

Preschool Summer Schedule

July 20 – July 30, 2026
Monday through Thursday
No make up classes

Parent and Tot Infant (3-12 months)

Play, explore and have fun in the water to help your infant increase comfort in the water with you guiding the way.

3:20-3:50pm

Parent and Tot Toddler (1-3 years)

Play, explore and have fun in the water to help them learn to enjoy the water with a parent.

4:55-5:25pm

Otter Intro Preschool 1 (3-5 years)

Preschoolers will learn the skills in Preschool 1 with their parents in the water for the first 4 weeks and then transition to the instructor. Parents needed to be in bathing attire.

2:45-3:15pm

Duck Preschool 1 (3-5 years)

Preschoolers will float and glide on their front and back, learn to get their face wet and blow bubbles underwater, No parent required.

2:45-3:15pm / 4:20-4:50pm

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.

3:50-4:20pm / 4:05-4:35pm / 4:20-4:50pm

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 and back.

3:50-4:20pm / 4:25-4:55pm / 4:35-5:05pm

Frog Preschool 4 (3-5 years)

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes

underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

3:55-4:25pm

Seal Preschool 5 (3-5 years)

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and whip kick.

6:05-6:35pm

Swimmer Summer Schedule

July 21- July 31, 2026

Monday through Thursday

No make up classes

Swimmer 1 (6 - 10 years)

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.

3:15-3:45pm / 6:00-6:30pm

Swimmer 2 (6 - 12 years)

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.

5:00-5:30pm / 5:30-6:00pm

Swimmer 3 (6 - 12 years)

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)

5:30-6:00pm / 6:30-7:00pm

Swimmer 4 (6 - 12 years)

These junior swimmers do kneeling 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.

3:15-3:45pm / 5:05-5:35pm

Swimmer 5 (6 - 12 years)

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.

5:00-5:45pm

Swimmer 6 (8 years and 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.

5:45-6:30pm

Swimmer 7 (8 years and 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

5:50-6:35pm

Swimmer 8 (9 years and 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.

6:40-7:25pm

Swim Patrol Summer Schedule

July 21 – July 3, 2026

Monday through Thursday

No make up classes

Swimmer 9/10 Rookie/Ranger (10 years and up)

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 9 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 10 First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

5:55-6:55pm

Swimmer 11 Star (10 years and up)

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

7:00-8:00pm