



Swimming Lessons

Class days/times can be found in our Program Brochure
 All classes require advance registration
 \$ Additional fee required



LEARNING TO SWIM IS MORE IMPORTANT THAN JUST STROKE DEVELOPMENT; IT'S ABOUT BUILDING CONFIDENCE, SELF-ESTEEM AND LIFELONG SKILLS!

1 SET OF GROUP LESSONS PER SESSION FREE WITH MEMBERSHIP

SKILLS SCREENING		Unsure of what level to register for? Sign up for a FREE 10 minute skills screening session and our swim instructors will recommend the appropriate level for you.		
PRESCHOOL	Parented Programs Introduce your baby or toddler to the water! Parents will learn how to properly hold and support your child, basic water safety education, and water orientation through age-appropriate games, songs, and activities. 1 adult per child.	Parent & Tot (6mths-5yrs) Classes are geared towards the age and ability of your child; content for all Preschool levels is taught based on the abilities of the group. Adult (1) accompanies child throughout.	Splasher (6mths-3yrs) Water orientation for both parent and child; front and back tows, splashing, blowing bubbles, and games.	
	Li'l Dippers (3-5yrs: Child Only) These lessons allow children to learn to swim independently (unparented). They provide an introduction to swimming skills using proven, achievable, and age-appropriate progressions. Games and challenges are incorporated into each lesson, keeping your children active, wet and having fun!	Bobber Assisted entries and exits, blowing bubbles, submersion, kicking, front and back glides.	Bubbler (6mths-3yrs) Safety education for parents, entries and exits, kicking, floats, tows, using lifejackets, and fun in the pool!	Floater Basic water safety, open eyes underwater, front and back glides, using buoyant aids
		Glider Introduction to deep water skills (glides, surface support), 5m swim on front and back.	Diver Dives, breath control, front, back & side glides, 10m swim on front and back	Dipper Dives, surface support, underwater swim, surface dives, sculling, 25m swim
		Surfer Introduction to overarm swimming strokes, somersaults, reaching assists, 15m swim	Gym & Swim Fun in the gym time (games, songs and more) followed by a Li'l Dippers swim lesson with a qualified Swim Instructor.	
YOUTH	Learn to Swim Program (6yrs +) Build a strong foundation for swimming by focusing on aquatic safety, stroke progressions, and increasing endurance while learning to make safe choices when in or near the water.	Otter Water orientation, submersion, front, back & side glides	Seal Deep water orientation, breath control, front, back & side glides with kick, introduction to back crawl	
	Star Program Moving into the Star Swim Program levels, children will learn elementary backstroke, breaststroke, sidestroke, and increase their endurance at each level. In addition to swim strokes, children will be given opportunities to explore elements of competitive swimming, synchronized swimming, water polo, and aquatic fitness.	Dolphin Introduction to front crawl, back crawl, vertical surface support, front, back & side glides with kick	Swimmer Front crawl, back crawl, sculling	
		Star 1 Front crawl, back crawl, introduction to whip kick, sculling, vertical surface support	Star 2 Introduction to breaststroke, front crawl, back crawl, eggbeater	
		Star 3 Elementary backstroke, front crawl, back crawl, eggbeater, dolphin kick	Star 4 Breaststroke, sidestroke, elementary backstroke, eggbeater, dolphin kick, 150m swim, front/back/side floats	
		Star 5 Butterfly, 500m endurance swim, Lifesaving Society Rookie and Ranger Patrol first aid, swimming and rescue components, introduction to teaching swimming to others	Star 6 600m endurance swim, Lifesaving Society Swim Patrol first aid, swimming and rescue components, continuation of how to teach swimming, advanced swimming stroke standards	
		Star 7 Prepares swimmers for entrance into Bronze Star or Medallion program, includes lifesaving and fitness, first aid, and a continuation of how to teach swimming to others; includes a volunteer component (minimum 4 hours required by the end of the session)		
		LCOS (Lifesaving Club of Owen Sound) Welcome to the sport of Lifesaving – the only sport based on humanitarian principles!	FUNDamentals (Youth: 7-9yrs; Junior 10-15yrs) A fun and different way for athletes to learn basic lifesaving skills (line throw, manikin tow, relays, stroke development, endurance, team building and more)! Gain the opportunity to advance to competitive after completion of FUNDamentals.	Competitive \$ (Youth: 7-9yrs; Junior 10-15yrs) Athletes who have participated in our FUNDamentals program have the opportunity to advance their skills and the option to compete in regional and provincial meets. Fee includes a participation in one Telegames competition per session, and \$20 off the cost of any Aquatic Leadership Level 1 program.
ADULT	Be'tween' Lessons (11-15yrs) This program is designed for teens and teens that want to learn to swim but are too old for regular swimming lessons and too young for adult lessons. Content will be based on the needs of the swimmers.	Adult Lessons: Shallow (16yrs+) It's never too late to take the plunge! Learn the basics of swimming with the guidance of an instructor. Set your own goals and work at your own pace to improve. Skills will include such items as comfort & movement, glides, floats, surface support, breath control, kicking and front/back swim.	Adult Lessons: Deep (16yrs+) Refine the strokes of your choice, develop endurance and learn new skills under the direction of an instructor. Swim for fitness, health & life! Must be comfortable in deep water.	
PRIVATE LESSONS	6yrs – Adult \$ Work one-on-one with an Instructor towards completion of the swimming level of your choice. Bring your most recent swimming progress report with you for your lesson. Please specify swimming or ability level at time of registration.			