



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
AQUATICS <i>"Before you make your swim class selection, please check our registration guidelines on page 4."</i>								
Adult Aquatic Fitness								
Adult Aquatic Fitness	15 and up	Mon	8:00 PM	1h	8	2308	\$99.75	September 26 - November 14, 2022
Adult Aquatic Fitness	15 and up	Wed	8:00 PM	1h	8	2309	\$99.75	September 28 - November 16, 2022
Adult 3								
Aqua Adults Advanced	18 and up	Thu	8:00 PM	1h	8	2463	\$115.00	September 29 - November 17, 2022
Adult 1/2								
Aqua Adults Beginner	18 and up	Tue	8:00 PM	1h	8	2520	\$115.00	September 27 - November 15, 2022
Jr Adult								
Jr Adult Lessons	12-17 years	Sun	8:00 PM	1h	8	2460	\$115.00	September 25 - November 20, 2022
Bronze Cross (Prerequisites: Bronze Medallion and Standard First Aid with CPR C & AED)								
LSS Bronze Cross 14 & under	9-14 years	Fri/Sat	4:00 PM/1:00 PM	4h	6	2210	\$265.00	November 18 - December 3, 2022
LSS Bronze Cross 15 & over	15 and up	Fri/Sat	4:00 PM/1:00 PM	4h	6	2211	\$265.00	November 18 - December 3, 2022
Bronze Medallion								
LSS Bronze Medallion 14 & under	9-14 years	Fri/Sat	4:00 PM/1:00 PM	5h	4	2208	\$265.00	October 14 - October 22, 2022
LSS Bronze Medallion 15 & over	15 and up	Fri/Sat	4:00 PM/1:00 PM	5h	4	2209	\$265.00	October 14 - October 22, 2022
Bronze Star								
LSS Bronze Star	8-14 years	Fri/Sat	4:00 PM/1:00 PM	5h	2	2207	\$150.00	September 23 - September 24, 2022
Parent & Tot 1								
Parent and Tot 1	0-1 years	Wed	9:00 AM	30m	8	2519	\$71.50	September 28 - November 16, 2022
Parent and Tot 1	0-1 years	Thu	3:30 PM	30m	8	2447	\$71.50	September 29 - November 17, 2022
Parent and Tot 1	0-1 years	Sun	9:00 AM	30m	8	2453	\$71.50	October 16 - December 4, 2022
Parent and Tot 1	0-1 years	Tue/Thu	3:30 PM	30m	8	2448	\$71.50	November 22 - December 15, 2022
Parent & Tot 2								
Parent and Tot 2	1-2 years	Tue	5:50 PM	30m	8	2486	\$71.50	September 27 - November 15, 2022
Parent and Tot 2	1-2 years	Wed	9:35 AM	30m	8	2457	\$71.50	September 28 - November 16, 2022
Parent and Tot 2	1-2 years	Sun	9:35 AM	30m	8	2454	\$71.50	October 16 - December 4, 2022
Parent & Tot 3								
Parent and Tot 3	2-3 years	Wed	10:10 AM	30m	8	2458	\$71.50	September 28 - November 16, 2022
Parent and Tot 3	2-3 years	Sun	10:10 AM	30m	8	2456	\$71.50	October 16 - December 4, 2022

Preschool 1								
Preschool 1	3-5 years	Tue	3:30 PM	30m	8	2465	\$71.50	September 27 - November 15, 2022
Preschool 1	3-5 years	Thu	3:30 PM	30m	8	2469	\$71.50	September 29 - November 17, 2022
Preschool 1	3-5 years	Thu	5:50 PM	30m	8	2470	\$71.50	September 29 - November 17, 2022
Preschool 1	3-5 years	Sat	9:00 AM	30m	8	2473	\$71.50	October 15 - December 3, 2022
Preschool 1	3-5 years	Sat	11:20 AM	30m	8	2474	\$71.50	October 15 - December 3, 2022
Preschool 1	3-5 years	Sun	10:10 AM	30m	8	2475	\$71.50	October 16 - December 4, 2022
Preschool 1	3-5 years	Sun	11:30 AM	30m	8	2476	\$71.50	October 16 - December 4, 2022
Preschool 1	3-5 years	Sun	4:00 PM	30m	8	2477	\$71.50	October 16 - December 4, 2022
Preschool 1	3-5 years	Tue/Thu	3:30 PM	30m	8	2471	\$71.50	November 22 - December 15, 2022
Preschool 1	3-5 years	Tue/Thu	5:50 PM	30m	8	2472	\$71.50	November 22 - December 15, 2022
Preschool 2								
Preschool 2	3-5 years	Tue	3:30 PM	30m	8	2280	\$71.50	September 27 - November 15, 2022
Preschool 2	3-5 years	Tue	4:05 PM	30m	8	2481	\$71.50	September 27 - November 15, 2022
Preschool 2	3-5 years	Thu	4:05 PM	30m	8	2478	\$71.50	September 29 - November 17, 2022
Preschool 2	3-5 years	Sat	9:35 AM	30m	8	2492	\$71.50	October 15 - December 3, 2022
Preschool 2	3-5 years	Sat	11:30 AM	30m	8	2497	\$71.50	October 15 - December 3, 2022
Preschool 2	3-5 years	Sun	9:35 AM	30m	8	2500	\$71.50	October 16 - December 4, 2022
Preschool 2	3-5 years	Sun	11:20 AM	30m	8	2502	\$71.50	October 16 - December 4, 2022
Preschool 2	3-5 years	Sun	4:35 PM	30m	8	2503	\$71.50	October 16 - December 4, 2022
Preschool 2	3-5 years	Tue/Thu	4:05 PM	30m	8	2487	\$71.50	November 22 - December 15, 2022
Preschool 3								
Preschool 3	3-5 years	Tue	4:40 PM	30m	8	2482	\$71.50	September 27 - November 15, 2022
Preschool 3	3-5 years	Thu	4:40 PM	30m	8	2479	\$71.50	September 29 - November 17, 2022
Preschool 3	3-5 years	Sat	10:10 AM	30m	8	2494	\$71.50	October 15 - December 3, 2022
Preschool 3	3-5 years	Sun	9:00 AM	30m	8	2499	\$71.50	October 16 - December 4, 2022
Preschool 3	3-5 years	Sun	5:10 PM	30m	8	2504	\$71.50	October 16 - December 4, 2022
Preschool 3	3-5 years	Tue/Thu	4:40 PM	30m	8	2489	\$71.50	November 22 - December 15, 2022
Preschool 4/5								
Preschool 4/5	3-5 years	Tue	5:15 PM	30m	8	2483	\$71.50	September 27 - November 15, 2022
Preschool 4/5	3-5 years	Thu	5:15 PM	30m	8	2480	\$71.50	September 29 - November 17, 2022
Preschool 4/5	3-5 years	Sat	10:45 AM	30m	8	2496	\$71.50	October 15 - December 3, 2022
Preschool 4/5	3-5 years	Sun	10:45 AM	30m	8	2501	\$71.50	October 16 - December 4, 2022
Preschool 4/5	3-5 years	Tue/Thu	5:15 PM	30m	8	2491	\$71.50	November 22 - December 15, 2022
Private Swim Lesson 30								
Private Swim Lesson Wait List	0 and up	Tue	8:00 AM	1m	16	2376	\$0.00	August 30 - December 13, 2022
Ranger Patrol								
Ranger Patrol	7-12 years	Sat	10:00 AM	1h	8	2467	\$80.50	October 15 - December 3, 2022
Red Cross Babysitting Course								
Red Cross Babysitting Course	10 and up	Sat	9:00 AM	8h	1	2345	\$84.00	October 1, 2022

Red Cross Babysitting Course	10 and up	Wed	9:00 AM	8h	1	2346	\$84.00	October 19, 2022
Red Cross Babysitting Course	10 and up	Fri	9:00 AM	8h	1	2347	\$84.00	October 21, 2022
Red Cross Babysitting Course	10 and up	Fri	9:00 AM	8h	1	2348	\$84.00	November 25, 2022
Rookie Patrol								
Rookie Patrol	7-12 years	Sat	9:00 AM	1h	8	2466	80.50	October 15 - December 3, 2022
Star Patrol								
Star Patrol	7-12 years	Sat	11:00 AM	1h	8	2468	\$80.50	October 15 - December 3, 2022
Swimmer 1								
Swimmer 1	6-12 years	Tue	4:55 PM	45m	8	2488	\$80.50	September 27 - November 15, 2022
Swimmer 1	6-12 years	Thu	4:05 PM	45m	8	2493	\$80.50	September 29 - November 17, 2022
Swimmer 1	6-12 years	Sat	9:00 AM	45m	8	2506	\$80.50	October 15 - December 3, 2022
Swimmer 1	6-12 years	Sun	10:45 AM	45m	8	2514	\$80.50	October 16 - December 4, 2022
Swimmer 1	6-12 years	Sun	4:00 PM	45m	8	2515	\$80.50	October 16 - December 4, 2022
Swimmer 1	6-12 years	Tue/Thu	4:05 PM	45m	8	2505	\$80.50	November 22 - December 15, 2022
Swimmer 2								
Swimmer 2	6-12 years	Tue	4:05 PM	45m	8	2485	\$80.50	September 27 - November 15, 2022
Swimmer 2	6-12 years	Thu	5:45 PM	45m	8	2498	\$80.50	September 29 - November 17, 2022
Swimmer 2	6-12 years	Sat	9:50 AM	45m	8	2508	\$80.50	October 15 - December 3, 2022
Swimmer 2	6-12 years	Sun	4:50 PM	45m	8	2516	\$80.50	October 16 - December 4, 2022
Swimmer 2	6-12 years	Tue/Thu	4:55 PM	45m	8	2507	\$80.50	November 22 - December 15, 2022
Swimmer 3								
Swimmer 3	6-12 years	Tue	5:45 PM	45m	8	2490	\$80.50	September 27 - November 15, 2022
Swimmer 3	6-12 years	Sat	10:40 AM	45m	8	2510	\$80.50	October 15 - December 3, 2022
Swimmer 3	6-12 years	Sun	4:00 PM	45m	8	2517	\$80.50	October 16 - December 4, 2022
Swimmer 3	6-12 years	Tue/Thu	5:45 PM	45m	8	2509	\$80.50	November 22 - December 15, 2022
Swimmer 4								
Swimmer 4	6-12 years	Thu	4:55 PM	45m	8	2495	\$80.50	September 29 - November 17, 2022
Swimmer 4	6-12 years	Sun	9:00 AM	45m	8	2511	\$80.50	October 16 - December 4, 2022
Swimmer 4	6-12 years	Sun	4:50 PM	45m	8	2518	\$80.50	October 16 - December 4, 2022
Swimmer 5								
Swimmer 5	6-12 years	Sun	9:50 AM	45m	8	2512	\$80.50	October 16 - December 4, 2022
Swimmer 6								
Swimmer 6	6-12 years	Sun	10:40 AM	45m	8	2513	\$80.50	October 16 - December 4, 2022

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