

# Fall Lessons 2024

Tuesday Oct 15- Dec 3, Sat Oct 19- Dec 7 and Sun Oct 20- Dec 8

8 week session with make up classes week of Dec 9-15 if required due to facility/staff closures

## PRESCHOOL LEVELS AND TIMES

### Parent and Tot 1 (4 months – 12 months)

Designed for 4 months to 3 years to help them learn to enjoy the water **with a parent**. 30 min classes

Tuesday  
9:30am

### Parent and Tot 2 (12 – 24 months)

Designed for 12 months to 24 months to help them learn to enjoy the water **with a parent**. 30 min classes

Tuesday  
10:00am  
6:35pm

Saturday  
9:00am

### Parent and Tot 3 (2-3 years)

Designed for 2 years to 3 years to help them learn to enjoy the water **with a parent**. 30 min classes

Tuesday  
4:00pm

### 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 **parents optional**. 30 min classes

Tuesday  
10:35am  
11:05am  
4:30pm  
5:05pm

Saturday  
10:05am  
10:50am  
11:20am

### 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 min classes

Tuesday  
11:40am  
4:30pm  
5:00pm

Saturday  
9:30am  
10:35am  
12:00pm

Sunday  
4:00pm  
6:00pm

### 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. 30 min classes

Tuesday  
10:35am  
4:30pm  
5:00pm  
5:35pm  
6:05pm

Saturday  
9:30am  
10:00am  
10:35am

Sunday  
4:30pm

### 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 (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.

Tuesday  
11:40am  
5:35pm  
Pre 4/5  
6:05pm

Sunday  
Pre 4/5  
5:30pm

- Parents are only required in Parent and Tot with the option in Preschool 1.

## SWIMMER LEVELS AND TIMES

<p><b>Swimmer 1 (6 years &amp; up 30 min)</b></p> <p>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.</p>	<p><b>Tuesday</b> 9:30am 5:35pm 6:05pm</p>	<p><b>Saturday</b> 9:30am 10:05am 11:40am</p>	<p><b>Sunday</b> 4:45pm</p>
<p><b>Swimmer 2 (6 years &amp; up 30 min)</b></p> <p>These advanced beginners will jump into deeper water 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, learn whip kick, swim 10 m on their front and back and be introduced to flutter kick interval training (4 x 5 m)</p>	<p><b>Tuesday</b> 11:05am 6:10pm 6:35pm</p>	<p><b>Saturday</b> 9:00am 9:30am 11:05am</p>	<p><b>Sunday</b> 5:40pm</p>
<p><b>Swimmer 3 (6 years &amp; up 30 min)</b></p> <p>These junior swimmers will dive, do 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 15 m.</p>	<p><b>Tuesday</b> 10:00am 7:25pm</p>	<p><b>Saturday</b> 9:00am 10:35am</p>	<p><b>Sunday</b> 5:00pm 6:10pm</p>
<p><b>Swimmer 4 (8 years &amp; up 45 min)</b></p> <p>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 completion of the Canadian Swim to Survive® Standard. They will cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.</p>	<p><b>Tuesday</b> 6:40pm</p>	<p><b>Saturday</b> 10:00am 11:15am</p>	<p><b>Sunday</b> 4:00pm 6:30pm</p>
<p><b>Swimmer 5 (8 years &amp; up 45min)</b></p> <p>These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. 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.</p>	<p><b>Tuesday</b> 7:45pm</p>		
<p><b>Swimmer 5/6 (8 years &amp; up 45 min)</b></p> <p>In Swimmer 5 swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Following that, they will 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.</p>		<p><b>Saturday</b> 11:05am</p>	

<p>In Swimmer 6 they will work on the above items and stride entries, compact jumps and scissor kick. They will develop strength and power in head-up breaststroke sprints over 25 m. They will easily swim lengths of front crawl, back crawl, and breaststroke, and complete the 300 m workout.</p>			
<p><b>Swimmer 6 (9 years &amp; up 45min)</b>          These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. 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 complain about the 300 m workout.</p>	<p><b>Tuesday</b> 8:00pm</p>		
<p><b>Swimmer 7 Rookie/ 8 Ranger (10 years &amp; up 60min)</b>          Swimmers continue stroke development with 50 m (75m for Ranger) swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. 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.</p>	<p><b>Tuesday</b> 6:40pm</p>		
<p><b>Swimmer 9 Star (10 years &amp; up 60min)</b>          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.</p>	<p><b>Tuesday</b> 7:45pm</p>		
<ul style="list-style-type: none"> <li>• Subject to change based on staff availability.</li> </ul>			
<ul style="list-style-type: none"> <li>• NEW this FALL Adult Learn to Swim Lessons. Check the website for more details.</li> </ul>			