

Aquatic Lesson Descriptions

Parent & Tot Lessons

PARENT & TOT 1 | 4 to 12 mths

1 Parent/guardian is required in the water with their child. With a caregiver, the child will explore the water through buoyancy, movement skills, introduction to PFD's and entries. Learn how to help your child play in the water with comfort and confidence.

PARENT & TOT 2 | 12 to 24 mths

1 Parent/guardian is required in the water with their child. With a caregiver, the child will perform assisted front and back floats, learn how to travel at the surface by kicking, and be introduced to entries with a PFD. This level teaches children to get their face wet and blow bubbles.

PARENT & TOT 3 | 2 to 3 yrs

1 Parent/guardian is required in the water with their child. With a caregiver the child will have fun jumping into the water with assistance. They learn to hold their breath and open their eyes under water. Kicking on front and back provide the building blocks for orientation and stroke development.

Preschool Lessons

PRESCHOOL A1 | 3 to 5 yrs

1 Parent/guardian to accompany child into the water for the first 4 lessons. Preschoolers develop a foundation of water skills with the instructors. Swimmers jump into chest-deep water assisted. Floating on front and back, and glides with assistance for 3 seconds. Shallow water movement wearing a PFD. Fitness swim 1-2m assisted.

PRESCHOOL A2 | 3 to 5 yrs

Preschoolers develop a foundation of water skills with the instructors. Swimmers jump into chest-deep water assisted. Floating on front and back, and glides with assistance for 3 seconds. Shallow water movement wearing a PFD. Fitness swim 1-2m unassisted.

PRESCHOOL B | 3 to 5 yrs

Preschoolers jump into chest-deep water and get in and get out wearing a PFD. They submerge and exhale under water. They glide on front and back 3m and with a buoyant aid, will flutter kick on back 5m. Fitness swim 2-4m unassisted.

PRESCHOOL C | 3 to 5 yrs

Preschoolers try both a jump and a side roll into deep water while wearing a PFD. They recover objects from the bottom in waist-deep water. They work on kicking and gliding through the water on front and back unassisted. Fitness swim 5-7m unassisted.

PRESCHOOL D | 3 to 5 yrs

Preschoolers learn independent jumps into deep water and exit. They open their eyes under water and recover objects from chest-deep water. Front crawl and unassisted front crawl are introduced at this level. Fitness swim is 7-9m unassisted.

PRESCHOOL E | 3 to 5 yrs

Preschoolers build on deep water skills by demonstrating a forward roll entry with a PFD. They develop endurance by holding their breath under water for up to 15 sec. Interval training and whip kick is introduced at this level. Fitness swim 10-12m.

School Age Lessons

BEGINNER 1 | 6 to 8 yrs

This is an introductory class for children aged 6 to 8 with little or no experience in the water. Participants will learn head and face submersion, front/back and side swim (assisted). The swim instructor works to ensure that the participants become comfortable in the water and have fun developing a basic foundation of water skills.

SWIMMER 1 | 6 yrs +

Swimmers become comfortable jumping into water with and without a PFD. They open their eyes, exhale and hold their breath underwater. They work on floats, glides and kicking on front and back. Fitness swim is 5-7m unassisted.

Aquatic Lesson Descriptions

School Age Lessons

SWIMMER 2 | 6 yrs +

Swimmers jump into deeper water, and become comfortable entering the water sideways wearing a PFD. Swimmers support themselves at the surface without an aid, recover an object in chest-deep water. Fitness swim is 10-15m.

SWIMMER 3 | 6 yrs +

Swimmers develop front and back crawl strokes, and explore whip kick in a vertical position. Swimmers tread water for up to 30 sec and learn to transition from front to back flutter kick. Fitness swim is 20-25m.

SWIMMER 4 | 6 yrs +

Swimmers work towards stride dives and standing dives into deep water. They improve front crawl, back crawl, whip kick strength and technique. Swimmers are introduced to a 3m underwater swim. Fitness swim is 50m (2 lengths of the pool).

SWIMMER 5 | 6 yrs +

Swimmers shallow dive into deep water and perform in-water back somersaults. They achieve the Canadian Swim to Survive Standard: roll into deep water, tread 1 min and swim 50m. Swimmers continue to develop front and back crawl while breaststroke skills are introduced. Fitness swim is 100m.

SWIMMER 6 | 6 yrs +

Swimmers increase efficiency in front crawl, back crawl, and work to develop breaststroke skills. They are introduced to stride entries, scissor kick and vertical dolphin kick. They also develop strength and power by performing front and back crawl sprints. Fitness swim is 150m.

SWIMMER 7 | 6 yrs +

Swimmers master dolphin kick, diving off of blocks and eggbeater. They are introduced to sculling and continue to maximize efficiency in front crawl, back crawl and breaststroke. Fitness swim is 300m.

SWIMMER 8 | 8 yrs +

Swimmers rise to the challenge of advanced aquatic skills including head and foot first surface dives and a 25m obstacle swim. First aid skills begin to be incorporated in this level. Assessment of conscious victims, contacting EMS and treatment for bleeding will be covered. They swim lengths of front crawl, back crawl and breaststroke. Fitness swim is 350m.

SWIMMER 9 | 8 yrs +

Swimmers continue stroke development with 75m swims of front crawl, back crawl and breast stroke. Lifesaving skills include a rescue with a buoyant aid and a timed object support. First aid skills include assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Fitness swim is 500m.

SWIMMER 10 | 8 yrs +

Swimmers develop each stroke over 100m. They also learn lifesaving skills such as entries with aids, and removals of unconscious victims. First aid focuses on treatment of victims with bone and joint injuries, and the first aid component focuses on respiratory emergencies. Swimming drills develop a strong lifesaving foundation. Fitness swim is 600m.

***Family Rate | 3rd child (or more) half price. Applies to lesson of least cost. (Includes Parent & Tot 1 to Swimmer 10)**

Class full? Join a waitlist.

If you are trying to register for a class that is currently full, please join the waitlist for the level closest to the day and time you prefer. Waitlists assist staff when evaluating demand for future planning. Waitlists are addressed one to two weeks prior to the start of the session and monitored during the first week for last minute cancellations. Staff will contact waitlisted participants if a spot becomes available, or if it is possible, to create an additional class.