

Lesson Expectations

Instructors & Assistant Instructors

All classes will be taught by a certified Lifesaving Society Swim Instructor. Our instructors have spent over 100 hours taking courses and volunteering in aquatic instructional programs to prepare them to teach your child.

First Lesson

To help ensure your child receives the best possible instruction, we kindly ask that you review the First Lesson Information Sheet that has been emailed to you. If your child is new to our program, please share a copy of their most recent report card from another facility. This information will help the instructor tailor lessons to best support your child's learning and progress.

Progress Evaluation

All participants in swimming lessons are evaluated on an ongoing basis throughout the session. Participants who complete all of the required skills will complete the level.

Swimming Attire

- All patrons must wear appropriate swimming attire suitable for a public / family environment.
- Swimming attire is defined as clothing that is clean and used specifically for the purpose of swimming.

Did You Miss a Lesson?

Swimming lessons may be cancelled due to unforeseen circumstances. **Make-up lessons are not available due to participant absence.**

Swim Lessons Prescreens

What level should you register in?

If you are unsure on what level to sign your child up for, it is highly recommended to schedule a prescreen time to have your child's swimming ability assessed. Staff members will evaluate your child's swimming abilities and recommend the appropriate level.

Call 519.364.2310 x 2121 to arrange a time.

Appropriate Levels

Your child's instructor may recommend a change in level if they feel your child is not registered in an appropriate level. **Staff reserve the right to move a child if circumstances dictate.**



Stroke Correction

Struggling with a specific swimming stroke? Join us and work on a variety of drill-type exercises to improve your strokes. **Prerequisite: Level Swimmer 3 and up. Must be currently enrolled in swim lessons. Preregistration is required.**

Fall 2026

Dates	October 15 to November 15, 2026
When	Wednesday 5:30 - 6 p.m. Thursday 6 p.m. - 6:30 p.m. Saturday 11:45 a.m. - 12:15 p.m. Sunday 12 - 12:30 p.m. Sunday 12:30 - 1 p.m.

Cost \$5 per visit

Winter 2027

Dates	January 27 to February 21, 2027
When	Wednesday 5:30 - 6 p.m. Saturday 11:45 - 12:15 p.m. Sunday 12 - 12:30 p.m. Sunday 12:30 - 1 p.m.

Cost \$5 per visit

Aquatic Lesson Descriptions

Parent & Tot Lessons

Parent & Tot 1 | 4 to 12 months

One 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 personal flotation devices (PFDs) and entries. Learn how to help your child play in the water with comfort and confidence.

Parent & Tot 2 | 12 to 24 months

One 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 years

One 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 provides the building blocks for orientation and stroke development.

Preschool Lessons

Preschool A1 | 3 to 5 years

One parent / guardian to accompany child into the water for the first four 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 three seconds. Shallow water movement wearing a PFD. Fitness swim 1-2 metres assisted.

Preschool A2 | 3 to 5 years

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 three seconds. Shallow water movement wearing a PFD. Fitness swim is 1-2 metres unassisted.

Preschool B | 3 to 5 years

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 3 m with a buoyant aid, will flutter kick on back 5 m. Fitness swim is 2-4 metres unassisted.

Preschool C | 3 to 5 years

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 is 5-7 metres unassisted.

Preschool D | 3 to 5 years

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 7-9 metres unassisted.

Preschool E | 3 to 5 years

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 seconds. Interval training and whip kick is introduced at this level. Fitness swim is 10-12 metres.

School Age Lessons

Beginner 1 | 6 to 8 years

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+ years

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 5-7 metres unassisted.

Aquatic Lesson Descriptions

School Age Lessons

Swimmer 2 | 6+ years

Swimmers jump into deeper water and become comfortable entering the water sideways wearing a PFD.

Swimmers support themselves at the surface without an aid and recover an object in chest-deep water. Fitness swim is 10-15 metres.

Swimmer 3 | 6+ years

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

Swimmer 4 | 6+ years

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 three metres underwater swim. Fitness swim is 50 metres (two lengths of the pool).

Swimmer 5 | 6+ years

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 one minute and swim 50 metres. Swimmers continue to develop front and back crawl while breaststroke skills are introduced. Fitness swim is 100 metres.

Swimmer 6 | 6+ years

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 150 metres.

Swimmer 7 | 6+ years

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 300 metres.

Swimmer 8 | 8+ years

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

Swimmer 9 | 8+ years

Swimmers continue stroke development with 75 metre 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 500 metres.

Swimmer 10 | 8+ years

Swimmers develop each stroke over 100 metres. 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 600 metres.

***Family Rate | Third 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 are 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.