



# 2024 Winter Aquatic Program Schedule

## Winter Session Dates

- Lifesaving Sport fundamental programs: January 9 to March 10
- Winter swimming lessons: January 8 to March 9
- March Break swimming lessons: March 11 to 15

## Aquatic Program Schedule

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## Registration Information

### Winter Registration Dates

Winter aquatic programs open for registration on **Wednesday, December 13** [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)

## Winter 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: January 8 to March 4 (No lessons February 19)

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	4:00pm to 4:30pm	23407	68.72
Tots 3	5:30pm to 6:00pm	23415	68.72
Tots 3	6:00pm to 6:30pm	23419	68.72
Preschool A	5:00pm to 5:30pm	23413	68.72
Preschool A	6:00pm to 6:30pm	23418	68.72
Preschool B	5:00pm to 5:30pm	23412	68.72
Preschool C	4:00pm to 4:30pm	23404	68.72
Preschool D	4:30pm to 5:00pm	23409	68.72
Preschool E	4:00pm to 4:30pm	23405	68.72
Swimmer 1	5:30pm to 6:00pm	23416	68.72
Swimmer 2	4:30pm to 5:00pm	23410	68.72
Swimmer 3	5:00pm to 5:30pm	23414	68.72
Swimmer 4	6:00pm to 6:30pm	23420	68.72
Swimmer 5	5:30pm to 6:00pm	23417	68.72
Swimmer 6	4:30pm to 5:00pm	23411	68.72
Swimmer 7/8	4:00pm to 4:30pm	23408	68.72
Swimmer 9/10	6:00pm to 6:30pm	23427	68.72
Small Group Preschool A	4:30pm to 5:00pm	23421	144.56
Small Group Preschool B	4:30pm to 5:00pm	23422	144.56
Small Group Preschool C	5:00pm to 5:30pm	23423	144.56
Small Group Preschool D/E	5:30pm to 6:00pm	23429	144.56
Small Group Swimmer 1	4:00pm to 4:30pm	23406	144.56
Small Group Swimmer 2	6:00pm to 6:30pm	23426	144.56
Small Group Swimmer 3	5:30pm to 6:00pm	23428	144.56
Small Group Swimmer 4	5:00pm to 5:30pm	23425	144.56
Private	3:30pm to 4:00pm	23399	230.48
Private	3:30pm to 4:00pm	23400	230.48
Private	3:30pm to 4:00pm	23401	230.48
Private	3:30pm to 4:00pm	23402	230.48
Private	3:30pm to 4:00pm	23403	230.48

Winter lessons times for Tuesday and beyond continue from **page 3**.

### Mini Breakers: Learn to Swim like a Breaker

This session-based, twice per week program is an introduction to competitive swimming. The focus is on fun, learning new strokes and team building. Targeted for swimmers 6 to 10 years old and coached by certified Breakers Swim Team coaches. Swimmers must be able to complete 25 metres non-stop of Freestyle or Backstroke. Session 1 is underway. Session 2 runs February to June.

### Masters Swim Team

The Breakers Masters program is designed for adult swimmers with a wide range of skills. Masters' swimmers join the program to stay fit, improve their skills, train for triathlons, and compete in sanctioned masters swim competitions. All workouts are coached by NCCP certified Breakers coaches. Masters swimming is both social and supportive. Some masters swimmers have gone on to become coaches, officials, and helpers working with our youth.

### How to Register

Register for these programs by contacting the Breakers Swim Team at [breakersswimming@gmail.com](mailto:breakersswimming@gmail.com) or visiting their website at [www.breakersswimteam.com](http://www.breakersswimteam.com).

## Tuesday Lessons: January 9 to March 5

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	6:00pm to 6:30pm	23456	77.31
Tots 3	5:00pm to 5:30pm	23445	77.31
Preschool A	4:00pm to 4:30pm	23437	77.31
Preschool A	6:00pm to 6:30pm	23455	77.31
Preschool B	5:30pm to 6:00pm	23450	77.31
Preschool C	4:30pm to 5:00pm	23440	77.31
Preschool D	4:00pm to 4:30pm	23436	77.31
Preschool E	4:30pm to 5:00pm	23439	77.31
Swimmer 1	4:30pm to 5:00pm	23441	77.31
Swimmer 1	5:30pm to 6:00pm	23449	77.31
Swimmer 2	4:00pm to 4:30pm	23435	77.31
Swimmer 2	5:00pm to 5:30pm	23446	77.31
Swimmer 3	5:00pm to 5:30pm	23444	77.31
Swimmer 3	5:30pm to 6:00pm	23451	77.31
Swimmer 4	6:00pm to 6:30pm	23454	77.31
Swimmer 5	5:30pm to 6:00pm	23448	77.31
Swimmer 6	5:00pm to 5:30pm	23443	77.31
Swimmer 7/8	4:30pm to 5:00pm	23438	77.31
Swimmer 9/10	6:00pm to 6:30pm	23453	77.31
Small Group Preschool A	4:30pm to 5:00pm	23442	162.63
Small Group Preschool B	5:00pm to 5:30pm	23447	162.63
Small Group Preschool C	5:30pm to 6:00pm	23452	162.63
Small Group Preschool D/E	6:00pm to 6:30pm	23457	162.63
Private	3:30pm to 4:00pm	23432	259.29
Private	3:30pm to 4:00pm	23433	259.29
Private	3:30pm to 4:00pm	23434	259.29

Winter lessons times for Wednesday and beyond continue from **page 4**.

## March Break Swimming Lessons

Lessons run daily at the same time from Monday, March 11 to Friday, March 15, 2024.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	9:15am to 9:45am	23569	42.95
Tots 3	9:45am to 10:15am	23572	42.95
Preschool A	9:15am to 9:45am	23567	42.95
Preschool B	9:45am to 10:15am	23570	42.95
Preschool C	10:15am to 10:45am	23573	42.95
Preschool D	10:45am to 11:15am	23576	42.95
Preschool E	10:45am to 11:15am	23577	42.95
Swimmer 1	11:15am to 11:45am	23579	42.95
Swimmer 2	9:45am to 10:15am	23571	42.95
Swimmer 3	9:15am to 9:45am	23568	42.95
Swimmer 4	10:15am to 10:45am	23574	42.95
Swimmer 5	10:15am to 10:45am	23575	42.95
Swimmer 6	10:45am 11:15am	23578	42.95
Swimmer 7/8	11:15am to 11:45am	23580	42.95
Swimmer 9/10	11:15am to 11:45am	23581	42.95
Private	9:15am to 9:45am	23562	144.05
Private	9:45am to 10:15am	23563	144.05
Private	10:15am to 10:45am	23564	144.05
Private	10:45am to 11:15am	23565	144.05
Private	11:15am to 11:45am	23566	144.05

## Wednesday Lessons: January 10 to March 6

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:30pm to 6:00pm	23474	77.31
Tots 3	4:00pm to 4:30pm	23464	77.31
Tots 3	6:00pm to 6:30pm	23478	77.31
Preschool A	4:00pm to 4:30pm	23465	77.31
Preschool A	5:00pm to 5:30pm	23473	77.31
Preschool B	3:30pm to 4:00pm	23460	77.31
Preschool B	5:00pm to 5:30pm	23472	77.31
Preschool C	4:30pm to 5:00pm	23470	77.31
Preschool D	4:30pm to 5:00pm	23469	77.31
Preschool E	3:30pm to 4:00pm	23461	77.31
Swimmer 1	6:00pm to 6:30pm	23477	77.31
Swimmer 2	5:30pm to 6:00pm	23475	77.31
Swimmer 3	4:00pm to 4:30pm	23463	77.31
Swimmer 3	5:30pm to 6:00pm	23476	77.31
Swimmer 4	5:00pm to 5:30pm	23471	77.31
Swimmer 4	6:00pm to 6:30pm	23479	77.31
Swimmer 5	4:30pm to 5:00pm	23468	77.31
Swimmer 6	6:30pm to 7:00pm	23480	77.31
Swimmer 7/8	3:30pm to 4:00pm	23459	77.31
Swimmer 9/10	3:30pm to 4:00pm	23458	77.31
Small Group Preschool A	5:30pm to 6:00pm	23485	162.63
Small Group Preschool B	6:00pm to 6:30pm	23487	162.63
Small Group Preschool C	6:00pm to 6:30pm	23486	162.63
Small Group Preschool D	3:30pm to 4:00pm	23462	162.63
Small Group Preschool E	5:00pm to 5:30pm	23484	162.63
Small Group Swimmer 1	5:00pm to 5:30pm	23483	162.63
Small Group Swimmer 2	4:30pm to 5:00pm	23482	162.63
Small Group Swimmer 3	4:00pm to 4:30pm	23467	162.63
Small Group Swimmer 4	4:30pm to 5:00pm	23481	162.63
Small Group Swimmer 5	5:30pm to 6:00pm	23488	162.63
Small Group Swimmer 6	4:00pm to 4:30pm	23466	162.63

Winter lessons times for Thursday, Friday and Saturday continue from **page 5**.

## Adult Swimming Lessons and Aquatic Programs

Program	Day	Time	Activity Number	Fee
Adult – Learn to Swim	Monday	7:30pm to 8pm	23430	68.72 + HST
Adult – Learn to Swim	Thursday	10:30am to 11am	23591	77.31 + HST
Adult – Private Lesson	Thursday	10:30am to 11am	23592	259.29 + HST
Adult – Stroke Improvement	Monday	7:30pm to 8pm	23431	68.72 + HST
Aquafit Boot Camp	Wednesday	7:15pm to 8pm	23587	54.00 + HST
Aquafit Boot Camp	Saturday	8:30am to 9:15am	23588	54.00 + HST
Power Swim	Sunday	7:15am to 8am	23586	45.00 + 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 – Private Lesson:** One-on-one lessons with instructor, geared to swimming ability.

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

**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.



**Thursday Lessons: January 11 to March 7**

Swim Level	Time	Activity Number	Lesson Fee (per session)
Tots 3	4:00pm to 4:30pm	23493	77.31
Preschool A	4:00pm to 4:30pm	23494	77.31
Preschool B	4:30pm to 5:00pm	23496	77.31
Preschool C	4:30pm to 5:00pm	23497	77.31
Preschool D	4:00pm to 4:30pm	23492	77.31
Swimmer 1	5:00pm to 5:30pm	23501	77.31
Swimmer 2	5:30pm to 5:30pm	23507	77.31
Swimmer 3	5:00pm to 5:30pm	23502	77.31
Swimmer 4	5:30pm to 6:00pm	23506	77.31
Swimmer 5	5:00pm to 5:30pm	23500	77.31
Swimmer 6	5:30pm to 6:00pm	23505	77.31
Swimmer 7/8	4:30pm to 5:00pm	23495	77.31
Small Group Preschool A	5:00pm to 5:30pm	23503	162.63
Small Group Preschool B	5:30pm to 5:00pm	23509	162.63
Small Group Preschool E	5:00pm to 5:30pm	23504	162.63
Small Group Swimmer 1	5:30pm to 6:00pm	23508	162.63
Small Group Swimmer 2	4:30pm to 5:00pm	23498	162.63
Small Group Swimmer 3	4:30pm to 5:00pm	23499	162.63
Private	3:30pm to 4:00pm	23489	259.29
Private	3:30pm to 4:00pm	23490	259.29
Private	3:30pm to 4:00pm	23491	259.29

**Friday Lessons: January 12 to March 8**

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:00pm to 5:30pm	23528	77.31
Tots 3	4:30pm to 5:00pm	23525	77.31
Preschool A	4:00pm to 4:30pm	23522	77.31
Preschool B	4:00pm to 4:30pm	23520	77.31
Preschool C	4:30pm to 5:00pm	23524	77.31
Preschool D	4:30pm to 5:00pm	23526	77.31
Preschool E	4:00pm to 4:30pm	23521	77.31
Swimmer 1	5:00pm to 5:30pm	23530	77.31
Swimmer 2	5:30pm to 6:00pm	23532	77.31
Swimmer 3	5:00pm to 5:30pm	23529	77.31
Swimmer 4	4:00pm to 4:30pm	23519	77.31
Swimmer 5	5:30pm to 6:00pm	23531	77.31
Swimmer 6	5:00pm to 5:30pm	23527	77.31
Swimmer 7/8	4:30pm to 5:00pm	23523	77.31
Small Group Preschool A	5:30pm to 6:00pm	23533	162.63
Small Group Preschool B	3:30pm to 4:00pm	23511	162.63
Small Group Preschool D	3:30pm to 4:00pm	23512	162.63
Small Group Swimmer 4	5:30pm to 6:00pm	23534	162.63
Small Group Swimmer 5	3:30pm to 4:00pm	23510	162.63
Private	3:30pm to 4:00pm	23513	259.29
Private	3:30pm to 4:00pm	23514	259.29
Private	4:00pm to 4:30pm	23515	259.29
Private	4:30pm to 5:00pm	23516	259.29
Private	5:00pm to 5:30pm	23517	259.29
Private	5:30pm to 6:00pm	23518	259.29

## Saturday Lessons: January 13 to March 9

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	11:30am to 12:00pm	23561	77.31
Tots 3	9:30am to 10:00am	23539	77.31
Preschool A	10:00am to 10:30am	23548	77.31
Preschool B	10:30am to 11:00am	23552	77.31
Preschool C	11:00am to 11:30am	23556	77.31
Preschool D	10:30am to 11:00am	23551	77.31
Preschool E	11:00am to 11:30am	23555	77.31
Swimmer 1	10:00am to 10:30am	23547	77.31
Swimmer 2	9:30am to 10:00am	23538	77.31
Swimmer 3	11:30am to 12:00pm	23560	77.31
Swimmer 4	10:30am to 11:00am	23553	77.31
Swimmer 5	10:00am to 10:30am	23549	77.31
Swimmer 6	11:00am to 11:30am	23557	77.31
Swimmer 7/8	9:30am to 10:00am	23540	77.31
Swimmer 9/10	9:00am to 9:30am	23536	77.31
Small Group Preschool A	10:00am to 10:30am	23546	162.63
Small Group Preschool B	11:30am to 12:00pm	23558	162.63
Small Group Preschool C	11:30am to 12:00pm	23559	162.63
Small Group Swimmer 1	9:00am to 9:30am	23535	162.63
Small Group Swimmer 2	10:30am to 11:00am	23550	162.63
Small Group Swimmer 3	9:30am to 10:00am	23537	162.63
Small Group Swimmer 4	11:00am to 11:00am	23554	162.63
Private	9:30am to 10:00am	23541	259.29
Private	10:00am to 10:30am	23542	259.29

## 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	January 9 to March 9	23583	150.75
Surfers	9 to 13 years	Tuesdays and Thursdays 3:45 to 4:30pm, Saturdays 7:30 to 8:30am	January 9 to March 9	23582	150.75
Junior Squad	12 years and older	Tuesdays and Thursdays 6:00 to 7:30am, Saturdays 7:30 to 9:00am	January 9 to March 9	23584	213.03 + HST
Competitive Squad	14 years and older	Tuesdays and Thursdays 6:00 to 7:30am, Saturdays 7:30 to 9:00am	January 9 to March 9	23585	213.03 + HST

## Advanced Aquatics Courses

Course	Age	Days and Times	Activity Number	Fee
Bronze Medallion with Emergency First Aid	13 years and older	Monday to Thursday March 11 to March 14 1:00pm to 8:00pm	23589	140 + HST 50.00 (manual)
Bronze Cross	14 years and older	Monday to Thursday March 11 to March 14 1:00pm to 8:00pm	23590	140 + HST

Visit [www.saugeenshores.ca/swim](http://www.saugeenshores.ca/swim) for advanced courses taking place between **December 27, 2023 to January 6, 2024** including National Lifeguard (NL), Lifesaving Assistant Instructor and Lifesaving Swim Instructor.

## Aquatic Program Descriptions

### Swimming Level Descriptions and 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

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

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. 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 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 the 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

## 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 13 years of age with a Bronze Medallion. Please talk to the chat Head Coach to see if you should register in this level or the Baby Comp. and Junior squad level.

**Junior Squad:** Athletes can register for the morning session or evening session or both if they are looking to train times a day. 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 Course Descriptions

**Bronze Medallion, 13 years and older:** This course is the second step towards the lifeguarding certification in Canada. The award is part of the Lifesaving Society's Bronze series of awards and includes water safety, rescues, resuscitation, and an introduction to spinal injury management. To participate in this program, you must have the Bronze Medallion Manual and if not you can purchase one when registering.

**Bronze Cross, 14 years and older:** Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 400 m swim. Participants must have Bronze Medallion and Emergency First Aid.

**For more aquatic course descriptions and the training path to a Lifeguard/Instructor, visit:** [www.saugeenshores.ca/swim](http://www.saugeenshores.ca/swim).