

# 54 Swimming Lesson & Program Descriptions

## PRESCHOOL PROGRAMS

### Starfish (4-18mths)

An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. One parent per child only.

### Duck (18-30mths)

Toddlers build confidence while enjoying the water through games, songs and active water play. One parent per child only.

### Sea Turtle:

Sea Turtle is where preschoolers who have not previously taken swimming lessons enter the swim program. This level develops skills in floating, glides and swimming and builds awareness of deep water and safe entries. There are two options for parents:

#### Sea Turtle - Parented (30mths-5yrs)

In this program, the parent/caregiver actively participates with their child for the duration of the program. One parent per child only.

#### Sea Turtle - Transitional (3yrs-5yrs)

In this transitional program, parents can gradually transfer the care of their child to the instructor.

### Salamander (3-5yrs) 🍁

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.

### Sunfish (3-5yrs) 🍁

Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.

### Crocodile/Whale (3-5yrs) 🍁

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims.

🍁 Eligible program for the Children's Fitness Tax Credit. See page 9 for details.

## SWIM KIDS PROGRAMS

### Swim Kids Level 1 (6-13yrs) 🍁

This entry level provides an orientation to the water and the pool area and introduces floats and glides with kicks.

### Swim Kids Level 2 (6-13yrs) 🍁

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and endurance is built on flutter kicking with assisted glides.

### Swim Kids Level 3 (6-13yrs) 🍁

This level provides an introduction to front crawl. Diving is introduced (depending on facility depths) and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

### Swim Kids Level 4 (6-13yrs) 🍁

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and endurance is built through a 25-metre swim.

### Swim Kids Level 5 (6-13yrs) 🍁

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives (depending on facility depths) and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

### Swim Kids Level 6 (6-13yrs) 🍁

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, throwing assists, treading water and the front dive (depending on facility depths). Endurance is built through a 75-metre swim.

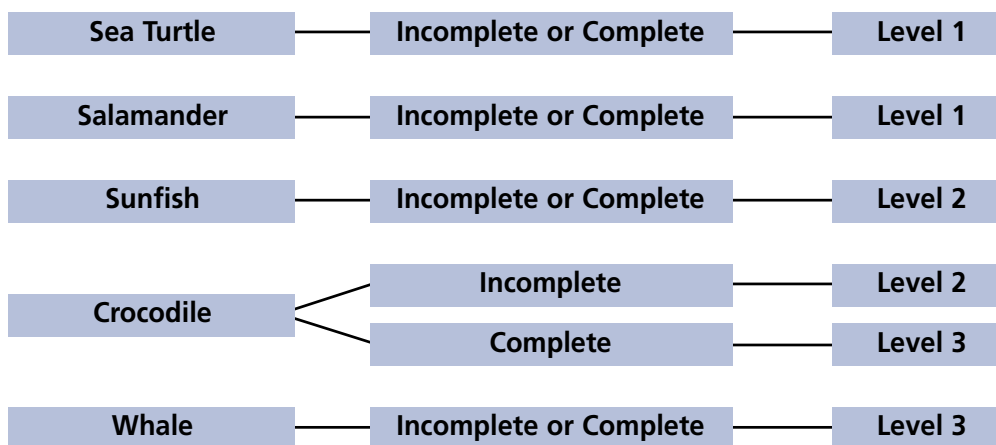
### Swim Kids-Level 7/8 (6-13yrs) 🍁

Level 7/8 continues to build skills and endurance for front crawl, back crawl and elementary entry back stroke. These levels introduce whip kick and breaststroke. Endurance is built through treading water and a distance swim.

### Swim Kids Level 9/10 (6-13yrs) 🍁

Further refinement of skills with an introduction to butterfly and scissor kick. Children will learn rescue from the ice, head-first surface dives and standing dives (depending on facility depths). Endurance is built through a 400-metre and 500-metre swim.

## Transitions from Preschool program to Swim Kids program



**Still not sure what level to register in?**

Assessments and water screenings are available at all pools. Please contact an Aquatic Program Coordinator to arrange to have your child's swimming ability assessed. Facility contact information is available on page 10. Swim tests are not available during family swims at Legends Centre.