



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
<b>AQUATICS</b>								
<b>Bronze Star</b>								
Bronze Star	8-17 years	Tue/Thu	5:00 PM	1h 30m	8	<a href="#">2971</a>	\$155.00	October 31 – November 23, 2023
<b>Preschool 1</b>								
Preschool 1	3-5 years	Sun	9:00 AM	30m	8	<a href="#">2972</a>	\$67.50	October 29 - December 17, 2023
Preschool 1	3-5 years	Sun	9:50 AM	30m	8	<a href="#">2974</a>	\$67.50	October 29 - December 17, 2023
<b>Preschool 2</b>								
Preschool 2	3-5 years	Sun	9:50 AM	30m	8	<a href="#">2975</a>	\$67.50	October 29 - December 17, 2023
<b>Preschool 3</b>								
Preschool 3	3-5 years	Sun	10:25 AM	30m	8	<a href="#">2976</a>	\$67.50	October 29 - December 17, 2023
<b>Rookie Patrol</b>								
Rookie Patrol	7-12 years	Tue/Thu	4:00 PM	60m	8	<a href="#">2970</a>	\$83.00	October 31 – November 23, 2023
<b>Swimmer 1</b>								
Swimmer 1	6-12 years	Sun	9:00 AM	45m	8	<a href="#">2979</a>	\$76.00	October 29 - December 17, 2023
Swimmer 1	6-12 years	Sun	10:25 AM	45m	8	<a href="#">2978</a>	\$76.00	October 29 - December 17, 2023
<b>Swimmer 2</b>								
Swimmer 2	6-12 years	Sun	9:00 AM	45m	8	<a href="#">2980</a>	\$76.00	October 29 - December 17, 2023
Swimmer 2	6-12 years	Sun	10:25 AM	45m	8	<a href="#">2981</a>	\$76.00	October 29 - December 17, 2023
<b>Swimmer 3</b>								
Swimmer 3	6-12 years	Sun	11:00 AM	45m	8	<a href="#">2982</a>	\$76.00	October 29 - December 17, 2023
<b>Swimmer 4</b>								
Swimmer 4	6-12 years	Sun	9:35 AM	45m	8	<a href="#">2983</a>	\$76.00	October 29 - December 17, 2023
Swimmer 4	6-12 years	Sun	11:15 AM	45m	8	<a href="#">2984</a>	\$76.00	October 29 - December 17, 2023
<b>Swimmer 5/6</b>								
Swimmer 5/6	6-12 years	Sun	11:15 AM	45m	8	<a href="#">2985</a>	\$76.00	October 29 - December 17, 2023

## 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