 3
		Diver		Preschool 4
		Surfer		Preschool 5
		Jumper		
6-12 years old	Child Swim Lessons	Otter	Swimmer	Swimmer 1
		Seal		Swimmer 2/3
		Dolphin		Swimmer 4
		Swimmer		Swimmer 5/6
		Star 1		Rookie Patrol
		Star 2		Ranger Patrol
		Star 3		
		Star 4		
		Star 5		
		Star 6		Star Patrol

Parent & Tot Swim Lessons

Parent & Tot Swim Lessons

0.5-3 yrs Aquatics • Lesson

Open to All • \$75

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Includes Splasher (6-18 months) and Bubbler (18 months - 3 years).

North Dundas

8 sessions • 2 weeks

CHESTERVILLE POOL

Splasher/Bubbler

Mon–Fri Jun 29–Jul 10

11:00 AM

62455

Mon–Fri Jul 13–24

11:00 AM

62475

Mon–Fri Jul 27–Aug 7

11:00 AM

62495

Mon–Fri Aug 10–21

11:00 AM

62515

WINCHESTER POOL

Splasher/Bubbler

Mon–Fri Jun 29–Jul 10

11:00 AM

62338

Mon–Fri Jul 13–24

11:00 AM

62358

Mon–Fri Jul 27–Aug 7

11:00 AM

62378

Mon–Fri Aug 10–21

11:00 AM

62398

Preschool Swim Lessons

Preschool Swim Lessons — Weekday

3-5 yrs Aquatics • Lesson

Open to All • \$75

Introduces preschoolers to a wide range of water activities while setting a foundation of swimming skills essential to their safety in water and continuous learning in swim lessons. Includes Bobber, Floater, Glider, Diver, Surfer & Jumper.

North Dundas 8 sessions • 2 weeks

CHESTERVILLE POOL

Bobber Floater Glider/Diver Surfer/Jumper

Mon–Fri Jun 29–Jul 10

9:00 AM	62441	62438	.	.
9:40 AM	.	62446	.	.
10:20 AM	62448	.	62451	62450
11:00 AM	.	.	62457	.

Mon–Fri Jul 13–24

9:00 AM	62461	62458	.	.
9:40 AM	.	62466	.	.
10:20 AM	62468	.	62471	62470
11:00 AM	.	.	62477	.

Mon–Fri Jul 27–Aug 7

9:00 AM	62481	62478	.	.
9:40 AM	.	62486	.	.
10:20 AM	62488	.	62491	62490
11:00 AM	.	.	62497	.

Mon–Fri Aug 10–21

9:00 AM	62501	62498	.	.
9:40 AM	.	62506	.	.
10:20 AM	62508	.	62511	62510
11:00 AM	.	.	62517	.

WINCHESTER POOL

Bobber Floater Glider/Diver Surfer/Jumper

Mon–Fri Jun 29–Jul 10

9:00 AM	62320	62321	.	.
9:40 AM	.	62326	.	.
10:20 AM	62330	.	62331	62333
11:00 AM	.	.	62339	.

Mon–Fri Jul 13–24

9:00 AM	62340	62341	.	.
9:40 AM	.	62346	.	.
10:20 AM	62350	.	62351	62353
11:00 AM	.	.	62359	.

Mon–Fri Jul 27–Aug 7

9:00 AM	62360	62361	.	.
9:40 AM	.	62366	.	.
10:20 AM	62370	.	62371	62373
11:00 AM	.	.	62379	.

Mon–Fri Aug 10–21

9:00 AM	62380	62381	.	.
9:40 AM	.	62386	.	.
10:20 AM	62390	.	62391	62393
11:00 AM	.	.	62399	.

Preschool Swim Lessons — Evening

3-5 yrs Aquatics • Lesson

Open to All • \$75

Introduces preschoolers to a wide range of water activities while setting a foundation of swimming skills essential to their safety in water and continuous learning in swim lessons. Includes Bobber, Floater, Glider, Diver, Surfer & Jumper.

North Dundas 2 sessions • 8 weeks

CHESTERVILLE POOL

Bobber Floater Glider/Diver Surfer/Jumper

Mon–Wed Jun 29–Aug 19

Mon 5:00 PM	62519	62520	.	.
Wed 5:00 PM	62535	62536	.	.
Mon 5:35 PM	.	.	62522	62524
Wed 5:35 PM	.	.	62538	62540

WINCHESTER POOL

Bobber Floater Glider/Diver Surfer/Jumper

Tue–Thu Jun 30–Aug 20

Tue 5:00 PM	62401	62402	.	.
Thu 5:00 PM	62417	62418	.	.
Tue 5:35 PM	.	.	62404	62406
Thu 5:35 PM	.	.	62420	62422

Child Swim Lessons

Child Swim Lessons — Weekday

6-12 yrs Aquatics • Lesson

Open to All • \$75

Designed to foster a love of water and increase endurance and comfort with swimming longer distances while improving upon their core swimming strokes. Includes Otter, Seal, Dolphin, Swimmer & Star 1-6.

North Dundas 8 sessions • 2 weeks

CHESTERVILLE POOL

	Otter	Seal/ Dolphin	Swimmer/ Star 1	Star 2	Star 3/4	Star 5/6
Mon–Fri Jun 29–Jul 10						
9:00 AM	62439	62440	-	62442	-	-
9:40 AM	62445	62444	62443	-	62447	-
10:20 AM	-	-	62449	-	-	62452
Mon–Fri Jul 13–24						
9:00 AM	62459	62460	-	62462	-	-
9:40 AM	62465	62464	62463	-	62467	-
10:20 AM	-	-	62469	-	-	62472
Mon–Fri Jul 27–Aug 7						
9:00 AM	62479	62480	-	62482	-	-
9:40 AM	62485	62484	62483	-	62487	-
10:20 AM	-	-	62489	-	-	62492
Mon–Fri Aug 10–21						
9:00 AM	62499	62500	-	62502	-	-
9:40 AM	62505	62504	62503	-	62507	-
10:20 AM	-	-	62509	-	-	62512

WINCHESTER POOL

	Otter	Seal/ Dolphin	Swimmer/ Star 1	Star 2	Star 3/4	Star 5/6
Mon–Fri Jun 29–Jul 10						
9:00 AM	62322	62323	-	62324	-	-
9:40 AM	62328	62327	62325	-	62329	-
10:20 AM	-	-	62332	-	-	62334
Mon–Fri Jul 13–24						
9:00 AM	62342	62343	-	62344	-	-
9:40 AM	62348	62347	62345	-	62349	-
10:20 AM	-	-	62352	-	-	62354
Mon–Fri Jul 27–Aug 7						
9:00 AM	62362	62363	-	62364	-	-
9:40 AM	62368	62367	62365	-	62369	-
10:20 AM	-	-	62372	-	-	62374
Mon–Fri Aug 10–21						
9:00 AM	62382	62383	-	62384	-	-
9:40 AM	62388	62387	62385	-	62389	-
10:20 AM	-	-	62392	-	-	62394

Child Swim Lessons — Evening

6-12 yrs Aquatics • Lesson

Open to All • \$75

Designed to foster a love of water and increase endurance and comfort with swimming longer distances while improving upon their core swimming strokes. Includes Otter, Seal, Dolphin, Swimmer & Star 1-6.

North Dundas 2 sessions • 8 weeks

CHESTERVILLE POOL

	Otter	Seal/ Dolphin	Swimmer/ Star 1	Star 2	Star 3/4	Star 5/6
Mon–Wed Jun 29–Aug 19						
Mon 5:00 PM	-	62521	-	-	-	-
Wed 5:00 PM	-	62537	-	-	-	-
Mon 5:35 PM	62525	-	-	-	-	-
Wed 5:35 PM	62541	-	-	-	-	-
Mon 6:10 PM	62526	62527	62529	-	-	-
Wed 6:10 PM	62542	62543	62545	-	-	-
Mon 6:45 PM	-	-	-	62531	62530	62532
Wed 6:45 PM	-	-	-	62547	62546	62548

WINCHESTER POOL

	Otter	Seal/ Dolphin	Swimmer/ Star 1	Star 2	Star 3/4	Star 5/6
Tue–Thu Jun 30–Aug 20						
Tue 5:00 PM	-	62403	-	-	-	-
Thu 5:00 PM	-	62419	-	-	-	-
Tue 5:35 PM	62407	-	-	-	-	-
Thu 5:35 PM	62423	-	-	-	-	-
Tue 6:10 PM	62408	62409	62411	-	-	-
Thu 6:10 PM	62424	62425	62427	-	-	-
Tue 6:45 PM	-	-	-	62413	62412	62414
Thu 6:45 PM	-	-	-	62429	62428	62430

Private Swim lessons

Private Swim Lessons — Weekday

3+ yrs Aquatics • Lesson

Open to All • \$180–\$200

One-on-one or semi-private swim instruction tailored to individual needs and skill levels. Multiple time slots available throughout the week.

North Dundas 8 sessions • 2 weeks

CHESTERVILLE POOL

Private Swim Lesson

Mon–Fri Jun 29–Jul 10 11:00 AM	62453	62454	62456
Mon–Fri Jul 13–24 11:00 AM	62473	62474	62476
Mon–Fri Jul 27–Aug 7 11:00 AM	62493	62494	62496
Mon–Fri Aug 10–21 11:00 AM	62513	62514	62516

WINCHESTER POOL

Private Swim Lesson

Mon–Fri Jun 29–Jul 10 11:00 AM	62335	62336	62337
Mon–Fri Jul 13–24 11:00 AM	62355	62356	62357
Mon–Fri Jul 27–Aug 7 11:00 AM	62375	62376	62377
Mon–Fri Aug 10–21 11:00 AM	62395	62396	62397

Private Swim Lessons — Evening

3+ yrs Aquatics • Lesson

Open to All • \$180–\$200

One-on-one or semi-private swim instruction tailored to individual needs and skill levels. Multiple time slots available throughout the week.

North Dundas 2 sessions • 8 weeks

CHESTERVILLE POOL

Private Swim Lesson

Mon–Wed Jun 29–Aug 19 Mon 5:00 PM	62518
Wed 5:00 PM	62534
Mon 5:35 PM	62523
Wed 5:35 PM	62539
Mon 6:10 PM	62528
Wed 6:10 PM	62544
Mon 6:45 PM	62533
Wed 6:45 PM	62549

WINCHESTER POOL

Private Swim Lesson

Tue–Thu Jun 30–Aug 20 Tue 5:00 PM	62400
Thu 5:00 PM	62416
Tue 5:35 PM	62405
Thu 5:35 PM	62421
Tue 6:10 PM	62410
Thu 6:10 PM	62426
Tue 6:45 PM	62415
Thu 6:45 PM	62431