

SWIMMING LESSONS

SWIM FOR LIFE SWIM EDUCATION by LIFESAVING SOCIETY



SWIMMING LESSONS SPRING 2022 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 Aquatics Supervisor at jphillips@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?

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 (25m) of the pool. On Tuesday and Thursday evening 8:00-9:00, join Coach Jess 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 Supervisor
jphillips@ratheastlinkcc.ca

RECC SWIM FOR LIFE AQUATIC REGISTRATION

IF YOUR CHILD...

REGISTER IN:

PREVIOUS RED CROSS:

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

SWIM FOR LIFE PROGRAMS: AGE 6+	Is 6-12 years (or has started school) and is just starting out	SWIMMER 1 B BEGINNER	Swim Kids 1
	Is 6-12 years and was unsuccessful in completing Swimmer 1	SWIMMER 1 A ADVANCED	Swim Kids 2 (incomplete)
	Is 6-12 years 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	SWIMMER 2	Swim Kids 2 (complete) Swim Kids 3 (incomplete)
	Is 6-12 years 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	SWIMMER 3	Swim Kids 3 (complete) Swim Kids 4 (incomplete)
	Is 6-12 years 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	SWIMMER 4	Swim Kids 4 (complete) Swim Kids 5 (complete or not)
	Is 6-12 years 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	SWIMMER 5	Swim Kids 6 (complete or not) Swim Kids 7 (incomplete)
	Is 6-12 years 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.	SWIMMER 6	Swim Kids 7
	Is 6-12 years 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	SWIMMER 7	Swim Kids 8
	Successful completion Swimmer 7	SWIMMER 8	Swim Kids 9
	Successful completion Swimmer 8	SWIMMER 9	Swim Kids 10

PRESCHOOL REGISTRATION FLOW CHART

