

Fall Lessons 2026

Saturday Oct 17th – Dec 5th, Sunday Oct 18th – Dec 6th, Tues Oct 20th – Dec 8th, Thurs 21st – Dec 9th

PRESCHOOL LEVELS AND TIMES

Program	Description	Tuesday	Thursday	Saturday	Sunday
Parent and Tot Infant (4 – 12 months)	Designed for 4 months to 3 years to help them learn to enjoy the water with a parent. 30-minute classes	4:00pm	9:00am		
Parent and Tot Toddler (1-3yrs)	Designed for 12 months to 3 yrs to help them learn to enjoy the water with a parent. 30-minute classes	6:05pm	9:30am	9:00am	
NEW* Otter - Into to Preschool (3-5 years)	Designed for 3 years to 5 years to help them learn to enjoy the water with a parent for the first 4 weeks then with instructor. This is the same program as Pre 1 only with a parent. If your child is comfortable with an instructor, they should register for Pre 1. 30-minute classes	6:35pm			
Duck - Preschool 1 (3-5 years)	These preschoolers will float and glide on their front and back, learn to get their face wet and blow bubbles underwater no parents. 30-minute classes	4:30pm 5:05pm	10:05am	10:05am 10:35am	5:30pm
Loon - Preschool 2 (3-5 years)	These preschoolers will learn to jump into chest deep water by themselves and get in and out of the water wearing a lifejacket. They will submerge and exhale underwater. While wearing a lifejacket they will glide on their front and back. 30-minute classes	4:30pm 5:00pm	10:45am	9:30am 12:00pm 10:35am	4:00pm 6:00pm
Beaver - Preschool 3 (3-5 years)	In this class they will try jumping into deep water while wearing a lifejacket. They will recover objects from the bottom of the pool in waist-deep water. They will work on kicking and gliding through the water on their front, back 3m with an aid. 30-minute classes	4:30pm 5:00pm 5:40pm	11:15am	9:30am 10:00am 10:35am	4:30pm
Frog - Preschool 4 (3-5 years)	Preschoolers will learn to do kneeling dives into deep water and get out by themselves. They'll master gliding on front, back and side without an aid. They will flutter kick on front and back 5m. Introduction of side glide with an aid and treading water without. 30-minute classes		11:20am		

Seal - Preschool 5 (3-5 years)	Advanced preschoolers will practice seated dives, jumping and rolling into deep water and returning unassisted. They will build confidence with treading water and recover objects from the deep end. They will swim on their front and back 5m as well as Interval training 4X5m flutter kick with 30sec rest. This class will sometimes swim in the main pool. 30-minute classes	5:35pm			
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- **Parents are only required in Parent and Tot and Preschool Prep.**

	SWIMMER LEVELS AND TIMES				
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Program	Description	Tuesday	Thursday	Saturday	Sunday
NEW * Intro to Swimmer (6 years & up)	This is an introductory level to swimming lessons for those new to swim lessons. These beginners will learn to enter and exit shallow water and jump into chest deep water. They will practise putting their face in the water and exhaling. They will work on floats, glides and treading water with a PFD. 30-minute classes				6:10pm
Swimmer 1 (6 years & up)	These beginners will become comfortable jumping into the water with and without a lifejacket. They will learn to open their eyes, exhale and hold their breath underwater. They will work on floats, glides and kicking through the water on their front and back. 30-minute classes	5:45pm 6:15pm	9:35am	9:30am 10:05am 11:40am	4:45pm
Swimmer 2 (6 years & up)	These beginners will jump into deep water return and exit as well as recover objects from bottom. They will be able to support themselves at the surface without an aid, learn whip kick, swim 5 m on their front and back and be introduced to flutter kick on side for 10m. 30-minute classes	7:30pm	2/3: 10:40am	9:00am 11:05am	5:40pm
Swimmer 3 updated (6 years & up)	These advanced beginners will do kneeling dives and learn to be comfortable falling sideways into the water wearing a lifejacket. They will be able to support themselves at the surface without an aid, become more proficient in whip kick, swim 10 m on their front and back and be introduced to flutter kick interval training (4 x 5 m). 30-minute classes	6:45pm	2/3: 10:40am	9:00am 10:35am	5:00pm
Swimmer 4 updated (6 years & up)	These junior swimmers do seated dives, in-water front somersaults, and handstands. They will work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 10 m with 20sec rest. 30-minute classes	6:15pm	8:55am	10:00am 11:15am	4:00pm
Swimmer 5 updated (6 years & up)	These junior swimmers will dive, do forward roll entry and surface support 30sec. They will work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training 4 x 15 m with 20 sec rest. 45-minute classes	6:45pm	10:10am	10:50am	

Swimmer 6 updated (8 years & up)	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the breaststroke 10m, stationary eggbeater and they will cap it all off with front crawl sprints 25 m and 4 x 25 m front or back crawl interval training 20sec rest. 45-minute classes	7:30pm			
Swimmer 7 updated (8 years & up)	These swimmers will master shallow dives, cannonball entries, eggbeater 30sec, and deep end in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m, as well learn head up front crawl 10m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke 30sec rest. 45-minute classes			11:05am	
Swimmer 8 updated (9 years & up)	These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, eggbeater and scissor kick 15m. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll build endurance in the 300 m workout. 45-minute classes	7:10pm			

ADVANCED LEVELS AND TIMES

Program	Description	Tuesday	Thursday	Saturday	Sunday
Rookie/Ranger Patrol Swimmer 9/10	Swimmers develop better strokes over 50/75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. For Sw 7 First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims. Fitness improves in 350 m workouts and 100 m timed swims. Sw 8 First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. 1-hour classes				3:00pm
NEW *Intro to Lifesaving (12yrs plus)	This course is designed for anyone interested in learning more about lifesaving or reigniting their passion for water safety. Participants should have successfully completed New Sw 6 or old Sw 4, be assessed OR be a minimum of 12yrs of age. Next steps after successful completion: Swim Patrol OR Bronze Med. 1-hour classes				3:00pm

- Adult Learn to Swim Lessons will be on Sundays at 4:00pm.
- Subject to change based on staff availability.