

LEVEL	AGES	DESCRIPTION	DAY & TIME	COST
Swimmer 1	Ages 6 to 12	Swimmer will gain confidence in the water, as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Swimmers will learn floats, rollovers, glides (3m), and kicks from front to back (5m).	Tuesday & Thursday 6:30 to 7pm	Member \$63 Non-Member \$78
Swimmer 2	Ages 6 to 12	Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water (15 seconds) without a lifejacket. Swimmers will be challenged by the introduction to various skills including, flutter kick on their front, back and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.	Tuesday & Thursday 7 to 7:30pm	Member \$63 Non-Member \$78
Swimmer 3	Ages 6 to 12	Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be introduced to handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back (5m), whip kick on back (10m), front and back crawl (15m), treading water (30 seconds) and interval training	Tuesday & Thursday 6 to 6:30pm	Member \$63 Non-Member \$78
Swimmer 4	Ages 6 to 12	Swimmers will complete standing dives, tread water for 1 minute, and swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl (25m), back crawl (25m), and whip kick (15m), swimmers will be introduced to breaststroke (15m).	Tuesday & Thursday 7:30 to 8pm	Member \$63 Non-Member \$78
Swimmer 5	Ages 6 to 12	Swimmers will be challenged with a whole new set of skills, shallow dives, tuck jumps, eggbeater kick (30 seconds) and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmer will need to complete longer distance swims (50m front & back crawl, 25m breaststroke) and interval training sessions for all their strokes.	Tuesday & Thursday 7 to 7:30pm	Member \$63 Non-Member \$78
Swimmer 6	Ages 6 to 12	Swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance -critical for success in the 300 m workout required to complete the level.	Tuesday & Thursday 7 to 7:30pm	Member \$63 Non-Member \$78
Rookie Patrol	Ages 8 to 12 years	Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350 m workout and 100 m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self-rescue techniques, victim recognition, and using	Tuesday & Thursday 7:30 to 8pm	Member \$63 Non-Member \$78

		throwing assists.		
Ranger Patrol	Ages 8 to 12 years	Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.	Tuesday & Thursday 7:30 to 8pm	Member \$63 Non-Member \$78
Star Patrol	Ages 8 to 12 years	Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100 m swims. It demands good physical conditioning as swimmers will be challenged with a 600 m workout, 300 m timed swim, and a 25 m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water.	Tuesday & Thursday 8 to 8:30pm	Member \$63 Non-Member \$78