

Aquatics

Lil' Dippers Program

Orient preschoolers and the adults who accompany them to a wide range of water activities, while setting a foundation for swimming which is a critical life skill.

Splashers, Bubblers Age: 0-2Y (Parent Participation)

Learn how to be safe and have fun in the aquatic environment with your young child. They will work to grow their comfort and confidence to thrive and prepare for their independent swim lessons.

Preschool 3Y-5Y

Bobbers: Bobs and floats assisted, hold wall, kick and blow bubbles. *(Parent Participation Optional)*

Floater: Front and back floats, bobs unassisted. *(Parent Participation Optional)*

Gliders: Front/side/back glides, deep water skills, accessing EMS.

Divers: Kicking on front and back for 5m, surface support 10 seconds, boating safety.

Surfers: Surface support for 30 seconds, front and back swim 15m, ice safety.

Dippers: 25m swim, introduction to throwing assists.

Learn to Swim Program (6Y+)

Build positive values, a love for the water, and orient individuals age six and over to fundamental swim skills. Your beginner level swimmer will learn foundational swimming skills that will be applied throughout their future aquatics activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water. They will be competent swimmers on their front and back when they complete Swimmer.

Otter: Front and back glides, submersion.

Seal: Using flutter kick and rolling the body from side to side for streamlined movement through water.

Dolphin: Coordinating arms, legs and breathing for smooth propulsion during front and back crawl.

Swimmer: Front and back crawl stroke standards, treading water for 1 minute and 25m endurance swim.

Learn to Swim Conversion Chart

Age	YMCA	Red Cross	Lifesaving Society
L'il Dippers Parented 3 - 18 months	Splashers Bubblers Bubblers	Starfish Duck Sea Turtle	Parent and Tot 1 Parent and Tot 2 Parent and Tot 3
Lil Dippers 3-5 years old	Bobbers Floater Gliders Divers Surfers Dipper Dipper	Sea Turtle Salamander Salamander Sunfish Crocodile Whale Whale	Preschool A Preschool A Preschool B Preschool B Preschool C Preschool D Preschool D
Learn to Swim 6-12 years old	Otter Seal Dolphin Swimmer Swimmer	Swim Kids 1 Swim Kids 2 Swim Kids 2/3 Swim Kids 4/5 Swim Kids 6	Swimmer 1 Swimmer 2 Swimmer 3 Swimmer 4 Swimmer 5
Star Programs 6-12 years	Star 1 Star 2/3 Star 3/4 Star 5/6 Star 7	Swim Kids 7 Swim Kids 8 Swim Kids 9 Swim Kids 10 Swim Kids 10	Swimmer 6 CSP- Rookie CSP- Ranger CSP- Star Bronze Star

Star Program

Develop the individual, improving swim ability, developing water sport and safety skills, as well as endurance, developing new strokes and exploring leadership skills. Your continuing swimmer will learn elementary backstroke, breaststroke, sidestroke and increase their swimming distance to 350 metres by the end of Star 4.

The optional items give your child opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

Star 1: Whip kick on their back, and 75m endurance swim.

Star 2: Whip kick on their front, eggbeater as surface support and 100m endurance swim.

Star 3: Elementary backstroke, dolphin kick, and 200m endurance swim.

Star 4: Breaststroke, sidestroke, and 350 m endurance swim.

Star Leadership Program

Your competent and confident swimmer will build on their strong aquatic skills to learn to safely help others who are in trouble in the water, basic first aid skills, and to improve their physical fitness. Each level has a component of learning how to teach others.

Star 5: Butterfly, throwing a buoyant aid to a swimmer, create and teach a water game, and 500m endurance swim.

Star 6: First aid, towing someone to safety, demonstrate how to teach a skill, and 600m endurance swim.

Star 7: First aid, teach someone a skill using effective feedback, and 400m in 12 minutes endurance swim.

Adult Swim Lessons (levels 1, 2 & 3):

Adults will work independently at their ability with the guidance of an instructor. This class is great for beginners and intermediates alike.

Private:

Working one on one with an instructor children will be able to have lessons tailored to their individual needs. Contact the aquatics director to register.