



# 2024 Spring Aquatic Program Schedule

## Aquatic Program Schedule

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## Registration Information

### Spring Registration Dates

Winter aquatic programs open for registration on **Wednesday, March 6** [online](#) at 6am and in-person starting at 8:30am.

### Tips for Registration

- Visit the online registration portal before registration at [www.saugeenshores.ca/register](http://www.saugeenshores.ca/register)
- Programs are now open for viewing [online](#)
- Activity numbers are included in the program schedule for easy searching [online](#)
- Choose your activities, add them to your **Wish List** by clicking the **heart icon**. Activities can then easily be added to your cart from your Wish List when registration opens.

### Contact Us

- Aquatic program information: Michael: 519-832-2627 or [michael.hundt@saugeenshores.ca](mailto:michael.hundt@saugeenshores.ca)
- Registration questions: Corby: 519-832-2008 ext. 131 or [recreation@saugeenshores.ca](mailto:recreation@saugeenshores.ca)

## Registered Programs

Check out this awesome line-up of new and returning registered programs in the pool.

Program	Program Dates	Day	Time	Activity Number	Fee (plus HST)
New! Baby Fit	April 2 to June 11	Tuesday	10:30 to 11am	24030	65.67
New! Baby Fit	April 4 to June 13	Thursday	10:30 to 11am	24032	65.67
New! Aqua Cycle	April 3 to June 12	Wednesday	6:30 to 7:15pm	24038	65.67
Aquafit Boot Camp	April 3 to June 12	Wednesday	7:15 to 8pm	23757	65.67
Aquafit Boot Camp	April 6 to June 15	Saturday	8:30 to 9:15am	23578	65.67
Power Swim	April 7 to June 16	Sunday	7:15 to 8am	23756	48.62

### Program Descriptions

**Baby Fit:** Enjoy a full body workout and some fun with your little one (6 to 20 months) during our Baby Fit aqua fitness class. Meet other parents/caregivers and their babies. Classes include a mixture of cardio, core and muscular endurance while incorporating your baby. There will be a floatie for each baby. All fitness levels are welcome. Limited spots available.

**Aqua Cycle:** This is an indoor cycling class in the pool. Participants use a stationary bike in 3 to 4 feet of water. The water's buoyancy provides support to working muscles and joints benefitting those with limited mobility or recovering from an injury. This is a low impact program with focus on strength and cardio fitness. Water shoes or clean running shoes are required.

**Aquafit Boot Camp:** A high intensity workout will put you through the paces with a fun and interactive water workout. The program allows you to work towards your goals at a pace that's comfortable to you. Drop-ins are welcome if spots are available. Registration is recommended.

**Power Swim:** This swim program is for all swimming abilities, and those interested in working on their endurance, technique, or stroke correction. A great program for swimmers training for their first triathlon.

### Free Aquatic Programs for Grade 7 and 8 Students in Saugeen Shores

Looking to become more comfortable in the water, build your endurance or become a lifeguard and instructor in the future? We have a program for you! With the new Aquatic and Wellness Center opening in 2025 this is an exciting time to dive into aquatics. Programs run April 5 to June 14.

- Learn to Swim: Fridays, 3:30 to 4:00 pm. Activity number 23709.
- Future Stars: Fridays, 3:30 to 4:00 pm. Activity number 23710.
- Future Guards: Fridays, 3:30 to 4:00 pm. Activity number 23711.

**Learn to Swim:** Focus is on those that are uncomfortable in the water, learning to float and glide and become more comfortable in the water.

**Future Stars:** Focus is on strokes, endurance and basic skills that will help get candidates ready for their first step in their advanced aquatic lessons that could lead them to a student job in aquatics.

**Future Guards:** This course is for those that have taken their Bronze Star or Bronze Medallion and want more practice before taking their Bronze Cross. We will be focusing on First Aid, specialized rescues used in Star and Medallion and endurance swims.

## Swimming Lesson Schedule

### Swimming Levels Ages

- Parent and Tot levels: 4 months to 3 years
- Preschool levels: 3 to 5 years
- Swimmer levels 1 to 7: 6 years and older
- Swimmer levels 8 to 10: 8 years and older

### Monday Lessons: April 8 to June 17 (No lessons May 20)

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:00 to 5:30pm	23612	85.90
Tots 3	4:00 to 4:30pm	23604	85.90
Tots 3	5:30 to 6:00pm	23619	85.90
Preschool A	4:30 to 5:00pm	23608	85.90
Preschool A	5:00 to 5:30pm	23614	85.90
Preschool A	5:30 to 6:00pm	23618	85.90
Preschool B	4:00 to 4:30pm	23603	85.90
Preschool B	5:00 to 5:30pm	23613	85.90
Preschool B	6:00 to 6:30pm	23622	85.90
Preschool C	4:30 to 5:00pm	23607	85.90
Preschool C	5:30 to 6:00pm	23617	85.90
Preschool C	6:00 to 6:30pm	23624	85.90
Preschool D	4:00 to 4:30pm	23602	85.90
Preschool D	6:00 to 6:30pm	23623	85.90
Preschool E	4:30 to 5:00pm	23609	85.90
Swimmer 1	5:00 to 5:30pm	23610	85.90
Swimmer 1	6:00 to 6:30pm	23621	85.90
Swimmer 2	4:30 to 5:00pm	23605	85.90
Swimmer 2	5:30 to 6:00pm	23615	85.90
Swimmer 3	4:00 to 4:30pm	23600	85.90
Swimmer 3	6:00 to 6:30pm	23620	85.90
Swimmer 4	4:30 to 5:00pm	23606	85.90
Swimmer 5	4:00 to 4:30pm	23601	85.90
Swimmer 6	5:30 to 6:00pm	23616	85.90
Swimmer 7/8	5:00 to 5:30pm	23611	85.90
Swimmer 9/10	3:30 to 4:00pm	23596	85.90
Small Group Preschool A	3:30 to 4:00pm	23597	180.70
Small Group Preschool D/E	3:30 to 4:00pm	23599	180.70
Small Group Swimmer 2	3:30 to 4:00pm	23598	180.70
Small Group Swimmer 4	3:30 to 4:00pm	23595	180.70

## Tuesday Lessons: April 2 to June 11

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	4:30 to 5:00pm	23636	94.49
Tots 3	4:30 to 5:00pm	23637	94.49
Tots 3	5:30 to 6:00pm	23647	94.49
Preschool A	5:00 to 5:30pm	23640	94.49
Preschool A	5:30 to 6:00pm	23648	94.49
Preschool B	4:30 to 5:00pm	23638	94.49
Preschool B	5:00 to 5:30pm	23643	94.49
Preschool B	6:00 to 6:30pm	23651	94.49
Preschool C	5:00 to 5:30pm	23642	94.49
Preschool C	6:00 to 6:30pm	23652	94.49
Preschool D	4:00 to 4:30pm	23631	94.49
Preschool E	6:00 to 6:30pm	23653	94.49
Swimmer 1	4:00 to 4:30pm	23633	94.49
Swimmer 1	5:30 to 6:00pm	23646	94.49
Swimmer 2	4:30 to 5:00pm	23635	94.49
Swimmer 2	5:30 to 6:00pm	23645	94.49
Swimmer 3	4:00 to 4:30pm	23632	94.49
Swimmer 3	5:00 to 5:30pm	23641	94.49
Swimmer 4	5:00 to 5:30pm	23639	94.49
Swimmer 4	6:00 to 6:30pm	23649	94.49
Swimmer 5	4:30 to 5:00pm	23634	94.49
Swimmer 6	5:30 to 6:00pm	23644	94.49
Swimmer 7/8	6:00 to 6:30pm	23650	94.49
Small Group Swimmer 1	3:30 to 4:00pm	23630	198.77
Small Group Swimmer 2	3:30 to 4:00pm	23629	198.77
Small Group Swimmer 3	3:30 to 4:00pm	23625	198.77

**Wednesday Lessons: April 3 to June 12**

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:00 to 5:30pm	23677	94.49
Tots 3	4:00 to 4:30pm	23667	94.49
Tots 3	5:30 to 6:00pm	23680	94.49
Preschool A	3:30 to 4:00pm	23655	94.49
Preschool A	4:30 to 5:00pm	23669	94.49
Preschool A	6:00 to 6:30pm	23687	94.49
Preschool B	4:00 to 4:30pm	23664	94.49
Preschool B	5:00 to 5:30pm	23675	94.49
Preschool B	6:00 to 6:30pm	23684	94.49
Preschool C	3:30 to 4:00pm	23662	94.49
Preschool C	4:30 to 5:00pm	23672	94.49
Preschool C	5:30 to 6:00pm	23679	94.49
Preschool D	4:30 to 5:00pm	23670	94.49
Preschool E	3:30 to 4:00pm	23656	94.49
Swimmer 1	4:00 to 4:30pm	23666	94.49
Swimmer 1	6:00 to 6:30pm	23686	94.49
Swimmer 2	4:30 to 5:00pm	23671	94.49
Swimmer 2	5:30 to 6:00pm	23682	94.49
Swimmer 2	6:00 to 6:30pm	23685	94.49
Swimmer 3	5:00 to 5:30pm	23676	94.49
Swimmer 3	5:30 to 6:00pm	23681	94.49
Swimmer 4	4:00 to 4:30pm	23663	94.49
Swimmer 4	6:00 to 6:30pm	23683	94.49
Swimmer 5	5:00 to 5:30pm	23673	94.49
Swimmer 6	4:30 to 5:00pm	23668	94.49
Swimmer 7/8	5:30 to 6:00pm	23678	94.49
Swimmer 9/10	3:30 to 4:00pm	23654	94.49
Small Group Swimmer 5	3:30 to 4:00pm	23657	198.77
Small Group Swimmer 6	4:00 to 4:30pm	23665	198.77

## Thursday Lessons: April 4 to June 13

Swim Level	Time	Activity Number	Lesson Fee (per session)
Tots 3	4:30 to 5:00pm	23700	94.49
Tots 3	5:30 to 6:00pm	23708	94.49
Preschool A	4:00 to 4:30pm	23695	94.49
Preschool A	5:00 to 5:30pm	23705	94.49
Preschool B	4:30 to 5:00pm	23697	94.49
Preschool B	5:00 to 5:30pm	23703	94.49
Preschool C	4:00 to 4:30pm	23696	94.49
Preschool C	5:00 to 5:30pm	23701	94.49
Preschool D	5:30 to 6:00pm	23702	94.49
Preschool E	4:30 to 5:00pm	23699	94.49
Swimmer 1	4:00 to 4:30pm	23689	94.49
Swimmer 1	5:30 to 6:00pm	23706	94.49
Swimmer 2	3:30 to 4:00pm	23688	94.49
Swimmer 2	4:30 to 5:00pm	23698	94.49
Swimmer 3	5:00 to 5:30pm	23704	94.49
Swimmer 4	5:30 to 6:00pm	23707	94.49
Swimmer 5	5:00 to 5:30pm	23691	94.49
Swimmer 6	5:30 to 6:00pm	23692	94.49
Swimmer 7/8	4:30 to 5:00pm	23690	94.49
Small Group Preschool A	3:30 to 4:00pm	23694	198.77
Small Group Preschool B	3:30 to 4:00pm	23693	198.77



**Summer Camp  
Registration**

Register for aquatic day camps starting March 6 at 6am.

[www.SaugeenShores.ca/Swim](http://www.SaugeenShores.ca/Swim)

**Friday Lessons: April 5 to June 14**

<b>Swim Level</b>	<b>Time</b>	<b>Activity Number</b>	<b>Lesson Fee (per session)</b>
Parent and Tot	5:30 to 6:00pm	23731	94.49
Tots 3	5:00 to 5:30pm	23722	94.49
Tots 3	5:30 to 6:00pm	23727	94.49
Preschool A	4:00 to 4:30pm	23712	94.49
Preschool A	4:30 to 5:00pm	23721	94.49
Preschool B	4:00 to 4:30pm	23713	94.49
Preschool B	5:00 to 5:30pm	23724	94.49
Preschool C	4:30 to 5:00pm	23719	94.49
Preschool C	5:30 to 6:00pm	23726	94.49
Preschool D	4:00 to 4:30pm	23716	94.49
Preschool E	5:00 to 5:30pm	23723	94.49
Swimmer 1	4:30 to 5:00pm	23718	94.49
Swimmer 1	5:30 to 6:00pm	23729	94.49
Swimmer 2	5:00 to 5:30pm	23725	94.49
Swimmer 3	4:00 to 4:30pm	23714	94.49
Swimmer 4	4:30 to 5:00pm	23717	94.49
Swimmer 5	4:00 to 4:30pm	23715	94.49
Swimmer 6	4:30 to 4:00pm	23720	94.49
Swimmer 7/8	5:30 to 6:00pm	23728	94.49
Swimmer 9/10	5:00 to 6:00pm	23730	94.49

## Saturday Lessons: April 6 to June 15

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	9:30 to 10:00am	23742	94.49
Parent and Tot	11:00 to 11:30am	23749	94.49
Tots 3	10:00 to 10:30am	23744	94.49
Preschool A	10:00 to 10:30am	23743	94.49
Preschool B	10:30 to 11:00am	23748	94.49
Preschool B	11:30 to 12:00pm	23752	94.49
Preschool C	11:30 to 12:00pm	23754	94.49
Preschool D	10:30 to 11:00am	23746	94.49
Preschool E	9:30 to 10:00am	23741	94.49
Swimmer 1	10:00 to 10:30am	23745	94.49
Swimmer 2	11:30 to 12:00am	23755	94.49
Swimmer 3	11:00 to 11:30am	23751	94.49
Swimmer 4	10:30 to 11:00am	23747	94.49
Swimmer 5	11:30 to 12:00pm	23753	94.49
Swimmer 6	11:00 to 11:30am	23750	94.49
Swimmer 7/8	9:00 to 9:30am	23739	94.49
Swimmer 9/10	9:00 to 9:30am	23740	94.49
Small Group Preschool A	9:30 to 10:00am	23734	198.77
Small Group Preschool B	11:00 to 11:30am	23736	198.77
Small Group Preschool C	10:30 to 11:00am	23738	198.77
Small Group Preschool D/E	10:00 to 10:30am	23737	198.77
Small Group Swimmer 1	9:30 to 10:00am	23732	198.77
Small Group Swimmer 2	9:30 to 10:00am	23733	198.77
Small Group Swimmer 3	10:00 to 10:30am	23735	198.77

## Adult Swimming Lessons

Program	Day	Time	Activity Number	Fee
Adult – Learn to Swim	Monday	7:30 to 8pm	24035	85.90 + HST
Adult – Learn to Swim	Wednesday	6:30 to 7pm	24036	94.49 + HST
Adult – Learn to Swim	Thursday	9:00 to 9:30am	24037	94.49 + HST
Adult – Stroke Improvement	Monday	7:30 to 8pm	24033	85.90 + HST
Adult – Stroke Improvement	Thursday	8:00 to 8:30pm	24034	94.49 + HST

### Descriptions

**Adult – Learn to Swim:** Lessons are geared to adult beginner swimmers. Swimmers will learn the basics of swimming, such as breath control and proper stroke technique.

**Adult – Stroke Improvement:** Lessons are geared to adult swimmers who know basic swimming skills and are looking to improve on their skills.



## Lifesaving Sport (Fundamentals): Saugeen Shores Lifesaving Club

If you are new to Lifesaving Sport or are unsure what level to register for, contact us before registering by phone at 519-832-2627 or by email at [michael.hundt@saugeenshores.ca](mailto:michael.hundt@saugeenshores.ca).

Level	Age	Days and Times	Session Dates	Activity Number	Fee
Sea Horses	8 to 12 years	Tuesdays and Thursdays 3:45 to 4:30pm, Saturdays 7:30 to 8:30am	April 2 to June 15	23658	184.25
Surfers	9 to 13 years	Tuesdays and Thursdays 3:45 to 4:30pm, Saturdays 7:30 to 8:30am	April 2 to June 15	23659	184.25
Junior Squad	12 years and older	Tuesdays and Thursdays 6:00 to 7:30am, Saturdays 7:30 to 9:00am	April 2 to June 15	23661	260.37 + HST
Competitive Squad	14 years and older	Tuesdays and Thursdays 6:00 to 7:30am, Saturdays 7:30 to 9:00am	April 2 to June 15	23660	260.37 + HST

### Lifesaving Sport Program Descriptions

**Competitive Squad:** This program is for young athletes ready to commit to training on a regular basis. Athletes will be swimming 8 to 10 km per week and focusing on getting stronger and faster in both their swimming, running and transitions. Athletes must be 14 years of age with a Bronze Medallion. Please talk to the chat Head Coach before registering to confirm level.

**Junior Squad:** Athletes must be able to swim 300m with proper front crawl nonstop and tread water for 5 minutes. Athletes will be challenged to improve their training and improve their race results. Coaches, parents, and athletes should have a conversation prior to registration.

**Surfers:** Athletes must be able to swim 100m (4 lengths of the Centennial Pool) with proper front crawl nonstop and tread water for 2 minutes. To enter this level, athletes that are 9 and 10 years of age and parents should have a conversation with the Coaches prior to registration.

**Sea Horses:** Athletes must have passed Swimmer 4 or higher. They will be working with coaches improving their endurance in running and swimming as well as improving their boarding technique. Athletes must be comfortable swimming 50m nonstop and treading water for 30 seconds. No previous Lifesaving Sport training needed.

### Advanced Aquatics Courses

Course	Age	Days and Times	Activity Number	Fee
Bronze Star	11 years and older	Friday June 21, 3:30 to 9:30pm Saturday June 22, 8:00 to 12:00pm	24039	\$98.39

### Advanced Aquatics Course Descriptions

**Bronze Star, 11 years and older:** You are not finished swimming lessons until you're 'bronzed.' This pre-bronze course will get you ready for your bronze medal awards. Learning victim simulation, minor rescues, and CPR techniques are all included.

## Swimming Lesson Descriptions

A personal floatation device is referred to as a PFD in the level descriptions.

### Parent and Tot and Preschool Levels

- Parent and Tot levels: 4 months to 3 years
- Preschool levels: 3 to 5 years

Level	Description	Length of Swim
Parent and Tot	Instructors will guide participants in activities that explore the water through buoyancy, movement skills, introduction to PFD's and entries. Parent participation required. Help your child play in the water with comfort and confidence!	Not applicable
Tots 3	With a caregiver, up to 3 classes. Jump into the water with assistance. Hold their breath and open their eyes under water, kicking on front and back provide the building blocks for orientation and stroke development.	Not applicable
Preschool A	Jump into chest-deep water assisted, float on their front and back, glide with assistance for 3 seconds, move in the shallow water wearing a PFD.	1 to 2 metres
Preschool B	Jump into chest-deep water, climb in and out wearing a PFD, submerge and exhale underwater, glide on front and back 3 metres and flutter kick on back with a buoyant aid for 5 metres.	2 to 4 metres
Preschool C	Jump and side roll into deep water wearing a PFD, recover objects from the bottom in waist-deep water, work on kicking and gliding in the water on front and back unassisted.	5 to 7 metres
Preschool D	Jump into deep water, recover objects from the bottom in chest-deep water and are introduced to front crawl for 2 to 3 metres.	7 to 9 metres
Preschool E	Demonstrate a forward roll entry into deep water with PFD, practice holding breath underwater for up to 10 seconds and are introduced to interval training and whip kick.	10 to 12 metres

## Swimmer Levels

- Swimmer levels 1 to 7: 6 years and older
- Swimmer levels 8 to 10: 8 years and older

Level	Description	Length of Swim
Swimmer 1	Beginners become comfortable jumping into water with and without a PFD, open their eyes, exhale, and hold their breath underwater and work on floats, glides and kicking.	5 to 7 metres
Swimmer 2	Jump into deeper water and become comfortable falling sideways wearing a PFD, support themselves at the surface without an aid and recover an object in chest-deep water.	10 to 15 metres
Swimmer 3	Develop front and back crawl strokes and explore whip kick in a vertical position, tread water for up to 30 seconds, and learn to transition from front to back flutter kick.	20 to 25 metres
Swimmer 4	Work on stride and standing dives into deep water, improve front crawl, back crawl and whip kick and are introduced to a 3 metre underwater swim.	50 metres
Swimmer 5	Shallow dive into deep water and perform in-water back somersaults, roll into deep water, tread for 1 minute and swim 50 metres. Improve front and back crawl and learn breaststroke skills.	100 metres
Swimmer 6	Increase efficiency of front and back crawl including sprints for endurance, work on breaststroke skills and learn stride entries, scissor kick and vertical dolphin kick.	150 metres
Swimmer 7	Master dolphin kick, diving off blocks and eggbeater. Introduced to sculling and maximize efficiency in front crawl, back crawl and breaststroke.	300 metres
Swimmer 8	Head and foot first surface dives, length swims and 25 metre obstacle swim, and first aid including assessment of conscious victims, contacting emergency services (EMS) and treatment for bleeding.	350 metres
Swimmer 9	Continue stroke development with 75m swims, learn lifesaving skills and first aid including assessment of unconscious victims, treatment for shock and obstructed airway procedures.	500 metres
Swimmer 10	Develop each stroke over 100 metres, build on lifesaving skills and first aid including treatment of bone and joint injuries and respiratory emergencies. Develops a strong lifesaving foundation.	600 metres