



# WAUBUNO BEACH SWIMMING LESSONS SUMMER 2024

## REGISTRATION INFORMATION

Registration opens: **Wednesday, May 15, 2024 at 10:00am.**

Registrations will be accepted on a first come, first served basis. Online registration is recommended to ensure that your application is processed as quickly as possible. In person and mailed registrations will be time stamped upon arrival and added to the queue. (Payment MUST accompany registration form to process registration)

**Recommended:** Identify your child's Lifesaving Society Swimming Lesson Level in advance of registration day. More information on Lifesaving Society Swimming Lesson Levels is available on page 3 & 4 of this document.

REGISTRATION METHOD	REGISTRATION DETAILS
ONLINE: PREFERRED METHOD	<a href="http://www.parrysound.ca/swim">www.parrysound.ca/swim</a> Registrations can be submitted online, payment accepted: Visa & Mastercard
IN PERSON	Town of Parry Sound, 52 Seguin Street, Parry Sound Payment accepted: Cash, Debit & Cheque
BY MAIL: ACCEPTED AFTER MAY 15	Town of Parry Sound, ATTN Jayme Young 52 Seguin Street, Parry Sound, Ontario P2A 1B4

## **SWIMMING LESSON DETAILS**

### **COSTS:**

- Swimmer 2 & Below:
  - Resident Rates: \$60.00/person
  - Non-resident Rates: \$70.00/person
- Swimmer 3 & Above:
  - Resident Rates: \$70.00/person
  - Non-resident Rates: \$80.00/person

### **SESSION DATES:**

- Daily Sessions run everyday, Monday - Friday for two weeks.
  - DAILY SESSION 1: JULY 08-JULY 19
  - DAILY SESSION 2: JULY 22-AUGUST 02
  - DAILY SESSION 3: AUGUST 05- AUGUST 16
- Evening Sessions (ES) run on the identified days for four weeks
  - ES 1A: MONDAY/WEDNESDAY: JULY 08-JULY 31
  - ES 1B: TUESDAY/THURSDAY: JULY 09-AUGUST 01
  - ES 2A: MONDAY/WEDNESDAY: AUGUST 05-AUGUST 28
  - ES 2B: TUESDAY/ THURSDAY: AUGUST 06- AUGUST 29

### ADDITIONAL INFORMATION

- class times are subject to change based on registration & staffing
- additional classes may be added based on registration
- levels may be combined as necessary to align with staffing & registration
- instructors have the authority to adjust class lists as necessary based on observed skill level
- parents are required to participate in the water with children in parent & tot levels

Questions? Please contact Jayme Young at 705-746-2701 x 201

## LIFESAVING SOCIETY- SWIM FOR LIFE LEVELS

If your child...	Register in:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent and Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent and Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with parent...	Parent and Tot 3
Is 3 to 5 years and just starting out on their own...  If 5 years+...	Preschool 1  Swimmer 1
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet...  If 5 years +...	Preschool 2  Swimmer 1
Can jump into chest- deep water; submerge and exhale underwater; float on front and back assisted for 3 sec...  If 5 years +...	Preschool 3  Swimmer 1
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...  If 5 years +...	Preschool 4  Swimmer 1
Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side...  If 5 years +	Preschool 5  Swimmer 2

## LIFESAVING SOCIETY- SWIM FOR LIFE LEVELS

If your child...	Register in:
Is 5 to 12 years and just starting out...	Swimmer 1
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back...	Swimmer 3
Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl...	Swimmer 4
Can complete the Canadian Swim to Survive Standard: Roll- Tread (1 min) , Swim (50m); dive; swim underwater; 15m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25m...	Swimmer 5
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; sprint 25m; interval training 4 x 50m...	Swimmer 6
Can do side entries and compact jumps; legs-only surface support for 45 sec.; sprint 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout...	Swimmer 7/ Rookie Patrol
Successful completion of Swimmer 7/Rookie Patrol...	Swimmer 8/ Ranger Patrol
Successful completion of Swimmer 8/Ranger Patrol...	Swimmer 9/Star Patrol

# DAILY SESSIONS

	INSTRUCTOR 1	INSTRUCTOR 2
10:00AM	10-11AM: SWIMMER 7, 8, 9	10:15-11:00AM: SWIMMER 5 & 6
10:30 AM		
11:00 AM	11-11:30AM: PARENT & TOT 1	11-11:30AM: PARENT & TOT 2 & 3
11:30 AM	11:45AM- 12:15PM: PRESCHOOL 1	11:45AM- 12:15PM: PRESCHOOL 2
12:00 PM		
12:30 PM		
1:00 PM	1-1:30PM: PRESCHOOL 3 & 4	1-1:30PM: SWIMMER 1
1:30 PM	1:30-2PM: SWIMMER 2	1:30-2:15PM: SWIMMER 3
2:00 PM	2:15-3PM: SWIMMER 4	2:30-3PM: SWIMMER 1
2:30 PM		
3:00 PM		
3:30 PM	3:30-4PM: PRESCHOOL 1	3:30-4PM: PRESCHOOL 2 & 3

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 DAILY SESSION 2: JULY 22- AUGUST 02  
 DAILY SESSION 3: AUGUST 05- AUGUST 16

\*\*SESSION TIMES ARE SUBJECT TO CHANGE BASED ON  
 REGISTRATION & STAFFING  
 \*\*ADDITIONAL CLASSES MAY BE ADDED BASED ON REGISTRATION

# EVENING SESSIONS

## MONDAY/WEDNESDAY SESSION

	INSTRUCTOR 1	INSTRUCTOR 2
4:00 PM		
4:30 PM	4:30-5PM: PARENT AND TOT 2 & 3	4:30-5PM: PARENT AND TOT 1
5:00 PM	5-5:30PM: PRESCHOOL 1	5-5:30PM: PRESCHOOL 2
5:30 PM	5:30-6PM: PRESCHOOL 3 & 4	5:30-6PM: SWIMMER 1

## TUESDAY/THURSDAY SESSION

	INSTRUCTOR 1	INSTRUCTOR 2
4:00 PM		
4:30 PM	4:30-5:30PM: SWIMMER 7, 8, 9	4:30-5:15PM: SWIMMER 5 & 6
5:00 PM		5:15-6PM: SWIMMER 3 & 4
5:30 PM	5:30-6PM: SWIMMER 2	

EVENING SESSION (ES) DATES:  
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