

LEARN TO SWIM

The National YMCA Aquatic Program

The new 'Y' Aquatic Program, revised in 1975, is now available to all 'Y' participants. The program features two novice levels ((Pre-Beginner and Beginner) and seven intermediate levels (Star 1 to 6 plus Master Swimmer). We're sure you'll prefer the 'Y' approach to swim instruction. The nine different levels means that learning progresses more smoothly without overwhelming obstacles as your child moves from level to level. Most important, the 'Y' program features progressive evaluation so that there is not a traumatic "final examination". No strangers suddenly appear to "test" your child, because children are credited with achievement on an on-going basis by their own instructor.

YMCA - Red Cross Equivalentents

The YMCA has adopted the Red Cross standards for several of the basic swimming awards. This has been done in consultation with the Water Safety Advisory Committee of the Canadian Red Cross Society. Individuals may not exchange one organization's credentials for the other, but if they transfer from one program to another, the award will be accepted at full face value by both the Red Cross and the YMCA. The comparative value of awards is as follows:

(No equivalent)	Y Master Swimmer
(No equivalent)	Y Star Six
Red Cross Senior	Y Star Five
(No equivalent)	Y Star Four
Red Cross Intermediate	Y Star Three
(No equivalent)	Y Star Two
Red Cross Junior	Y Star One
Red Cross Beginner	Y Beginner
Red Cross Pre-beginner	Y Pre-Beginner

We have designed our programs with the safety of your child in mind. We ask that no children under 5 years of age and less than 42 inches in height be registered (except in Adult and Tot Class), as the depth of the pool is a minimum of 36 inches. Adult and Tot means 1 parent and 1 child (2 to 5 years of age).

Level Requirements for Swim Program

Pre-Beginner	Must be 5 years of age by September 1, 1979 (proof required)
Beginner	Must be able to swim across pool on front and on back (two widths) and be comfortable with face in the water. Should be able to tread water or drownproof in the deep water for minimum of 20 seconds.
Advanced Beginner	(Survival) — Have passed Beginner
Star 1	Passed Beginner, be able to swim two lengths, age 7, and must be comfortable in the deep water.
Star 2	Passed Star 1 or Red Cross Junior
Star 3	Passed Star 2 or Red Cross Junior
Star 4	Passed Star 3 or Red Cross Intermediate
Star 5	Age 12 — Passed Star 4 or Red Cross Intermediate
Star 6	Passed Star 5 or Senior Red Cross but not yet 14 years of age.
Master Swimmer	Passed Star 6
Bronze	Must be 14 years of age, passed Senior Red Cross or Star 6

(Please indicate level on Registration Form)