



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
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AQUATICS *Before you make your swim class selection, please check our registration guidelines on page 4*

Bronze Cross *Prerequisite of Standard First Aid*

LSS Bronze Cross	13-14 years	Tue/Thu	4:00 PM	2.5h	8	3610	\$272.95	November 26 - December 19, 2024
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Bronze Medallion

LSS Bronze Medallion with CPR - C	9-14 years	Tue/Thu	4:00 PM	2.5h	8	3580	\$272.95	October 29 - November 21, 2024
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Bronze Star

LSS Bronze Star	8-14 years	Sun	9:00 AM	1.5h	8	3644	\$154.50	November 3 - December 22, 2024
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Parent & Tot (1-3 Years)

Parent and Tot	0-3 years	Sat	9:00 AM	30m	8	3619	\$76.00	November 2 - December 21, 2024
Parent and Tot	0-3 years	Sun	9:00 AM	30m	8	3640	\$76.00	November 3 - December 22, 2024

Preschool 1

Preschool 1	3-5 years	Tue/Thu	4:00 PM	30m	8	3586	\$76.00	October 29 - November 21, 2024
Preschool 1	3-5 years	Tue/Thu	4:35 PM	30m	8	3577	\$76.00	October 29 - November 21, 2024
Preschool 1	3-5 years	Tue/Thu	6:00 PM	30m	8	3592	\$76.00	October 29 - November 21, 2024
Preschool 1	3-5 years	Sat	9:50 AM	30m	8	3616	\$76.00	November 2 - December 21, 2024
Preschool 1	3-5 years	Sat	11:30 AM	30m	8	3630	\$76.00	November 2 - December 21, 2024
Preschool 1	3-5 years	Sun	9:35 AM	30m	8	3632	\$76.00	November 3 - December 22, 2024
Preschool 1	3-5 years	Sun	9:50 AM	30m	8	3637	\$76.00	November 3 - December 22, 2024
Preschool 1	3-5 years	Sun	11:30 AM	30m	8	3650	\$76.00	November 3 - December 22, 2024
Preschool 1	3-5 years	Tue/Thu	4:00 PM	30m	8	3606	\$76.00	November 26 - December 19, 2024

Preschool 2

Preschool 2	3-5 years	Tue/Thu	4:35 PM	30m	8	3587	\$76.00	October 29 - November 21, 2024
Preschool 2	3-5 years	Tue/Thu	5:25 PM	30m	8	3591	\$76.00	October 29 - November 21, 2024
Preschool 2	3-5 years	Sat	10:05 AM	30m	8	3624	\$76.00	November 2 - December 21, 2024
Preschool 2	3-5 years	Sun	10:45 AM	30m	8	3634	\$76.00	November 3 - December 22, 2024
Preschool 2	3-5 years	Sun	11:15 AM	30m	8	3643	\$76.00	November 3 - December 22, 2024
Preschool 2	3-5 years	Tue/Thu	4:35 PM	30m	8	3595	\$76.00	November 26 - December 19, 2024

Preschool 3

Preschool 3	3-5 years	Tue/Thu	4:00 PM	30m	8	3589	\$76.00	October 29 - November 21, 2024
Preschool 3	3-5 years	Tue/Thu	5:10 PM	30m	8	3578	\$76.00	October 29 - November 21, 2024
Preschool 3	3-5 years	Sat	10:40 AM	30m	8	3625	\$76.00	November 2 - December 21, 2024
Preschool 3	3-5 years	Sun	10:35 AM	30m	8	3645	\$76.00	November 3 - December 22, 2024
Preschool 3	3-5 years	Tue/Thu	5:10 PM	30m	8	3596	\$76.00	November 26 - December 19, 2024

Preschool 3	3-5 years	Tue/Thu	6:00 PM	30m	8	3609	\$76.00	November 26 - December 19, 2024
Preschool 4								
Preschool 4	3-5 years	Tue/Thu	4:00 PM	30m	8	3594	\$76.00	November 26 - December 19, 2024
Preschool 4/5								
Preschool 4/5	3-5 years	Tue/Thu	4:00 PM	30m	8	3576	\$76.00	October 29 - November 21, 2024
Preschool 4/5	3-5 years	Sat	10:25 AM	30m	8	3617	\$76.00	November 2 - December 21, 2024
Preschool 4/5	3-5 years	Sun	10:25 AM	30m	8	3638	\$76.00	November 3 - December 22, 2024
Preschool 4/5	3-5 years	Tue/Thu	4:50 PM	30m	8	3603	\$76.00	November 26 - December 19, 2024
Preschool 5								
Preschool 5	3-5 years	Tue/Thu	4:35 PM	30m	8	3607	\$76.00	November 26 - December 19, 2024
Private Swim Lesson 30								
Private Swim Lesson	4 and up	Tue/Thu	3:25 PM	30m	8	3581	\$266.00	October 29 - November 21, 2024
Private Swim Lesson	4 and up	Tue/Thu	3:25 PM	30m	8	3575	\$266.00	October 29 - November 21, 2024
Private Swim Lesson	4 and up	Tue/Thu	3:35 PM	30m	8	3585	\$266.00	October 29 - November 21, 2024
Private Swim Lesson	4 and up	Sat	9:00 AM	30m	8	3611	\$266.00	November 2 - December 21, 2024
Private Swim Lesson	4 and up	Sat	11:15 AM	30m	8	3622	\$266.00	November 2 - December 21, 2024
Private Swim Lesson	4 and up	Sun	9:00 AM	30m	8	3631	\$266.00	November 3 - December 22, 2024
Private Swim Lesson	4 and up	Sun	10:10 AM	30m	8	3633	\$266.00	November 3 - December 22, 2024
Private Swim Lesson	4 and up	Tue/Thu	3:25 PM	30m	8	3593	\$266.00	November 26 - December 19, 2024
Private Swim Lesson	4 and up	Tue/Thu	3:35 PM	30M	8	3601	\$266.00	November 26 - December 19, 2024
Private Swim Lesson	4 and up	Tue/Thu	3:25 PM	30M	8	3605	\$266.00	November 26 - December 19, 2024
Ranger Patrol								
Ranger Patrol	7-12 years	Sat	9:00 AM	1h	8	3623	\$85.50	November 2 - December 21, 2024
Swimmer 1								
Swimmer 1	6-12 years	Tue/Thu	4:35 PM	45m	8	3590	\$85.50	October 29 - November 21, 2024
Swimmer 1	6-12 years	Tue/Thu	5:40 PM	45m	8	3584	\$85.50	October 29 - November 21, 2024
Swimmer 1	6-12 years	Sat	9:00 AM	45m	8	3615	\$85.50	November 2 - December 21, 2024
Swimmer 1	6-12 years	Sat	9:35 AM	45m	8	3620	\$85.50	November 2 - December 21, 2024
Swimmer 1	6-12 years	Sun	9:00 AM	45m	8	3636	\$85.50	November 3 - December 22, 2024
Swimmer 1	6-12 years	Sun	9:35 AM	45m	8	3641	\$85.50	November 3 - December 22, 2024
Swimmer 1	6-12 years	Tue/Thu	4:00 PM	45m	8	3602	\$85.50	November 26 - December 19, 2024
Swimmer 2								
Swimmer 2	6-12 years	Tue/Thu	4:50 PM	45m	8	3583	\$85.50	October 29 - November 21, 2024
Swimmer 2	6-12 years	Sat	10:25 AM	45m	8	3621	\$85.50	November 2 - December 21, 2024

Swimmer 2	6-12 years	Sat	11:00 AM	45m	8	3618	\$85.50	November 2 - December 21, 2024
Swimmer 2	6-12 years	Sun	9:50 AM	45m	8	3648	\$85.50	November 3 - December 22, 2024
Swimmer 2	6-12 years	Sun	10:25 AM	45m	8	3642	\$85.50	November 3 - December 22, 2024
Swimmer 2	6-12 years	Sun	11:00 AM	45m	8	3639	\$85.50	November 3 - December 22, 2024
Swimmer 2	6-12 years	Tue/Thu	4:00 PM	45m	8	3598	\$85.50	November 26 - December 19, 2024
Swimmer 2	6-12 years	Tue/Thu	5:25 PM	45m	8	3604	\$85.50	November 26 - December 19, 2024

Swimmer 3

Swimmer 3	6-12 years	Tue/Thu	5:45 PM	45m	8	3579	\$85.50	October 29 - November 21, 2024
Swimmer 3	6-12 years	Sat	9:35 AM	45m	8	3612	\$85.50	November 2 - December 21, 2024
Swimmer 3	6-12 years	Sat	10:40 AM	45m	8	3629	\$85.50	November 2 - December 21, 2024
Swimmer 3	6-12 years	Sun	10:40 AM	45m	8	3649	\$85.50	November 3 - December 22, 2024
Swimmer 3	6-12 years	Tue/Thu	5:45 PM	45m	8	3597	\$85.50	November 26 - December 19, 2024

Swimmer 4

Swimmer 4	6-12 years	Tue/Thu	5:10 PM	45m	8	3588	\$85.50	October 29 - November 21, 2024
Swimmer 4	6-12 years	Sat	10:25 AM	45m	8	3613	\$85.50	November 2 - December 21, 2024
Swimmer 4	6-12 years	Sat	11:15 AM	45m	8	3626	\$85.50	November 2 - December 21, 2024
Swimmer 4	6-12 years	Sun	11:10 AM	45m	8	3646	\$85.50	November 3 - December 22, 2024
Swimmer 4	6-12 years	Tue/Thu	4:50 PM	45m	8	3599	\$85.50	November 26 - December 19, 2024

Swimmer 5

Swimmer 5	6-12 years	Sat	9:50 AM	45m	8	3628	\$85.50	November 2 - December 21, 2024
Swimmer 5	6-12 years	Sun	11:15 AM	45m	8	3635	\$85.50	November 3 - December 22, 2024
Swimmer 5	6-12 years	Tue/Thu	5:40 PM	45m	8	3600	\$85.50	November 26 - December 19, 2024
Swimmer 5/6	6-12 years	Tue/Thu	4:00 PM	45m	8	3582	\$85.50	October 29 - November 21, 2024
Swimmer 5/6	6-12 years	Sat	11:15 AM	45m	8	3614	\$85.50	November 2 - December 21, 2024

Swimmer 6

Swimmer 6	6-12 years	Sat	9:00 AM	45m	8	3627	\$85.50	November 2 - December 21, 2024
Swimmer 6	6-12 years	Sun	9:00 AM	45m	8	3647	\$85.50	November 3 - December 22, 2024
Swimmer 6	6-12 years	Tue/Thu	5:10 PM	45m	8	3608	\$85.50	November 26 - December 19, 2024



Swim for Life Aquatic Registration

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

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2	Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own... If 5 years+...	Preschool 1 Swimmer 1	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+...	Preschool 2 Swimmer 1	Salamander	Floater
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...	Preschool 3 Swimmer 1	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+...	Preschool 4 Swimmer 1	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+...	Preschool 5 Swimmer 2	Whale	Dippers

If your child....	Register in Lifesaving Society:	Previously Red Cross Swim:	Previously in YMCA:
Is 5 to 12 years and just starting out...		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...	Swimmer 1	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...	Swimmer 2	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...	Swimmer 3	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...	Swimmer 4	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...	Swimmer 5	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...	Swimmer 6	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 7/ Rookie Patrol	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 8/ Ranger Patrol	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	Swimmer 9 Bronze Star		Master Swimmer