

# Summer Swimming Lessons

| Courtenay & District Memorial Outdoor Pool - Saturday & Sunday Lessons |   |   |
|--|---|---|
| Level  | Session 1: Sat/Sun June 25 - July 24 (10 classes) | Session 2: Sat/Sun July 30 - August 28 (10 classes) |
| Starfish, Duck & Sea Turtle w/ adult                                   | #10051 9:30 - 10:00 am                            | #10213 9:30 - 10:00 am                              |
| Sea Otter  | #10060 10:00 - 10:30 am                           | #10218 11:00 - 11:30 am                             |
| Salamander   | #10064 10:30 - 11:00 am                           | #10231 10:30 - 11:00 am                             |
| Sunfish  | #10066 11:00 - 11:30 am                           | #10243 10:00 - 10:30 am                             |
| Crocodile & Whale  | #10069 9:30 - 10:00 am                            | #10253 11:00 - 11:30 am                             |
| Level 1  | #10139 10:00 - 10:30 am                           | #10269 10:30 - 11:00 am                             |
| Level 2  | #10070 11:00 - 11:30 am                           | #10276 9:30 - 10:00 am                              |
| Level 3  | #10143 11:00 - 11:30 am                           | #10286 10:00 - 10:30 am                             |
| Level 4  | #10144 10:30 - 11:00 am                           | #10294 11:00 - 11:30 am                             |
| Level 5/6  | #10145 9:30 - 10:15 am                            | #10305 9:30 - 10:15 am                              |
| Level 7/8  | #9990 10:15 - 11:00 am                            | #10306 10:15 - 11:00 am                             |

| Courtenay & District Memorial Outdoor Pool - Monday - Friday Lessons |   |   |  |   |
|--|---|---|--|---|
| Level  | Session 3: Mon - Fri July 4 - 15 (10 classes)       | Session 4: Mon - Fri July 18 - 29 (10 classes)      | Session 5: Tues - Fri August 2 - 12 (9 classes)<br><i>(No class Aug 1)</i> | Session 6: Mon - Fri August 15 - 26 (10 classes)                |
| Starfish, Duck & Sea Turtle w/ adult                                 | #10214 9:00 - 9:30 am                               | #10215 9:30 - 10:00 am                              | #10216 10:00 - 10:30 am  | #10217 10:00 - 10:30 am   |
| Sea Otter  | 9-9:30, 9:30-10, 10-10:30<br>#10219, #10220, #10221 | 9-9:30, 9:30-10, 10-10:30<br>#10223, #10224, #10222 | 9:30-10, 10 - 10:30<br>#10225, #10226                                      | 9-9:30,9:30-10,10-10:30,10:30-11<br>#10229,#10230,#10227,#10228 |
| Salamander   | 9-9:30, 10-10:30 am<br>#10232, #10233               | 9-9:30am, 10:30-11am<br>#10234, #10235              | 9-9:30,10-10:30,10:30-11am<br>#10237, #10238, #10239                       | 10-10:30, 10:30-11<br>#10240, #10241                            |
| Sunfish  | 9-9:30, 10:30-11<br>#10244, #10245                  | 9:30-10, 10-10:30<br>#10247, #10248                 | 9-9:30, 9:30-10<br>#10249, #10250  | 9-9:30, 10:30-11am<br>#10251, #10252                            |
| Crocodile & Whale  | 10:30 - 11:00 am<br>#10254                          | 10:00 - 10:30 am<br>#10255                          | 9:00-9:30am,10:30-11am<br>#10257, #10258                                   | 9:00 - 9:30 am<br>#10256  |
| Level 1  | 9:30 - 10:00 am<br>#10270                           | 10:30-11:00am,10:30-11am<br>#10271, #10272          | 10:30 - 11:00 am<br>#10273   | 9:30-10:00,10:30-11am<br>#10275, #10274                         |
| Level 2  | 9-9:30, 9:30-10, 10:30-11<br>#10278, #10277, #10279 | 9-9:30, 10:30-11 am<br>#10281, #10280               | 9-9:30, 9:30-10 am<br>#10282, #10283                                       | 9:30-10, 10:30-11 am<br>#10284, #10285                          |
| Level 3  | 9:30 - 10:00, 10:30-11 am<br>#10287, #10288         | 9:30 - 10:00 am<br>#10289                           | 10-10:30, 10:30-11 am<br>#10290, #10291                                    | 9:30-10, 9-9:30 am<br>#10292, #10293                            |
| Level 4  | 9:30-10, 10-10:30 am<br>#10295, #10296              | 9-9:30, 10:30-11<br>#10299, #10298                  | 9-9:30, 9:30-10, 10:30-11<br>#10300, #10301, #10302                        | 10:30-11, 10-10:30am<br>#10302, #10304                          |
| Level 5  | 9:45 - 10:30 am<br>#10319                           | 9:30 - 10:15 am<br>#10320                           | 10:15-11:00am<br>#10321  | 9:45 - 10:30 am<br>#10318                                       |
| Level 6  | 10:15 - 11:00 am<br>#10314                          | 9:45 - 10:30 am<br>#10315                           | 9:00 - 9:45 am<br>#10316   | 9:00 - 9:45 am<br>#10317  |
| Level 7/8  | 9:00 - 9:45 am<br>#10307                            | 10:15 - 11:00 am<br>#10309                          | 9:45 - 10:30 am<br>#10310  | 9:00 - 9:45 am<br>#10308  |
| Level 9/10   | 10:00 - 10:45 am<br>#9991                           | 9:00 - 9:45 am<br>#10311                            | 9:30 - 10:15 am<br>#10313  | 9:45 - 10:30 am<br>#10312                                       |

**Fees** Preschool: \$70/10 ½ hour lesson (5 yrs & under) School Age: \$68.25/10 ½ hour lesson (5 yrs & over) \$94/10 ¾ hour lessons \$84.75/9 ¾ hour lessons

# Program Level Registration Requirements

| Level  | Preschool Requirements  | Levels                                 | Swim Kids Requirements   |
|--|---|--|--|
| <b>Starfish</b><br>4 months -1 year<br>with adult  | Child must be able to hold his/her head up. Introduction to getting wet.  | <b>Kids Level 1</b><br>5 years & over  | If just starting out, no previous lessons required.  |
| <b>Duck</b><br>1 - 2 years<br>with adult   | Perform a front, back, vertical position (assisted), move forward, backward and use arms (assisted).  | <b>Kids Level 2</b><br>5 years & over  | Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously.   |
| <b>Sea Turtle</b><br>2 - 3 years<br>with adult   | Move forward backwards (assisted), front, back floats and recovery (assisted) and use buoyant objects for support.                              | <b>Kids Level 3</b><br>5 years & over  | Deep water activities; breathe rhythmically 10 times; glide front/back with kick for 5m; swim 10m continuously.  |
| <b>Sea Otter</b><br>3 - 5 years  | If just starting out, no previous lessons required.   | <b>Kids Level 4</b><br>5 years & over  | Can swim front crawl at least 5 metres, arms recovering above water; swim 15 metres continuously.  |
| <b>Salamander</b><br>3 - 5 years<br>*register in Level 1 if 6 years old                          | Can comfortably move and float with assistance and put face in the water.   | <b>Kids Level 5</b><br>5 years & over  | Can surface support 45 seconds; swim front crawl at least 10m; swim on back with kick 10m; swim 25m continuously.  |
| <b>Sunfish</b><br>3 - 6 years<br>*register in Level 1 if incomplete or in Level 2 if complete    | Can enter shallow water safely; float and glide on front and back without assistance; move around in a PFD; perform rhythmic breathing 5 times. | <b>Kids Level 6</b><br>5 years & over  | Can swim front and back crawl at least 15 m; whip kick on back at least 5m; kneeling dive; swim 50m continuously.  |
| <b>Crocodile</b><br>3 - 6 years<br>*register in Level 2 if incomplete, or in Level 3 if complete | Can jump into chest deep water, do front and back floats and recover and swim on front for 5 metres.  | <b>Kids Level 7</b><br>5 years & over  | Can swim front crawl and back crawl at least 25 metres; coordinated elementary backstroke at least 15 metres; swim 75 metres continuously.   |
| <b>Whale</b><br>3 - 6 years<br>*register in Level 3 if 6 years old                               | Can float front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 10 metres continuously.             | <b>Kids Level 8</b><br>5 years & over  | Can swim front crawl and back crawl at least 50 metres; elementary backstroke 25 metres; whip kick on front 15 metres; swim 150 metres continuously.   |
|  |   | <b>Kids Level 9</b><br>5 years & over  | Can swim front crawl and back crawl at least 75 metres; elementary backstroke and breaststroke at least 25 metres; head first sculling on back 10 metres; stride jump; swim 300m continuously. |
|  |   | <b>Kids Level 10</b><br>5 years & over | Can swim front & back crawl at least 100m; elementary backstroke & breast stroke 25m; swim 400m continuously.  |

Earlier this year the Canadian Red Cross announced it is winding down its swim and lifeguard programming to direct more attention to surging humanitarian demands in other areas. Due to this change, starting in Summer 2023 the Courtenay Outdoor Memorial Pool's swim lessons will transition to the Swim for life model with the Lifesaving Society of Canada. If you would like more information on what the transition looks like for you, please visit <https://www.lifesaving.bc.ca/swim-transition>

