



Summer Swimming Lessons

Courtenay & District Memorial Outdoor Pool Summer Lessons				
Level	Session 1 June 29 - July 10 <i>9 classes - no class July 1</i>	Session 2 July 13 - 24 <i>10 classes</i>	Session 3 July 27 - Aug 7 <i>9 classes - no class Aug 3</i>	Session 4 August 10 - 21 <i>10 classes</i>
Parent & Tot <small>Jellyfish, Goldfish & Seahorse</small>	9-9:30 a.m. #18435	11-11:30 a.m. #18436	9-9:30 a.m. #18437	11-11:30 a.m. #18438
Preschool 1 <small>Octopus</small>	9:30-10 a.m. #18439	9:30-10 a.m. #18442	9:30-10 a.m. #18445	9:30-10 a.m. #18447
	10-10:30 a.m. #18440	11-11:30 a.m. #18443	10-10:30 a.m. #18444	10:30-11 a.m. #18448
	11-11:30 a.m. #18441		10:30-11 a.m. #18446	
Preschool 2 <small>Crab</small>	9-9:30 a.m. #18459	9-9:30 a.m. #18453	9-9:30 a.m. #18449	9-9:30 a.m. #18457
	10-10:30 a.m. #18456	9:30-10 a.m. #18452	9:30-10 a.m. #18451	10-10:30 a.m. #18458
	11-11:30 a.m. #18455	10:30-11 a.m. #18454	10:30-11 a.m. #18450	
Preschool 3 <small>Orca</small>	9-9:30 a.m. #18460	9-9:30 a.m. #18463	10-10:30 a.m. #18464	9:30-10 a.m. #18467
	10:30-11 a.m. #18461	9:30-10 a.m. #18462	11-11:30 a.m. #18465	11-11:30 a.m. #18468
Preschool 4/5 <small>Sea lion/Narwhal</small>	9:30-10 a.m. #18469	10-10:30 a.m. #18470	9-9:30 a.m. #18785	9-9:30 a.m. #18786
	11-11:30 a.m. #18472		11-11:30 a.m. #18471	10-10:30 a.m. #18473
Swimmer 1	9-9:30 a.m. #18705	9-9:30 a.m. #18787	9-9:30 a.m. #18710	9-9:30 a.m. #18720
	9:30-10 a.m. #18717	9:30-10 a.m. #18716	9:30-10 a.m. #18718	9:30-10 a.m. #18721
	10-10:30 a.m. #18712	10-10:30 a.m. #18711	10-10:30 a.m. #18709	10-10:30 a.m. #18722
	10-10:30 a.m. #18725	10:30-11 a.m. #18707	10:30-11 a.m. #18708	10:30-11 a.m. #18719
	10:30-11 a.m. #18706	11-11:30 a.m. #18714	11-11:30 a.m. #18715	11-11:30 a.m. #18723
	11-11:30 a.m. #18713			
Swimmer 2	9:30-10 a.m. #18724	9-9:30 a.m. #18727	9-9:30 a.m. #18737	9-9:30 a.m. #18738
	10-10:30 a.m. #18725	9:30-10 a.m. #18728	9:30-10 a.m. #18729	9:30-10 a.m. #18741
	10:30-11 a.m. #18726	10-10:30 a.m. #18731	10-10:30 a.m. #18732	10-10:30 a.m. #18739
	11-11:30 a.m. #18733	10:30-11 a.m. #18736	10:30-11 a.m. #18730	10:30-11 a.m. #18740
		11-11:30 a.m. #18734	11-11:30 a.m. #18735	
Swimmer 3	9:30-10 a.m. #18751	9-9:30 a.m. #18755	10-10:30 a.m. #18745	9-9:30 a.m. #18756
	10-10:30 a.m. #18747	9:30-10 a.m. #18752	10:30-11 a.m. #18749	9:30-10 a.m. #18753
	10:30-11 a.m. #18748	10-10:30 a.m. #18746	11-11:30 a.m. #18744	9:30-10 a.m. #18757
		10:30-11 a.m. #18750		10-10:30 a.m. #18758
			10:30-11 a.m. #18759	
Swimmer 4	9-9:30 a.m. #18761	9-9:30 a.m. #18760	9-9:30 a.m. #18763	9-9:30 a.m. #18766
	10:30-11 a.m. #18764	10-10:30 a.m. #18762	9:30-10 a.m. #18765	9:30-10 a.m. #18767
			11-11:30 a.m. #18768	
Swimmer 5	10-10:45 a.m. #18769	10:45-11:30 a.m. #18770	10-10:45 a.m. #18771	10:45-11:30 a.m. #18772
Swimmer 6	10:45-11:30 a.m. #18775	10-10:45 a.m. #18774	10:45-11:30 a.m. #18773	10-10:45 a.m. #18776
Swimmer 7,8,9	9-10 a.m. #18777	11 a.m. - 12 p.m. #18778		11 a.m. - 12 p.m. #18779
Private Lessons	<i>See page 77 for information on Private Swim Lessons</i>			
Fees	9 classes	10 classes	9 classes	10 classes
Parent & Tot	\$72	\$80	\$72	\$80
Preschool				
Swimmer 1 - 4	\$67.50	\$75	\$67.50	\$75
Swimmer 5 - 6	\$94.50	\$105	\$94.50	\$105
Swimmer 7/8/9	\$108	\$120	\$108	\$120





Program Level Requirements and Equivalency

Level	Previously in Red Cross	Preschool Requirements
Parent & Tot 1 Jellyfish	Starfish	is 4 to 12 months old and ready to learn to enjoy the water with parent.
Parent & Tot 2 Goldfish	Duck	is 12 to 24 months old and ready to learn to enjoy the water with parent.
Parent & Tot 3 Seahorse	Sea Turtle	is 2 to 3 years old and ready to learn to enjoy the water with parent.
Preschool 1 Octopus	Sea Otter	is 3 to 5 years old and just starting out on their own.
Preschool 2 Crab	Salamander	Can get in and out and jump into chest-deep water assisted; float & glide on front & back; blow bubbles & get face wet.
Preschool 3 Orca	Sunfish	Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide & kick on front & back.
Preschool 4 Sea Lion	Crocodile	Can jump into deep water, return & exit, sideways entry, tread water 10 seconds, wearing PFD. Open eyes underwater, recover object from bottom in chest deep water.
Preschool 5 Narwhal	Whale	Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side.



Swim for Life is a complete learn-to-swim program that offers programs for parent & tots, preschoolers and school aged children. Easy to follow and progress through, Swim for Life leads seamlessly into the Lifesaving Society's lifesaving and lifeguard training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

Important Swim Lesson Information:

- Please ensure you shower prior to entering the water
- If you/your child gets cold easily you may want to wait until just before the start of the lesson to get wet
- Be aware that multiple lessons take place at the same time so the pool will be busy
- We recommend that if you have questions about your child's lessons, please wait until the lesson is over to ask



Program Level Requirements and Equivalency

Level	Previously in Red Cross	Requirements
Swimmer 1	Kids Level 1	Is 5 to 12 years and just starting out.
Swimmer 2	Kids Level 2	Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float kick and glide on front and back.
Swimmer 3	Kids Level 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back.
Swimmer 4	Kids Level 4 Kids Level 5	Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.
Swimmer 5	Kids Level 6	Can complete the Canadian Swim to Survive Standard; Roll - Tread (1 min.) - Swim (50m); dive; swim underwater; 15m ship kick on front; breaststroke arms with breathing; and swim front and back crawl 25m.
Swimmer 6	Kids Level 7	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; spring 25m interval training 4 x 50m.
Swimmer 7 Rookie Patrol	Kids Level 8	Can do stride entries and compact jumps; legs only surface support for 45 sec.; spring 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout.
Swimmer 8 Ranger Patrol	Kids Level 9	Preferred successful completion - Swimmer 7/Rookie Patrol
Swimmer 9 Star Patrol	Kids Level 10	Preferred successful completion - Swimmer 8/Star Patrol



Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level

