

Aquatics

Where to Start with YMCA Swim Lessons

Taught by certified instructors, our swimming lessons will give you lifelong skills to help you be safe in and around the water – and you just might develop a lifelong passion for swimming!



Has your child done swimming lessons before in the Lifesaving Society or Red Cross programs?

Use our Equivalency Chart to match their level with the equivalent YMCA level.

eo.ymca.ca/aquatics-programs



Not sure what level? Find your child's latest SwimGen report card.

Brockville: eo.ymca.ca/brk-reportcard

Kingston: eo.ymca.ca/kng-reportcard

AGE

1 - 2

3 - 5

6 - 12

13+

Parent & Tot

Splasher*

Parents participate with children 0-18 mths old with instruction directed toward the parent. The main skill taught is comfort in the water for both the adult and child, with the ability of the child to splash both arms and legs.

Bubbler*

Parents participate with children 18 mths-3 yrs with instruction directed toward the parent. The main skill taught is the ability of the child to hold the wall while kicking and blowing bubbles.

*occasionally taught in the same class

Preschool

Bobber

This beginner level focuses on safety, entering and exiting the pool, progression for submersion and short swims, assisted floats and propulsion.

Can they put their face in the water when asked?

Floater

At this level, children learn deep water awareness, pool rules, how to wear a personal flotation device (PFD), assisted jumps into the water, unassisted submersion, blowing bubbles, and retrieving objects.

Float without assistance?

Glider

This intermediate level introduces deep water activities and front and back swims to a distance of 5m.

Comfortable in water where they can't touch the bottom?

Diver

In this intermediate level, children continue to develop deep water skills, work on arm action and increase front and back swim distances to 10m.

Kicking on their back and front for 10m?

Surfer*

This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25m.

Jumper*

Distances of 25 - 50m, deep water activities and skills are explored. In this advanced level, children further refine front and back crawl, standing dive, and surface support for 45 seconds.

*taught in the same class.

Child

Float without assistance?

➤ Otter

Comfortable in water where the surface is over their head?

➤ Seal

Kicking on their back and front for 10m?

➤ Dolphin

Can swim 25m (1 length) without stopping?

➤ Swimmer

Can swim with their arms coming out and breathing to the side?

➤ Star 1

Swim on their front or back using their arms and kicking for 50m?

➤ Star 2

Knows more than two strokes (front & back) and can swim 200m?

➤ Star 3

Can swim 400m and can submerge 2m or more to get an object?

➤ Star 4

Can swim 500m and is ready to learn how to save a person?

➤ Star 5/6

Is 13 years old and ready for more?

➤ Aquatic Leadership Program OR Bronze Levels

Teen or Adult

Learn to Swim

Focus on essential water safety, stroke development, and endurance, ensuring everyone can progress effectively.