

# SWIMMING LESSONS

SWIM FOR LIFE SWIM EDUCATION by LIFESAVING SOCIETY



## SWIMMING LESSONS FAQ

### **What is the difference between Swimmer 1A and Swimmer 1B?**

Swimmer 1 Beginner is for participants who have never completed a session of swimming lessons, or are timid in the water. Swimmer 1 Advanced is for participants who have confidence in the water, but need more practice on skills. Both Swimmer 1A&B follow the same lesson criteria, just with slightly different focuses.

### **My child was last in Preschool 3 or 4, but is now aged out of the program. What level should they register for?**

They should be registered in Swimmer 1A.

### **My child completed Preschool 5. What level should they register in next?**

They should register in Swimmer 2.

### **I don't remember what level my child last completed. How can I find out?**

When a child completes a session of swimming lessons, their instructor indicates on their progress card which level to register for in the next session. Alternatively, you may call our Welcome Desk at 902-893-2224.

### **My child hasn't taken lessons for years and they are now too old to participate in the level last recommendation. How do I know which level to register for?**

Our Welcome Desk Staff are able to assist you in choosing the correct level to register by providing a general summary of our programs. For more specific inquiries, reach out to our Aquatic & Youth Program Supervisor Mallori at [aquatics@ratheastlinkcc.ca](mailto:aquatics@ratheastlinkcc.ca).

### **Can I watch my child's swimming lesson?**

Yes. Parents and guardians may use the viewing area, deck, or upstairs. Space on deck is limited. We recommend parents who have children in Swimmer 4 and up use the upper viewing area when possible. **\*Note: No electronics are permitted on deck.**

### **Do you offer private lessons?**

Yes! Private lessons are available for children ages 4 and up. Semi-private lessons are also available for children who are no more than **one** level part.

### **Do you offer lessons for Adults?**

We offer adult swim lessons for anyone 16 years and older. Have you heard about our Masters Swim Club? Masters is a drop in lane swim club for adults who are already able to swim one full length (25 meters) of the pool. On Tuesday and Thursday evenings 7:00 pm to 8:00 pm and on Sundays from 10:00 am to 11:00 am, join Coach Marya for a swim workout. Workouts are designed for advanced, intermediate, and athlon swimmers. There is also a workout designed for those who have little to no experience with swim workouts, or are returning from a prolonged break.

**Questions regarding adult swimming lessons may be directed to our Aquatics & Youth Program Supervisor Mallori [aquatics@ratheastlinkcc.ca](mailto:aquatics@ratheastlinkcc.ca)**

# RECC SWIM FOR LIFE AQUATIC REGISTRATION

IF YOUR CHILD...

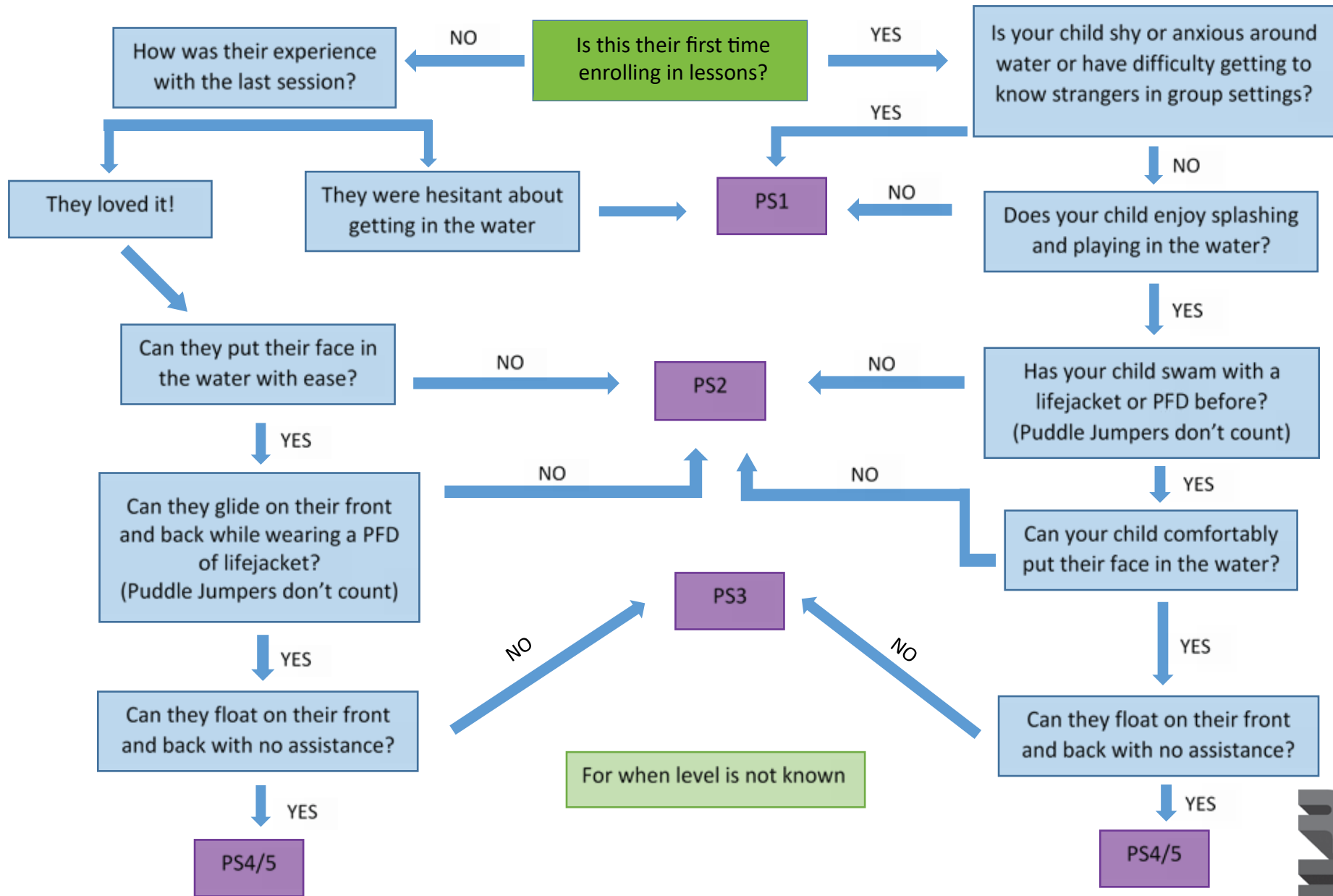
REGISTER IN:

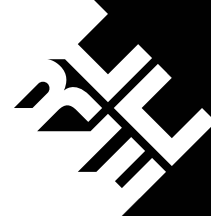
PREVIOUS RED CROSS:

<b>PRESCHOOL PROGRAMS</b>	Is <b>4-12 months</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 1</b>	Starfish
	Is <b>1-2 years</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 2</b>	Duck
	Is <b>2-3 years</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 3</b>	Sea Turtle (parented)
	Is <b>3-5 years</b> and just starting out on his/her own	<b>PRESCHOOL 1</b>	Sea Turtle (unparented) Sea Otter Incomplete
	Is <b>3-5 years</b> and comfortable getting face wet, blowing bubbles, floating and gliding with assistance	<b>PRESCHOOL 2</b>	Sea Otter Complete
	Is <b>3-5 years</b> and can jump into chest deep water, submerge w/exhale underwater, float on front & back assisted for 3 sec.	<b>PRESCHOOL 3</b>	Salamander (complete or not)
	Is <b>3-5 years</b> and can jump into deep water w/lifejacket, recover waist deep objects, hold breath underwater, float, glide, and kick on front and back for 5 metres.	<b>PRESCHOOL 4</b>	Sunfish or Incomplete Crocodile
Is <b>3-5 years</b> and can jump solo into deep water, swim front crawl 5m wearing lifejacket and flutter kick front/back/side	<b>PRESCHOOL 5</b>	Complete Crocodile or Whale	

<b>SWIM FOR LIFE PROGRAMS: AGE 6+</b>	Is <b>6-12 years</b> (or has started school) and is just starting out	<b>SWIMMER 1 B BEGINNER</b>	Swim Kids 1
	Is <b>6-12 years</b> and was unsuccessful in completing Swimmer 1	<b>SWIMMER 1 A ADVANCED</b>	Swim Kids 2 (incomplete)
	Is <b>6-12 years</b> and can jump solo into chest-deep water un-assisted and into deep-water wearing lifejacket; open eyes, hold breath/exhale underwater, float/kick/glide front & back	<b>SWIMMER 2</b>	Swim Kids 2 (complete) Swim Kids 3 (incomplete)
	Is <b>6-12 years</b> and can jump into deep water, do sideways entry wearing lifejacket; support self at surface for 15 sec., do vertical whip kick and swim 10 metres front and back	<b>SWIMMER 3</b>	Swim Kids 3 (complete) Swim Kids 4 (incomplete)
	Is <b>6-12 years</b> and can tread water for 30 sec., do kneeling dives & front somersaults; 10 metre whip kick on back, and swim 15 metres front and back crawl	<b>SWIMMER 4</b>	Swim Kids 4 (complete) Swim Kids 5 (complete or not)
	Is <b>6-12 years</b> and can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 metres); dive, swim underwater, 15 metre whip kick on front; breast stroke arms w/breathing; and swim front/back crawl 25m	<b>SWIMMER 5</b>	Swim Kids 6 (complete or not) Swim Kids 7 (incomplete)
	Is <b>6-12 years</b> and can do shallow dives & cannonballs; egg beater & scissor kick; swim 50 metres front/back crawl; breaststroke for 25 metres; sprint 25 metres; interval training 4 x 50 metres.	<b>SWIMMER 6</b>	Swim Kids 7
	Is <b>6-12 years</b> and can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 metres breast stroke; swim 100 metres of front/back crawl and 300 metre workout	<b>SWIMMER 7</b>	Swim Kids 8
	Successful completion Swimmer 7	<b>SWIMMER 8</b>	Swim Kids 9
	Successful completion Swimmer 8	<b>SWIMMER 9</b>	Swim Kids 10

# PRESCHOOL REGISTRATION FLOW CHART





# AQUATIC PROGRAMMING DESCRIPTION GUIDE

## PARENT AND TOT

Parent and Tot 1	4m-12m old	These levels introduce parents to basic water safety, and help 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 Parent and Tot 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.

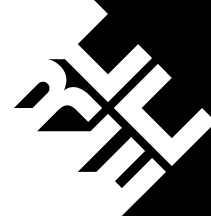
## PRESCHOOL

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 Preschool 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 7 meters 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 7 meters</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 Preschool 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

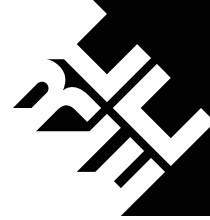
Level	Age	Description	Notes
Swimmer 1 (B&A)	5* to 12 years old	Swimmer 1 Beginner: Swimmer 1A and 1B are the same level. If your child has done lessons before and is confident in the water, register for Swimmer 1 Advanced. If your child is more timid around the water, register for Swimmer 1B.  For school 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.	B = beginner. This means that the kids who register in the beginner level are in a class with other kids that are just starting.  A = advanced. This means they have either done lessons before, or are super confident in the water.  It is important to register for the correct class because the advanced kids do not mix well with the beginner kids.
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 10 meters 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 15 meters 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 (Swimmer 1) or Preschool 5 (Swimmer 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

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 meters, swims of each, and breaststroke over 25 meters. Then they'll pick up the pace in 25 meter sprints and two interval training bouts: 4 x 50 meters front or back crawl; and 4 x 15 meters breaststroke.	The hardest item in this level is breaststroke. Endurance is also a big item at 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 meters. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complete about the 300 meters 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.



# AQUATIC PROGRAMMING

## DESCRIPTION GUIDE

### 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 OR SEMI-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.

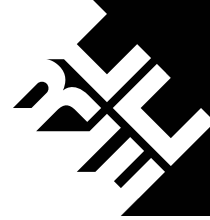
**For all private lessons, registrants must at least be 4 years old. Private lessons are also available for adults. NOT RECOMMENDED FOR LEVEL 7, 8 & 9.**

### ADULT LESSONS (16+) \*HST applicable

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 25 meters distance per stroke.
Adult 3	Adult swimmers will be introduced to new items: stride entries, compact jumps, and egg beaters. Swimmers will continue to develop their strokes and lifesaving kicks. Milestones include swimming 25-50 meters of each stroke, and completing a 300 meters swim workout.	Recommended 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.

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# AQUATIC PROGRAMMING

## DESCRIPTION GUIDE

### AQUAGO!

Level	Age	Description	Notes
AquaGo! 1/2	6-9 years old	AquaGO! Will introduce young swimmers to the exciting world of synchronized swimming! Swimmers in this class will enjoy aquatic games and activities, as well as learning basic synchronized swimming skills, and physical fitness. This level is for new, and returning AquaGo! participants who are comfortable in the water.	Swimmers must be 6-9 years old, and be able to float comfortably unassisted on their front and back. Completion of Preschool 4 or Swimmer 1 is strongly recommended.
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.

### 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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