

Community Swim Lesson Options

There are several different types of community swimming lesson options in Waterloo Region and Guelph-Wellington. The different types of swimming lessons have different support levels.

The following are the different types of swimming lesson options for your child:

1. **Adapted Aquatics**
2. **SWAM KW** (Swimming With a Mission)
3. **FireFly – Swimming Lessons**
4. **Leisure Support Volunteers/Leisure Buddy/ One2One in Typical Swim Lessons**
5. **Private Lessons**
6. **Typical Swim Lessons**

1. Adapted Aquatics:

Adapted aquatics is specialized instruction for children and youth with a physical and/or developmental disability who need low ratios or 1:1 support to feel comfortable in the water and to progress in their swimming skills. Participants will be taught by an experienced aquatics instructor with support from volunteers as needed at most locations.

Adapted Aquatics – City of Kitchener

One instructor will assist a group of 4 participants. Each child will receive individual assistance from a trained volunteer. These classes are offered for children ages 4 and up. Classes run on Thursday evenings, ages 4—teen.

Location: Forest Heights Pool (253 Fischer Hallman Road, Kitchener)
(519) 741-2493



- Register by:
1. Calling Forest Heights Pool at 519-741-2493
 2. Visit www.kitchener.ca and click on ActiveNet to register online
 3. For more information, look to the City of Kitchener Leisure Guide. Register early as classes will fill up quickly!

Adapted Aquatics – City of Waterloo

1:1 lesson with an instructor. Classes are offered for children 5 and up.

Waterloo Swimplex (101 Father David Bauer Drive, Waterloo) (519) 886-1177
Classes run on Saturday afternoons for ages 5-12 and Thursday evenings for teens 12+



- Register by:
1. Calling the Waterloo Swimplex at 519-886-7122
 2. Visit www.waterloo.ca and click on ActiveNet to register online

Adapted Aquatics – Cambridge

1:1 lesson with an instructor. These classes are offered for children ages 3 and up.

Chaplin Family YMCA (250 Hespeler Road, Cambridge)

Classes run Saturday evenings. Participants can then stay for open swim with parent/guardian. To optimize safety parents are request to be in swim attire and remain on the pool deck.



Register by: 1. Complete the Adapted aquatics registration form. Forms are available at Cambridge YMCA Membership Services desk
2. Visit <http://www.ymcacambridgekw.ca/en/health-fitness-aquatics/chaplin/Aquatics-Specialized-Programs.asp> for more information.

Adapted Aquatics – Fergus

1:1 lesson with an instructor. Classes is offered to all ages.

Centre Wellington Sportsplex (550 Belsyde Ave, Fergus)

(519) 846-9691 ext. 903

Classes run on Tuesdays- Sundays late afternoon/evenings



Register by: 1. Calling the Centre Wellington Sportsplex at 519-846-9691 ext., 903
2. Visit www.centrewellington.ca and click on ActiveNet to register online

Adapted Aquatics- Guelph

One instructor will assist a group of 4 participants. Each child will receive individual assistance from a trained volunteer. These classes are offered for children ages 3 and up.



Centennial Pool (289 College Avenue West) & Victoria Road RC (151 Victoria Rd N)

Classes run on Thursday evenings, ages 3- Adult.

Register by: 1. Calling Centennial Pool at 519-837-5620 or Victoria Road RC at 519-837-5621
2. Visit www.guelph.ca and click on RegExpress to register online

Adapted Aquatics- Woolwich

1 instructor for 3 swimmers. Classes is offered to all ages. Classes run on Fridays late afternoon/evenings.

Woolwich Memorial Centre (24 Snyder Street South, Elmira)

(519) 514-7000

Register by: 1. Calling the Woolwich Memorial Centre at 519-514-7000
2. Visit www.woolwich.ca and click on ActiveNet to register online



2. SWAM K-W (Swimming With a Mission)

SWAM is a swim opportunity in our community for children and youth with special needs ages 2-18 years of age. SwimAbility Kitchener-Waterloo is a regional chapter of SWAM Canada, a nation-wide, not-for-profit, student run organization.

Provide an affordable and accessible one-to-one swimming program to children with special needs. All instructors are qualified volunteers with certified lifeguards on deck.

For more information please email kitchenerwaterloo@swamcanada.ca

SWAM KW
Wilfrid Laurier University- Athletic Complex Pool (75 University Ave W.)



Sessions run Sundays for a 1/2 hr at 1:00pm & 1:30pm for 8-9 weeks for approximately \$40/group of sessions.

Register online: <http://www.kitchener-waterloo.on.swamcanada.ca/register/>

3. FireFly – Swimming Lessons



Firefly Therapy Services swimming program provides an opportunity for children to learn important basic swimming skills in a safe and supportive environment.

One instructor will assist a group of 5 participants. Each child will receive individual assistance from a trained volunteer. These classes are offered for children ages 3 and up.

Register by: 1. Calling 519-886-8886 or toll-free 1-888-372-2259 x1052 or email info@kidsability.ca
2. For more information visit: <https://fireflytherapy.ca/>

4. Leisure Support Volunteers/Leisure Buddy/ One2One:

For children who would be successful in a typical swimming lessons without specialized instruction, but would benefit from additional support, a request can be made for a **Leisure Support Volunteers/Leisure Buddy/ One2One Support**. This would allow your child to attend a typical swimming lesson with the support of a one-to-one volunteer or support worker. This may be 1:1, 1:2 or 1:3 support depending on your child's needs.

Please note:

- Every effort is made to provide support to participants with disabilities either through staff, volunteers and/or the use of adaptive equipment. Support is based on available resources and is not guaranteed.
- If support is unavailable participants may provide their own support person to assist. Please contact the Inclusion Programmer if outside support will be attending.
- 1:1 Volunteers do not provide personal care in the change room/washroom
- Support is assigned on a 1:1, 2:1 or 3:1 ratio.

City of Kitchener and City of Waterloo

To access a Leisure Support Volunteer, contact Inclusion Services at 519-741-2200 x7229 or email access@kitchener.ca.

City of Cambridge

Applications are available at <https://forms.cambridge.ca/Community-Services/Leisure-Buddy> or contact Danielle Tanner at (519) 740-4680 ext. 4554 or email tannerd@cambridge.ca. As soon as you have registered for your swimming lessons, email Danielle Tanner tannerd@cambridge.ca to request support.

City of Guelph

Providing One2One support for individuals with disabilities in our City of Guelph recreation programming. You will be participating in and assisting in the courses in which the individual is registered in (swimming lessons, dry land programming, and more). Creating a fun, safe, and barrier free environment while participating and engaging with the participant. Personal care duties not included (i.e. toileting or changeroom support).

To access One2One support contact Melissa DeNardis, Inclusion Coordinator at (519) 822-1260 ext 2701 or email: melissa.denardis@guelph.ca

5. Private Lessons

For children who would benefit from individual instruction, **private lessons** are available.

City of Kitchener- <https://ca.apm.activecommunities.com/activekitchener/>

Kitchener YMCA - <https://www.ymcacambridgekw.ca/en/health-fitness-aquatics/ark/Private-Lessons.asp>

City of Waterloo- <https://ca.apm.activecommunities.com/activewaterloo/>

Waterloo YMCA- <https://www.ymcacambridgekw.ca/en/health-fitness-aquatics/stork/Private-Swim-Lessons.asp>

City of Cambridge- <https://ca.apm.activecommunities.com/CambridgeOnt/>

Cambridge YMCA- <https://www.ymcacambridgekw.ca/en/health-fitness-aquatics/chaplin/Private-Lessons.asp>

City of Guelph- <https://regexpress.guelph.ca/Start/Start.asp>

Guelph YMCA- <https://www.guelphy.org/en/kids-and-families/swimming-lessons.aspx>

Fergus- <https://ca.apm.activecommunities.com/centrewellington/>

Woolwich Township- <https://ca.apm.activecommunities.com/woolwich/Home>

Wilmot Township- <https://ca.apm.activecommunities.com/wilmotrecweb>

6. Typical Swim Lessons

For more information about typical swim lessons, including parent and tot programs, please see the municipal Recreation Guides (online or at any City recreation facility) or the YMCA website.

City of Kitchener Leisure Guide:

https://www.kitchener.ca/en/resourcesGeneral/Documents/CSD_NPS_Active_Kitchener.pdf

City of Waterloo Program and Activities Guide:

https://issuu.com/cityofwaterloo/docs/waterloo_pa_guide_fall2019

City of Cambridge Activities Guide:

[https://bluetoad.com/publication/?m=37472&l=1&p=&pn=#{"issue_id":609280,"numpages":1,"page":1}](https://bluetoad.com/publication/?m=37472&l=1&p=&pn=#{)

Cambridge, Waterloo and Kitchener YMCA's:

<https://www.ymcacambridgekw.ca/en/Index.asp>

City of Guelph:

<https://guelph.ca/living/recreation/recreation-programs/swimming/swim-schedules-2/>

Woolwich Township:

<https://www.woolwich.ca/en/living-here/Community-Guide.aspx>

Wilmot Township:

<https://www.wilmot.ca/en/things-to-do/Recreation-Guide.aspx#>

**For any further questions call 519.886.8886 or 1-888-372-2259
to speak with a Recreation Therapist**