



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
<b>AQUATICS</b> *Before you make your swim class selection, please check our registration guidelines on page 4*								
<b>Bronze Cross (Prerequisites: Bronze Medallion and Standard First Aid with CPR C &amp; AED)</b>								
LSS Bronze Cross & Lifesaving CPRC	9-14 years	Tue/Thu	4:00 PM	2h	8	<a href="#">3118</a>	\$272.95	February 6 - February 29, 2024
LSS Bronze Cross & Lifesaving CPRC	14 and up	Tue/Thu	4:00 PM	2h	8	<a href="#">3120</a>	\$286.60	February 6 - February 29, 2024
<b>Bronze Medallion (Prerequisites: 13+ or Bronze Star)</b>								
LSS Bronze Medallion	9-14 years	Tue/Thu	4:00 PM	2h	8	<a href="#">3110</a>	\$272.95	January 9 - February 1, 2024
LSS Bronze Medallion	15 and up	Tue/Thu	4:00 PM	2h	8	<a href="#">3111</a>	\$286.60	January 9 - February 1, 2024
<b>Lifesaving Instructor/Examiner (Prerequisites: Bronze Cross and Standard First Aid with CPR C &amp; AED)</b>								
LSS Lifesaving Instructor/Examiner (LSI)	15 and up	Wed-Sun	8:00 AM	9h	5	<a href="#">3021</a>	\$339.93	December 27 - December 31, 2023
<b>National Lifeguard Recertification</b>								
LSS National Lifeguard Recertification	15 and up	Sat	6:00 PM	4h	1	<a href="#">3109</a>	\$91.93	December 16, 2023
<b>First Aid</b>								
LSS Standard First Aid, CPR C, AED	13 and up	Sat-Sun	9:00 AM	9h	2	<a href="#">2663</a>	\$259.56	January 20 - January 21, 2024
<b>Parent &amp; Tot (0-2 Years)</b>								
Parent and Tot	0-2 years	Tue/Thu	9:00 AM	30m	8	<a href="#">3076</a>	\$73.75	January 9 - February 1, 2024
Parent and Tot	0-2 years	Tue/Thu	9:00 AM	30m	8	<a href="#">3101</a>	\$73.75	February 6 - February 29, 2024
<b>Parent &amp; Tot (1-3 Years)</b>								
Parent and Tot	1-3 years	Tue/Thu	9:35 AM	30m	8	<a href="#">3077</a>	\$73.75	January 9 - February 1, 2024
Parent and Tot	1-3 years	Tue/Thu	9:35 AM	30m	8	<a href="#">3102</a>	\$73.75	February 6 - February 29, 2024
<b>Preschool 1</b>								
Preschool 1	3-5 years	Sun	9:00 AM	30m	8	<a href="#">3084</a>	\$73.75	January 7 - February 25, 2024
Preschool 1	3-5 years	Sun	9:50 AM	30m	8	<a href="#">3085</a>	\$73.75	January 7 - February 25, 2024
Preschool 1	3-5 years	Sun	10:45 AM	30m	8	<a href="#">3096</a>	\$73.75	January 7 - February 25, 2024
Preschool 1	3-5 years	Tue/Thu	9:35 AM	30m	8	<a href="#">3078</a>	\$73.75	January 9 - February 1, 2024
Preschool 1	3-5 years	Tue/Thu	10:10 AM	30m	8	<a href="#">3080</a>	\$73.75	January 9 - February 1, 2024
Preschool 1	3-5 years	Tue/Thu	10:45 AM	30m	8	<a href="#">3079</a>	\$73.75	January 9 - February 1, 2024
Preschool 1	3-5 years	Tue/Thu	4:00 PM	30m	8	<a href="#">3052</a>	\$73.75	January 9 - February 1, 2024
Preschool 1	3-5 years	Tue/Thu	4:35 PM	30m	8	<a href="#">3050</a>	\$73.75	January 9 - February 1, 2024
Preschool 1	3-5 years	Tue/Thu	6:00 PM	30m	8	<a href="#">3051</a>	\$73.75	January 9 - February 1, 2024
Preschool 1	3-5 years	Tue/Thu	9:35 AM	30m	8	<a href="#">3103</a>	\$73.75	February 6 - February 29, 2024
Preschool 1	3-5 years	Tue/Thu	10:10 AM	30m	8	<a href="#">3105</a>	\$73.75	February 6 - February 29, 2024
Preschool 1	3-5 years	Tue/Thu	10:45 AM	30m	8	<a href="#">3104</a>	\$73.75	February 6 - February 29, 2024
Preschool 1	3-5 years	Tue/Thu	4:00 PM	30m	8	<a href="#">3062</a>	\$73.75	February 6 - February 29, 2024

Preschool 1	3-5 years	Tue/Thu	6:00 PM	30m	8	<a href="#">3063</a>	\$73.75	February 6 - February 29, 2024
<b>Preschool 2</b>								
Preschool 2	3-5 years	Sun	9:00 AM	30m	8	<a href="#">3097</a>	\$73.75	January 7 - February 25, 2024
Preschool 2	3-5 years	Sun	9:50 AM	30m	8	<a href="#">3086</a>	\$73.75	January 7 - February 25, 2024
Preschool 2	3-5 years	Tue/Thu	9:00 AM	30m	8	<a href="#">3082</a>	\$73.75	January 9 - February 1, 2024
Preschool 2	3-5 years	Tue/Thu	10:10 AM	30m	8	<a href="#">3081</a>	\$73.75	January 9 - February 1, 2024
Preschool 2	3-5 years	Tue/Thu	5:10 PM	30m	8	<a href="#">3053</a>	\$73.75	January 9 - February 1, 2024
Preschool 2	3-5 years	Tue/Thu	5:25 PM	30m	8	<a href="#">3054</a>	\$73.75	January 9 - February 1, 2024
Preschool 2	3-5 years	Tue/Thu	9:00 AM	30m	8	<a href="#">3107</a>	\$73.75	February 6 - February 29, 2024
Preschool 2	3-5 years	Tue/Thu	10:10 AM	30m	8	<a href="#">3106</a>	\$73.75	February 6 - February 29, 2024
Preschool 2	3-5 years	Tue/Thu	5:10 PM	30m	8	<a href="#">3064</a>	\$73.75	February 6 - February 29, 2024
Preschool 2	3-5 years	Tue/Thu	5:25 PM	30m	8	<a href="#">3065</a>	\$73.75	February 6 - February 29, 2024
<b>Preschool 3</b>								
Preschool 3	3-5 years	Sun	10:25 AM	30m	8	<a href="#">3087</a>	\$73.75	January 7 - February 25, 2024
Preschool 3	3-5 years	Sun	11:20 AM	30m	8	<a href="#">3098</a>	\$73.75	January 7 - February 25, 2024
Preschool 3	3-5 years	Tue/Thu	10:45 AM	30m	8	<a href="#">3083</a>	\$73.75	January 9 - February 1, 2024
Preschool 3	3-5 years	Tue/Thu	4:00 PM	30m	8	<a href="#">3055</a>	\$73.75	January 9 - February 1, 2024
Preschool 3	3-5 years	Tue/Thu	4:35 PM	30m	8	<a href="#">3056</a>	\$73.75	January 9 - February 1, 2024
Preschool 3	3-5 years	Tue/Thu	6:00 PM	30m	8	<a href="#">3057</a>	\$73.75	January 9 - February 1, 2024
Preschool 3	3-5 years	Tue/Thu	10:45 AM	30m	8	<a href="#">3108</a>	\$73.75	February 6 - February 29, 2024
Preschool 3	3-5 years	Tue/Thu	4:35 PM	30m	8	<a href="#">3066</a>	\$73.75	February 6 - February 29, 2024
Preschool 3	3-5 years	Tue/Thu	6:00 PM	30m	8	<a href="#">3067</a>	\$73.75	February 6 - February 29, 2024
<b>Preschool 4</b>								
Preschool 4	3-5 years	Sun	10:10 AM	30m	8	<a href="#">3099</a>	\$73.75	January 7 - February 25, 2024
<b>Preschool 4/5</b>								
Preschool 4/5	3-5 years	Tue/Thu	4:00 PM	30m	8	<a href="#">3058</a>	\$73.75	January 9 - February 1, 2024
Preschool 4/5	3-5 years	Tue/Thu	4:00 PM	30m	8	<a href="#">3068</a>	\$73.75	February 6 - February 29, 2024
<b>Preschool 5</b>								
Preschool 5	3-5 years	Sun	9:35 AM	30m	8	<a href="#">3100</a>	\$73.75	January 7 - February 25, 2024
<b>Swimmer 1</b>								
Swimmer 1	6-12 years	Sun	9:00 AM	45m	8	<a href="#">3089</a>	\$83.00	January 7 - February 25, 2024
Swimmer 1	6-12 years	Sun	10:25 AM	45m	8	<a href="#">3088</a>	\$83.00	January 7 - February 25, 2024
Swimmer 1	6-12 years	Tue/Thu	4:35 PM	45m	8	<a href="#">3060</a>	\$83.00	January 9 - February 1, 2024
Swimmer 1	6-12 years	Tue/Thu	5:10 PM	45m	8	<a href="#">3059</a>	\$83.00	January 9 - February 1, 2024

Swimmer 1	6-12 years	Tue/Thu	4:35 PM	45m	8	<a href="#">3070</a>	\$83.00	February 6 - February 29, 2024
<b>Swimmer 2</b>								
Swimmer 2	6-12 years	Sun	9:00 AM	45m	8	<a href="#">3090</a>	\$83.00	January 7 - February 25, 2024
Swimmer 2	6-12 years	Sun	10:25 AM	45m	8	<a href="#">3091</a>	\$83.00	January 7 - February 25, 2024
Swimmer 2	6-12 years	Tue/Thu	5:45 PM	45m	8	<a href="#">3061</a>	\$83.00	January 9 - February 1, 2024
Swimmer 2	6-12 years	Tue/Thu	5:40 PM	45m	8	<a href="#">3071</a>	\$83.00	February 6 - February 29, 2024
Swimmer 2	6-12 years	Tue/Thu	5:45 PM	45m	8	<a href="#">3072</a>	\$83.00	February 6 - February 29, 2024
<b>Swimmer 3</b>								
Swimmer 3	6-12 years	Sun	11:00 AM	45m	8	<a href="#">3092</a>	\$83.00	January 7 - February 25, 2024
<b>Swimmer 4</b>								
Swimmer 4	6-12 years	Sun	9:35 AM	45m	8	<a href="#">3093</a>	\$83.00	January 7 - February 25, 2024
Swimmer 4	6-12 years	Sun	11:05 AM	45m	8	<a href="#">3094</a>	\$83.00	January 7 - February 25, 2024
<b>Swimmer 5/6</b>								
Swimmer 5/6	6-12 years	Sun	11:15 AM	45m	8	<a href="#">3095</a>	\$83.00	January 7 - February 25, 2024
Swimmer 5/6	6-12 years	Tue/Thu	4:50 PM	45m	8	<a href="#">3073</a>	\$83.00	February 6 - February 29, 2024



## 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