



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 3								
Aqua Adults Advanced	18 and up	Thu	8:00 PM	1h	8	2524	\$115.00	January 12 - March 2, 2023
Adult 1/2								
Aqua Adults Beginner	18 and up	Tue	8:00 PM	1h	8	2523	\$115.00	January 10 - February 28, 2023
Jr Adult								
Jr Adult Lessons	12-17 years	Sun	8:00 PM	1h	8	2522	\$115.00	January 8 - February 26, 2023
Bronze Cross (Prerequisites: Bronze Medallion and Standard First Aid with CPR C & AED)								
LSS Bronze Cross & Lifesaving CPR'C	9-14 years	Fri/Sat	4:00 PM/1:00 PM	5h	4	2658	\$265.00	February 10 - February 18, 2023
LSS Bronze Cross & Lifesaving CPR'C	15 and up	Fri/Sat	4:00 PM/1:00 PM	5h	4	2659	\$278.25	February 10 - February 18, 2023
Bronze Medallion (Prerequisites: 13+ or Bronze Star and Standard First Aid with CPR C & AED)								
LSS Bronze Medallion	9-14 years	Fri/Sat	4:00 PM/1:00 PM	5h	4	2656	\$265.00	January 13 - January 21, 2023
LSS Bronze Medallion	15 and up	Fri/Sat	4:00 PM/1:00PM	5h	4	2657	\$278.25	January 13 - January 21, 2023
LSS Instructor/Examiner (Prerequisites: Bronze Cross and Standard First Aid with CPR C & AED)								
LSS Lifesaving/Swim Instructor (LSI)	15 and up	Mon-Thu	8:00 AM	9h	4	2662	\$330.00	March 20 - March 23, 2023
National Lifeguard (Prerequisites: Bronze Cross and Standard First Aid with CPR C & AED)								
LSS National Lifeguard	16 and up	Tue/Thu/ Sat	4:00 PM	4h/4h/9h	6	2660	\$361.91	January 17 - January 28, 2023
LSS National Lifeguard	16 and up	Mon-Fri	8:00 AM	9h	5	2661	\$361.91	March 13 - March 17, 2023
AEC								
LSS Standard First Aid, CPR C, AED	13 and up	Thu	3:00 PM	6h	3	2663	\$252.00	February 16 - March 2, 2023
Parent & Tot 1								
Parent and Tot 1	0-1 years	Tue	3:30 PM	30m	8	2533	\$71.50	January 10 - February 28, 2023
Parent and Tot 1	0-1 years	Wed	9:00 AM	30m	8	2537	\$71.50	January 11 - March 1, 2023
Parent and Tot 1	0-1 years	Sat	9:00 AM	30m	8	2552	\$71.50	January 14 - March 4, 2023
Parent & Tot 2								
Parent and Tot 2	1-2 years	Wed	9:35 AM	30m	8	2538	\$71.50	January 11 - March 1, 2023
Parent and Tot 2	1-2 years	Thu	3:30 PM	30m	8	2545	\$71.50	January 12 - March 2, 2023
Parent & Tot 3								
Parent and Tot 3	2-3 years	Wed	10:10 AM	30m	8	2539	\$71.50	January 11 - March 1, 2023

Preschool 1									
NEW Preschool 1	3-5 years	Mon	11:00 AM	30m	8	2669	\$71.50	January 9 - February 27, 2023	
Preschool 1	3-5 years	Wed	10:55 AM	30m	8	2654	\$71.50	January 11 - March 1, 2023	
Preschool 1	3-5 years	Thu	3:00 PM	30m	8	2540	\$71.50	January 12 - March 2, 2023	
NEW Preschool 1	3-5 years	Thu	4:20 PM	30m	8	2664	\$71.50	January 12 - March 2, 2023	
Preschool 2									
NEW Preschool 2	3-5 years	Mon	11:30 AM	30m	8	2670	\$71.50	January 9 - February 27, 2023	
NEW Preschool 2	3-5 years	Tue	3:30 PM	30m	8	2665	\$71.50	January 10 - February 28, 2023	
Preschool 2	3-5 years	Wed	11:30 AM	30m	8	2655	\$71.50	January 11 - March 1, 2023	
Preschool 2	3-5 years	Thu	4:05 PM	30m	8	2541	\$71.50	January 12 - March 2, 2023	
Preschool 3									
NEW Preschool 3	3-5 years	Mon	11:00 AM	30m	8	2671	\$71.50	January 9 - February 27, 2023	
Preschool 3	3-5 years	Thu	4:40 PM	30m	8	2542	\$71.50	January 12 - March 2, 2023	
Preschool 3	3-5 years	Sat	10:45 AM	30m	8	2555	\$71.50	January 14 - March 4, 2023	
Preschool 3	3-5 years	Sun	9:00 AM	30m	8	2564	\$71.50	January 15 - March 5, 2023	
Preschool 4/5									
NEW Preschool 4/5	3-5 years	Mon	11:30 AM	30m	8	2672	\$71.50	January 9 - February 27, 2023	
Ranger Patrol - Patrol Level 2									
Ranger Patrol	7-12 years	Sat	10:00 AM	1h	8	2562	\$80.50	January 14 - March 4, 2023	
Red Cross Babysitting Course									
Red Cross Babysitting Course	10 and up	Sat	9:00 AM	8h	1	2551	\$84.00	January 7, 2023	
Red Cross Babysitting Course	10 and up	Wed	9:00 AM	8h	1	2549	\$84.00	February 1, 2023	
Red Cross Babysitting Course	10 and up	Mon	9:00 AM	8h	1	2550	\$84.00	February 13, 2023	
Rookie Patrol - Patrol Level 1									
Rookie Patrol	7-12 years	Sat	9:00 AM	1h	8	2561	\$80.50	January 14 - March 4, 2023	
Star Patrol - Patrol Level 3									
Star Patrol	7-12 years	Sat	11:00 AM	1h	8	2563	\$80.50	January 14 - March 4, 2023	
Swimmer 1									
NEW Swimmer 1	6-12 years	Tue	4:05 PM	45m	8	2666	\$80.50	January 10 - February 28, 2023	
Swimmer 2									
NEW Swimmer 2	6-12 years	Thu	3:30 PM	45m	8	2668	\$80.50	January 12 - March 2, 2023	
Swimmer 5									
Swimmer 5	6-12 years	Thu	4:55 PM	45m	8	2547	\$80.50	January 12 - March 2, 2023	

Swimmer 6								
Swimmer 6	6-12 years	Thu	5:45 PM	45m	8	2548	\$80.50	January 12 - March 2, 2023
Swimmer 6	6-12 years	Sun	10:40 AM	45m	8	2575	\$80.50	January 15 - March 5, 2023

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