



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
MARCH BREAK ACTIVITIES								
Bronze Cross (Prerequisites: Bronze Medallion and Standard First Aid with CPR C & AED)								
LSS Bronze Cross & Lifesaving CPR'C	9-14 years	Mon-Fri	5:30 PM	4h	5	3166	\$272.95	March 11 - March 15, 2024
LSS Bronze Cross & Lifesaving CPR'C	14 and up	Mon-Fri	5:30 PM	4h	5	3167	\$272.95	March 11 - March 15, 2024
Bronze Medallion (Prerequisites: 13+ or Bronze Star)								
LSS Bronze Medallion	9-14 years	Mon-Fri	5:30 PM	4h	5	3164	\$272.95	March 4 - March 8, 2024
LSS Bronze Medallion	14 and up	Mon-Fri	5:30 PM	4h	5	3165	\$272.95	March 4 - March 8, 2024
Bronze Star								
LSS Bronze Star	6-12 years	Mon-Thu	4:45 PM	1h	8	3162	\$154.50	March 11 - March 21, 2024
First Aid								
LSS Intermediate First Aid	13 and up	Sat-Sun	8:00 AM	9h	2	3168	\$247.20	March 9 - March 10, 2024
National Lifeguard (Prerequisites: Bronze Cross and LSS Intermediate First Aid)								
LSS National Lifeguard	15 and up	Tue-Sat	9:00 AM	9h	5	3163	\$353.15	March 19 - March 23, 2024
Preschool 1								
Preschool 1	3-5 years	Mon-Thu	3:00 PM	30m	8	3154	\$73.75	March 11 - March 21, 2024
Preschool 2								
Preschool 2	3-5 years	Mon-Thu	3:35 PM	30m	8	3155	\$73.75	March 11 - March 21, 2024
Preschool 3								
Preschool 3	3-5 years	Mon-Thu	4:10 PM	30m	8	3156	\$73.75	March 11 - March 21, 2024
Preschool 3	3-5 years	Mon-Thu	5:15 PM	30m	8	3148	\$73.75	March 11 - March 21, 2024
Preschool 4								
Preschool 4	3-5 years	Mon-Thu	3:00 PM	30m	8	3145	\$73.75	March 11 - March 21, 2024
Private Swim Lesson 30								
Private Swim Lesson	3 and up	Mon-Thu	3:00 PM	30m	8	3159	\$376.00	March 11 - March 21, 2024
Private Swim Lesson	3 and up	Mon-Thu	3:35 PM	30m	8	3160	\$376.00	March 11 - March 21, 2024
Private Swim Lesson	3 and up	Mon-Thu	4:10 PM	30m	8	3161	\$376.00	March 11 - March 21, 2024
Private Swim Lesson	3 and up	Mon-Thu	5:50 PM	30m	8	3149	\$376.00	March 11 - March 21, 2024
Rookie Patrol								
Rookie Patrol	7-12 years	Mon-Thu	3:00 PM	1h	8	3150	\$83.00	March 11 - March 21, 2024

Swimmer 1								
Swimmer 1	6-12 years	Mon-Thu	4:55 PM	45m	8	3152	\$83.00	March 11 - March 21, 2024
Swimmer 1	6-12 years	Mon-Thu	5:35 PM	45m	8	3158	\$83.00	March 11 - March 21, 2024
Swimmer 2								
Swimmer 2	6-12 years	Mon-Thu	4:05 PM	45m	8	3151	\$83.00	March 11 - March 21, 2024
Swimmer 3								
Swimmer 3	6-12 years	Mon-Thu	5:45 PM	45m	8	3153	\$83.00	March 11 - March 21, 2024
Swimmer 4								
Swimmer 4	6-12 years	Mon-Thu	3:35 PM	45m	8	3146	\$83.00	March 11 - March 21, 2024
Swimmer 5								
Swimmer 5	6-12 years	Mon-Thu	4:25 PM	45m	8	3147	\$83.00	March 11 - March 21, 2024
Swimmer 5/6	6-12 years	Mon-Thu	4:45 PM	45m	8	3157	\$83.00	March 11 - March 21, 2024
March Break Camp								
March Break Camp	7-12 years	Mon	8:00 AM	9h	5	3138	\$300.50	March 11 - March 15, 2024
March Break Camp	7-12 years	Mon	8:00 AM	9h	5	3144	\$300.50	March 18 - March 22, 2024
PD Judo Multisport camp								
PD Judo Multisport Day Camp	6-12 years	Fri	8:00 AM	9h	1	2778	\$65.00	March 8 - March 8, 2024

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	Floater
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