



2024 Summer 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
- 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
- Registration questions: Corby: 519-832-2008 ext. 131 or recreation@saugeenshores.ca

Swimming Lesson Schedule

Swimming lessons sessions are delivered by the week during the summer, with 1 lesson at the same time each day, Monday to Friday. There are 9, week-long sessions available this summer. The public can register for 1 week at the time, back-to-back weeks, or multiple weeks throughout the summer.

Most lessons have been set-up to offer the same lesson at the same time over a 2-week period. Adult swimming lessons follow a more traditional lesson format.

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

Weeks 1 and 2: July 2 to 5 and July 8 to 12

Swim Level	Time	Activity Number: Week 1	Activity Number: Week 2	Lesson Fee (per session)
Parent and Tot	6:00 to 6:30pm	No class	23845	42.95
Tots 3	11:00 to 11:30am	23797	23824	42.95
Tots 3	6:00 to 6:30pm	23816	No class	42.95
Preschool A/B	9:30 to 10:00am	23794	23821	42.95
Preschool A/B	11:30 to 12:00pm	23798	23825	42.95
Preschool A/B	4:30 to 5:00pm	23813	23841	42.95
Preschool C	10:00 to 10:30am	23795	23822	42.95
Preschool C	5:30 to 6:00pm	23815	23844	42.95
Preschool D/E	10:30 to 11:00am	23796	23823	42.95
Preschool D/E	5:00 to 5:30pm	23814	23842	42.95
Swimmer 1/2	9:30 to 10:00am	23799	23827	42.95
Swimmer 1/2	11:00 to 11:30am	23807	23836	42.95
Swimmer 1/2	4:30 to 5:00pm	23817	23846	42.95
Swimmer 3/4	10:00 to 10:30am	23800	23828	42.95
Swimmer 3/4	11:30 to 12:00pm	23808	23836	42.95
Swimmer 3/4	5:00 to 5:30pm	23818	23847	42.95
Swimmer 5/6	10:30 to 11:00am	23801	23829	42.95
Swimmer 5/6	6:00 to 6:30pm	23820	23849	42.95
Swimmer 7/8	11:00 to 11:30am	23802	23830	42.95
Swimmer 7/8	5:30 to 6:00pm	23819	23848	42.95
Swimmer 9/10	11:30 to 12:00pm	23803	23831	42.95
Private Lesson	9:30 to 10:00am	23804	23832	144.05
Private Lesson	10:00 to 10:30am	23805	23833	144.05
Private Lesson	10:30 to 11:00am	23806	23834	144.05
Private Lesson	4:30 to 5:00pm	23809	23837	144.05
Private Lesson	5:00 to 5:30pm	23810	23838	144.05
Private Lesson	5:30 to 6:00pm	23811	23839	144.05
Private Lesson	6:00 to 6:30pm	23812	23840	144.05

Weeks 3 and 4: July 15 to 19 and July 22 to 26

Swim Level	Time	Activity Number: Week 3	Activity Number: Week 4	Lesson Fee (per session)
Parent and Tot	9:30 to 10:00am	No class	23879	42.95
Tots 3	9:30 to 10:00am	23850	No class	42.95
Tots 3	4:30 to 5:00pm	23871	23898	42.95
Preschool A/B	10:00 to 10:30am	23851	23880	42.95
Preschool A/B	11:00 to 11:30am	23853	23881	42.95
Preschool A/B	5:00 to 5:30pm	23872	23882	42.95
Preschool C	10:30 to 11:00am	23852	23883	42.95
Preschool C	6:00 to 6:30pm	23874	23884	42.95
Preschool D/E	11:30 to 12:00pm	23854	23885	42.95
Preschool D/E	5:30 to 6:00pm	23873	23886	42.95
Swimmer 1/2	10:00 to 10:30am	23861	23891	42.95
Swimmer 1/2	10:30 to 11:00am	23857	23890	42.95
Swimmer 1/2	4:30 to 5:00pm	23875	23892	42.95
Swimmer 3/4	9:30 to 10:00am	23860	23894	42.95
Swimmer 3/4	11:00 to 11:30am	23858	23893	42.95
Swimmer 3/4	6:00 to 6:30pm	23878	23895	42.95
Swimmer 5/6	11:30 to 12:00pm	23859	23896	42.95
Swimmer 5/6	5:30 to 6:00pm	23877	23897	42.95
Swimmer 7/8	9:30 to 10:00am	23855	23887	42.95
Swimmer 9/10	10:00 to 10:30am	23856	23888	42.95
Swimmer 9/10	5:00 to 5:30pm	23876	23889	42.95
Private Lesson	10:30 to 11:00am	23862	23899	144.05
Private Lesson	11:00 to 11:30am	23863	23900	144.05
Private Lesson	11:00 to 11:30am	23864	No class	144.05
Private Lesson	11:30 to 12:00pm	23865	23901	144.05
Private Lesson	11:30 to 12:00pm	23866	No class	144.05
Private Lesson	4:30 to 5:00pm	23867	23902	144.05
Private Lesson	5:00 to 5:30pm	23868	23903	144.05
Private Lesson	5:30 to 6:00pm	23869	23904	144.05
Private Lesson	6:00 to 6:30pm	23870	23905	144.05

Weeks 5 and 6: July 29 to August 2 (5 lessons) and August 6 to 9 (4 lessons)

Swim Level	Time	Activity Number: Week 5	5-day Lesson Fee	Activity Number: Week 6	4-day Lesson Fee
Parent and Tot	5:00 to 5:30pm	No class	N/A	23950	36.36
Tots 3	11:00 to 11:30am	23913	42.95	23949	36.36
Tots 3	5:00 to 5:30pm	23914	42.95	No class	N/A
Preschool A/B	10:00 to 10:30am	23908	42.95	23943	36.36
Preschool A/B	11:30 to 12:00pm	23910	42.95	23944	36.36
Preschool A/B	5:30 to 6:00pm	23909	42.95	23945	36.36
Preschool C	9:30 to 10:00am	23906	42.95	23942	36.36
Preschool C	4:30 to 5:00pm	23907	42.95	23948	36.36
Preschool D/E	10:30 to 11:00am	23911	42.95	23946	36.36
Preschool D/E	6:00 to 6:30pm	23912	42.95	23947	36.36
Swimmer 1/2	9:30 to 10:00am	23915	42.95	23951	36.36
Swimmer 1/2	11:30 to 12:00pm	23916	42.95	23952	36.36
Swimmer 1/2	6:00 to 6:30pm	23917	42.95	23953	36.36
Swimmer 3/4	10:00 to 10:30am	23918	42.95	23954	36.36
Swimmer 3/4	11:00 to 11:30am	23919	42.95	23955	36.36
Swimmer 3/4	4:30 to 5:00pm	23920	42.95	23956	36.36
Swimmer 5/6	11:00 to 11:30am	23923	42.95	23959	36.36
Swimmer 5/6	5:00 to 5:30pm	23924	42.95	23960	36.36
Swimmer 7/8	10:30 to 11:00am	23921	42.95	23957	36.36
Swimmer 7/8	5:30 to 6:00pm	23922	42.95	23958	36.36
Swimmer 9/10	11:30 to 12:00pm	23925	42.95	23961	36.36
Private Lesson	9:30 to 10:00am	23926	144.05	23933	36.36
Private Lesson	10:00 to 10:30am	23927	144.05	23934	36.36
Private Lesson	10:30 to 11:00am	23928	144.05	23935	36.36
Private Lesson	11:00 to 11:30am	No class	N/A	23940	36.36
Private Lesson	11:30 to 12:00pm	No class	N/A	23941	36.36
Private Lesson	4:30 to 5:00pm	23929	144.05	23936	115.24
Private Lesson	5:00 to 5:30pm	23930	144.05	23937	115.24
Private Lesson	5:30 to 6:00pm	23931	144.05	23938	115.24
Private Lesson	6:00 to 6:30pm	23932	144.05	23939	115.24

Week 7: August 12 to 16

Swim level	Time	Activity number:	Lesson fee (per session)
Parent and Tot	10:30 to 11:00am	23973	42.95
Preschool A/B	9:30 to 10:00am	23962	42.95
Preschool A/B	11:00 to 11:30am	23963	42.95
Preschool C	11:30 to 12:00pm	23967	42.95
Preschool D/E	10:00 to 10:30am	23970	42.95
Swimmer 1/2	11:00 to 11:30am	23976	42.95
Swimmer 3/4	10:30 to 11:00am	23980	42.95
Swimmer 5/6	10:00 to 10:30am	23984	42.95
Swimmer 7/8	11:30 to 12:00pm	23987	42.95
Swimmer 9/10	9:30 to 10:00am	23990	42.95
Private Lesson	9:30 to 10:00am	23992	144.05
Private Lesson	10:00 to 10:30am	23993	144.05
Private Lesson	10:30 to 11:00am	23994	144.05
Private Lesson	11:00 to 11:30am	23995	144.05
Private Lesson	11:30 to 12:00pm	23996	144.05

Week 8: August 19 to 23

Swim level	Time	Activity number:	Lesson fee (per session)
Tots 3	11:30 to 12:00pm	23974	42.95
Preschool A/B	9:30 to 10:00am	23964	42.95
Preschool A/B	10:30 to 11:00am	23965	42.95
Preschool C	10:00 to 10:30am	23968	42.95
Preschool D/E	11:00 to 11:30am	23971	42.95
Swimmer 1/2	11:30 to 12:00pm	23977	42.95
Swimmer 3/4	11:00 to 11:30am	23981	42.95
Swimmer 5/6	10:00 to 10:30am	23985	42.95
Swimmer 7/8	9:30 to 10:00am	23988	42.95
Swimmer 9/10	10:30 to 11:00am	23991	42.95
Private Lesson	9:30 to 10:00am	24001	144.05
Private Lesson	10:00 to 10:30am	24000	144.05
Private Lesson	10:30 to 11:00am	23999	144.05
Private Lesson	11:00 to 11:30am	23998	144.05
Private Lesson	11:30 to 12:00pm	23997	144.05

Week 9: August 26 to Aug 30

Swim level	Time	Activity number:	Lesson fee (per session)
Tots 3	9:30 to 10:00am	23975	42.95
Preschool A/B	11:30 to 12:00pm	23966	42.95
Preschool C	11:30 to 12:00pm	23969	42.95
Preschool D/E	10:30 to 11:00am	23972	42.95
Swimmer 1/2	9:30 to 10:00am	23978	42.95
Swimmer 1/2	10:30 to 11:00am	23979	42.95
Swimmer 3/4	10:00 to 10:30am	23983	42.95
Swimmer 3/4	11:00 to 11:30am	23982	42.95
Swimmer 5/6	11:00 to 11:30am	23986	42.95
Swimmer 7/8	10:00 to 10:30am	23989	42.95
Private Lesson	9:30 to 10:00am	24002	144.05
Private Lesson	10:00 to 10:30am	24003	144.05
Private Lesson	10:30 to 11:00am	24004	144.05
Private Lesson	11:00 to 11:30am	24005	144.05
Private Lesson	11:30 to 12:00pm	24006	144.05

Adult Swimming Lessons

Program	Program Dates	Day(s)	Time	Activity Number	Fee
Adult – Learn to Swim	July 2 to August 1	Tuesdays and Thursdays	6:30 to 7pm	24028	85.90 + HST
Adult – Stroke Improvement	July 2 to August 1	Tuesdays and Thursdays	7 to 7:30pm	24029	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.

‘Bronzed-Up’ Free Aquatic Training

Are you 16 years of age or older? Want to have a better knowledge of how to keep yourself and others safe around water? Were you a lifeguard in the past and are interested in getting back into it?

The Bronzed-Up course includes the first steps to becoming an aquatic staff member. The program will be a mix of in-person learning and individual study. Participants will work towards their Bronze Medallion and be able to join several advanced aquatic courses happening at the end of summer.

Candidates must be comfortable swimming 400 metres in 12 minutes or less, submerging up to 2 metres under water and treading for 3 minutes prior to starting the program.

Program	Program Dates	Day	Time	Activity Number	Fee
Bronzed Up	July 3 to August 8	Mondays and Wednesdays	6:30 to 8 pm	24031	Free

Lifesaving Sport (Fundamentals): Saugeen Shores Lifesaving Club

The fundamental program runs at the Port Elgin Main Beach from July 3 to August 17. If you are new to Lifesaving Sport or are unsure what level to register in, contact us before registering at 519-832-2627 or by email at michael.hundt@saugeenshores.ca.

- Athletes on the Competitive Squad may register for morning and afternoon practices **or** one or the other.
- Athletes in Junior Program must be registered for the morning program in order to participate in the evening program.

Level	Age	Days and Time	Activity Number	Fee
Competitive Squad: Morning Practice	14 and older	Monday to Friday, 7am to 8:30am	24017	255.75
Competitive Squad: Evening Practice	14 and older	Monday to Friday 7pm to 8pm	24018	170.50
Juniors: Morning Practice	12 to 16	Monday to Friday 8:30am to 9:30am	24019	217.00
Juniors: Evening Practice	12 to 16	Monday, Wednesday 6:00 to 7:00pm, Friday 7 to 8pm	24020	126.00
Surfers	9 to 13	Monday to Friday 9:30 to 10:30am	24021	196.00
Sea Horses	8 to 12	Monday to Friday 10:30 to 11:15am	24022	157.50
Minnows	7 to 10	Monday, Wednesday, Friday 4:30 to 5:15pm	24024	94.50
Sea Monsters	5 to 6	Tuesday, Thursday 4:30 to 5:15pm	24023	63.00
Intro to Sport	8 to 13	Monday, Wednesday 5:15 to 6:00pm or Tuesday, Thursday 5:15 to 6:00pm	24025 24026	51.50 63.00
Twilight Lifesavers	20+	Tuesday, Thursday 6 to 7pm	24027	84.00

HST is applicable on Junior levels and higher.

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. If you're new to sport, please talk to the chat Head Coach to see where to register.

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 6 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.

Minnows: Athletes have passed Swimmer 4 or higher. This program is a great way to try out Lifesaving Sport and start your training with the Saugeen Shores Lifesaving Club (SSLC). Athletes will be working with coaches improving their endurance in running and swimming. Athletes must be comfortable swimming 25m nonstop and treading water for 30 seconds. No previous Lifesaving Sport training needed.

Sea Monsters: This program has participants in and out of the water at the Port Elgin main beach. Led by our instructor/lifeguards and supported by volunteers from the SSLC, participants will spend time playing on the beach developing skills like team work, cooperation and sportsmanship, learn about the dangers of water and staying safe around open water and run through the waves, get their heads wet and play on paddle boards. This program is not a swim lesson. It is about getting kids comfortable at the beach, in the sand and around water.

Intro to Sport: New for 2024, for those that have seen athletes training on the beach but don't have the ability to compete training 5 days a week. Athletes must have passed Swimmer 6 or higher. They will be learning how to run and swim in the lake as well as the basics of paddleboarding. Athletes must be comfortable swimming 50m nonstop and treading water for 30 seconds. No previous Lifesaving Sport training needed.

Twilight Lifesavers: For those over 20 years that may have held a Bronze Medallion or Cross award from the Lifesaving Society at one time (a few or many moons ago) or interested in some fitness and fun on the beach this summer. They will be working with coaches to learn or improve boarding and surf ski techniques, open water swimming and relays and transitions. Athletes must be comfortable swimming 200m nonstop and treading water for 5 min. No previous Lifesaving Sport training needed.

Advanced Aquatics Courses

Course	Age	Days, Times, and Prerequisites	Activity Number	Fee
Bronze Star	11 years or older	August 14 to 16, 12 to 4pm	24014	\$98.39
Bronze Medallion and Emergency First Aid	13 years and older	August 14 to 16, 9am to 4pm	24015	\$140.00
Bronze Cross	14 years and old	August 14 to 16, 9am to 4pm Must have Bronze Medallion and Emergency First Aid.	24016	\$140.00
Lifesaving Assistant Instructor	14 years and older	August 19 to 21, 9 to 4pm	23792	\$135.90
Lifesaving Swim Instructor	15 years and older	August 19 to 21, 9am to 4pm August 22, 9 to 1pm Must have Lifesaving Assistant Instructors	23793	\$150.00
NL-Pool National Lifeguard	15 years and older	August 26 to August 30, 9am to 6pm Must have Bronze Cross and Standard First Aid. 100% attendance required.	23775	\$250.00

HST is applicable on all certification levels Bronze Medallion and higher.

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.

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.

Lifesaving Assistant Instructors, 14 years and older: Through classroom learning and in-water practice, this course will prepare you to assist instructors with swim lessons. This course provides an introduction to swimming instruction and will focus on key learning such as safety, swimming skills and stroke mechanics, as well as, communication and learning strategies. This course includes up to 20hrs of apprentice teaching (dependent on COVID-19 restrictions). Participants must have a Bronze Cross certification or higher to take this course. 100% attendance is mandatory.

Lifesaving Swim Instructors, 15 years and older: This course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Participants must have a valid Assistant Instructor certification. 100% attendance is mandatory.

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.

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