



# YMCA of Greater Halifax/Dartmouth / John W. Lindsay YMCA Aquatic Program Time Chart Guide

## Spring Season: April 6, 2026 – June 21, 2026, Session – Group Swimming Lessons

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Preschool Swim Program	Splasher					9:35-10:05 AM	10:00-10:30 AM
	Bubbler			4:45-5:15 PM	5:20-5:50 PM	9:35-10:05 AM 11:35-12:05 PM	10:00-10:30 AM
	Bobber	4:45-5:15 PM 5:20-5:50 PM 5:55-6:25 PM 6:10-6:40 PM 6:30-7:00 PM		5:20-5:50 PM 5:55-6:25 PM		9:00-9:30 AM 10:10-10:40 AM 10:45-11:15 AM	10:35-11:05 AM 11:45-12:15 PM 12:00-12:30 PM 12:35-1:05 PM
	Floater	4:45-5:15 PM 5:20-5:50 PM 5:55-6:25 PM		5:20-5:50 PM 5:55-6:25 PM 6:30-7:00 PM		9:00-9:30 AM 10:45-11:15 AM	10:35-11:05 AM 11:10-11:40 AM 11:45-12:15 PM
	Glider	5:20-5:50 PM		5:20-5:50 PM		10:10-10:40 AM	11:10-11:40 AM
	Diver			6:10-6:40 PM		10:10-10:40 AM	11:10-11:40 AM
	Surfer	6:10-6:40 PM				11:00-11:30 AM	
	Jumper			6:45-7:15 PM			11:45-12:15 PM
YMCA Learn-to-Swim Program	Otter	5:20-5:50 PM 6:45-7:15 PM		5:20-5:50 PM 6:45-7:15 PM		9:00-9:30 AM 9:50-10:20 AM 11:00-11:30 AM	10:00-10:30 AM 10:50-11:20 AM 12:00-12:30 PM
	Seal	5:20-5:50 PM 6:45-7:15 PM		5:20-5:50 PM 6:30-7:00 PM		9:00-9:30 AM 9:50-10:20 AM 11:00-11:30 AM	10:00-10:30 AM 10:50-11:20 AM 12:00-12:30 PM
	Dolphin	5:55-6:25 PM 7:20-7:50 PM		5:55-6:25 PM 7:20-7:50 PM		9:35-10:05 AM 10:25-10:55 AM	10:35-11:05 AM 11:25-11:55 AM
	Swimmer	5:55-6:25 PM 7:20-7:50 PM		5:55-6:25 PM 7:20-7:50 PM		9:35-10:05 AM 10:25-10:55 AM	10:35-11:05 AM 11:25-11:55 AM
YMCA Star Swim Program	Star 1	5:20-6:05 PM 6:30-7:15 PM		5:20-6:05 PM		9:00-9:45 AM	10:00-10:45 AM 12:20-1:05 PM
	Star 2	5:20-6:05 PM		5:20-6:05 PM		9:00-9:45 AM	10:00-10:45 AM
	Star 3	6:30-7:15 PM				10:10-10:55 AM	11:10-11:55 AM
	Star 4			6:30-7:15 PM		10:10-10:55 AM	11:10-11:55 AM
	Star 5			6:30-7:15 PM			
	Star 6					11:20-12:05 PM	
YMCA Teen Swim Program	Jade		5:20-6:05 PM				
	Aquamarine		5:55-6:40 PM				
	Coral		6:45-7:30 PM				
YMCA Adult Swim Program	Silver	5:55-6:40 PM 7:05-7:50 PM	6:10-6:55 PM 7:20-8:05 PM	5:55-6:40 PM 7:05-7:50 PM	5:20-6:05 PM 6:30-7:15 PM 7:20-8:05 PM	11:20-12:05 AM	12:20-1:05 PM
	Ruby	7:05-7:50 PM	6:30-7:15 PM 7:20-8:05 PM	7:05-7:50 PM	5:55-6:40 PM 7:20-8:05 PM		
	Golden		6:30-7:15 PM		6:10-6:55 PM		12:20-1:05 PM
	Diamond				6:45-7:30 PM		
	Sapphire				6:30-7:15 PM		

### Scheduled Breaks in Programming:

- April 6, 2026
- May 16-18, 2026



## Spring Season: April 12-June 25, 2023 – YMCA Private Lesson Programs

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Private Lessons	Private	4:45-5:15 PM 6:30-7:00 PM 6:45-7:15 PM 7:20-7:50 PM	4:45-5:15 PM 5:20-5:50 PM 5:55-6:25 PM 7:00-7:30 PM 7:35-8:05 PM	4:45-5:15 PM 6:10-6:40 PM 6:45-7:15 PM 7:20-7:50 PM	4:45-5:15 PM 5:20-5:50 PM 5:55-6:25 PM 7:00-7:30 PM 7:35-8:05 PM	9:00-9:30 AM 10:45-11:15 AM 11:00-11:30 AM 11:35-12:05 AM	10:00-10:30 AM 12:00-12:30 PM 12:35-1:05 PM
	Semi-Private	4:45-5:15 PM		4:45-5:15 PM		9:35-10:05 AM	10:35-11:05 AM

### **Scheduled Breaks in Programming:**

- April 6, 2026
- May 16-18, 2026

## Spring Season: April 12-June 25, 2023 – Other YMCA Swim Programs

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
YMCA Stroke Improvement Program	Stroke Improvement						12:35-1:05 PM
	Adult Stroke Improvement					11:20-12:05 AM	
YMCA SwimAbilities Program	SwimAbilities						1:20-1:50 PM
YMCA Lifesaving Sport Program	Junior Lifeguard Club					12:30-1:30 PM	

### **Scheduled Breaks in Programming:**

- April 6, 2026
- May 16-18, 2026

## Spring Season: April 12-June 25, 2023 – First Aid Courses

Course Names	Course Dates	Course Times	Course Fees
Intermediate Workplace First Aid	June 27-28	<b>Saturday:</b> 9:00-5:00 pm <b>Sunday:</b> 9:00-5:00 pm	<b>Non-Member:</b> \$135+HST <b>Member:</b> \$108+HST
Intermediate Workplace First Aid Recertification	June 6	<b>Saturday:</b> 9:00-5:00 pm	<b>Non-Member:</b> \$80+HST <b>Member:</b> \$60+HST



## Spring Season: April 12-June 25, 2023 – Aquatic Leadership Course

Course Names	Course Dates	Course Times	Course Fees
Lifesaving Society's Bronze Star			<b>Non-Member:</b> \$100+HST <b>Member:</b> \$80+HST
Lifesaving Society's Bronze Medallion	April 9-12	<b>Thursday:</b> 5:30-9:30 pm <b>Friday:</b> 6:00-9:30 pm <b>Saturday:</b> 9:00-5:00 pm <b>Sunday:</b> 9:00-5:00 pm	<b>Non-Member:</b> \$260+HST <b>Member:</b> \$208+HST  *Includes Basic Workplace First Aid
	May 7-10	<b>Thursday:</b> 6:00-7:00 pm <b>Friday:</b> 6:00-9:00 pm <b>Saturday:</b> 9:00-5:00 pm <b>Sunday:</b> 9:00-5:00 pm	<b>Non-Members:</b> \$185+HST <b>Members:</b> \$165+ST
Lifesaving Society's Bronze Cross with Intermediate Workplace First Aid	April 16-19 & 24-26	<b>Thursday:</b> 5:30-9:30 pm <b>Friday:</b> 6:00-9:30 pm <b>Saturday:</b> 9:00-5:00 pm <b>Sunday:</b> 9:00-5:00 pm	<b>Non-Member:</b> \$280+HST <b>Member:</b> \$224+HST
	May 21-24 & 29-31	<b>Thursday:</b> 6:00-7:30 pm <b>Friday:</b> 6:00-9:00 pm <b>Saturday:</b> 9:30-5:00 pm <b>Sunday:</b> 9:30-5:00 pm	
National Lifeguard Pool with CPR-HCP & Airway Management	June 11-14 & 18-21	<b>Thursday:</b> 5:30-9:30 pm <b>Friday:</b> 6:00-10:00 pm <b>Saturday:</b> 9:00-6:00 pm <b>Sunday:</b> 9:00-6:00 pm	<b>Non-Member:</b> \$390+HST <b>Member:</b> \$312+HST
National Lifeguard Pool and Intermediate Workplace First Aid Recertification	June 7	<b>Sunday:</b> 9:00-6:00 pm	<b>Non-Member:</b> \$120+HST <b>Member:</b> \$96+HST
YMCA Swim Instructor Course	May 1-3	<b>Friday:</b> 6:00-10:00 pm <b>Saturday:</b> 9:00-5:00 pm <b>Sunday:</b> 9:00-5:00 pm	<b>Non-Member:</b> \$135+HST <b>Member:</b> \$105+HST