



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
<b>AQUATICS</b>								
<b>Bronze Star (Prerequisites: Bronze Medallion and Standard First Aid with CPR C &amp; AED)</b>								
LSS Bronze Star	8-14 years	Tue	3:45 PM	1h	8	<a href="#">3237</a>	\$154.50	May 21 - June 13, 2024
<b>LSS Instructor/Examiner (Prerequisites: Bronze Cross and Standard First Aid with CPR C &amp; AED)</b>								
LSS Lifesaving Instructor/Examiner (LSI)	15 and up	Mon	9:00 AM	9h	5	<a href="#">3250</a>	\$323.72	June 24 - June 28, 2024
<b>First Aid</b>								
LSS Intermediate First Aid Recertification	15 and up	Sun	9:00 AM	8h	1		\$247.20	June 23, 2024
<b>National Lifeguard (Prerequisites: Bronze Cross and LSS Intermediate First Aid)</b>								
LSS National Lifeguard	15 and up	Mon	9:00 AM	9h	5	<a href="#">3248</a>	\$353.15	July 1 - July 5, 2024
LSS National Lifeguard Recertification	15 and up	Sat	5:00 PM	4h	1	<a href="#">3249</a>	\$87.55	June 22, 2024
<b>Combined Bronze Medallion (Prerequisites: 14+ or Bronze Star)</b>								
Bronze Cross and Intermediate First Aid	14 and up	Tue/Thu	4:00 PM	3h	16		\$707.85	April 23 - June 13, 2024
<b>Parent &amp; Tot</b>								
Parent and Tot	0-3 years	Sun	9:00 AM	30m	8	<a href="#">3199</a>	\$73.75	April 7 - June 9, 2024
<b>Preschool 1</b>								
Preschool 1	3-5 years	Tue/Thu	4:00 PM	30m	8	<a href="#">3174</a>	\$73.75	March 26 - April 18, 2024
Preschool 1	3-5 years	Tue/Thu	4:00 PM	30m	8		\$73.75	March 26 - April 18, 2024
Preschool 1	3-5 years	Sat	9:50 AM	30m	8	<a href="#">3196</a>	\$73.75	April 6 - June 8, 2024
Preschool 1	3-5 years	Sun	9:50 AM	30m	8	<a href="#">3204</a>	\$73.75	April 7 - June 9, 2024
Preschool 1	3-5 years	Sun	10:45 AM	30m	8	<a href="#">3213</a>	\$73.75	April 7 - June 9, 2024
Preschool 1	3-5 years	Tue	4:00 PM	30m	8	<a href="#">3228</a>	\$73.75	April 23 - May 16, 2024
Preschool 1	3-5 years	Tue	4:00 PM	30m	8	<a href="#">3244</a>	\$73.75	May 21 - June 13, 2024
<b>Preschool 2</b>								
Preschool 2	3-5 years	Tue/Thu	4:35 PM	30m	8	<a href="#">3187</a>	\$73.75	March 26 - April 18, 2024
Preschool 2	3-5 years	Tue/Thu	4:35 PM	30m	8		\$73.75	March 26 - April 18, 2024
Preschool 2	3-5 years	Sun	9:00 AM	30m	8	<a href="#">3210</a>	\$73.75	April 7 - June 9, 2024
Preschool 2	3-5 years	Sun	11:15 AM	30m	8	<a href="#">3209</a>	\$73.75	April 7 - June 9, 2024
Preschool 2	3-5 years	Tue	4:35 PM	30m	8	<a href="#">3217</a>	\$73.75	April 23 - May 16, 2024
Preschool 2	3-5 years	Tue	4:35 PM	30m	8	<a href="#">3234</a>	\$73.75	May 21 - June 13, 2024
<b>Preschool 3</b>								
Preschool 3	3-5 years	Tue	5:10 PM	30m	8	<a href="#">3176</a>	\$73.75	March 26 - April 18, 2024

Preschool 3	3-5 years	Tue	6:00 PM	30m	8	<a href="#">3189</a>	\$73.75	March 26 - April 18, 2024
Preschool 3	3-5 years	Sun	11:20 AM	30m	8	<a href="#">3214</a>	\$73.75	April 7 - June 9, 2024
Preschool 3	3-5 years	Tue	5:10 PM	30m	8	<a href="#">3218</a>	\$73.75	April 23 - May 16, 2024
Preschool 3	3-5 years	Tue	6:00 PM	30m	8	<a href="#">3231</a>	\$73.75	April 23 - May 16, 2024
Preschool 3	3-5 years	Tue	5:10 PM	30m	8	<a href="#">3235</a>	\$73.75	May 21 - June 13, 2024
Preschool 3	3-5 years	Tue	6:00 PM	30m	8	<a href="#">3247</a>	\$73.75	May 21 - June 13, 2024
<b>Preschool 4</b>								
Preschool 4	3-5 years	Sun	10:10 AM	30m	8	3212	\$73.75	April 7 - June 9, 2024
Preschool 4	3-5 years	Tue	4:00 PM	30m	8	<a href="#">3216</a>	\$73.75	April 23 - May 16, 2024
Preschool 4	3-5 years	Tue	4:00 PM	30m	8	<a href="#">3233</a>	\$73.75	May 21 - June 13, 2024
<b>Preschool 4/5</b>								
Preschool 4/5	3-5 years	Tue	4:45 PM	30m	8	<a href="#">3183</a>	\$73.75	March 26 - April 18, 2024
Preschool 4/5	3-5 years	Sat	10:25 AM	30m	9	<a href="#">3197</a>	\$73.75	April 6 - June 8, 2024
Preschool 4/5	3-5 years	Sun	10:25 AM	30m	8	<a href="#">3205</a>	\$73.75	April 7 - June 9, 2024
Preschool 4/5	3-5 years	Tue	4:45 PM	30m	8	<a href="#">3225</a>	\$73.75	April 23 - May 16, 2024
<b>Preschool 5</b>								
Preschool 5	3-5 years	Sun	9:35 AM	30m	8	<a href="#">3211</a>	\$73.75	April 7 - June 9, 2024
Preschool 5	3-5 years	Tue	4:35 PM	30m	8	<a href="#">3229</a>	\$73.75	April 23 - May 16, 2024
Preschool 5	3-5 years	Tue	4:35 PM	30m	8	<a href="#">3245</a>	\$73.75	May 21 - June 13, 2024
<b>Private Swim Lessons</b>								
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8	<a href="#">3185</a>	\$376.00	March 26 - April 18, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8		\$376.00	March 26 - April 18, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8		\$376.00	March 26 - April 18, 2024
Private Swim Lesson	6 and up	Sat	9:00 AM	30m	8	<a href="#">3190</a>	\$376.00	April 6 - June 8, 2024
Private Swim Lesson	6 and up	Sat	9:35 AM	30m	8	<a href="#">3191</a>	\$376.00	April 6 - June 8, 2024
Private Swim Lesson	6 and up	Sat	10:10 AM	30m	8	<a href="#">3192</a>	\$376.00	April 6 - June 8, 2024
Private Swim Lesson	6 and up	Sat	10:45 AM	30m	8	<a href="#">3193</a>	\$376.00	April 6 - June 8, 2024
Private Swim Lesson	6 and up	Sat	11:20 AM	30m	8	<a href="#">3194</a>	\$376.00	April 6 - June 8, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8	<a href="#">3227</a>	\$376.00	April 23 - May 16, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8		\$376.00	April 23 - May 16, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8		\$376.00	April 23 - May 16, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8	<a href="#">3232</a>	\$376.00	May 21 - June 13, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8		\$376.00	May 21 - June 13, 2024
Private Swim Lesson	6 and up	Tue/Thu	3:25 PM	30m	8		\$376.00	May 21 - June 13, 2024
<b>Ranger Patrol</b>								
Ranger Patrol	7-12 years	Tue	3:45 PM	1h	8	<a href="#">3178</a>	\$83.00	March 26 - April 18, 2024
Ranger Patrol	7-12 years	Tue	5:40 PM	1h	8	<a href="#">3242</a>	\$83.00	May 21 - June 13, 2024
<b>Rookie Patrol</b>								
Rookie Patrol	7-12 years	Tue	5:20 PM	1h	8	<a href="#">3238</a>	\$83.00	May 21 - June 13, 2024
<b>Star Patrol</b>								

Star Patrol	7-12 years	Tue	3:45 PM	1h	8	<a href="#">3220</a>	\$83.00	April 23 - May 16, 2024
<b>Swimmer 1</b>								
Swimmer 1	6-12 years	Tue	4:00 PM	45m	8	<a href="#">3182</a>	\$83.00	March 26 - April 18, 2024
Swimmer 1	6-12 years	Sat	9:00 AM	45m	8	<a href="#">3195</a>	\$83.00	April 6 - June 8, 2024
Swimmer 1	6-12 years	Sun	9:00 AM	45m	8	<a href="#">3203</a>	\$83.00	April 7 - June 9, 2024
Swimmer 1	6-12 years	Sun	9:35 AM	45m	8	<a href="#">3207</a>	\$83.00	April 7 - June 9, 2024
Swimmer 1	6-12 years	Tue	4:00 PM	45m	8	<a href="#">3224</a>	\$83.00	April 23 - May 16, 2024
Swimmer 1	6-12 years	Tue	4:00 PM	45m	8	<a href="#">3240</a>	\$83.00	May 21 - June 13, 2024
<b>Swimmer 2</b>								
Swimmer 2	6-12 years	Tue	5:15 PM	45m	8	<a href="#">3184</a>	\$83.00	March 26 - April 18, 2024
Swimmer 2	6-12 years	Sat	11:00 AM	45m	8	<a href="#">3198</a>	\$83.00	April 6 - June 8, 2024
Swimmer 2	6-12 years	Sun	10:25 AM	45m	8	<a href="#">3208</a>	\$83.00	April 7 - June 9, 2024
Swimmer 2	6-12 years	Sun	11:00 AM	45m	8	<a href="#">3206</a>	\$83.00	April 7 - June 9, 2024
Swimmer 2	6-12 years	Tue	5:15 PM	45m	8		\$83.00	April 23 - May 16, 2024
Swimmer 2	6-12 years	Tue	4:50 PM	45m	8	<a href="#">3241</a>	\$83.00	May 21 - June 13, 2024
<b>Swimmer 3</b>								
Swimmer 3	6-12 years	Tue	5:45 PM	45m	8	<a href="#">3177</a>	\$83.00	March 26 - April 18, 2024
Swimmer 3	6-12 years	Sun	9:35 AM	45m	8	<a href="#">3200</a>	\$83.00	April 7 - June 9, 2024
Swimmer 3	6-12 years	Tue	5:45 PM	45m	8	<a href="#">3219</a>	\$83.00	April 23 - May 16, 2024
Swimmer 3	6-12 years	Tue	5:45 PM	45m	8	<a href="#">3236</a>	\$83.00	May 21 - June 13, 2024
<b>Swimmer 4</b>								
Swimmer 4	6-12 years	Tue	4:50 PM	45m	8	<a href="#">3179</a>	\$83.00	March 26 - April 18, 2024
Swimmer 4	6-12 years	Sun	10:25 AM	45m	8	<a href="#">3201</a>	\$83.00	April 7 - June 9, 2024
Swimmer 4	6-12 years	Tue	4:50 PM	45m	8	<a href="#">3221</a>	\$83.00	April 23 - May 16, 2024
<b>Swimmer 5</b>								
Swimmer 5	6-12 years	Tue	5:40 PM	45m	8	<a href="#">3180</a>	\$83.00	March 26 - April 18, 2024
Swimmer 5	6-12 years	Tue	5:40 PM	45m	8	<a href="#">3222</a>	\$83.00	April 23 - May 16, 2024
Swimmer 5/6	6-12 years	Sun	11:15 AM	45m	8	<a href="#">3202</a>	\$83.00	April 7 - June 9, 2024
Swimmer 5/6	6-12 years	Tue	5:10 PM	45m	8	<a href="#">3246</a>	\$83.00	May 21 - June 13, 2024
<b>Swimmer 6</b>								
Swimmer 6	6-12 years	Tue	5:10 PM	45m	8	<a href="#">3188</a>	\$83.00	March 26 - April 18, 2024
Swimmer 6	6-12 years	Tue	5:10 PM	45m	8	<a href="#">3230</a>	\$83.00	April 23 - May 16, 2024

## Swim for Life Aquatic Registration

*Before you make your swim class selection, please check our registration guidelines below.*

<b>If your child....</b>	<b>Register in Lifesaving Society:</b>	<b>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 1</b>	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 2</b>	Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	<b>Parent &amp; Tot 3</b>	Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own... If 5 years+...	<b>Preschool 1</b>  <b>Swimmer 1</b>	Sea Otter	Bobbers
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet... If 5 years+...	<b>Preschool 2</b>  <b>Swimmer 1</b>	Salamander	Floaters
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec... If 5 years+...	<b>Preschool 3</b>  <b>Swimmer 1</b>	Sunfish	Gliders Divers
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years+...	<b>Preschool 4</b>  <b>Swimmer 1</b>	Crocodile	Surfers
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side... If 5 years+...	<b>Preschool 5</b>  <b>Swimmer 2</b>	Whale	Dippers

<b>If your child....</b>	<b>Register in Lifesaving Society:</b>	<b>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 5 to 12 years and just starting out...	<b>Swimmer 1</b>	Swim Kids 1	Otter
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	<b>Swimmer 2</b>	Swim Kids 2	Seal
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	<b>Swimmer 3</b>	Swim Kids 3	Dolphin Swimmer
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	<b>Swimmer 4</b>	Swim Kids 4 Swim Kids 5	Star 1
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	<b>Swimmer 5</b>	Swim Kids 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	<b>Swimmer 6</b>	Swim Kids 7	Star 3
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	<b>Swimmer 7 / Rookie Patrol</b>	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	<b>Swimmer 8 / Ranger Patrol</b>	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	<b>Swimmer 9 / Star Patrol</b>	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	<b>Bronze Star</b>		Master Swimmer