

# Specialty Courses for Children & Youth **Swimming** 67

## Canadian Swim Patrol - Ranger

The Canadian Swim Patrol is the on-ramp to lifeguarding for 8 - 12 year olds who are ready to go beyond swim lessons. Ranger Patrol features a time 200m swim, 100m fitness medley and support/carry a 5-lbs weight. Content is challenging but achievable with effort. Skills drills enhance capability in the water including a non-contact rescue.

Civic Recreation Complex  
8-12yrs

Day	Start	Time	Code	Fee
Thu	Oct 6	6:30pm - 7:15pm	167289	\$78.50
Thu	Jan 12	6:30pm - 7:15pm	167614	\$70.65

## Canadian Swim Patrol - Rookie

The Canadian Swim Patrol is the on-ramp to lifeguarding for 8 - 12 year olds who are ready to go beyond swim lessons. Rookie Patrol features a timed 100m swim, 350m workouts and swim with clothes. A work-hard play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour.

Civic Recreation Complex  
8-12yrs

Day	Start	Time	Code	Fee
Thu	Oct 6	6:30pm - 7:15pm	167287	\$78.50
Thu	Jan 12	6:30pm - 7:15pm	167613	\$70.65

## Lifesaving Sport Fundamentals Level 1

The Lifesaving Sport Fundamentals program offers participants a recreational entry level program to introduce lifesaving sport skills. This five level program teaches team building, fair play, ethics in sport, responsibility, and lifesaving sport skills. In Level 1 swimmers continue stroke improvement with 25 m swims of front crawl, back crawl and whip kick. Fitness improves in 100 m workouts, 25 m sprints and introducing touch and go turns. Lifesaving sport skills include the ability to hit a target with a rope, movement with fins, swim underneath an obstacle, secure a rescue tube to a manikin and treading water supporting an object. Swimmers develop an understanding of playing fair. It is recommended that participants have completed the Red Cross Swim Kids Level 4 or be comfortable in the deep end, be able to swim 25 meters and tread water for 45 seconds.

Civic Recreation Complex  
8yrs+

Day	Start	Time	Code	Fee
Sat	Oct 1	10:00am -10:45am	167275	\$78.50
Tue	Oct 4	6:45pm - 7:30pm	167274	\$78.50
Sat	Jan 7	10:00am -10:45am	167605	\$70.65
Tue	Jan 10	6:45pm - 7:30pm	167604	\$70.65

## Lifesaving Sport Fundamentals Level 2

The Lifesaving Sport Fundamentals program offers participants a recreational entry level program to introduce lifesaving sport skills. This five level program teaches team building, fair play, ethics in sport, responsibility, and lifesaving sport skills. In Level 2 swimmers continue stroke improvement with 25 m swims of front crawl, back crawl, sculling and 15 m swim of breast stroke. Fitness improves in 200 m workouts, 2 x 25 m sprints and introducing open turns. Lifesaving sport skills include the ability to hit a target with a rope, kicking with fins, head first surface dives underneath an obstacle, a deck start to swim and secure a rescue tube to a manikin and treading water supporting an object for 60 secs. Swimmers develop an understanding of respect for others. It is recommended that participants have completed the Lifesaving Sport Fundamental Level 1.

## Lifesaving Sport Fundamentals Level 2 continued

Civic Recreation Complex  
8yrs+

Day	Start	Time	Code	Fee
Sat	Oct 1	10:45am -11:30am	167277	\$78.50
Tue	Oct 4	6:45pm - 7:30pm	167276	\$78.50
Sat	Jan 7	10:45am -11:30am	167607	\$70.65
Tue	Jan 10	6:45pm - 7:30pm	167606	\$70.65

## Lifesaving Sport Fundamentals Level 3

The Lifesaving Sport Fundamentals program offers participants a recreational entry level program to introduce lifesaving sport skills. This five level program teaches team building, fair play, ethics in sport, responsibility, and lifesaving sport skills. In Level 3 swimmers continue stroke improvement with 50 m swims of front crawl, back crawl and 25 m swim of breast stroke. Fitness improves in 300 m workouts, 4 x 25 m sprints and introducing freestyle flip turn. Lifesaving sport skills include the ability to hit a target with a rope, swimming with fins, swimming 25 m passing underneath an obstacle, a deck start to swim 25 m and tow a manikin 25 m and stationary eggbeater kick. Swimmers develop an understanding of setting short term goals. It is recommended that participants have completed the Lifesaving Sport Fundamental Level 2.

Civic Recreation Complex  
8yrs+

Day	Start	Time	Code	Fee
Sat	Oct 1	10:45am -11:30am	167279	\$78.50
Tue	Oct 4	6:45pm - 7:30pm	167278	\$78.50
Sat	Jan 7	10:45am -11:30am	167609	\$70.65
Tue	Jan 10	6:45pm - 7:30pm	167608	\$70.65

## Springboard Diving Level 1

This program offers the learn-to-dive program through Canadian Amateur Diving Association. Level 1 is designed as the introduction to Basic Springboard Diving Skills. Prerequisite: Participants must be comfortable in the deep end and be able to tread water for 1 min.

Civic Recreation Complex  
8yrs+

Day	Start	Time	Code	Fee
Sat	Oct 1	11:30am -12:15pm	167201	\$78.50
Tue	Oct 4	6:30pm - 7:15pm	167200	\$78.50
Sat	Jan 7	11:30am -12:15pm	167569	\$70.65
Tue	Jan 10	6:45pm - 7:30pm	167568	\$70.65

## Springboard Diving Level 2 & 3

Levels 2 & 3 are combined levels, and offers the next steps of advanced dives and skills. The program follows Canadian Amateur Diving Association Curriculum. Prerequisite: Springboard Diving Level 1

Civic Recreation Complex  
8yrs+

Day	Start	Time	Code	Fee
Sat	Oct 1	12:15pm - 1:00pm	167203	\$78.50
Tue	Oct 4	7:15pm - 8:00pm	167202	\$78.50
Sat	Jan 7	12:15pm - 1:00pm	167571	\$70.65
Tue	Jan 10	7:30pm - 8:15pm	167570	\$70.65