



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
AQUATICS *Before you make your swim class selection, please check our registration guidelines on page 5*								
Bronze Cross (Prerequisites: Bronze Medallion and Standard First Aid with CPR C & AED)								
LSS Bronze Cross & Standard First Aid	12 and up	Tue-Fri	3:00 PM	3h	8	3401	\$272.95	July 30 - August 9, 2024
Bronze Medallion with CPR-C (Prerequisites: 13+ or Bronze Star)								
Bronze Medallion with CPR-C	12 and up	Tue-Fri	4:00 PM	2h 30m	8	3400	\$272.95	July 16 - July 26, 2024
Bronze Star								
LSS Bronze Star	8-14 years	Tue-Fri	4:00 PM	1h	8	3313	\$154.50	July 2 - July 12, 2024
LSS Instructor/Examiner (Prerequisites: Bronze Cross and Standard First Aid with CPR C & AED)								
LSS Lifesaving Instructor/Examiner (LSI)	15 and up	Sat	9:00 AM	9h	5	3402	\$323.72	August 24 - August 28, 2024
National Lifeguard (Prerequisites: Bronze Cross and Standard First Aid with CPR C & AED)								
LSS National Lifeguard	15 and up	Tue-Fri	10:00 AM	8h	5	3399	\$353.15	July 2 - July 6, 2024
Parent & Tot								
Parent and Tot	0-3 years	Tue-Fri	10:45 AM	30m	8	3307	\$73.75	July 2 - July 12, 2024
Parent and Tot	0-3 years	Tue-Fri	5:10 PM	30m	8	3316	\$73.75	July 2 - July 12, 2024
Parent and Tot	0-3 years	Sat	10:45 AM	30m	8	3396	\$73.75	July 6 - August 24, 2024
Parent and Tot	0-3 years	Tue-Fri	9:00 AM	30m	8	3317	\$73.75	July 16 - July 26, 2024
Parent and Tot	0-3 years	Tue-Fri	9:35 AM	30m	8	3349	\$73.75	July 30 - August 9, 2024
Parent and Tot	0-3 years	Tue-Fri	9:00 AM	30m	8	3369	\$73.75	August 13 - August 23, 2024
Preschool 1								
Preschool 1	3-5 years	Tue-Fri	9:00 AM	30m	8	3295	\$73.75	July 2 - July 12, 2024
Preschool 1	3-5 years	Tue-Fri	9:35 AM	30m	8	3299	\$73.75	July 2 - July 12, 2024
Preschool 1	3-5 years	Tue-Fri	4:35 PM	30m	8	3315	\$73.75	July 2 - July 12, 2024
Preschool 1	3-5 years	Sat	9:00 AM	30m	8	3386	\$73.75	July 6 - August 24, 2024
Preschool 1	3-5 years	Sat	9:35 AM	30m	8	3390	\$73.75	July 6 - August 24, 2024
Preschool 1	3-5 years	Tue-Fri	9:00 AM	30m	8	3320	\$73.75	July 16 - July 26, 2024
Preschool 1	3-5 years	Tue-Fri	9:35 AM	30m	8	3318	\$73.75	July 16 - July 26, 2024
Preschool 1	3-5 years	Tue-Fri	4:00 PM	30m	8	3407	\$73.75	July 16 - July 26, 2024
Preschool 1	3-5 years	Tue-Fri	9:00 AM	30m	8	3339	\$73.75	July 30 - August 9, 2024
Preschool 1	3-5 years	Tue-Fri	11:30 AM	30m	8	3343	\$73.75	July 30 - August 9, 2024
Preschool 1	3-5 years	Tue-Fri	4:35 PM	30m	8	3359	\$73.75	July 30 - August 9, 2024
Preschool 1	3-5 years	Tue-Fri	11:30 AM	30m	8	3365	\$73.75	August 13 - August 23, 2024
Preschool 1	3-5 years	Tue-Fri	4:35 PM	30m	8	3381	\$73.75	August 13 - August 23, 2024

Preschool 2								
Preschool 2	3-5 years	Tue-Fri	11:20 AM	30m	8	3297	\$73.75	July 2 - July 12, 2024
Preschool 2	3-5 years	Sat	11:20 AM	30m	8	3388	\$73.75	July 6 - August 24, 2024
Preschool 2	3-5 years	Tue-Fri	11:20 AM	30m	8	3319	\$73.75	July 16 - July 26, 2024
Preschool 2	3-5 years	Tue-Fri	11:30 AM	30m	8	3331	\$73.75	July 16 - July 26, 2024
Preschool 2	3-5 years	Tue-Fri	4:35 PM	30m	8	3408	\$73.75	July 16 - July 26, 2024
Preschool 2	3-5 years	Tue-Fri	10:10 AM	30m	8	3340	\$73.75	July 30 - August 9, 2024
Preschool 2	3-5 years	Tue-Fri	4:00 PM	30m	8	3358	\$73.75	July 30 - August 9, 2024
Preschool 2	3-5 years	Tue-Fri	4:00 PM	30m	8	3383	\$73.75	August 13 - August 23, 2024
Preschool 3								
Preschool 3	3-5 years	Tue-Fri	10:10 AM	30m	8	3296	\$73.75	July 2 - July 12, 2024
Preschool 3	3-5 years	Sat	10:10 AM	30m	8	3387	\$73.75	July 6 - August 24, 2024
Preschool 3	3-5 years	Tue-Fri	10:10 AM	30m	8	3322	\$73.75	July 16 - July 26, 2024
Preschool 3	3-5 years	Tue-Fri	4:00 PM	30m	8	3409	\$73.75	July 16 - July 26, 2024
Preschool 3	3-5 years	Tue-Fri	9:00 AM	30m	8	3344	\$73.75	July 30 - August 9, 2024
Preschool 3	3-5 years	Tue-Fri	9:35 AM	30m	8	3366	\$73.75	August 13 - August 23, 2024
Preschool 3	3-5 years	Tue-Fri	10:45 AM	30m	8	3368	\$73.75	August 13 - August 23, 2024
Preschool 3	3-5 years	Tue-Fri	11:20 AM	30m	8	3364	\$73.75	August 13 - August 23, 2024
Preschool 3	3-5 years	Tue-Fri	5:10 PM	30m	8	3382	\$73.75	August 13 - August 23, 2024
Preschool 4								
Preschool 4	3-5 years	Tue-Fri	10:45 AM	30m	8	3341	\$73.75	July 30 - August 9, 2024
Preschool 4	3-5 years	Tue-Fri	9:35 AM	30m	8	3362	\$73.75	August 13 - August 23, 2024
Preschool 4/5								
Preschool 4/5	3-5 years	Tue-Fri	9:00 AM	30m	8	3298	\$73.75	July 2 - July 12, 2024
Preschool 4/5	3-5 years	Tue-Fri	4:00 PM	30m	8	3314	\$73.75	July 2 - July 12, 2024
Preschool 4/5	3-5 years	Sat	9:00 AM	30m	8	3389	\$73.75	July 6 - August 24, 2024
Preschool 4/5	3-5 years	Tue-Fri	9:35 AM	30m	8	3321	\$73.75	July 16 - July 26, 2024
Preschool 4/5	3-5 years	Tue-Fri	10:10 AM	30m	8	3345	\$73.75	July 30 - August 9, 2024
Preschool 4/5	3-5 years	Tue-Fri	10:10 AM	30m	8	3367	\$73.75	August 13 - August 23, 2024
Preschool 4/5	3-5 years	Tue-Fri	4:00 PM	30m	8	3380	\$73.75	August 13 - August 23, 2024
Preschool 5								
Preschool 5	3-5 years	Tue-Fri	11:20 AM	30m	8	3342	\$73.75	July 30 - August 9, 2024
Preschool 5	3-5 years	Tue-Fri	10:10 AM	30m	8	3363	\$73.75	August 13 - August 23, 2024
Private Swim Lesson 30								
Private Swim Lesson	4 and up	Tue-Fri	9:35 AM	30m	8	3305	\$258.00	July 2 - July 12, 2024
Private Swim Lesson	4 and up	Tue-Fri	11:30 AM	30m	8	3306	\$258.00	July 2 - July 12, 2024
Private Swim Lesson	4 and up	Sat	9:35 AM	30m	8	3397	\$258.00	July 6 - August 24, 2024
Private Swim Lesson	4 and up	Sat	11:30 AM	30m	8	3398	\$258.00	July 6 - August 24, 2024
Private Swim Lesson	4 and up	Tue-Fri	10:10 AM	30m	8	3323	\$258.00	July 16 - July 26, 2024
Private Swim Lesson	4 and up	Tue-Fri	10:45 AM	30m	8	3325	\$258.00	July 16 - July 26, 2024
Private Swim Lesson	4 and up	Tue-Fri	10:45 AM	30m	8	3326	\$258.00	July 16 - July 26, 2024
Private Swim Lesson	4 and up	Tue-Fri	11:20 AM	30m	8	3327	\$258.00	July 16 - July 26, 2024

Private Swim Lesson	4 and up	Tue-Fri	5:10 PM	30m	8	3337	\$258.00	July 16 - July 26, 2024
Private Swim Lesson	4 and up	Tue-Fri	10:45 AM	30m	8	3350	\$258.00	July 30 - August 9, 2024
Private Swim Lesson	4 and up	Tue-Fri	11:20 AM	30m	8	3351	\$258.00	July 30 - August 9, 2024
Private Swim Lesson	4 and up	Tue-Fri	4:50 PM	30m	8	3360	\$258.00	July 30 - August 9, 2024
Private Swim Lesson	4 and up	Tue-Fri	5:10 PM	30m	8	3361	\$258.00	July 30 - August 9, 2024
Private Swim Lesson	4 and up	Tue-Fri	10:45 AM	30m	8	3373	\$258.00	August 13 - August 23, 2024
Private Swim Lesson	4 and up	Tue-Fri	11:20 AM	30m	8	3374	\$258.00	August 13 - August 23, 2024
Private Swim Lesson	4 and up	Tue-Fri	5:25 PM	30m	8	3384	\$258.00	August 13 - August 23, 2024
Private Swim Lesson	4 and up	Tue-Fri	6:00 PM	30m	8	3385	\$258.00	August 13 - August 23, 2024
Rookie Patrol								
Rookie Patrol	7-14 years	Tue-Fri	10:40 AM	45m	8	3372	\$83.00	August 13 - August 23, 2024
Swimmer 1								
Swimmer 1	6-12 years	Tue-Fri	10:10 AM	45m	8	3302	\$83.00	July 2 - July 12, 2024
Swimmer 1	6-12 years	Tue-Fri	5:40 PM	45m	8	3310	\$83.00	July 2 - July 12, 2024
Swimmer 1	6-12 years	Sat	10:10 AM	45m	8	3394	\$83.00	July 6 - August 24, 2024
Swimmer 1	6-12 years	Tue-Fri	9:00 AM	45m	8	3328	\$83.00	July 16 - July 26, 2024
Swimmer 1	6-12 years	Tue-Fri	5:40 PM	45m	8	3334	\$83.00	July 16 - July 26, 2024
Swimmer 1	6-12 years	Tue-Fri	9:00 AM	45m	8	3346	\$83.00	July 30 - August 9, 2024
Swimmer 1	6-12 years	Tue-Fri	5:25 PM	45m	8	3353	\$83.00	July 30 - August 9, 2024
Swimmer 1	6-12 years	Tue-Fri	9:00 AM	45m	8	3370	\$83.00	August 13 - August 23, 2024
Swimmer 1	6-12 years	Tue-Fri	5:40 PM	45m	8	3378	\$83.00	August 13 - August 23, 2024
Swimmer 2								
Swimmer 2	6-12 years	Tue-Fri	9:00 AM	45m	8	3300	\$83.00	July 2 - July 12, 2024
Swimmer 2	6-12 years	Tue-Fri	4:50 PM	45m	8	3309	\$83.00	July 2 - July 12, 2024
Swimmer 2	6-12 years	Sat	9:00 AM	45m	8	3391	\$83.00	July 6 - August 24, 2024
Swimmer 2	6-12 years	Tue-Fri	9:50 AM	45m	8	3329	\$83.00	July 16 - July 26, 2024
Swimmer 2	6-12 years	Tue-Fri	4:50 PM	45m	8	3333	\$83.00	July 16 - July 26, 2024
Swimmer 2	6-12 years	Tue-Fri	9:50 AM	45m	8	3347	\$83.00	July 30 - August 9, 2024
Swimmer 2	6-12 years	Tue-Fri	5:40 PM	45m	8	3356	\$83.00	July 30 - August 9, 2024
Swimmer 2	6-12 years	Tue-Fri	5:40 PM	45m	8	3357	\$83.00	July 30 - August 9, 2024
Swimmer 2	6-12 years	Tue-Fri	9:50 AM	45m	8	3371	\$83.00	August 13 - August 23, 2024
Swimmer 2	6-12 years	Tue-Fri	4:35 PM	45m	8	3379	\$83.00	August 13 - August 23, 2024
Swimmer 3								
Swimmer 3	6-12 years	Tue-Fri	10:40 AM	45m	8	3303	\$83.00	July 2 - July 12, 2024
Swimmer 3	6-12 years	Tue-Fri	4:00 PM	45m	8	3308	\$83.00	July 2 - July 12, 2024
Swimmer 3	6-12 years	Sat	10:40 AM	45m	8	3393	\$83.00	July 6 - August 24, 2024
Swimmer 3	6-12 years	Tue-Fri	10:40 AM	45m	8	3330	\$83.00	July 16 - July 26, 2024
Swimmer 3	6-12 years	Tue-Fri	4:35 PM	45m	8	3335	\$83.00	July 16 - July 26, 2024
Swimmer 3	6-12 years	Tue-Fri	10:40 AM	45m	8	3348	\$83.00	July 30 - August 9, 2024
Swimmer 3	6-12 years	Tue-Fri	4:00 PM	45m	8	3354	\$83.00	July 30 - August 9, 2024
Swimmer 3	6-12 years	Tue-Fri	4:00 PM	45m	8	3375	\$83.00	August 13 - August 23, 2024
Swimmer 4								
Swimmer 4	6-12 years	Tue-Fri	11:00 AM	45m	8	3304	\$83.00	July 2 - July 12, 2024

Swimmer 4	6-12 years	Tue-Fri	5:35 PM	45m	8	3312	\$83.00	July 2 - July 12, 2024
Swimmer 4	6-12 years	Sat	11:00 AM	45m	8	3395	\$83.00	July 6 - August 24, 2024
Swimmer 4	6-12 years	Tue-Fri	5:25 PM	45m	8	3336	\$83.00	July 16 - July 26, 2024
Swimmer 4	6-12 years	Tue-Fri	5:40 PM	45m	8	3338	\$83.00	July 16 - July 26, 2024
Swimmer 4	6-12 years	Tue-Fri	4:50 PM	45m	8	3355	\$83.00	July 30 - August 9, 2024
Swimmer 4	6-12 years	Tue-Fri	4:50 PM	45m	8	3376	\$83.00	August 13 - August 23, 2024

Swimmer 5								
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Swimmer 5	6-12 years	Tue-Fri	9:50 AM	45m	8	3301	\$83.00	July 2 - July 12, 2024
Swimmer 5/6	6-12 years	Tue-Fri	5:40 PM	45m	8	3311	\$83.00	July 2 - July 12, 2024
Swimmer 5/6	6-12 years	Sat	9:50 AM	45m	8	3392	\$83.00	July 6 - August 24, 2024
Swimmer 5/6	6-12 years	Tue-Fri	4:00 PM	45m	8	3332	\$83.00	July 16 - July 26, 2024
Swimmer 5/6	6-12 years	Tue-Fri	4:00 PM	45m	8	3352	\$83.00	July 30 - August 9, 2024
Swimmer 5/6	6-12 years	Tue-Fri	5:40 PM	45m	8	3377	\$83.00	August 13 - August 23, 2024

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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