



2025 Spring Aquatic Program Schedule

Spring Session: March 31 to June 16

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Registration and Program Information

Programs open for registration on **Wednesday, March 5** [online](#) at 6am and in-person 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.

Spring Session Dates

- The spring session runs from March 31 to June 16, 2025
- There are no lessons on April 18, April 21 and May 19 due to the holidays

Summer Session Dates

- Summer aquatic programs open for registration March 5
- Summer lessons include one lesson per day for 5 days at the same time
- View the summer aquatic program schedule at www.saugeenshores.ca/swim

Summer Camp Registration

- Week-long summer camps open for registration March 5
- Full-day aquatic and specialty camps are available (ages 6 to 11)
- Half-day Kamps for Kids camps are available (ages 4 to 12)
- View camp schedules at www.saugeenshores.ca/recreation

Closure and Cancellation Protocol

If programs are cancelled, participants will be notified using:

- Town website www.saugeenshores.ca and social media @SaugeenShoresON
- Local radio stations
- Email to participants with up-to-date email address
- Posting at the Centennial Pool (if possible)

In the event of a cancellation, a makeup class will be scheduled. If a class is not rescheduled, a refund credit will be provided for the cancelled classes.

Refund Policy

The refund policy applies to aquatic and recreation programs operated by the Community Services Department (Town-operated) and operated by contracted program providers with the Community Services Department (Town-contracted). Review policy at www.saugeenshores.ca/recreation.

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

How to Read the Schedule

The swimming lesson schedule is divided into three sections based on age and type of lesson.

1. Parent / Tot and Preschool Levels (pages 3 to 7)
2. Swimmer Levels (pages 7 to 10)
3. Adult Lessons (page 10)

Registering in the correct level is best for your swimmer's safety and success. Quick level descriptions are provided as an easy reference for the skills that must be achieved within each Level. Review before registering. Each section includes quick descriptions for each level.

For assistance in level placement contact the Pool Deck Coordinator, Melissa at 519-832-2627 or melissa.cronin@saugeenshores.ca, to book a free Swim Assessment.

Detailed descriptions are available on the website or the online registration portal. Visit our [website](#) for frequently asked questions.

Parent / Tot and Preschool Levels

- Parent and Tot levels: 4 months to 2.5 years
- Tots 3: 2.5 to 3.5 years
- Preschool levels: 3 up to 6 years

Quick Level Descriptions: Parent / Tot and Preschool Levels

Swim Level	Skill Highlights	Teaching Location
Parent and Tot	<ul style="list-style-type: none"> • Parent participation required • Trying out PFDs • Supported floats, exploring the water 	Child supported by parent.
Tots 3	<ul style="list-style-type: none"> • Parent participation required for at least 3 classes • Putting full face in water • Kicking legs while assisted (on front and back) 	Participants on the tot dock.
Preschool Prep	<ul style="list-style-type: none"> • Swimmers and caregivers participate together • Promote and improve independence in the water • Ideal for swimmers aged out of Tots but not yet ready for Preschool A 	Participants on the tot dock.
Preschool A	<ul style="list-style-type: none"> • Full face in water for 3 seconds • Assisted front and back float for 3 seconds • Glides with assistance for 3 seconds 	Participants on the tot dock.
Preschool B	<ul style="list-style-type: none"> • Face in water during front float and front glide • Jump in unassisted • Unassisted front and back float for 3 seconds 	Participants on the tot dock.
Preschool C	<ul style="list-style-type: none"> • Face in water during 3 metre front glide unassisted • 5 metre flutter kick on front and back unassisted • 5 metre fitness swim, no touching down 	Participants on the tot dock.

Preschool D	<ul style="list-style-type: none"> • Glide 5 metres on front and back unassisted • 3 metre front crawl with face in • 7 metre fitness swim, no touching down 	Participants hold onto wall.
Preschool E	<ul style="list-style-type: none"> • Tread water for 20 seconds • 5 metre front crawl and 3 metre back crawl • 10 metre fitness swim, no touching down 	Participants hold onto wall.
Splash Big E	<ul style="list-style-type: none"> • Open to swimmers who are 5 years and older • Successful completion of Preschool E • Front and back crawl, entries and breath control 	Participants hold onto wall.

Monday lessons: March 31 to June 16. No lessons on April 20 or May 19.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:00pm – 5:30pm	24651	\$88.10
Tots 3	4:00pm – 4:30pm	24637	\$88.10
Tots 3	4:30pm – 5:00pm	24638	\$88.10
New! Preschool Prep	5:30pm – 6:00pm	24639	\$88.10
Preschool A	3:30pm – 4:00pm	24640	\$88.10
Preschool A	5:00pm – 5:30pm	24641	\$88.10
Preschool A	6:00pm – 6:30pm	24642	\$88.10
Preschool B	3:30pm – 4:00pm	24643	\$88.10
Preschool B	4:30pm – 5:00pm	24644	\$88.10
Preschool B	5:30pm – 6:00pm	24645	\$88.10
Preschool C	4:00pm – 4:30pm	24646	\$88.10
Preschool C	4:30pm – 5:00pm	24647	\$88.10
Preschool C	6:00pm – 6:30pm	24648	\$88.10
Preschool D	4:00pm – 4:30pm	24649	\$88.10
Preschool E	5:30pm – 6:00pm	24650	\$88.10

Tuesday lessons: April 1 to June 10.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	4:30pm – 5:00pm	24667	\$96.91
Tots 3	4:30pm – 5:00pm	24680	\$96.91
Tots 3	5:30pm – 6:00pm	24681	\$96.91
Preschool A	4:00pm – 4:30pm	24668	\$96.91
Preschool A	5:00pm – 5:30pm	24669	\$96.91
Preschool A	6:00pm – 6:30pm	24670	\$96.91
Preschool B	3:30pm – 4:00pm	24671	\$96.91
Preschool B	4:30pm – 5:00pm	24672	\$96.91
Preschool B	6:00pm – 6:30pm	24673	\$96.91
Preschool C	5:00pm – 5:30pm	24674	\$96.91
Preschool C	5:30pm – 6:00pm	24675	\$96.91
Preschool D	4:00pm – 4:30pm	24676	\$96.91
Preschool D	6:00pm – 6:30pm	24677	\$96.91
Preschool E	5:00pm – 5:30pm	24678	\$96.91
Preschool E	5:30pm – 6:00pm	24679	\$96.91

Wednesday lessons: April 2 to June 11.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:00pm – 5:30pm	24693	\$96.91
Tots 3	5:00pm – 5:30pm	24694	\$96.91
Tots 3	5:30pm – 6:00pm	24695	\$96.91
New! Preschool Prep	4:00pm – 4:30pm	24708	\$96.91
Preschool A	3:30pm – 4:00pm	24696	\$96.91
Preschool A	4:30pm – 5:00pm	24697	\$96.91
Preschool A	6:00pm – 6:30pm	24698	\$96.91
Preschool B	4:00pm – 4:30pm	24699	\$96.91
Preschool B	5:00pm – 5:30pm	24700	\$96.91
Preschool B	6:00pm – 6:30pm	24701	\$96.91
Preschool C	3:30pm – 4:00pm	24702	\$96.91
Preschool C	4:30pm – 5:00pm	24703	\$96.91
Preschool C	5:30pm – 6:00pm	24704	\$96.91
Preschool D	4:00pm – 4:30pm	24705	\$96.91
Preschool D	4:30pm – 5:00pm	24706	\$96.91
Preschool E	5:00pm – 5:30pm	24707	\$96.91

Thursday lessons: April 3 to June 12.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Tots 3	4:00pm – 4:30pm	24723	\$96.91
Tots 3	5:00pm – 5:30pm	24724	\$96.91
Preschool A	3:30pm – 4:00pm	24725	\$96.91
Preschool A	4:30pm – 5:00pm	24726	\$96.91
Preschool A	5:30pm – 6:00pm	24727	\$96.91
Preschool B	3:30pm – 4:00pm	24728	\$96.91
Preschool B	4:00pm – 4:30pm	24729	\$96.91
Preschool B	5:00pm – 5:30pm	24730	\$96.91
Preschool C	4:30pm – 5:00pm	24731	\$96.91
Preschool C	5:30pm – 6:00pm	24732	\$96.91
Preschool D	4:00pm – 4:30pm	24733	\$96.91
Preschool D	5:00pm – 5:30pm	24734	\$96.91
Preschool E	5:30pm – 6:00pm	24735	\$96.91

Friday lessons: April 4 to June 13. No lessons on April 18.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	5:30pm – 6:00pm	24747	\$88.10
Tots 3	5:00pm – 5:30pm	24748	\$88.10
Tots 3	5:30pm – 6:00pm	24758	\$88.10
New! Preschool Prep	4:30pm – 5:00pm	24749	\$88.10
Preschool A	4:00pm – 4:30pm	24750	\$88.10
Preschool A	5:30pm – 6:00pm	24751	\$88.10
Preschool B	4:00pm – 4:30pm	24752	\$88.10
Preschool C	3:30pm – 4:00pm	24753	\$88.10
Preschool C	4:30pm – 5:00pm	24754	\$88.10
Preschool D	4:00pm – 4:30pm	24755	\$88.10
Preschool D	5:00pm – 5:30pm	24756	\$88.10
Preschool E	5:30pm – 6:00pm	24757	\$88.10

Saturday lessons: April 5 to June 14.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Parent and Tot	9:30am – 10:00am	24768	\$96.91
Parent and Tot	11:00am – 11:30am	24770	\$96.91
Tots 3	10:00am – 10:30am	24769	\$96.91
New! Preschool Prep	9:00am – 9:30am	24771	\$96.91
Preschool A	9:30am – 10:00am	24772	\$96.91
Preschool B	10:30am – 11:30am	24773	\$96.91
Preschool B	11:30am – 12:00pm	24774	\$96.91
Preschool C	11:00am – 11:30am	24775	\$96.91
Preschool D	11:00am – 11:30am	24776	\$96.91
Preschool E	10:00am – 10:30am	24777	\$96.91
New! Splash Big E	9:00am – 9:30am	24778	\$96.91
Small Group Preschool A	10:30am – 11:00am	24787	\$205.70
Small Group Preschool B	9:30am – 10:00am	24788	\$205.70
Small Group Preschool C	10:00am – 10:30am	24789	\$205.70

New Preschool Programs



Preschool Prep (ages 3 up to 6 years)

Is your preschooler having a difficult time transitioning into un-parented lessons? Is this your child's first round of swimming lessons and they are nervous to join a group? Preschool Prep is the program for you!

For children aged 3 up to 6 years, this program includes caregivers in the water participating with their child until the child is ready to swim on their own. Preschool Prep sets all our swimmers up for success.

Swimmers and caregivers work together to promote and improve independence in the water, performing skills with both their caregiver and the instructor. Swimmers will learn to be comfortable and confident in the water, while also following safety skills and learning important Water Smart messages



Splash Big E (ages 5 up to 6 years)

This pilot program is for those advanced young swimmers that have successfully completed Preschool E multiple times while waiting to turn 6 years of age and move up.

Swimmer regression is real and can happen quicker with young swimmers. Splash Big E is a bridge program for young swimmers. Participants work with a swim instructor on more advanced stroke techniques for freestyle and back crawl.

Swimmers must be 5 years of age and confident swimming a width of the pool (12 metres) where they cannot touch on their front and back, and with no assistance from buoyant aids or instructors.

Swimmer Levels (1 to 10)

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

Quick Descriptions: Swimmer Levels

Swim Level	Skill Highlights
Swimmer 1	<ul style="list-style-type: none"> • Full face in water, hold breath 5 seconds and exhale in water • Jump into chest deep water unassisted • Front (face in water) and back float 5 seconds unassisted • Front (face in water) and back glide 3 metres unassisted
Swimmer 2	<ul style="list-style-type: none"> • 10 metre flutter kick on front, back and side unassisted • 10 metre front crawl, face in, alternating arm action • Jump into deep water, return to wall and exit pool unassisted
Swimmer 3	<ul style="list-style-type: none"> • 15 metre front crawl and 10 metre back crawl • Whip kick in vertical position 30 seconds with aid • 20 metre fitness swim, no touching down
Swimmer 4	<ul style="list-style-type: none"> • Tread water 1 minute • 5 metre whip kick on back • Front crawl 25 metre, back crawl 15 metre
Swimmer 5	<ul style="list-style-type: none"> • 10 metre whip kick on back and 15 metre whip kick on front • 50 metre front crawl and 25 metre back crawl • Swim to Survive Standard (roll in, 1 min. tread, 50 metre swim)
Swimmer 6	<ul style="list-style-type: none"> • 50 metre front and back crawl • 15 metre breaststroke drill • 10 metre underwater swim to recover an object
Swimmer 7	<ul style="list-style-type: none"> • Complete 300 metre swim workout • 25 metre breaststroke • 75 metre front crawl and 50 metre back crawl
Swimmer 8	<ul style="list-style-type: none"> • 50 metre breaststroke, 75 metre front and 75 metre back crawl • Carry 2.3 kg (5 pound) object at surface 15 metres • 100 metre timed swim (3 minutes or better)
Swimmer 9	<ul style="list-style-type: none"> • 75 metre front and back crawl, and breaststroke • Support 2.3 kg (5 pound) object at surface for 1 minute

Swimmer 10	• 200 metre timed swim (6 minutes or better)
	• 100 metre front and back crawl, and breaststroke
	• Carry 2.3 kg (5 pound) object at surface for 25 metres
	• 300 metre timed swim (9 minutes or better)

Monday lessons: March 31 to June 16. No lessons on April 20 or May 19.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Swimmer 1	4:00pm – 4:30pm	24652	\$88.10
Swimmer 1	5:00pm – 5:30pm	24653	\$88.10
Swimmer 1	6:00pm – 6:30pm	24654	\$88.10
Swimmer 2	3:30pm – 4:00pm	24655	\$88.10
Swimmer 2	4:30pm – 5:00pm	24656	\$88.10
Swimmer 2	5:30pm – 6:00pm	24657	\$88.10
Swimmer 3	3:30pm – 4:00pm	24658	\$88.10
Swimmer 3	4:30pm – 5:00pm	24659	\$88.10
Swimmer 3	6:00pm – 6:30pm	24660	\$88.10
Swimmer 4	3:30pm – 4:00pm	24661	\$88.10
Swimmer 4	4:30pm – 5:00pm	24662	\$88.10
Swimmer 5	4:00pm – 4:30pm	24663	\$88.10
Swimmer 5	5:00pm – 5:30pm	24664	\$88.10
Swimmer 6	6:00pm – 6:30pm	24665	\$88.10
Swimmer 7/8	5:30pm – 6:00pm	24666	\$88.10

Tuesday lessons: April 1 to June 10.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Swimmer 1	3:30pm – 4:00pm	24682	\$96.91
Swimmer 1	4:00pm – 4:30pm	24683	\$96.91
Swimmer 2	3:30pm – 4:00pm	24684	\$96.91
Swimmer 2	4:30pm – 5:00pm	24687	\$96.91
Swimmer 3	4:00pm – 4:30pm	24685	\$96.91
Swimmer 3	5:00pm – 5:30pm	24686	\$96.91
Swimmer 4	3:30pm – 4:00pm	24688	\$96.91
Swimmer 4	5:00pm – 5:30pm	24689	\$96.91
Swimmer 5	4:30pm – 5:00pm	24690	\$96.91
Swimmer 6	4:00pm – 4:30pm	24691	\$96.91
Swimmer 7/8	3:30pm – 4:00pm	24692	\$96.91

Wednesday lessons: April 2 to June 11.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Swimmer 1	5:00pm – 5:30pm	24709	\$96.91
Swimmer 1	6:00pm – 6:30pm	24710	\$96.91
Swimmer 2	5:30pm – 6:00pm	24711	\$96.91
Swimmer 2	6:00pm – 6:30pm	24712	\$96.91
Swimmer 3	3:30pm – 4:00pm	24713	\$96.91
Swimmer 3	4:30pm – 5:00pm	24714	\$96.91
Swimmer 3	5:30pm – 6:00pm	24715	\$96.91
Swimmer 4	4:30pm – 5:00pm	24716	\$96.91
Swimmer 4	6:00pm – 6:30pm	24717	\$96.91
Swimmer 5	4:00pm – 4:30pm	24718	\$96.91
Swimmer 5	5:30pm – 6:00pm	24719	\$96.91
Swimmer 6	3:30pm – 4:00pm	24720	\$96.91
Swimmer 7/8	4:00pm – 4:30pm	24721	\$96.91
Swimmer 9/10	3:30pm – 4:00pm	24722	\$96.91

Thursday lessons: April 3 to June 12.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Swimmer 1	4:00pm – 4:30pm	24736	\$96.91
Swimmer 1	4:30pm – 5:00pm	24737	\$96.91
Swimmer 2	4:30pm – 5:00pm	24738	\$96.91
Swimmer 3	3:30pm – 4:00pm	24739	\$96.91
Swimmer 4	3:30pm – 4:00pm	24740	\$96.91
Swimmer 5	3:30pm – 4:00pm	24741	\$96.91
Swimmer 6	4:00pm – 4:30pm	24742	\$96.91
Swimmer 7/8	4:30pm – 5:00pm	24743	\$96.91

Friday lessons: April 4 to June 13. No lessons April 18.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Swimmer 1	4:30pm – 4:00pm	24759	\$88.10
Swimmer 1	5:00pm – 5:30pm	24760	\$88.10
Swimmer 2	5:00pm – 5:30pm	24761	\$88.10
Swimmer 3	4:00pm – 4:30pm	24762	\$88.10
Swimmer 4	4:30pm – 5:00pm	24763	\$88.10
Swimmer 5	4:00pm – 4:30pm	24764	\$88.10
Swimmer 6	4:30pm – 5:00pm	24765	\$88.10
Swimmer 7/8	5:00pm – 5:30pm	24766	\$88.10
Swimmer 9/10	5:30pm – 6:00pm	24767	\$88.10

Saturday lessons: April 5 to June 14.

Swim Level	Time	Activity Number	Lesson Fee (per session)
Swimmer 1	9:30am – 10:00am	24779	\$96.91
Swimmer 2	10:00am – 10:30am	24780	\$96.91
Swimmer 3	11:30am – 12:00pm	24781	\$96.91
Swimmer 4	10:30am – 11:00am	24782	\$96.91
Swimmer 5	11:30am – 12:00pm	24783	\$96.91
Swimmer 6	11:00am – 11:30am	24784	\$96.91
Swimmer 7/8	10:00am – 10:30am	24785	\$96.91
Swimmer 9/10	9:30am – 10:00am	24786	\$96.91
Small Group Swimmer 1	10:30am – 11:00am	24790	\$205.70
Small Group Swimmer 2	11:00am – 11:30am	24790	\$205.70

Adult Swimming Lessons

Adult swimming lessons run weekly during the spring session, March 31 to June 16.

Swim Level	Day	Time	Activity Number	Fee (plus HST)
Intro to Swimming: Level 1	Tuesday	8:00pm – 8:30pm	25027	\$96.91
Intro to Swimming: Level 1	Wednesday	6:30pm – 7:00pm	25028	\$96.91
Intro to Swimming: Level 1	Friday	12:45pm – 1:15pm	25029	\$88.10
Learn to Swim: Level 2	Monday	7:30pm – 8:00pm	25030	\$88.10
Learn to Swim: Level 2	Thursday	8:00pm – 8:30pm	25032	\$96.91
Learn to Swim: Level 2	Friday	12:45pm – 1:15pm	25031	\$88.10
Stroke Improvement: Level 3	Monday	8:00pm – 8:30pm	25033	\$88.10
Power Swim: Level 4	Sunday	7:15am – 8:00am	25034	\$96.91

Descriptions

Intro to Swimming: Adult Level 1: Are you new to swimming? Never taken lessons, or a beginner swimmer, this is the program for you. We start from the beginning and learn the basics of swimming. We will work on floats, glides and proper breathing when in the water. Our goal is to complete a 10m swim with comfort and ease.

Learn to Swim: Adult Level 2: Level 2 is for our swimmers who have already mastered the basics of floats and glides and are looking to further develop their swimming skills. In this program we will introduce and develop basic strokes such as front crawl and back crawl. We will aim for 25 to 50m swims of the core strokes by the end of the session.

Stroke Improvement: Adult Level 3: This program is for our swimmer's who are comfortable in the water looking to improve endurance and stroke technique with fitness and technical drills. Swimmers should be confident swimming multiple lengths in one or more of the three core strokes: front crawl, back crawl and/or breaststroke.

Power Swim: Adult Level 4: This swim program is great for swimmers interested in building their endurance and technique through drills and pace/time swims. Swimmers will learn how to read a swim set and will monitor their own progress throughout each set. This is an excellent program for swimmers training for their first triathlon, looking to improve their endurance or getting back into a fitness routine.

Free Aquatic Programs for Students

Open to Saugeen Shores students in grades 7 and 8.

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 fall 2025 this is an exciting time to dive into aquatics.

There are three levels available based on student's experience and goals. Programs run April 4 to June 13. There will be no lessons on April 18.

- Learn to Swim: Fridays, 3:30 to 4:00 pm. Activity Number 24746.
- Future Stars: Fridays, 3:30 to 4:00 pm. Activity Number 24745.
- Future Guards: Fridays, 3:30 to 4:00 pm. Activity Number 24744.

Learn to Swim: A great program for those that are uncomfortable in the water. Swimmers will learn to float, glide and kick all while working on improving their comfort in the water.

Future Stars: This program focuses primarily on stroke technique and introductory lifesaving skills which will assist in candidate preparation for Advanced Aquatic Courses such as Bronze Star or Medallion.

Future Guards: This course is for those that have completed Bronze Star or Bronze Medallion and want to improve or maintain their skill set before taking the Bronze Cross Program. Swimmers will work on endurance, specialized rescue techniques and First Aid.

Adult Registered Aquatic Programs

Check out this awesome line-up of adult registered aqua fitness programs in the pool.

The registration fee is \$61.90 plus HST per program.

Program	Program Dates	Day	Time	Activity Number
Aqua Cycle	April 2 to June 11	Wednesday	6:30 to 7:15 pm	25092
Baby Fit	April 1 to June 10	Tuesday	10:15 to 11 am	25085
Baby Fit	April 3 to June 12	Thursday	10:15 to 11 am	25087
Deep Water Running	April 2 to June 11	Wednesday	8 to 8:45 pm	25091
Deep Water Noodle	April 1 to June 10	Tuesday	10:15 to 11 am	25089
Deep Water Noodle	April 3 to June 12	Thursday	10:15 to 11 am	25090
Aquafit Boot Camp	April 2 to June 11	Wednesday	7:15 to 8 pm	25093
Aquafit Boot Camp	April 5 to June 14	Saturday	8:30 to 9:15 am	25094

Program Descriptions

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 has a focus on strength and cardio fitness. Water shoes or clean running shoes are required.

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.

Deep Water Running: Deep Water Running is one of the best cardio workouts for injured runners as well as an excellent form of cross training for healthy runners. Deep water running is a great way to decrease risk of running related injuries. Enjoy 45 minutes of jogging without the stressors of dry land training.

Deep Water Noodle: Deep Water Aqua Noodle is one of the best pool workouts you can get without swimming laps. We will use resistance exercises with the support of a basic foam noodle. Keep in shape with this 45-minute pool noodle workout!

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.

Lifesaving Sport (Fundamentals): Saugeen Shores Lifesaving Club

What to expect from Lifesaving Sport?

- Training in a team setting and developing life-long skills (in and out of the water).
- Building on endurance and stroke techniques in a non-swimming lesson environment.
- Incorporating lifesaving carries, tows and throw rescues through a sports lens.
- Making new friends and building relationships.
- Opportunity to aim for personal bests and race at competitive Lifesaving meets.

Registering for Lifesaving Sport

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.

Level	Age	Days and Times	Session	Activity Number	Fee
Sea Horses	8 to 12 years	Tuesdays 5:30-6:15pm, Thursdays 5:00-5:45pm and Saturdays 7:00-8:00am	April 1 to June 15	25035	\$209.82
Surfers	9 to 13 years	Tuesdays 5:30-6:15pm, Thursdays 5:00-5:45pm and Saturdays 7:00-8:00am	April 1 to June 15	25036	\$209.82
Junior Squad	12 years and older	Tuesdays and Thursdays 6:00-7:30am and Saturdays 7:00-8:30am	April 1 to June 15	25037	\$269.78
Competitive Squad	14 years and older	Tuesdays and Thursdays 6:00-7:30am and Saturdays 7:00-8:30am	April 1 to June 15	25038	\$269.78 + HST

Lifesaving Sport Program Descriptions

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.

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.

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.

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.

Advanced Aquatics

Lifeguarding Journey

We are always looking for enthusiastic, passionate people to join our aquatics team. The journey can start as young as 11 years with the Bronze Star program.

Check out the [lifeguarding journey](#), sign-up for courses, or contact our aquatic team with any questions. We love to talk about all things aquatics!



LIFEGUARDING JOURNEY



Free 'Bronzed-Up' Aquatic Training

Are you at least 16 years of age? Interested in better understanding how to keep yourself and others safe around water? Worked as a lifeguard in the past, and are interested in getting back into it?

Check out this awesome development program! The Bronzed-Up course includes the first steps to becoming a certified lifeguard, and future aquatic team 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.

Course	Minimum Age	Course Details	Activity Number	Fee
Bronzed-Up	16 years	Wednesdays, April 2 to June 18 10:00am to 2:00pm	25095	Free

Upcoming Courses

Courses scheduled in December opened for registration on November 25. All course manuals are available for the duration of the course. If participants wish to write and keep manuals after the course, manuals are available for an additional cost to purchase.

Course	Minimum Age	Course Details	Activity Number	Fee
Bronze Star	11 years	June 20, 4 – 9pm June 21, 8am – 1pm Pre-requisite: None	24060	\$96.76
Bronze Medallion with Emergency First Aid	13 years or less with Bronze Star	March 10 to 13 1 pm to 8 pm	24611	\$140 + HST
Bronze Cross	14 years	March 10 to 13 1 pm to 8 pm Pre-requisite: Bronze Medallion	24612	\$140 + HST
National Lifeguard – Pool	15 years	May 9 and 23, 5 – 10pm May 10, 11, 24 and 25, 12 – 8pm Pre-requisite: Bronze Cross AND CPR C Award.	25049	\$250 + HST
Lifesaving Assistant Instructor	14 years	June 13 to 15 Friday: 5 to 10 pm Saturday and Sunday: 11 to 5 pm Pre-requisite: Bronze Cross Award	25057	\$135.90 + HST
Lifesaving Swim Instructor	15 years	June 13 to 15 Friday: 4 to 10 pm Saturday and Sunday: 11 to 6 pm Pre-requisite: Lifesaving Assistant Instructor, Bronze Cross Award	25054	\$150 + HST
Standard First Aid	12 years	April 26 and 27: 8am to 5pm	25046	\$111.66 + HST

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.

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 timed 400 metre swim. 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.

Lifesaving Assistant Instructor, 14 years and older: Through classroom learning and in-water practice, this course will prepare you to assist instructors with swim lessons. This course introduces swimming instruction and will focus on key learning such as safety, swimming skills and stroke mechanics, as well as communication and learning strategies. Must have Bronze Cross or higher to take this course.

Lifesaving Swim Instructor, 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. Must have a valid Assistant Instructor certification. 100% attendance.

Standard First Aid, 12 years and older: Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Candidates should expect to learn legal implications of first aid, victim assessment, CPR, choking, heart attack, stroke, wounds and burns, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, medical emergencies and what to do for external bleeding.