

# Enrichment 2008-2009

## Courses

The YMCA is dedicated to offering high quality enrichment courses to help individuals develop in spirit, mind and body. Exam date (where applicable) is last day of course. Pre-requisites are to be presented on the first day of the course. All pre-requisites listed as current must be current within 2 years of the last day of the course. Participants must be of age by the last day of the course. Non-members welcome unless noted.

Cancellations can be made by fax, email or in person a minimum of 4 business days before the start of the course to receive a full refund. Cancellations made less than 4 business days before the start of the course will be refunded less an administration fee of 35% of the full course fee. Cancellations will not be refunded after the course begins unless a medical note is provided. All enrichment course refunds will be mailed within 14 business days of submission.

**Please Note: Programs are not offered on holidays including:**  
**Thanksgiving, Monday, October 13**  
**Halloween, Friday, October 31**  
**Family Day, Monday, February 16**  
**March Break March 16-22**  
**Good Friday, April 10**  
**Easter, Sunday April 12**  
**Victoria Day, Monday May 18**

### YMCA Master Swimmer

(members only)

Pre-requisite: 10+yrs and completion of Star 6 or equivalent

Course fee: \$0

Notes: 6 hours of volunteer assisting an instructor required outside of scheduled class time

### St. Catharines Walker Family YMCA

Tuesday 6:00-7:30pm or  
Sunday 3:30-5:00pm  
Fall: Sept 23 - Dec 2 or Sept 21 - Nov 30  
Winter: Jan 13 - Mar 31 or Jan 11 - Mar 29  
Spring: Apr 7 - June 16 or Apr 5 - June 21

### Niagara Centre YMCA

Monday 5:30-7:00pm  
Fall: Sept 22 - Dec 8

Winter: Jan 5 - Mar 30  
Spring: Apr 6 - June 22

### Niagara Falls YMCA

Tuesday 4:30-6:00pm  
Fall: Sept 30 - Dec 9  
Winter: Jan 13 - Mar 31  
Spring: Apr 7 - June 16

### Fort Erie E.J. Freeland YMCA

Tuesday 5:30-7:00pm  
Fall: Sept 23 - Dec 2  
Winter: Jan 13 - Mar 31  
Spring: Apr 7 - June 16

### Lifesaving Fitness Bronze, Silver, Gold

(members only)

Pre-requisite: 10+yrs and completion of Star 6 or equivalent

Course fee: \$0

### St. Catharines Walker Family YMCA

Thursday 7:00-8:00pm  
Fall: Sept 25 - Dec 11  
Winter: Jan 8 - Mar 26  
Spring: Apr 9 - June 18

### Niagara Centre YMCA

Wednesday 5:30-6:30pm  
Fall: Sept 24 - Dec 10  
Winter: Jan 7 - March 25  
Spring: Apr 8 - June 17

### Niagara Falls YMCA

Friday 4:30-5:30pm  
Spring: Apr 3 - June 5

### Bronze Star & Basic 1st Aid/CPR(A)

Pre-requisite: recommended completion of Star 6 or equivalent

Course fee: \$45 + GST

### St. Catharines Walker Family YMCA

Tuesday 6:00-7:30pm or  
Saturday 4:00-5:30pm  
Fall: Sept 23 - Dec 2 or Sept 27 - Dec 7  
Winter: Jan 13 - Mar 31 or Jan 11 - Mar 29  
Spring: Apr 7 - June 16 or Apr 5 - June 14

### Niagara Centre YMCA

Tuesday 6:00-7:30pm  
Fall: Sept 23 - Dec 2  
Winter: Jan 13 - Mar 31  
Spring: Apr 7 - June 16

### Niagara Falls YMCA

Friday 4:30-6:00pm  
Fall: Sept 26 - Dec 12  
Winter: Jan 16 - Apr 3

### Fort Erie E.J. Freeland YMCA

Thursday 5:30-7:00pm  
Fall: Sept 25 - Dec 4  
Winter: Jan 15 - Apr 2  
Spring: Apr 9 - June 18

### Bronze Medallion & Emergency 1st Aid/CPR(B)

Pre-requisite: Bronze Star or 13+yrs

Course fee: \$129 + GST

Notes: 100% attendance strongly recommended

### St. Catharines Walker Family YMCA

Saturday 2:30-5:30pm  
Fall: Sept 20 - Nov 29  
Winter: Jan 10 - Mar 28  
Spring: Apr 4 - June 14

### Niagara Centre YMCA

Sunday 3:00-6:00pm  
Fall: Sept 21 - Dec 14  
Winter: Jan 11 - Mar 29  
Spring: Apr 5 - June 21

### Niagara Falls YMCA

Thursday 4:45-7:45pm  
Fall: Sept 25 - Dec 4  
Winter: Jan 8 - Mar 26  
Spring: Apr 2 - June 11

### Fort Erie E.J. Freeland YMCA

Saturday 3:00-6:00pm  
Fall: Sept 20 - Nov 29  
Winter: Jan 10 - Mar 28  
Spring: Apr 4 - June 14

# Enrichment 2008-2009



## Bronze Cross

Pre-requisite: Bronze Medallion and Emergency 1st Aid-CPR(B)

Course fee: \$66 + GST

Notes: 100% attendance strongly recommended

## St. Catharines Walker Family YMCA

Sunday 3:30-6:00pm

Fall: Oct 5 - Dec 7

Winter: Jan 18 - Mar 29

Spring: Apr 5 - June 14

## Niagara Centre YMCA

Sunday 4:00-6:00

Fall: Sept 28 - Dec 14

Winter: Jan 11 - Mar 29

Spring: Apr 5 - June 21

## Niagara Falls YMCA

Thursday 4:45-7:45pm

Fall: Oct 16 - Dec 4

Winter: Jan 29 - Mar 26

Spring: Apr 16 - June 4

## Fort Erie E.J. Freeland YMCA

Saturday 3:30-5:30pm

Fall: Sept 27 - Dec 13

Winter: Jan 10 - Mar 28

Spring: Apr 4 - June 20

## Bronze Cross Recertification

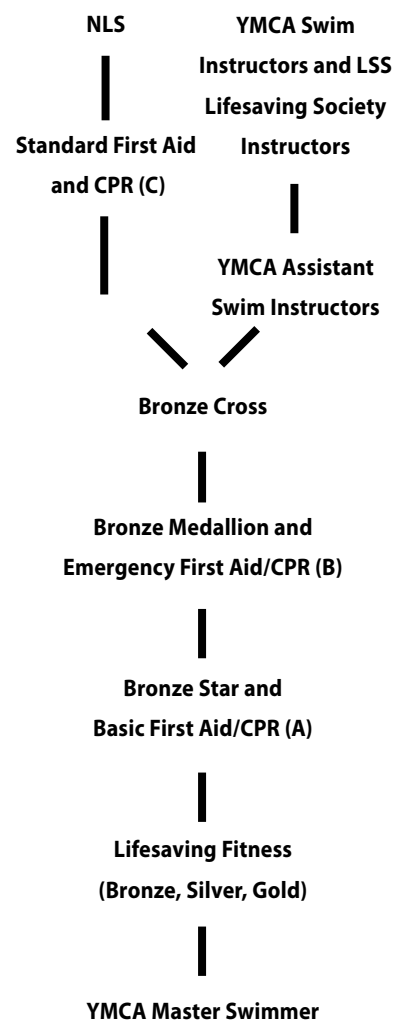
Course fee: \$25 + GST

Notes: Must bring proof of certification to recert.

Dates to be arranged through your local branch Aquatic Coordinator.

## Become a swim instructor/lifeguard at the YMCA of Niagara

Follow the aquatic leadership tree. Specific details about courses can be found in the enrichment section of the program guide.



# Enrichment 2008-2009



## YMCA Assistant Swim Instructors

Pre-requisite: 14 years and Bronze Cross

Recommended completion of YMCA Master Swimmer

Course fee: \$40 + GST

Notes: 100% attendance and participation required. 12 hours of volunteer assistant teaching required outside of class time.

## St. Catharines Walker Family YMCA

Wednesday 6:30-9:30pm  
Winter: Jan 21 - Mar 11  
Spring: Apr 8 - May 27

## Niagara Centre YMCA

Wednesday 6:00-9:00pm  
Winter: Jan 21 - Mar 11

## Standard 1st Aid - CPR(C)

Pre-requisite: none

Course fee: \$70 + GST

Notes: 100% attendance and participation required. Certification issued through Lifesaving Society.

## St. Catharines Walker Family YMCA

Saturday and Sunday 10:00am-6:00pm  
Fall: Sept 27 & 28 or Oct 18 & 19 or Nov 1 & 2

Winter: Jan 17 & 18

Spring: Apr 25 & 26 or June 6 & 7 or June 13 & 14 or June 21 & 22

## Niagara Centre YMCA

Saturday and Sunday 10:00am-6:00pm  
Fall: Oct 4 & 5  
Winter: Feb 21 & 22

## Niagara Falls YMCA

Saturday and Sunday 10:00am-6:00pm  
Fall: Oct 25 & 26 Nov 8 & 9  
Winter: Feb 28 & Mar 1  
Spring: May 9 & 10, 23 & 24 or June 6 & 7

## Fort Erie E.J. Freeland YMCA

Saturday and Sunday 10:00am-6:00pm  
Fall: Oct 25 & 26  
Winter: Feb 21 & 22  
Spring: May 23 & 24

## Standard 1st Aid - CPR(C) Recertification

Course fee: \$45 + GST

Notes: Must bring proof of certification

to recert. You must hold certification from the Lifesaving Society (blue card) dated no more than three years from date of issue to attend this recertification. You may only recertify once, then subsequently you must repeat the full course. Thereafter, you may renew by alternating recertification and full course.

## St. Catharines Walker Family YMCA

Sunday 10:00am-6:00pm  
Fall: Sept 14 or Oct 5  
Winter: Jan 11  
Spring: Apr 5 or June 27

## Niagara Centre YMCA

Saturday 10:00am-6:00pm  
Fall: Nov 15  
Winter: Feb 7  
Spring: June 6

## Niagara Falls YMCA

Saturday 10:00am-6:00pm  
Fall: Oct 18  
Winter: Mar 7  
Spring: May 23

## Fort Erie E.J. Freeland YMCA

Sunday 10:00am-6:00pm  
Fall: Nov 2

# Enrichment 2008-2009

## YMCA Swim Instructors & LSS Lifesaving Instructors

Pre-requisite: 16+years and current Bronze Cross

Course fee: \$110 + GST

Notes: 100% attendance and participation required.

### St. Catharines Walker Family YMCA

Thursday 6:30-10:30pm  
Spring: Apr 2 - June 4

### Niagara Centre YMCA

Thursday 6:00-10:00pm  
Winter: Feb 5 - Apr 30

### Niagara Falls YMCA

Wednesday 5:00-9:00pm  
Fall: Sept 24 - Dec 4

### Fort Erie E.J. Freeland YMCA

Thursday 5:30-9:30pm  
Fall: Sept 25 - Dec 3

## National Lifeguard Service (NLS)

Pre-requisite: 16+years and Bronze Cross and current Standard 1st Aid - CPR(C) Standard First Aid must be from organizations recognized in Ontario public pool regulations. (Lifesaving Society, Canadian Red Cross, St. John Ambulance)

Course fee: \$200 + GST

Notes: 100% attendance and participation required.

### St. Catharines Walker Family YMCA

Thursday 6:30-10:30pm  
Winter: Jan 15 - Mar 26

### Niagara Centre YMCA

Sunday 12:00-9:00pm  
Fall: Oct 26 - Nov 23  
Spring: Mar 29 - May 3

### Niagara Falls YMCA

Fri 5:00-10:00pm, Sat 12:00-9:00pm &  
Sun 12:00-9:00pm  
Fall: Dec 5-7 & 12-14

## National Lifeguard Service Recertification

Course fee: \$53 + GST

Notes: Must bring proof of certification to recert.

### St. Catharines Walker Family YMCA

Sunday 3:30-9:30pm  
Fall: Sept 21 or Dec 21  
Winter: Mar 1  
Spring: May 31 or June 21

### Niagara Centre YMCA

Sunday 3:00-9:00pm  
Fall: Nov 30  
Spring: May 24

### Niagara Falls YMCA

Sunday 3:00-9:00pm  
Fall: Nov 22  
Winter: Mar 29

## Babysitting Course

Pre-requisite: Minimum age 11 years.

Course Fee: \$40

### Niagara Falls YMCA

Saturday 9:00am-4:00pm  
Fall: Oct 18, Nov 22  
Winter: Jan 24, Feb 21, Mar 21  
Spring: Apr 18, May 16, June 20

### Fort Erie E.J. Freeland YMCA

Saturday 9:00am-4:00pm  
Fall: Oct 4, Dec 6  
Winter: Feb. 21  
Spring: April 18, June 6

