

# AQUATIC PROGRAMMING DESCRIPTION GUIDE

## PARENT AND TOT

Level	Age	Description	Notes
Parent and Tot 1	4m-12m old	These levels introduce parents to basic water safety, and helps infants adjust to being in the water. Classes include lots of singing, splashes, and interacting with other infants. Only one parent per infant.	These classes are frequently offered as a split class because they are very similar in content.
Parent and Tot 2	12m-24m old	This is a continuation of P&T 1. Tots are now being "passed over" to the instructor a bit more, and are encouraged more to wear a PFD, and to put their face in the water.	
Parent and Tot 3	2-3 years old	Parents help their child become more comfortable in the water, and continue to practice skills. Milestones include attempting floats with assistance, attempting to put their face in the water, and kicking.	This level is used as an eventual transition to Preschool classes. If a 3-year-old is not ready to go into the preschool level, this level is recommended to help transition between modules.

*These levels are age based, not skill based. If doing back to back sessions, parents should be advised that it is recommended to repeat the level that matches with age. The youngest they can be to start swimming lessons is 4 months. It is also recommended that they be able to hold their head up.*

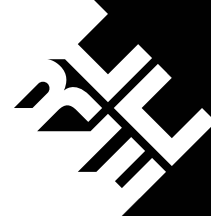
## PRESCHOOL

Level	Age	Description	Notes
Preschool 1	3-5 years old	Participants in this level receive an introduction to basic water skills such as blowing bubbles, moving around in the water, and wearing a PFD. This level completely takes place in shallow water.	This level is a very gentle introduction to swimming lessons for this age group.
Preschool 2	3-5 years old	Participants in this level begin to attempt floats and glides unassisted while wearing a PFD. Milestones include putting their <b>entire face</b> in the water, and attempting to open their eyes under water.	Should be 100% comfortable with being in the water without a parent before attempting level. If not, repeating PS 1 is the best option.
Preschool 3	3-5 years old	Participants in this level begin to practice their floats and glides <b>without assistance</b> . Items introduced in this level include deep water entries with a PFD, treading water, and rhythmic breathing.	This is a very difficult level. It is normal for kids to redo this level multiple times, and age out into swimmer levels before completing.
Preschool 4	3-5 years old	Swimmers continue to develop their swimming skills by being introduced to swimming in deep water. They practice swimming unassisted up to 7m on their front and back, and are introduced to front crawl.	Note that all registrants in this level are expected to be able to float on their front and back without any assistance for 3 seconds, and to glide 3 meters on their front and back prior to attempting this level. No assistance means no lifejacket, flotation device, or help from the instructor.
Preschool 5	3-5 years old	After <b>mastering the essential skills of floating, gliding, kicking, and swimming unassisted up to 7m</b> , swimmers are now introduced to the basics of front and back crawl. Other milestones include treading water for 10 seconds, vertical whip kick, and submerging while holding their breath for 5 seconds.	Same notes as PS 4. If this level is successfully completed and they are 5 years old, advice Swimmer 2.

*When in doubt, level down. An instructor can accommodate an advanced student in their class, and it is very easy to do so in these levels. Doing the opposite is very difficult, and will often result in a very negative experience for all.*

**ONLINE REGISTRATION: [www.ratheastlinkcommunitycentre.ca/programs/swim-lessons](http://www.ratheastlinkcommunitycentre.ca/programs/swim-lessons)**

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# AQUATIC PROGRAMMING

## DESCRIPTION GUIDE

### SWIMMER 1 - 3

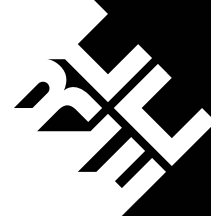
Level	Age	Description	Notes
Swimmer 1 (B&A)	5* to 12 years old	<p>Swimmer 1: Swimmer 1A and 1B are the same level. If your child has done lessons before and is confident in the water, register for Swimmer 1 Advanced. If your child is more timid around the water, register for Swimmer 1B.</p> <p>For school aged children. This level introduces swimmers to completing floats and glides without assistance. Milestones include swimming with their face in the water, and jumping into chest deep water unassisted.</p>	<p>B = beginner. This means that the kids who register in the beginner level are in a class with other kids that are just starting.</p> <p>A = advanced. This means they have either done lessons before, or are super confident in the water.</p> <p>It is important to register for the correct class because the advanced kids do not mix well with the beginner kids.</p>
Swimmer 2	5* to 12 years old	Swimmers in this level continue to develop their confidence in the water by swimming farther distances in the water. Milestones include swimming on their front and back for 10m at a time, and swimming in deep water with a PFD.	Registrants <b>MUST</b> be able to float on their front and back for 5 seconds, and be able to swim 5 meters on their front and backs prior to registering for this level.
Swimmer 3	6 to 12 years old	Swimmers in this level continue to develop their confidence in the water by spending more time in the deep water. Milestones include jumping into deep water, swimming 15m at a time, and treading water in deep water for 30 seconds.	Over half of this level will take place in the competition pool. Repeat swimmer 2 if still scared of deep water.

- If a 5 year old is registering for these levels, that means they have either completed Preschool 4 (sw 1) or 5 (sw 2), or have started school.
- Physical development also plays a factor in completing these levels. It is normal for a child to get stuck on one of these levels for multiple sessions. This is due to physical items that focus on building endurance.
- When in doubt, level down.
- While these levels are designed for ages 5-12, the average age is 6-9. If the older kids are not okay with this, recommend registering for a private lesson.

### SWIMMER 4 - 6

Level	Age	Description	Notes
Swimmer 4	6-12 years old	In Swimmer 4, participants work to complete the Canadian Swim to Survive Standard of: rolling into the water, treading water for 60 seconds, and swimming two lengths. Swimmers will also be introduced to breaststroke arms, and will swim full lengths of front and back crawl.	This is the first level where kids are swimming full lengths at a time. It is a difficult adjustment for them.
Swimmer 5	6-12 years old	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.	Hardest item in this level is breaststroke. Endurance is also a big item in this level.
Swimmer 6	6-12 years old	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.	Frequently combined with swimmer 5 as the content is similar. Swimmer 6 has longer distances than Swimmer 5.

- It is normal for some of the younger registrants to struggle with keeping up with the older and stronger swimmers.
- While some kids do swim slower than others, this doesn't necessarily mean they aren't successfully completing the required items in the level.
- If a child has taken one of these levels before, and voiced concerns with "not keeping up" or struggling with endurance, then recommend a private lesson. It would be better for their confidence in the long run



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## SWIMMER 7 - 9

Ages recommended are 7-13, but could be younger or older. There isn't a defined age range, but the average range is 7-13 years old.

These levels are frequently combined because of the content. Registrants can expect a mix of first aid skills, swim fitness, and are introduced to lifesaving rescue techniques. Since there is more than just swimming lengths in these levels, it is a great option for the kids that are "bored" of swimming lessons

*\*These levels require group/partnered work, therefore private lessons for these levels is not recommended\**

## PRIVATE LESSONS

Private lessons are tailored to the skills that swimmers would like to develop. Private lessons are also available as a semi-private lesson for two swimmers who are no more than one level apart.

*For all private lessons, registrants must at least be 4 years old. Private lessons are also available for adults*

## ADULT LESSONS (16+)

Level	Description	Notes
Adult 1	For new swimmers, following the Lifesaving Society standards for safety in adult swim instruction. Lessons will focus on basic swim techniques such as floating and gliding to build swimming stroke technique. There will be an introduction to deep water while wearing a PFD.	This level is recommended if participants are not comfortable with getting their face wet, cannot float, and are extremely cautious when getting in the water.
Adult 2	For adults with basic floating/ gliding technique and comfortable learning in shallow or deep water. Following the Lifesaving Society standards for Swim to Survive, the focus will be on developing swimming techniques for front crawl, back crawl and breaststroke over 25 meters (1 length of the pool).	This level is recommended for participants that are comfortable in shallow water, but are not able to swim in deep water. Front and back crawl are introduced, and time will be spent working up to a 25m distance per stroke.
Adult 3	Adult swimmers will be introduced to new items: stride entries, compact jumps, and egg beater. Swimmers will continue to develop their strokes and lifesaving kicks. Milestones include swimming 25-50m of each stroke, and completing a 300m swim workout.	Recommend for those who are confident in deep water, and can already swim at least a full pool length with any stroke. Techniques for front, back, and breaststroke will be learned and practiced throughout the level.

## AQUAGO!

Level	Age	Description	Notes
AquaGo! 3/4	5-9 years old	AquaGO! Is a nationwide program for children between the ages of 5 to 9 years old. Certified instructors will introduce children to the swimming skills necessary for artistic swimming in a safe, fun and welcoming environment.	Must have completed Swimmer 2 or equivalent
AquaGo! 5/6	5-9 years old	AquaGO! Is a nationwide program for children between the ages of 5 to 9 years old. Certified instructors will introduce children to the swimming skills necessary for artistic swimming in a safe, fun and welcoming environment.	Must have completed Swimmer 4 or equivalent

These levels teach the fundamental skills for Artistic swimming.

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### JR LIFEGUARDS

More action, more options, more fun! The Junior Lifeguard Club offers a unique aquatic alternative for those kids who love the water and who want more than your average swimming lesson. The Junior Lifeguard Club keeps kids interested and active in aquatics - especially quick learners and those caught between levels. It is perfect for youth who thrive in an energetic learning environment. Recommend to have completed swimmer 5 or equivalent.

Swimmers learn a combination of rescue skills, first aid, and swim fitness. This is a good alternative to Swimmer 7/8/9, or for those who are too young for other aquatic leadership course

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