

## **Preschool A: Water Fun & Safety for Beginners! (Ages 3-5)**

Get your little one started on their swimming journey with Preschool A, the perfect introduction to water fun! In this level, children will gain confidence through assisted activities like entering and exiting the pool, jumping into chest-deep water, and learning to blow bubbles while having fun. With expert instructors by their side, they'll also practice floating and gliding with support. Plus, we teach essential Water Smart® safety messages like "Within Arm's Reach" and "Wear a Lifejacket" to keep them safe while they splash!

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 3:45 PM - 4:15 PM

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 3:45 PM - 4:15 PM

## **Preschool B: Build Confidence & Independence in the Water! (Ages 3-5)**

In Preschool B, your child will take their first steps toward independent water skills! They'll practice entering and exiting the pool wearing a lifejacket and learn to jump into chest-deep water with ease. They'll also master floating and kicking with a buoyant aid, all while building their confidence underwater. Our certified instructors ensure a safe and fun experience as we reinforce important Water Smart® tips. Preschool B is where your child starts swimming like a pro!

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 4:20 PM - 4:50 PM

## **Preschool C: Advanced Water Skills & Fun Challenges! (Ages 3-5)**

Preschool C kicks the fun up a notch with more advanced water skills! From jumping into deep water to recovering objects from the pool floor, your child will thrive in this exciting and engaging level. They'll also improve their breathing techniques, learn lateral rolls, and start swimming 3 meters all by themselves! With added Water Smart® safety messages, we make sure your child stays safe while having a blast in the water. Let's make them water-ready!

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 4:55 PM - 5:25 PM

## **Preschool D: Master the Water with Confidence!! (Ages 3-5)**

Watch your child become a water explorer in Preschool D! In this level, kids learn to jump into deep water, tread for 10 seconds, and recover items from chest-deep water like little

pros. They'll boost their swimming power by practicing flutter kicks and even start learning the front crawl! Our expert team ensures they enjoy every moment while absorbing essential water safety tips. Preschool D helps your child feel confident, independent, and ready for bigger challenges.

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 5:30 PM - 6:00 PM

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 4:20 PM - 4:50 PM

### **Preschool E: Fitness & Fun – Swimming Like a Champ! (Ages 3-5)**

In Preschool E, your child's swimming skills get turbo-charged! This level introduces exciting activities like forward rolls into the water, interval training, and treading water for up to 20 seconds. They'll refine their front and back crawl techniques, all while building endurance and fitness. Safety is still top of mind, with Water Smart® lessons integrated into every class. Preschool E will have your child swimming like a champ and feeling unstoppable!

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 6:05 PM - 6:35 PM

### **Swimmer 1: The Perfect Start for New Swimmers! (Ages 6-13)**

Dive into the basics with Swimmer 1, where your child will build confidence and learn fundamental water safety skills. From entering and exiting shallow water to practicing jumps into deeper water with a PFD, this level offers tons of fun while focusing on key water survival techniques like floating, treading water, and front crawl. Our expert instructors ensure a supportive and engaging environment as we introduce essential Water Smart® messages to keep them safe in and around the water. Let's make swimming a joyful experience for your child!

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 6:40 PM - 7:10 PM

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 4:55 PM - 5:25 PM

### **Swimmer 2: Gaining Confidence & Control in the Water! (Ages 6-13)**

Ready to level up? Swimmer 2 helps your child gain more independence and control in the water with fun challenges like jumping into deep water, treading water, and retrieving objects from the pool's bottom. With an emphasis on stronger flutter and whip kicks, plus front and back crawl, this level gives them a boost in both skill and confidence. Water

Smart® safety messages are included to reinforce the importance of swimming with a buddy and wearing a lifejacket. Swimmer 2 is where water confidence takes off!

November 2<sup>nd</sup> – November 23<sup>rd</sup> Saturdays, 7:15 PM - 7:45 PM

### **Swimmer 3: Master New Moves & Take on the Water! (Ages 6-13)**

Swimmer 3 is packed with exciting skills like diving, handstands, somersaults, and interval training! In this level, your child will refine their treading, kicking, and swimming strokes, all while learning new techniques such as the whip kick and improving their front and back crawl. With challenging but fun lessons, they'll boost their swimming abilities and stamina. Plus, we reinforce Water Smart® messages to keep them informed about water safety. Get ready for your child to swim with ease and confidence!

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 5:30 PM - 6:00 PM

### **Swimmer 4: Stronger Strokes, More Fun! (Ages 6-13)**

Swimmer 4 is where your child becomes a true water adventurer! With skills like standing dives, swimming underwater, and learning the breaststroke, they'll build strength and endurance. This level also introduces the Canadian Swim to Survive® standard, helping them learn vital survival techniques like treading water for 1 minute and swimming 50 meters. Our fun interval training and sprint exercises will keep your child engaged while making them stronger swimmers. Let's take their swimming skills to the next level!

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 6:05 PM - 6:35 PM

### **Swimmer 5: Endurance & Technique for Future Champions! (Ages 6-13)**

In Swimmer 5, your child is ready for advanced swimming skills and endurance challenges. From tuck jumps and back somersaults to mastering the breaststroke, front crawl, and back crawl over 50 meters, they'll develop impressive swimming strength. With interval training and focused water skills like stationary eggbeater kicks, this level sharpens their technique and stamina. Water Smart® messages ensure they stay safe while having fun in the water. Swimmer 5 is the path to swimming like a pro!

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 6:40 PM - 7:10 PM

## **Swimmer 6: Ultimate Fitness & Mastery in the Water! (Ages 6-13)**

Swimmer 6 is designed for those ready to master swimming. Your child will learn advanced techniques like the eggbeater and scissor kick, while increasing their endurance with 100-meter swims of front crawl, back crawl, and 50 meters of breaststroke. This level also focuses on fitness with a 300-meter workout that includes sprints and interval training, along with essential survival skills like underwater object recovery and treading water for 45 seconds. Swimmer 6 is the final step to swimming mastery and water safety!

November 3<sup>rd</sup> – November 24<sup>th</sup> Sundays, 7:15 PM - 7:45 PM