



Swimming Lessons Fall 2023

September 23rd – December 11th



123 Doncaster Street | 204.477.7510 | www.radyjcc.com

Registration Dates:

- August 21st, 2023, 9:00 am – For Members
- August 24th, 2023, 9:00 am – For Non-Members

Refund Policy: Please note all refunds are subject to a 20% admin fee. Refunds will only be issued up to 7 days prior to start date of program unless the withdrawal is for medical reasons. Refunds will be issued in the form of a Rady JCC gift card to be used for a future program. ***There are no make-up classes for all swim lessons for classes missed due to the participant. If we need to cancel lessons for any unexpected reason, you will be refunded by gift card for the missed class or if possible, we will extend the session by a week. If we extend the session, we will notify you by phone. We may be able to accommodate make-up classes for Semi-Private or Private classes on a case-by-case basis.***

The Rady JCC reserves the right to cancel any course at any time, should the course not meet the minimum number of participants registered.

No Swim Lessons on Saturday, September 30th, Monday, October 9th, Tuesday October 31st, Saturday November 11th

Dear Parents, Guardians & Swimmers – Please Read

It is that time of the year again! Registration season is upon us for the Spring! To ensure you are ready to have a successful and smooth registration process here are a few steps you should take ***at least one week before registration.***

- 1. Set up an online account/review your online account to ensure it is correct, up to date, and all family members are on the appropriate accounts.**
 - a. If you have never registered for a program here at the Rady, create a guest profile [here](#). Please ensure you include **all your family's information, this includes your information, your spouse's/partners information, and your child's/dependents information.** This includes names, date of birth, emails, phone numbers, and address.
 - b. If you have registered with us before, please ensure you are able to successfully log on to your account. Please click [here](#) to find the log in page.
 - i. If you are unable to, please contact us at 204.477.7510 to get your password reset and gain access to your online account. Please do not create a duplicate account.
 - ii. Ensure your account information is correct. It is essential your children are on your account with the correct birth date as there are age restrictions for certain courses. Please also ensure your email is correct as this is how we communicate with our program participants. You will need to contact us at 204.477.7510 to update your account.
 - c. **Contacting us the day of registration via phone will be challenging for you to get through as we receive extremely high call volumes. It's best to plan ahead and register online to ensure you get into the class you want.**
- 2. Find out what class you wish to register for.**
 - a. If you are currently registered in a program, discuss with your instructor what class they recommend for the next session. Going forward **all past** report cards starting from Winter 2023 session can be found at <https://swimgen.net/search/radyjcc>. To access your reports on SwimGen, you will need to know your Rady Account #. This can be found by logging on to your account and clicking "account Info". Please keep in mind that when entering in JCC, it does need to be capitalized.
 - b. If you are not currently in a program, look at past report cards to see what level the instructor recommended registering in next.
 - c. Is it your first time registering for a program here? Or has it been over a year since you were last in a program? Please look at our program descriptions and program chart in this guide that will assist you in figuring out which program is best suited for your needs.
 - d. Once you know what course to register for, please browse through the different course dates and times found in this guide. Give yourself multiple options for course dates & times as classes do fill up quickly!

3. Find your gift card or gift card code!

- a. If you have a gift card for the Rady JCC, ensure you know where it is and what the 4-digit code is.

We thank you for taking the time to ensure registration goes smoothly for you and your family. If you have any further questions or concerns, please contact us at **204-477-7510**.

Dear Rady JCC Swim Participants,

To ensure the safety of all Rady JCC guests, swim lessons will have the following safety measures in place.

- **Please arrive 10 minutes early & know the name of the person registered, the level and time.**
 - A lifeguard or supervisor will greet you on pool deck and direct you to your meeting location (under the sign labeled for your level).
- **If you or your child is sick – please stay home!**
 - To protect yourself and those around you, we ask that if you or your child are feeling unwell, that you refrain from attending swim lessons so that we can continue to ensure a safe environment for those of all ages who use our community's facilities.
 - We do not credit or extend your lesson if you are unable to attend a lesson. If you can no longer attend the remainder of the class due to ill/injury, we would ask for a doctor note and would reimburse the remainder of the classes in the form of a Rady JCC gift card.
- **Please touch base with your instructor**
 - Discuss with instructors the progress of the swimmer. **Let the instructor or Deck Supervisor know of any issues as soon as they arise.**
 - We will no longer be doing mid session reports. If you are wanting to know the progress on a participant, please talk to a Deck Supervisor who will be able to give you all the information you need. We encourage open communication between parents and Instructors, so please touch base with Instructors as you need as well.
 - With the transition from Red Cross to Lifesaving Society Swim For Life we are anticipating there will be a need for assessing and moving swimmers to a more appropriate level. Please be available for the **first 3** classes in case a Deck Supervisor needs to coordinate a different level for your child.
- **Your feedback is valued.**
 - Please provide feedback to a Rady JCC member to allow us to adapt and adjust to our communities' needs while still providing a safe environment for all.

Sarah Dyck

Aquatics Manager

Rady Jewish Community Centre

B100-123 Doncaster Street

Winnipeg, Manitoba R3N 2B3

Ph: 204.477.7541

Program Level Registration Guide

Lifesaving Society Swim for Life Parent & Tot Program Overview

Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

When registering for a Parent & Tot class, you must register under the **child's name.*

This class is designed for ages 4 months up to 3 years old.

Participant Min: 3 | Max: 10

Cost per 10 classes: Members: \$90.00 | Non-members: \$107.00

Class prices are pro-rated pending the number of classes within the set of lessons.



Lifesaving Society Swim for Life Preschool Program Overview

Give your child a head-start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep. In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

This class is designed for ages 3 years to 6 years old.

Participant Min: 2 | Max: 4

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Class prices are pro-rated pending the number of classes within the set of lessons.



Level Description

Preschool 1: We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll floats and glide on their front and back and learn to get their face wet and blow bubbles underwater *This is a transitional level all items are assisted with parent or instructor. The goal is to have no parents in the water by the end of the lessons.*

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Preschool 2: These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back. *To register for this class child must be comfortable in a swim lesson without a parent in the water.*

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Preschool 3: These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. ***To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 3x, float on front and back comfortably in a lifejacket, glide on front and back for 3m comfortably in a lifejacket and be able to do flutter kick on back with a kick board for 5m.***

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Preschool 4: Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) front crawl swim on their front wearing a lifejacket and gliding and kicking on their side. *To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 5x, hold breath underwater for 3 seconds, float on front and back unassisted for 5 seconds, glide on front and back for 3m unassisted, roll laterally front to back and back to front unassisted, and be able to do flutter kick on back and front unassisted for 5m.*

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Preschool 5: These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. *To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles with eyes open 5x, glide on side with kick for 5m, flutter kick on front and back for 7m, and be able to do front crawl with a PFD for 5m.*

The swimmer must also have completed the swim to survive challenge for preschool level 4, wearing a PFD complete the following skills sequentially: tread water for 15 seconds, complete a roll-over float from front to back and swim 5m.

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Lifesaving Society Swim for Life Swimmer Program Overview

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

This class is designed for ages 6 years to 12 years old.



Level Description

Swimmer 1: These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Participant Min: 2 | Max: 5

Cost per 10 classes: Members: \$125.00 | Non-members: \$148.00

Class prices are pro-rated pending the number of classes within the set of lessons.

Swimmer 2: These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m). *To register for this class the child must be able to successfully complete the following skills: tread water with PFD for 30 seconds, hold breath underwater for 5 seconds, submerge and blow bubbles 5x with eyes open, front and back float unassisted for 5 seconds, glide on front, back and side for 3m, flutter kick with a kick board on front and back for 5m each and front crawl for 5m with a PFD.*

Participant Min: 2 | Max: 5

Cost per 10 classes: Members: \$125.00 | Non-members: \$148.00

Class prices are pro-rated pending the number of classes within the set of lessons.

Swimmer 3: These junior swimmers will work on distance, do front somersaults, and handstands in water. They'll work on 15m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to (4 x 15 m). *To register for this class the child must be able to successfully complete the following skills: tread water for 15 seconds, recover object from bottom in chest deep water, front, back and side kick for 10m each, front and back crawl for 10m each and vertical whip kick for 30 seconds with an aid.*

Participant Min: 2 | Max: 5

Cost per 10 classes: Members: \$125.00 | Non-members: \$148.00

Class prices are pro-rated pending the number of classes within the set of lessons.

Swimmer 4: These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. *To register for this class the child must be able to successfully complete the following skills: tread water for 30 seconds, kneeling dive into deep water, front, back and side kick for 5m each and be able to change directions without stopping, front and back crawl for 15m each and whip kick on back for 10m.*

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Class prices are pro-rated pending the number of classes within the set of lessons.

Swimmer 5: These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke. *To register for this class the child must be able to successfully complete the following skills: tread water for 1 minute, standing dive into deep water, swim underwater for 5m, front and back crawl for 25m each and whip kick on back for 15m.*

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Class prices are pro-rated pending the number of classes within the set of lessons.

Swimmer 6: These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke. *To register for this class the child must be able to successfully complete the following skills: tread water for 2 minutes, standing shallow dive into deep water, roll into water, front and back crawl for 50m each and breaststroke for 25m.*

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Class prices are pro-rated pending the number of classes within the set of lessons.

Swim Patrol Overview

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment. *To register for these classes the child must be able to successfully complete swimmer 6 or Red Cross Swim Kids 7 the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, standing dive into deep water, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.*

Participant Min: 4 | Max: 10

Cost per 10 classes: Members: \$123.50 | Non-members: \$148.00



Level Description

Rookie Patrol: Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims. *To register for this class the child must have passed swimmers 6 or Red Cross Swim Kids 7 or be able to successfully complete the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, standing dive into deep water, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.*

Ranger Patrol: Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. ***To register for this class the child must be able to successfully complete Rookie Patrol***

Star Patrol: Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. ***To register for this class the child must be able have passed Ranger Patrol***

Adult Program Overview

Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart – no matter what your age. Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness. You won't be going to the Olympics, but you'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Adult levels.

This class is designed for ages 14 years older.

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Class prices are pro-rated pending the number of classes within the set of lessons.



Levels

Adult 1: You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult 2: Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes and showing off your handstands in shallow water.

Adult 3: No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl, and breaststroke. Whew

Swim Transition

Canadian Red Cross > 2022 > Lifesaving Society

TRANSFER RED CROSS SWIM PRESCHOOL TO LIFESAVING SOCIETY PRESCHOOL LEVELS (UNDER AGE 6)

If they took Red Cross Swim Preschool and are still under the age of 6 prior to the course start date:	And the level was marked:	Then enroll them in Lifesaving Society Swimmers Level:
Starfish/Duck/Sea Turtle	Underage of 3 prior to course start date	Parent & Tot
Starfish/Duck/Sea Turtle	Over age of 3 prior to course start date	
Sea Otter	Incomplete	Preschool 1
Sea Otter	Complete	Preschool 2
Salamander	Incomplete	Preschool 2
Salamander	Complete	Preschool 3
Sunfish	Incomplete	Preschool 3
Sunfish	Complete	Preschool 4
Crocodile	Incomplete	Preschool 4
Crocodile	Complete	Preschool 5
Whale	Incomplete	Preschool 5
Whale	Complete	Preschool 5 (highest preschool level)

TRANSFER RED CROSS SWIM PRESCHOOL TO LIFESAVING SOCIETY SWIMMERS' LEVELS (OVER AGE 6)

If they took Red Cross Swim Preschool and are over the age of 6 prior to the course start date:	And the level was marked:	Then enroll them in Lifesaving Society Swimmers Level:
Starfish/Duck/Sea Turtle	Over age of 6 prior to course start date	Swimmers 1
Sea Otter	Incomplete or Complete	Swimmers 1
Salamander	Incomplete or Complete	Swimmers 1
Sunfish	Incomplete	Swimmers 1
Sunfish	Complete	Swimmers 2
Crocodile	Incomplete	Swimmers 2
Crocodile	Complete	Swimmers 3
Whale	Incomplete	Swimmers 3
Whale	Complete	Swimmers 3

Swim Transition

Canadian Red Cross > 2022 > Lifesaving Society

TRANSFER RED CROSS SWIM KIDS TO LIFESAVING SOCIETY SWIMMERS' LEVELS (OVER AGE 6)

If they took Red Cross Swim Kids and are over the age of 6 prior to the course start date:	And the level was marked:	Then enroll them in Lifesaving Society Swimmers Level:
Swim Kids 1	Incomplete	Swimmers 1
Swim Kids 1	Complete	Swimmers 2
Swim Kids 2	Incomplete	Swimmers 2
Swim Kids 2	Complete	Swimmers 3
Swim Kids 3	Incomplete	Swimmers 3
Swim Kids 3	Complete	Swimmers 3
Swim Kids 4	Incomplete	Swimmers 3
Swim Kids 4	Complete	Swimmers 4
Swim Kids 5	Incomplete	Swimmers 4
Swim Kids 5	Complete	Swimmers 4
Swim Kids 6	Incomplete	Swimmers 5
Swim Kids 6	Complete	Swimmers 5
Swim Kids 7	Incomplete or Complete	Patrol Rookie
Swim Kids 8	Incomplete or Complete	Patrol Ranger
Swim Kids 9	Incomplete or Complete	Patrol Star
Swim Kids 10	Incomplete	Patrol Star
Swim Kids 10	Complete	Bronze Star

Are you coming from another swim program?

Sears I Can Swim Program Conversion

https://www.redcross.ca/crc/documents/What-We-Do/Swimming-Water-Safety/swimguide/comparison_i_can_swim_2011_en.pdf

YMCA Swim Program Conversion

https://www.redcross.ca/crc/documents/What-We-Do/Swimming-Water-Safety/swimguide/comparison_ymca_aug2015.pdf



SWIMMING LESSONS PRICING FOR SEPTEMBER BASED ON 10 CLASSES

Course	Member Price	Non-Member Price	Course Length	Number of Classes
Parent & Tot	\$90.00	\$107.00	30 minutes	10
Preschool 1 – 5	\$132.50	\$157.00	30 minutes	10
Swimmers' Level 1 – 3	\$125.00	\$148.00	30 minutes	10
Swimmers' Level 4 – 6	\$132.00	\$157.00	45 minutes	10
Lap Pool Private Swim Lessons	\$340.00	\$410.00	30 minutes	10
Lap Pool Semi-Private Swim Lessons	\$220.00	\$262.00	30 minutes	10
Kiddie Pool Private Swim Lessons	\$340.00	\$340.00	30 minutes	10
Kiddie Pool Semi-Private Swim Lessons	\$220.00	\$262.00	30 minutes	10
Adult Lessons Beginner & Intermediate	\$132.50	\$157.00	45 minutes	10

ALL COURSES ARE 10 WEEKS (10 CLASSES) FOR FALL 2023

> Register Here

Parent & Tot Program Overview: Age 4 months – 3 years | Lessons take place in the Kiddie Pool – Parents are required in water.

Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. This class includes Parent and Tot 1, Parent & Tot 2, and Parent & Tot 3. Your child will be evaluated in Parent & Tot 1, 2, or 3 based on age. Certified instructors provide guidance and answers to your questions.

**When registering for a Parent & Tot class, ensure you are registering under the child's name.*

This class is designed for ages 4 months up to 3 years old.

Participant Min: 3 | Max: 10

Cost per 10 classes: Members: \$90.00 | Non-members: \$107.00

Prices are pro-rated depending on the length of the session.



Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 10:15a - 10:45a	320-3100
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 10:45a - 11:15a	320-3101
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:30p - 6:00p	320-3102
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 11:00a - 11:30a	320-3103
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:30p - 6:00p	320-3104

Sept 27 th – Nov 29 th	Wed 1:00p - 1:30p	320-3105
Sept 27 th – Nov 29 th	Wed 1:30p - 2:00p	320-3106
Sept 27 th – Nov 29 th	Wed 5:30p - 6:00p	320-3108
Sept 28 th – Nov 30 th	Thu 11:00a - 11:30a	320-3109
Sept 28 th – Nov 30 th	Thu 6:00p - 6:30p	320-3110
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:15a - 10:45a	320-3111
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:45a - 11:15a	320-3112
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:15a - 11:45a	320-3113
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:45a - 12:15p	320-3114
Oct 1 st – Dec 3 rd	Sun 9:00a - 9:30a	320-3115
Oct 1 st – Dec 3 rd	Sun 9:30a - 10:00a	320-3116
Oct 1 st – Dec 3 rd	Sun 10:00a - 10:30a	320-3117
Oct 1 st – Dec 3 rd	Sun 11:00a - 11:30a	320-3118

> Register Here

Preschool Program Overview

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep. In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

This class is designed for ages 3 years to 6 years old.

Participant Min: 2 | Max: 4

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00



Preschool 1: We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll floats and glide on their front and back and learn to get their face wet and blow bubbles underwater *This is a transitional level all items are assisted with parent or instructor. The goal is to have no parents in the water by the end of the lessons.*

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide"

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 10:15a - 10:45a	320-3200
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:30p - 5:00p	320-3201
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:00p - 5:30p	320-3202

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:00p - 6:30p	320-3203
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:30p - 7:00p	320-3204
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:00p - 5:30p	320-3205
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:00p - 6:30p	320-3206
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:30p - 7:00p	320-3207
Sept 27 th – Nov 29 th	Wed 1:00p - 1:30p	320-3208
Sept 27 th – Nov 29 th	Wed 3:00p - 3:30p	320-3209
Sept 27 th – Nov 29 th	Wed 4:30p - 5:00p	320-3210
Sept 27 th – Nov 29 th	Wed 4:30p - 5:00p	320-3211
Sept 27 th – Nov 29 th	Wed 7:00p - 7:30p	320-3212
Sept 28 th – Nov 30 th	Thu 4:30p - 5:00p	320-3213
Sept 28 th – Nov 30 th	Thu 6:30p - 7:00p	320-3214
Sept 29 th – Dec 1 st	Fri 4:30p - 5:00p	320-3215
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:15a - 10:45a	320-3216
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:45a - 11:15a	320-3217
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:15a - 11:45a	320-3218
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:15p - 12:45p	320-3219

Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 2:30p - 3:00p	320-3220
Oct 1 st – Dec 3 rd	Sun 9:30a - 10:00a	320-3221
Oct 1 st – Dec 3 rd	Sun 10:00a - 10:30a	320-3222
Oct 1 st – Dec 3 rd	Sun 10:30a - 11:00a	320-3223
Oct 1 st – Dec 3 rd	Sun 11:00a - 11:30a	320-3224
Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-3225
Oct 1 st – Dec 3 rd	Sun 1:00p - 1:30p	320-3226
Oct 1 st – Dec 3 rd	Sun 1:30p - 2:00p	320-3227

> Register Here

Preschool 2: These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back. *To register for this class child must be comfortable in a swim lesson without a parent in the water.*

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide"

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 10:45a - 11:15a	320-3300
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:30p - 5:00p	320-3301
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:00p - 5:30p	320-3302
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:00p - 6:30p	320-3303
Oct 2 nd – Dec 11 th	Mon 6:30p - 7:00p	320-3304

NO CLASS Oct 9th		
Sept 26 th – Dec 5 th NO CLASS Oct 31st	Tue 4:30p - 5:00p	320-3305
Sept 26 th – Dec 5 th NO CLASS Oct 31st	Tue 6:00p - 6:30p	320-3306
Sept 27 th – Nov 29 th	Wed 3:00p - 3:30p	320-3307
Sept 27 th – Nov 29 th	Wed 5:00p - 5:30p	320-3308
Sept 27 th – Nov 29 th	Wed 6:00p - 6:30p	320-3309
Sept 27 th – Nov 29 th	Wed 6:30p - 7:00p	320-3310
Sept 28 th – Nov 30 th	Thu 4:30p - 5:00p	320-3311
Sept 28 th – Nov 30 th	Thu 5:00p - 5:30p	320-3312
Sept 28 th – Nov 30 th	Thu 6:15p - 6:45p	320-3313
Sept 28 th – Nov 30 th	Thu 7:00p - 7:30p	320-3314
Sept 29 th – Dec 1 st	Fri 4:30p - 5:00p	320-3315
Sept 23 rd – Dec 9 th NO CLASS Sept 30th, Nov 11th	Sat 11:45a - 12:15p	320-3316
Sept 23 rd – Dec 9 th NO CLASS Sept 30th, Nov 11th	Sat 12:45p - 1:15p	320-3317
Sept 23 rd – Dec 9 th NO CLASS Sept 30th, Nov 11th	Sat 1:15p - 1:45p	320-3318
Sept 23 rd – Dec 9 th NO CLASS Sept 30th, Nov 11th	Sat 3:00p - 3:30p	320-3319
Oct 1 st – Dec 3 rd	Sun 9:00a - 9:30a	320-3320
Oct 1 st – Dec 3 rd	Sun 10:30a - 11:00a	320-3321
Oct 1 st – Dec 3 rd	Sun 11:30a - 12:00p	320-3322
Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-3323

Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-3324
Oct 1 st – Dec 3 rd	Sun 2:00p - 2:30p	320-3325

> Register Here

Preschool 3: These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. ***To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 3x, float on front and back comfortably in a lifejacket, glide on front and back for 3m comfortably in a lifejacket and be able to do flutter kick on back with a kick board for 5m.***

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide"

Oct 2 nd – Dec 11 th NO CLASS Oct 9th	Mon 11:15a - 11:45a	320-3400
Oct 2 nd – Dec 11 th NO CLASS Oct 9th	Mon 4:30p - 5:00p	320-3401
Oct 2 nd – Dec 11 th NO CLASS Oct 9th	Mon 5:00p - 5:30p	320-3402
Oct 2 nd – Dec 11 th NO CLASS Oct 9th	Mon 6:30p - 7:00p	320-3403
Oct 2 nd – Dec 11 th NO CLASS Oct 9th	Mon 7:00p - 7:30p	320-3404
Sept 26 th – Dec 5 th NO CLASS Oct 31st	Tue 4:30p - 5:00p	320-3405
Sept 26 th – Dec 5 th NO CLASS Oct 31st	Tue 5:00p - 5:30p	320-3406

Sept 27 th – Nov 29 th	Wed 1:30p - 2:00p	320-3407
Sept 27 th – Nov 29 th	Wed 5:00p - 5:30p	320-3408
Sept 27 th – Nov 29 th	Wed 7:00p - 7:30p	320-3409
Sept 28 th – Nov 30 th	Thu 5:00p - 5:30p	320-3410
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:15a - 11:45a	320-3411
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:45a - 12:15p	320-3412
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:45p - 1:15p	320-3413
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:45p - 2:15p	320-3414
Oct 1 st – Dec 3 rd	Sun 10:30a - 11:00a	320-3415
Oct 1 st – Dec 3 rd	Sun 11:30a - 12:00p	320-3416
Oct 1 st – Dec 3 rd	Sun 2:00p - 2:30p	320-3417

> Register Here

Preschool 4: Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) front crawl swim on their front wearing a lifejacket and gliding and kicking on their side. *To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 5x, hold breath underwater for 3 seconds, float on front and back unassisted for 5 seconds, glide on front and back for 3m unassisted, roll laterally front to back and back to front unassisted, and be able to do flutter kick on back and front unassisted for 5m.*

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 11:15a - 11:45a	320-3500
---	---------------------	----------

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:30p - 6:00p	320-3501
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:00p - 7:30p	320-3502
Sept 27 th – Nov 29 th	Wed 5:30p - 6:00p	320-3503
Sept 27 th – Nov 29 th	Wed 6:30p - 7:00p	320-3504
Sept 28 th – Nov 30 th	Thu 6:30p - 7:00p	320-3505
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:15p - 12:45p	320-3506
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:45p - 1:15p	320-3507
Oct 1 st – Dec 3 rd	Sun 11:00a - 11:30a	320-3508
Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-3509

> Register Here

Preschool 5: These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. *To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles with eyes open 5x, glide on side with kick for 5m, flutter kick on front and back for 7m, and be able to do front crawl with a PFD for 5m.*

The swimmer must also have completed the swim to survive challenge for preschool level 4, wearing a PFD complete the following skills sequentially: tread water for 15 seconds, complete a roll-over float from front to back and swim 5m.

This class is designed for children aged 3 to 6 years. Once they have turned 6, they should transfer into the Swimmers program. Please speak with your instructor or refer to the "What level should I register my child into Guide."

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:00p - 6:30p	320-3600
Sept 26 th – Dec 5 th	Tue 7:00p - 7:30p	320-3601

NO CLASS Oct 31 st		
Sept 27 th – Nov 29 th	Wed 6:00p - 6:30p	320-3602
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:45p - 1:15p	320-3603
Oct 1 st – Dec 3 rd	Sun 11:30a - 12:00p	320-3604

> Register Here

Swimmer Program Overview

The Lifesaving Society’s 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

This class is designed for ages 6 years to 12 years old.



Level Description

Swimmer 1: These beginners will become comfortable jumping into water with and without a lifejacket. They’ll learn to open their eyes, exhale, and hold their breath underwater. They’ll work on floats, glides and kicking through the water on their front and back.

Participant Min: 2 | Max: 5

Cost per 10 classes: Members: \$125.00 | Non-members: \$148.00

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:00p - 4:30p	320-4100
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:30p - 5:00p	320-4101
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:00p - 6:30p	320-4102
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:30p - 7:00p	320-4103
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:30p - 8:00p	320-4104
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 4:00p - 4:30p	320-4105
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 4:30p - 5:00p	320-4106
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:30p - 6:00p	320-4107
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:00p - 6:30p	320-4108
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:30p - 7:00p	320-4109
Sept 27 th – Nov 29 th	Wed 4:00p - 4:30p	320-4110
Sept 27 th – Nov 29 th	Wed 4:30p - 5:00p	320-4111
Sept 27 th – Nov 29 th	Wed 5:00p - 5:30p	320-4112
Sept 27 th – Nov 29 th	Wed 6:00p - 6:30p	320-4113
Sept 27 th – Nov 29 th	Wed 7:00p - 7:30p	320-4114

Sept 28 th – Nov 30 th	Thu 4:30p - 5:00p	320-4115
Sept 28 th – Nov 30 th	Thu 5:00p - 5:30p	320-4116
Sept 28 th – Nov 30 th	Thu 5:00p - 5:30p	320-4117
Sept 28 th – Nov 30 th	Thu 5:30p - 6:00p	320-4118
Sept 29 th – Dec 1 st	Fri 4:00p - 4:30p	320-4119
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:15a - 10:45a	320-4120
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:45a - 12:15a	320-4121
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:15p - 1:45p	320-4122
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:15p - 1:45p	320-4123
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 2:30p - 3:00p	320-4124
Oct 1 st – Dec 3 rd	Sun 9:00a - 9:30a	320-4125
Oct 1 st – Dec 3 rd	Sun 11:00a - 11:30a	320-4126
Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-4127
Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-4128
Oct 1 st – Dec 3 rd	Sun 1:00p - 1:30p	320-4129

> Register Here

Swimmer 2: These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m). *To register for this class the child must be able to successfully complete the following skills: tread water with PFD for 30 seconds, hold breath underwater for 5 seconds, submerge and blow bubbles 5x with eyes open, front and back float unassisted for 5 seconds, glide on front, back and side for 3m, flutter kick with a kick board on front and back for 5m each and front crawl for 5m with a PFD.*

Participant Min: 2 | Max: 5

Cost per 10 classes: Members: \$125.00 | Non-members: \$148.00

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:00p - 4:30p	320-4200
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:30p - 5:00p	320-4201
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:30p - 7:00p	320-4202
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:00p - 7:30p	320-4203
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:00p - 7:30p	320-4204
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 4:30p - 5:00p	320-4205
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:30p - 6:00p	320-4206
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:30p - 7:00p	320-4207
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:30p - 7:00p	320-4208

Sept 27 th – Nov 29 th	Wed 4:30p - 5:00p	320-4209
Sept 27 th – Nov 29 th	Wed 5:30p - 6:00p	320-4210
Sept 27 th – Nov 29 th	Wed 5:30p - 6:00p	320-4211
Sept 27 th – Nov 29 th	Wed 6:30p - 7:00p	320-4212
Sept 27 th – Nov 29 th	Wed 7:00p - 7:30p	320-4213
Sept 28 th – Nov 30 th	Thu 4:30p - 5:00p	320-4214
Sept 28 th – Nov 30 th	Thu 5:30p - 6:00p	320-4215
Sept 28 th – Nov 30 th	Thu 6:30p - 7:00p	320-4216
Sept 28 th – Nov 30 th	Thu 7:00p - 7:30p	320-4217
Sept 29 th – Dec 1 st	Fri 4:00p - 4:30p	320-4218
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:15a - 10:45a	320-4219
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:45a - 12:15p	320-4220
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:15p - 12:45p	320-4221
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:15p - 1:45p	320-4222
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:45p - 2:15p	320-4223
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 3:00p - 3:30p	320-4224
Oct 1 st – Dec 3 rd	Sun 10:00a - 10:30a	320-4225
Oct 1 st – Dec 3 rd	Sun 10:30a - 11:00a	320-4226
Oct 1 st – Dec 3 rd	Sun 11:30a - 12:00p	320-4227
Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-4228

Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-4229
Oct 1 st – Dec 3 rd	Sun 1:30p - 2:00p	320-4230

> Register Here

Swimmer 3: These junior swimmers will work on endurance, do front somersaults, and handstands in water. They'll work on 15m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to (4 x 15 m). *To register for this class the child must be able to successfully complete the following skills: tread water for 15 seconds, recover object from bottom in chest deep water, front, back and side kick for 10m each, front and back crawl for 10m each and vertical whip kick for 30 seconds with an aid.*

Participant Min: 2 | Max: 5

Cost per 10 classes: Members: \$125.00 | Non-members: \$148.00

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:30p - 5:00p	320-4300
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:00p - 6:30p	320-4301
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:30p - 7:00p	320-4302
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:00p - 7:30p	320-4303
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:30p - 6:00p	320-4304
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:00p - 6:30p	320-4305
Sept 27 th – Nov 29 th	Wed 5:00p - 5:30p	320-4306
Sept 27 th – Nov 29 th	Wed 6:30p - 7:00p	320-4307
Sept 27 th – Nov 29 th	Wed 7:00p - 7:30p	320-4308
Sept 28 th – Nov 30 th	Thu 4:30p - 5:00p	320-4309

Sept 28 th – Nov 30 th	Thu 5:30p - 6:00p	320-4310
Sept 28 th – Nov 30 th	Thu 6:00p - 6:30p	320-4311
Sept 28 th – Nov 30 th	Thu 6:45p - 7:15p	320-4312
Sept 28 th – Nov 30 th	Thu 7:00p - 7:30p	320-4313
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:15a - 11:45a	320-4314
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:45p - 1:15p	320-4315
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:45p - 2:15p	320-4316
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 3:30p - 4:00p	320-4317
Oct 1 st – Dec 3 rd	Sun 10:00a - 10:30a	320-4318
Oct 1 st – Dec 3 rd	Sun 10:30a - 11:00a	320-4319
Oct 1 st – Dec 3 rd	Sun 11:30a - 12:00p	320-4320
Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-4321

> Register Here

Swimmer 4: These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. *To register for this class the child must be able to successfully complete the following skills: tread water for 30 seconds, front, back and side kick for 5m each and be able to change directions without stopping, front and back crawl for 15m each and whip kick on back for 10m.*

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:00p - 5:45p	320-4400
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:30p - 8:15p	320-4401
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 4:30p - 5:15p	320-4402
Sept 27 th – Nov 29 th	Wed 5:15p - 6:00p	320-4403
Sept 28 th – Nov 30 th	Thu 5:30p - 6:15p	320-4404
Sept 28 th – Nov 30 th	Thu 7:00p - 7:45p	320-4405
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:15a - 11:00a	320-4406
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:00a - 11:45a	320-4407
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:30p - 1:15p	320-4408
Oct 1 st – Dec 3 rd	Sun 9:00a - 9:45a	320-4409
Oct 1 st – Dec 3 rd	Sun 9:45a - 10:30a	320-4410
Oct 1 st – Dec 3 rd	Sun 9:45a - 10:30a	320-4411
Oct 1 st – Dec 3 rd	Sun 11:15a - 12:00p	320-4412

> Register Here

Swimmer 5: These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke. *To register for this class the child must be able to successfully complete the following skills: tread water for 1 minute, standing dive into deep water, swim underwater for 5m, front and back crawl for 25m each and whip kick on back for 15m.*

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:00p - 5:45p	320-4500
Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:30p - 8:15p	320-4501
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:15p - 6:00p	320-4502
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:45p - 7:30p	320-4503
Sept 27 th – Nov 29 th	Wed 4:30p - 5:15p	320-4504
Sept 28 th – Nov 30 th	Thu 6:15p - 7:00p	320-4505
Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:45a - 12:30p	320-4506
Oct 1 st – Dec 3 rd	Sun 9:00a - 9:45a	320-4507
Oct 1 st – Dec 3 rd	Sun 10:30a - 11:15a	320-4508

> Register Here

Swimmer 6: These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke. *To register for this class the child must be able to successfully complete the following skills: tread water for 2 minutes, standing shallow dive into deep water, roll into water, front and back crawl for 50m each and breaststroke for 25m.*

Participant Min: 3 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00

Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:00p - 5:45p	320-4600
Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:00p - 6:45p	320-4601
Sept 27 th – Nov 29 th	Wed 6:00p - 6:45p	320-4602
Sept 28 th – Nov 30 th	Thu 5:30p - 6:15p	320-4603
Oct 1 st – Dec 3 rd	Sun 11:15a - 12:00p	320-4604

> Register Here

Private Lesson Program Overview

Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **All private lessons can be booked online. WE CANNOT ADJUST A PRIVATE TO A SEMI-PRIVATE CLASS – PLEASE REGISTER FOR SEMI-PRIVATE IF YOU NEED MORE THAN 1 PARTICIPANT IN A CLASS.**

Kiddie Pool Private Swim Lessons: Restricted to the leisure pool. Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Preschool Swimmer Levels or focus on specific swimming skills. **Individual private lessons can be booked online.**

Lap Pool Private Swim Lessons: Restricted to the lap pool. Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **Individual private lessons can be booked online.**

Class size will be max 1 participant.

Cost per 10 classes: Member Price: \$340.00 / Non-Member: \$410.00

Kiddie Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:00p - 4:30p	320-1100
Kiddie Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:30p - 6:00p	320-1101
Kiddie Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:00p - 6:30p	320-1102
Kiddie Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:00p - 5:30p	320-1103
Kiddie Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:30p - 6:00p	320-1104
Kiddie Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:00p - 6:30p	320-1105
Kiddie Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:30p - 7:00p	320-1106
Kiddie Pool Private	Sept 27 th – Nov 29 th	Wed 4:30p - 5:00p	320-1107
Kiddie Pool Private	Sept 27 th – Nov 29 th	Wed 6:00p - 6:30p	320-1108

Kiddie Pool Private	Sept 28 th – Nov 30 th	Thu 5:30p - 6:00p	320-1109
Kiddie Pool Private	Sept 28 th – Nov 30 th	Thu 7:15p - 7:45p	320-1110
Kiddie Pool Private	Sept 29 th – Dec 1 st	Fri 6:00p - 6:30p	320-1111
Kiddie Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:15a - 10:45a	320-1112
Kiddie Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:15p - 12:45p	320-1113
Kiddie Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 4:00p - 4:30p	320-1114
Kiddie Pool Private	Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-1115
Kiddie Pool Private	Oct 1 st – Dec 3 rd	Sun 2:30p - 3:00p	320-1116

Lap Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 4:30p - 5:00p	320-2100
Lap Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 5:00p - 5:30p	320-2101
Lap Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 6:30p - 7:00p	320-2102
Lap Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:00p - 7:30p	320-2103
Lap Pool Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:30p - 8:00p	320-2104
Lap Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 4:30p - 5:00p	320-2105

Lap Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:00p - 5:30p	320-2106
Lap Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:30p - 7:00p	320-2107
Lap Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 7:00p - 7:30p	320-2108
Lap Pool Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 7:00p - 7:30p	320-2109
Lap Pool Private	Sept 27 th – Nov 29 th	Wed 6:00p - 6:30p	320-2110
Lap Pool Private	Sept 27 th – Nov 29 th	Wed 6:30p - 7:00p	320-2111
Lap Pool Private	Sept 28 th – Nov 30 th	Thu 6:00p - 6:30p	320-2112
Lap Pool Private	Sept 28 th – Nov 30 th	Thu 7:00p - 7:30p	320-2113
Lap Pool Private	Sept 28 th – Nov 30 th	Thu 7:30p - 8:00p	320-2114
Lap Pool Private	Sept 28 th – Nov 30 th	Thu 7:30p - 8:00p	320-2115
Lap Pool Private	Sept 28 th – Nov 30 th	Thu 7:30p - 8:00p	320-2116
Lap Pool Private	Sept 29 th – Dec 1 st	Fri 5:00p - 5:30p	320-2117
Lap Pool Private	Sept 29 th – Dec 1 st	Fri 6:00p - 6:30p	320-2118
Lap Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:45a - 11:15a	320-2119
Lap Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:45a - 11:15a	320-2120
Lap Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:15p - 12:45p	320-2121
Lap Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:45p - 2:15p	320-2122
Lap Pool Private	Sept 23 rd – Dec 9 th	Sat 1:45p - 2:15p	320-2123

	NO CLASS Sept 30 th , Nov 11 th		
Lap Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 4:30p - 5:00p	320-2124
Lap Pool Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 5:00p - 5:30p	320-2125
Lap Pool Private	Oct 1 st – Dec 3 rd	Sun 9:30a - 10:00a	320-2126
Lap Pool Private	Oct 1 st – Dec 3 rd	Sun 11:00a - 11:30a	320-2127
Lap Pool Private	Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-2128
Lap Pool Private	Oct 1 st – Dec 3 rd	Sun 3:00p - 3:30p	320-2129
Lap Pool Private	Oct 1 st – Dec 3 rd	Sun 3:30p - 4:00p	320-2130
Lap Pool Private	Oct 1 st – Dec 3 rd	Sun 3:30p - 4:00p	320-2131

Semi-Private Lesson Program Overview

Participants learn to swim with your very own instructor two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **All private lessons can be booked online. With semi-private swim lessons, both swimmers must be in a similar level. The options are Preschool Semi-Private (which covers Preschool levels 1-6), Swimmer 1-3 Semi-Private, and Swimmer 4-6 Semi-Private.**

If you know the two participants, you are wanting to register for semi-private fall into different level categories by 1 level (ex: Preschool 6 and Swimmer 1), please place them according to if you would like them in the Kiddie pool (Preschool) or Lap Pool (Swimmer 1-3). If you have a participant in Swimmer 3 and Swimmer 4 that you would like registered together, please pick date and time that suits best, instructors will be able to accommodate.

Kiddie Pool Semi-Private Swim Lessons: Restricted to the leisure pool. Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Preschool Swimmer Levels or focus on specific swimming skills. **Swimmers must be in a similar level. The options for classes using the Kiddie Pool include: Preschool. Semi-Private lessons can be booked online.**

Lap Pool Semi-Private Swim Lessons: Restricted to the lap pool. Participants learn to swim with your very own instructor two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **Swimmers must be in a similar level. The options for classes using the Lap Pool include: Swimmer 1-3 Semi- Private and Swimmer 4-6 Semi Private. Semi-Private lessons can be booked online.**

Class size will be max 2 participants.

Cost per 10 classes: Member Price: \$220.00 / Non-Member: \$262.00

Kiddie Pool Semi-Private	Oct 2 nd – Dec 11 th NO CLASS Oct 9 th	Mon 7:00p - 7:30p	320-1200
Kiddie Pool Semi-Private	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:30p - 6:00p	320-1201
Kiddie Pool Semi-Private	Sept 27 th – Nov 29 th	Wed 4:00p - 4:30p	320-1202
Kiddie Pool Semi-Private	Sept 27 th – Nov 29 th	Wed 5:00p - 5:30p	320-1203
Kiddie Pool Semi-Private	Sept 28 th – Nov 30 th	Thu 5:00p - 5:30p	320-1204
Kiddie Pool Semi-Private	Sept 29 th – Dec 1 st	Fri 4:00p - 4:30p	320-1205
Kiddie Pool Semi-Private	Sept 29 th – Dec 1 st	Fri 5:30p - 6:00p	320-1206
Kiddie Pool Semi-Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 10:45a - 11:15a	320-1207
Kiddie Pool Semi-Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:15p - 1:45p	320-1208
Kiddie Pool Semi-Private	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 3:30p - 4:00p	320-1209
Kiddie Pool Semi-Private	Oct 1 st – Dec 3 rd	Sun 9:00a - 9:30a	320-1210
Kiddie Pool Semi-Private	Oct 1 st – Dec 3 rd	Sun 9:30a - 10:00a	320-1211
Kiddie Pool Semi-Private	Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-1212

Lap Pool Semi-Private Swimmer 1-3	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Mon 5:30p - 6:00p	320-2200
Lap Pool Semi-Private Swimmer 1-3	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Mon 6:00p - 6:30p	320-2201
Lap Pool Semi-Private Swimmer 4-6	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Mon 7:30p - 8:00p	320-2202

Lap Pool Semi-Private Swimmer 1-3	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 4:00p - 4:30p	320-2203
Lap Pool Semi-Private Swimmer 1-3	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 5:00p - 5:30p	320-2204
Lap Pool Semi-Private Swimmer 1-3	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 6:00p - 6:30p	320-2205
Lap Pool Semi-Private Swimmer 1-3	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 7:00p - 7:30p	320-2206
Lap Pool Semi-Private Swimmer 4-6	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Tue 7:00p - 7:30p	320-2207
Lap Pool Semi-Private Swimmer 1-3	Sept 27 th – Nov 29 th	Wed 5:30p - 6:00p	320-2208
Lap Pool Semi-Private Swimmer 1-3	Sept 27 th – Nov 29 th	Wed 6:45p - 7:15p	320-2209
Lap Pool Semi-Private Swimmer 1-3	Sept 27 th – Nov 29 th	Wed 7:30p - 8:00p	320-2210
Lap Pool Semi-Private Swimmer 1-3	Sept 27 th – Nov 29 th	Wed 7:30p - 8:00p	320-2211
Lap Pool Semi-Private Swimmer 4-6	Sept 27 th – Nov 29 th	Wed 7:30p - 8:00p	320-2212
Lap Pool Semi-Private Swimmer 1-3	Sept 28 th – Nov 30 th	Thu 6:00p - 6:30p	320-2213
Lap Pool Semi-Private Swimmer 4-6	Sept 28 th – Nov 30 th	Thu 6:30p - 7:00p	320-2214
Lap Pool Semi-Private Swimmer 1-3	Sept 29 th – Dec 1 st	Fri 4:30p - 5:00p	320-2215

Lap Pool Semi-Private Swimmer 1-3	Sept 29 th – Dec 1 st	Fri 5:00p - 5:30p	320-2216
Lap Pool Semi-Private Swimmer 4-6	Sept 29 th – Dec 1 st	Fri 5:30p - 6:00p	320-2217
Lap Pool Semi-Private Swimmer 1-3	Sept 29 th – Dec 1 st	Fri 6:00p - 6:30p	320-2218
Lap Pool Semi-Private Swimmer 4-6	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 11:15a - 11:45a	320-2219
Lap Pool Semi-Private Swimmer 1-3	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:15p - 1:45p	320-2220
Lap Pool Semi-Private Swimmer 1-3	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 1:45p - 2:15p	320-2221
Lap Pool Semi-Private Swimmer 1-3	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 4:00p - 4:30p	320-2222
Lap Pool Semi-Private Swimmer 4-6	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 4:30p - 5:00p	320-2223
Lap Pool Semi-Private Swimmer 1-3	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 5:00p - 5:30p	320-2224
Lap Pool Semi-Private Swimmer 1-3	Oct 1 st – Dec 3 rd	Sun 12:00p - 12:30p	320-2225
Lap Pool Semi-Private Swimmer 4-6	Oct 1 st – Dec 3 rd	Sun 12:30p - 1:00p	320-2226
Lap Pool Semi-Private Swimmer 1-3	Oct 1 st – Dec 3 rd	Sun 2:30p - 3:00p	320-2227
Lap Pool Semi-Private Swimmer 1-3	Oct 1 st – Dec 3 rd	Sun 3:00p - 3:30p	320-2228

[> Register Here](#)

Adult Program Overview

Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart – no matter what your age. Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness. You won't be going to the Olympics, but you'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Adult levels.

This class is designed for ages 14 years older.

Participant Min: 2 | Max: 6

Cost per 10 classes: Members: \$132.50 | Non-members: \$157.00



Adult 1: You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult 2: Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes and showing off your handstands in shallow water.

Adult 3: No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl, and breaststroke. Whew

If you are a strong Adult 1 but a weak Adult 2, consider taking the [Adult 1 & 2 Combined class](#).

Adult 1 & 2 Combined

Adult 1 & 2	Sept 27 th – Nov 29 th	Wed 7:15p - 7:45p	320-5000
-------------	--	-------------------	----------

Adult 1

Adult 1	Sept 29 th – Dec 1 st	Fri 5:00p - 5:30p	320-5100
---------	---	-------------------	----------

Adult 2

Adult 2	Sept 29 th – Dec 1 st	Fri 5:30p - 6:00p	320-5200
---------	---	-------------------	----------

Adult 3

Adult 3	Sept 28 th – Nov 30 th	Thu 7:45p - 8:30p	320-5300
---------	--	-------------------	----------

> Register Here

Stroke Correction

Do you have one to two skills to complete to move on to the next swim level? We have the perfect course to help you be successful in completing your next level! Stroke Correction is designed for swimmers who have almost completed a level but require extra technique and practice with specific strokes. Stroke Correction focuses on Front Crawl, Back Crawl, Breaststroke, and Eggbeater. We recommend that the participant have taken their last level a maximum of 4 months prior to the start of Stroke Correction. Please bring a copy of the participants last report card along with details on the stroke that you are looking to focus on.

Participant Min: 2 | Max: 4

Cost per 4 classes: Members: \$69.00 | Non-members: \$82.00

Swimmer 1-3	Sept 11th, 13th, 18th, 20th	5:00p - 5:30p	320-8000
Swimmer 4-6	Sept 11th, 13th, 18th, 20th	5:00p - 5:30p	320-8001

> Register Here

Swim Patrol Overview

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment. *To register for these classes the child must be able to successfully complete swimmer 6 or Red Cross Swim Kids 7 the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, standing dive into deep water, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.*

Participant Min: 4 | Max: 10

Cost per 10 classes: Members: \$123.50 | Non-members: \$148.00



Rookie Patrol: Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims. *To register for this class the child must have passed swimmers 6 or Red Cross Swim Kids 7 or be able to successfully complete the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, standing dive into deep water, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.*

Rookie	Sept 26 th – Dec 5 th NO CLASS Oct 31 st	Mon 7:30p - 8:30p	320-6100
Rookie	Sept 28 th – Nov 30 th	Thu 4:30p - 5:30p	320-6101

Ranger Patrol: Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. *To register for this class the child must be able to successfully complete Rookie Patrol or have completed Red Cross Swim Kids 8*

Ranger	Sept 26 th – Dec 5 th NO CLASS Oct 31st	Tue 4:30p - 5:30p	320-6200
Ranger	Sept 27 th – Nov 29 th	Wed 4:30p - 5:30p	320-6201
Ranger	Oct 1 st – Dec 3 rd	Sun 9:00a - 10:00a	320-6202

Star Patrol: Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. **To register for this class the child must be able have passed Ranger Patrol or have completed Red Cross Swim Kids 9.**

Star	Sept 27 th – Nov 29 th	Wed 5:40p - 6:40p	320-6300
Star	Oct 1 st – Dec 3 rd	Sun 10:05a - 11:05a	320-6301

> Register Here



Bronze Medal Awards

The Canadian Lifesaving Program's Bronze Medal Awards provides swimmers with a fun and exciting opportunity to learn valuable lifesaving, first aid, and Water Smart® skills and knowledge. Bronze Star, Bronze Medallion, and Bronze Cross are designed for swimmers ages 8-15, but it's never too late to learn these valuable skills!

Bronze Star

Participant Min: 4 | Max: 12

Cost per 10 classes: Members: \$190.00 | Non-members: \$227.80

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. *Prerequisites:* None.

Bronze Star	Sept 27 th – Nov 29 th	Wed 6:45p - 7:45p	320-6400
-------------	--	-------------------	----------

> Register Here

Bronze Medallion

Participant Min: 4 | Max: 12

Cost per 10 classes: Members: \$231.00 | Non-members: \$277.00

5 WEEKS EACH

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. *Prerequisite:* minimum 13 years of age or Bronze Star.

We will be offering Bronze Medallion as two, **5-week** blocks for Fall 2023. Please see dates below.

Bronze Med	Sept 23 rd – Oct 28 th NO CLASS Sept 30 th	Sat 1:00p - 4:00p	320-6500
Bronze Med	Nov 4 th – Dec 9 th NO CLASS Nov 11 th	Sat 1:00p - 4:00p	320-6501

> Register Here

Bronze Cross and Standard First Aid & CPR-C

Participant Min: 4 | Max: 12

Cost per 10 classes: Members: \$360.00 | Non-members: \$446.00

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. *Prerequisite:* Bronze Medallion.

Bronze Cross & SFA CPR-C	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 9:30a - 12:30p	320-6600
Bronze Cross & SFA CPR-C	Oct 1 st – Dec 3 rd	Sun 1:00p - 4:00p	320-6601

> Register Here

Emergency First Aid and CPR – C

Participant Min: 4 | Max: 12

Members: \$88.00 | Non-members: \$110.00

The 7.5 hour Emergency First Aid course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, AED use, choking, respiratory and circulatory emergencies such as heart attack and stroke, bone & joint injuries, burns, medical/legal aspects and how to deal with external bleeding. *CPR-C is included.*

Emergency First Aid & CPR-C	Nov 12th	9:00a – 5:30p	320-0911
-----------------------------	----------	---------------	----------

> Register Here

Standard First Aid and CPR – C

Participant Min: 4 | Max: 12

Members: \$160.00 | Non-members: \$200.00

The 14-hour Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid. It includes all the content for Emergency first Aid and the following: spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, poisonings, and medical emergencies. CPR-C is included.

Standard First Aid & CPR-C	Nov 19th & 26th	9:00a – 5:30p	320-1911
----------------------------	-----------------	---------------	----------

> Register Here

National Lifeguard

Participant Min: 4 | Max: 12

Cost per 10 classes: Members: \$331.00 | Non-members: \$401.00

National Lifeguard is the industry standard for professional lifeguards in Canada.

National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. The Lifesaving Society trains all of Canada's National Lifeguards.

Prerequisites: minimum 15 years of age by start of the course, Bronze Cross, and Standard First Aid or Aquatic Emergency Care.



> Register Here

National Lifeguard	Sept 23 rd – Dec 9 th NO CLASS Sept 30 th , Nov 11 th	Sat 12:00p - 5:00p	320-6700
--------------------	---	--------------------	----------

Information Regarding the Bronze Program, National Lifeguard Program and Lifesaving Instructor Program can be found [here](#).