



Aquatic Program Schedule

Fall 2021: registered aquatic programs

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Important changes due to COVID-19

To ensure the safety of our staff and patrons a number of protocols are in place. Please review before registering to make sure swimming lessons work for your family at this time.

- Parent/caregiver **must be in the water** for tot and preschool levels and Swimmer levels 1 to 3
- Minimum age for a private lesson is 8 years old. Swimmers must be in Swimmer 4 or higher
- If a swimmer cannot pass a 25 metre fitness swim on their own, a parent/caregiver must be in the water regardless of lesson level
- No hands-on assistance provided by instructors
- Instructors will teach from the pool deck and may demonstrate skills in the water
- Physical distance must be maintained between participants and instructors
- Reduced class size in group lessons

Registration information

Lessons are running in two, 6-week mini sessions for fall 2021. Both sessions open for registration beginning September 8. The same lessons will be offered at the same time during both sessions. Activity numbers for both sessions are included in the schedule.

- Programs are now open for viewing [online](#)
- Choose your activities, add them to your Wish List and get ready for registration
- Registration opens [online](#) Wednesday, September 8 at 6am and by phone at 8:30am

For questions or information on general registration: contact Corby at 519-832-2008 ext 131 or recreation@saugeenshores.ca.

For questions or information on aquatic programs: contact Michael at 519-832-2627 or michael.hundt@saugeenshores.ca.

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

- **Session 1:** September 20 to November 1 except October 11 (Thanksgiving Monday)
- **Session 2:** November 8 to December 13

Swim level	Time	Activity number: Session 1 September 20 to November 1	Activity number: Session 2 November 8 to December 13	Lesson fee (per session)
Preschool A/B	4:30pm to 5:00pm	19778	19885	48.12
Preschool A/B	5:00pm to 5:30pm	19779	19886	48.12
Preschool A/B	5:30pm to 6:00pm	19781	19887	48.12
Preschool C/D	5:00pm to 5:30pm	19785	19889	48.12
Preschool C/D	5:30pm to 6:00pm	19780	19888	48.12
Preschool D/E	4:30pm to 5:00pm	19789	19890	48.12
Swimmer 1/2	4:30pm to 5:00pm	19784	19891	48.12
Swimmer 1/2	5:30pm to 6:00pm	19787	19892	48.12
Swimmer 1/2	6:00pm to 6:30pm	19788	19893	48.12
Swimmer 3	5:00pm to 5:30pm	19790	19894	48.12
Swimmer 3	5:30pm to 6:00pm	19791	19895	48.12
Swimmer 3	6:00pm to 6:30pm	19792	19896	48.12
Swimmer 4	3:30pm to 4:00pm	19776	19897	48.12
Swimmer 5/6	4:00pm to 4:30pm	19777	19898	48.12
Swimmer 7/8	3:30pm to 4:00pm	19782	19899	48.12
Swimmer 9/10	4:00pm to 4:30pm	19783	19900	70.11
Private lesson	3:30pm to 4:00pm	19793	19879	149.70
Private lesson	4:00pm to 4:30pm	19794	19880	149.70
Private lesson	4:30pm to 5:00pm	19795	19881	149.70
Private lesson	5:00pm to 5:30pm	19796	19882	149.70
Private lesson	5:30pm to 6:00pm	19797	19883	149.70
Private lesson	6:00pm to 6:30pm	19798	19884	149.70

Tuesday lessons

- **Session 1:** September 21 to October 26
- **Session 2:** November 2 to December 7

Swim level	Time	Activity number: Session 1 September 21 to October 26	Activity number: Session 2 November 2 to December 7	Lesson fee (per session)
Preschool A/B	5:00pm to 5:30pm	19803	19901	48.12
Preschool A/B	5:30pm to 6:00pm	19809	19902	48.12
Preschool C	5:00pm to 5:30pm	19806	19903	48.12
Preschool C/D	5:00pm to 5:30pm	19808	19904	48.12
Preschool D/E	5:30pm to 6:00pm	19807	19905	48.12
Swimmer 1/2	5:30pm to 6:00pm	19804	19910	48.12
Swimmer 4/5	4:30pm to 5:00pm	19802	19911	48.12
Swimmer 6/7	4:30pm to 5:00pm	19805	19909	48.12
Private lesson	4:30pm to 5:00pm	19799	19906	149.70
Private lesson	5:00pm to 5:30pm	19800	19907	149.70
Private lesson	5:30pm to 6:00pm	19801	19908	149.70

Wednesday lessons

- **Session 1:** September 22 to October 27
- **Session 2:** November 3 to December 8

Swim level	Time	Activity number: Session 1 September 22 to October 27	Activity number: Session 2 November 3 to December 8	Lesson fee (per session)
Parent and Tot	6:00 to 6:30pm	19815	19914	48.12
Preschool A/B	3:30pm to 4:00pm	19819	19917	48.12
Preschool A/B	4:00pm to 4:30pm	19811	19915	48.12
Preschool A/B	4:30pm to 5:00pm	19818	19916	48.12
Preschool C/D	3:30pm to 4:00pm	19810	19918	48.12
Preschool C/D	4:30pm to 5:00pm	19821	19919	48.12
Preschool D/E	4:00pm to 4:30pm	19820	19920	48.12
Swimmer 1/2	3:30pm to 4:00pm	19816	19930	48.12
Swimmer 1/2	4:30pm to 5:00pm	19812	19929	48.12
Swimmer 3	4:00pm to 4:30pm	19817	19931	48.12
Swimmer 4	5:00pm to 5:30pm	19822	19932	48.12
Swimmer 5/6	5:30pm to 6:00pm	19814	19933	48.12
Swimmer 7/8	5:30pm to 6:00pm	19823	19934	48.12
Swimmer 9/10	5:00pm to 5:30pm	19813	19935	48.12
Private lesson	3:30pm to 4:00pm	19828	19925	149.70
Private lesson	4:00pm to 4:30pm	19829	19926	149.70
Private lesson	4:30pm to 5:00pm	19830	19927	149.70
Private lesson	5:00pm to 5:30pm	19824	19921	149.70
Private lesson	5:30pm to 6:00pm	19825	19922	149.70
Private lesson	6:00pm to 6:30pm	19826	19923	149.70
Private lesson	6:00pm to 6:30pm	19827	19924	149.70
Adult: Private lesson	7:30pm to 8:00pm	19874	19928	149.70 + HST
Adult: Beginner group lesson	6:30 to 7:00pm	19875	19912	57.78 + HST
Adult: Introduction to Strokes	7:00 to 7:30pm	19873	19913	57.78 + HST

Thursday lessons

- **Session 1:** September 23 to October 28
- **Session 2:** November 4 to December 9

Swim level	Time	Activity number: Session 1 September 23 to October 28	Activity number: Session 2 November 4 to December 9	Lesson fee (per session)
Preschool A/B	5:30pm to 6:00pm	19835	19936	48.12
Preschool C	5:30pm to 6:00pm	19838	19937	48.12
Preschool D/E	5:00pm to 5:30pm	19834	19938	48.12
Swimmer 1/2	5:00pm to 5:30pm	19837	19943	48.12
Swimmer 1/2	5:30pm to 6:00pm	19833	19942	48.12
Swimmer 3	5:00pm to 5:30pm	19832	19944	48.12
Swimmer 4	4:30pm to 5:00pm	19831	19945	48.12
Swimmer 5/6	4:30pm to 5:00pm	19836	19946	48.12
Private lesson	4:30pm to 5pm	19839	19939	149.70
Private lesson	5:00pm to 5:30pm	19840	19940	149.70
Private lesson	5:30pm to 6:00pm	19841	19941	149.70

Friday lessons

- **Session 1:** September 24 to October 29
- **Session 2:** November 5 to December 10

Swim level	Time	Activity number: Session 1 September 24 to October 29	Activity number: Session 2 November 5 to December 10	Lesson fee (per session)
Parent and Tot	6:00pm to 6:30pm	19867	19956	48.12
Preschool A/B	4:30pm to 5:00pm	19845	19948	48.12
Preschool A/B	5:00pm to 5:30pm	19843	19950	48.12
Preschool C/D	4:30pm to 5:00pm	19842	19947	48.12
Preschool D/E	5:00pm to 5:30pm	19846	19951	48.12
Swimmer 1/2	4:30pm to 5:00pm	19847	19949	48.12
Swimmer 3	5:00pm to 5:30pm	19848	19952	48.12
Swimmer 4	5:30pm to 6:00pm	19844	19953	48.12
Swimmer 7/8	5:30pm to 6:00pm	19849	19954	70.11
Private lesson	5:30pm to 6:00pm	19850	19955	149.70
Private lesson	6:00pm to 6:30pm	19989	19957	149.70
Private lesson	6:00pm to 6:30pm	19852	19958	149.70

Saturday lessons

- **Session 1:** September 25 to October 30
- **Session 2:** November 6 to December 11

Swim level	Time	Activity number: Session 1 September 25 to October 30	Activity number: Session 2 November 6 to December 11	Lesson fee (per session)
Parent and Tot	11:30 to 12:00pm	19868	19974	48.12
Preschool A/B	10:30am to 11am	19862	19970	48.12
Preschool C/D	10:00am to 10:30am	19854	19965	48.12
Preschool D/E	10:30am to 11:00am	19855	19968	48.12
Swimmer 1/2	10:00am to 10:30am	19861	19967	48.12
Swimmer 1/2	10:30am to 11:00am	19859	19969	48.12
Swimmer 3	10:00am to 10:30am	19858	19966	48.12
Swimmer 4	9:30am to 10:00am	19853	19962	48.12
Swimmer 5/6	9:30am to 10:00am	19857	19963	48.12
Swimmer 7/8	11am to 11:30am	19856	19972	48.12
Swimmer 9/10	11am to 11:30am	19860	19972	48.12
Private lesson	9:30am to 10am	19864	19964	149.70
Private lesson	11am to 11:30am	19865	19973	149.70
Private lesson	11:30 to 12:00pm	19863	19975	149.70
Private lesson	11:30 to 12:00pm	19866	19976	149.70
Adult: Private lesson	9:00am to 9:30am	19877	19960	149.70 + HST
Adult: Beginner group lessons	9:00am to 9:30am	19876	19959	57.78 + HST
Adult: Introduction to Strokes	9:00am to 9:30am	19878	19961	57.78 + HST

Mini Breakers: Learn to Swim like a Breaker

Does your swimmer love the water? Did they watch the Tokyo Olympics in awe and dream of being on the podium someday? If so, come and swim like a Breakers team swimmer!

This weekly program provides an introduction to competitive swimming that focuses on team building, fun in the water, skill and stroke technique, and starts to build stroke endurance for stepping into competitive swimming. This program is for swimmers 7 to 10 years old and coached by the [Breakers Swim Team](#) coaches. Pre-requisite swim level: Swimmer 3. Program fee: 90.00

- **Tuesday session:** activity number 20055
 - September 28 to December 14
 - 6:00pm to 6:45pm
- **Saturday session:** activity number 20056
 - October 2 to December 18
 - 8:15am to 9:00am

Master's Swim Team

The Town of Saugeen Shores and the [Breakers Swim Team](#) have joined together to deliver a new, competitive training focused Masters swim program. The Breakers Swim Team will deliver and coach the program using Breakers' certified Swim Ontario coaches. Register through the Town's registration system.

The Masters swim program is for adult swimmers, 18 and older, who are interested in training at a competitive swimming level either for fitness and or to participate competitively in swim meets. Each week swimmers will have two coach-led practices focusing on stroke correction, building speed, endurance and proper training techniques. Swimmers will be encouraged to train at least one additional time per week with a self-led practice.

- **Master's swim team:** activity number 20057
 - September 24 to June 12
 - Fridays 6:00am to 7:30am and Sundays 8:00am to 9:30am
 - 335.00 + HST
 - Note: program fee does not include the self-led practice

Lifesaving Sport: Saugeen Shores Lifesaving Club (SSLC)

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. HST is applicable on the fees for Junior, Pre-Competitive and Competitive squads.

Level	Age	Days and Times	Session dates	Activity number	Fee
Nippers	8 to 12 years	Tuesdays and Thursdays 3:45pm to 4:30pm, and Sundays 11:00 to 12:00pm	September 22 to December 19	19869	195
Surfers	9 to 13 years	Tuesdays and Thursdays 3:45pm to 4:30pm, and Sundays 11:00 to 12:00pm	September 22 to December 19	19870	195
Pre-Comp/Junior Squad	12 years and older	Tuesdays and Thursdays 6:00am to 7:30am, Fridays 3:30pm to 4:30pm and Sundays 9:30am to 11am	September 22 to December 19	19872	286
Competitive Squad	14 years and older	Tuesdays, Wednesdays and Thursdays 6:00am to 7:30am, Fridays 3:30pm to 4:30pm and Sundays 9:30am to 11am	September 22 to December 19	19871	364

Advanced aquatics courses

HST is applicable on all certification levels bronze medallion and higher.

Course	Age	Days, Times and Prerequisites	Activity number	Fee
Bronze Star	11 years and older	Fridays 4:30 to 5:30pm, September 24 to December 10	20058	85.00
Bronze Medallion and Emergency First Aid	13 years and older	Friday, September 17: 4 to 8pm Saturday, September 18: 9am to 6pm Sunday, September 19: 9am to 5pm	19981	170.00
Bronze Cross	14 years and older	Friday, September 17: 4 to 8pm Saturday, September 18: 9am to 6pm Sunday, September 19: 9am to 5pm Must have Bronze Medallion and Emergency First Aid	19775	140.00
Standard First Aid	14 years and older	Two-day course, runs 9am to 6pm both days: <ul style="list-style-type: none"> • October 16 and 17; or • November 13 and 14; or • December 11 and 12 	20060 20061 20062	100.00
NL-Pool (National Lifeguard)	15 years and older	Sunday to Thursday December 19 to 23, 1 to 9pm daily. 100% attendance required.	20058	250.00

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
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.

Pre-Comp. and 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.

Nippers: 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 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.

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.

Standard First Aid, 14 years and Older: This Lifesaving Society first aid program is recognized by the Workplace Safety and Insurance Board (WSIB) and includes CPR C and Automated External Defibrillation (AED). This first aid program will train you in the following areas: Learn to deal with injuries and medical emergencies at home, work or play.

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.

NL - Pool (National Lifeguard), 15 years and older: This intensive 40-hour course will train participants in advance water rescue, emergency care and aquatic supervision. Emphasis will be on accident prevention, leadership, teamwork and communication. NL is the standard lifeguarding certification across Canada. 100% attendance is mandatory to complete this course. Participants must have a valid Standard First Aid and Bronze Cross certification.

