

Enrichment

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 two years of last day of the course. Must be of age by the last day of the course. Non-members are welcome unless noted.

Please Note: Programs are not offered March Break - March 10-16 or Easter Sunday, March 23.

YMCA Master Swimmer

(members only)

Pre-requisite[s]: 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
January 8 - March 18
March 25 - June 3
Sunday 4:00-6:00pm
January 13 - March 2
April 6 - June 1

Niagara Centre YMCA

Monday 5:30-7:00pm
January 14 - March 24
April 7 - June 9

Niagara Falls YMCA

Tuesday 4:30-6:00pm
January 8 - March 18

Lifesaving Fitness Bronze, Silver, Gold

(Members only)

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

Course fee: \$0

St. Catharines Walker Family YMCA

Thursday 7:00-8:00pm
January 10 - March 6
March 27 - June 5

Niagara Centre YMCA

Wednesday 5:30-6:30
January 16 - March 26
April 9 - June 11

Niagara Falls YMCA

Wednesday 5:30-6:30pm
April 2 - June 4

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

Pre-requisite(s): recommended completion of Star 6 or equivalent
Course fee: \$40 + GST

St. Catharines Walker Family YMCA

Tuesday 6:00-7:30pm
January 8 - March 25
April 1 - June 3
Saturday 4:00-5:30pm
January 12 - March 30
April 5 - June 7

Niagara Centre YMCA

Tuesday 6:00-7:00pm
January 15 - April 29

Niagara Falls YMCA

Tuesday 4:30-6:00pm
April 1 - June 5

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

Pre-requisite(s): Bronze Star or 13+yrs
Course fee: \$127 + GST
Notes: 100% attendance strongly recommended.

St. Catharines Walker Family YMCA

Saturday 2:30-5:30pm
January 12 - March 30
April 5 - June 7

Niagara Centre YMCA

Sunday 3:00-6:00pm
January 13 - April 6
April 13 - June 15

Niagara Falls YMCA

Thursday 4:45-7:45pm
January 10 - March 20
April 3 - June 5

Bronze Cross

Pre-requisite(s): Bronze Medallion and Emergency 1st Aid-CPR(B)
Course fee: \$65 + GST
Notes: 100% attendance strongly recommended.

St. Catharines Walker Family YMCA

Sunday 3:00-6:00pm
January 13 - March 2
Sunday 3:30-6:00pm
April 6 - June 8

Niagara Centre YMCA

Sunday 4:00-6:00pm
January 13 - April 6
April 13 - June 15

Niagara Falls YMCA

Thursday 4:45-7:45pm
January 10 - March 6
April 3 - June 5

Bronze Cross Recertification

Course fee: \$22 + GST
Notes: Must bring proof of certification to recert.
Dates to be arranged through your local branch Aquatic Coordinator.

YMCA Assistant Swim Instructors

Pre-requisite(s):
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
January 16 - March 26
April 9 - June 11

Niagara Centre YMCA

Wednesday 6:30-9:30pm
January 16 - March 26

Niagara Falls YMCA

Wednesday 6:00-9:00pm
April 2 - June 4

Enrichment

Standard 1st Aid - CPR(C)

Pre-requisite(s): none
 Course fee: \$65 + GST
 Notes: 100% attendance and participation required. Certification issued through Lifesaving Society.

St. Catharines Walker Family YMCA

Saturday & Sunday 10:00am-6:00pm
 January 26/27, February 23/24, April 5/6,
 June 14/15, June 21/22

Niagara Centre YMCA

Saturday & Sunday 1:00- 9:00pm
 March 1/ 2 or June 7/8

Niagara Falls YMCA

Saturday & Sunday 10:00am-6:00pm
 January 19/20, March 1/2, April 12/13,
 June 7/8

Standard 1st Aid - CPR(C) Recertification

Course fee: \$43 + 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
 January 20, April 20 or June 29

Niagara Centre YMCA

Sunday 1:00-9:00pm
 March 30, June 22

Niagara Falls YMCA

Sunday 10:00am-6:00pm February 10
 Saturday 10:00am-6:00pm March 24

YMCA Swim Instructors & LSS Lifesaving Instructors

Pre-requisite(s): 16+years and current Bronze Cross
 Course fee: \$110 + GST
 Notes: 100% attendance and participation required.

St. Catharines Walker Family YMCA

Thursday 6:00-10:00pm
 April 10 - June 12

Niagara Centre YMCA

Thursday 6:30-10:30pm
 February 7- May 1

National Lifeguard Service (NLS)

Pre-requisite(s): 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 or programs deemed equivalent. (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Perri-Med)
 Course fee: \$195 + GST
 Notes: 100% attendance and participation required.

Niagara Centre YMCA

Sunday 1:00- 9:00pm
 April 6, 13, 20, 27, May 4, 11

Niagara Falls YMCA

Friday 5:00-10:00pm
 Saturday & Sunday 9:00am-6:00pm
 January 4, 5, 6 and January 11, 12, 13

National Lifeguard Service Recertification

Course fee: \$50 + GST
 Notes: must bring proof of certification to recert.

St. Catharines Walker Family YMCA

Sunday 3:00-9:00pm
 March 2, May 25
 Thursday 6:00-11:00pm
 June 19

Niagara Centre YMCA

Sunday 4:00-10:00pm
 January 27, June 1

Niagara Falls YMCA

Sunday 4:00-10:00pm
 June 8

Babysitting Course

Course Fee: \$38
 Notes: Minimum age 11 years.

Niagara Falls YMCA

Saturday 9:00am-4:00pm
 January 19, February 16, March 29,
 April 19, May 24

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.

