



# 2025 Summer Aquatic Program Schedule

## Summer Session: June 30 to August 29

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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](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.

## Summer Session Dates

- The summer session runs from June 30 to August 29, 2025
- There are no lessons on July 1 or August 4 due to the holidays
- Summer lessons include one lesson per day for 5 days at the same time

## Fall Registration, a Farewell Session

- A shortened, farewell program session is anticipated this fall at the Centennial Pool
- Programs open for viewing Monday, August 25
- Programs open for registration starting Monday, September 8

## Closure and Cancellation Protocol

If programs are cancelled, participants will be notified using:

- Town website [www.saugeenshores.ca](http://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](http://www.saugeenshores.ca/recreation).

## 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)

# Swimming Program Changes:

## Tot and Preschool Levels

### Supporting Success and Improving Quality

Program changes will better support the success of participants and improve the overall quality of our swimming lesson delivery at the Tot and Preschool levels. We passionately believe that swimming is a life skill; but one that can prove challenging to learn without practice and confidence in the water. Children learn best in a positive environment with active participation, repetition and play.

These changes are intended to create an environment that supports swimmer success and fosters a life-long comfort around water.

### Preschool Prep

Developed for children ages 3 to 6 years, Preschool Prep includes caregivers participating with their child in the water until the child is ready to swim on their own. Swimmers and caregivers work together to promote and improve independence in the water, with swimmers performing skills with both their caregiver and the instructor. Full program description on page 7.

### Tots 3 Program Update

Caregivers will now be a part of the Tots 3 swimming lesson for the full session. Caregivers remaining in the water allows for more individual one-on-one time for swimmers, increasing their practice and participation. Although parented program, this program differs greatly from our Parent and Tot lessons.

Swimmers will participate in lessons from the tot dock with the aid and assistance of both caregiver and instructor and build on existing swimming skills. Swimmers learn to hold their breath, open their eyes underwater, kick in a streamline position and perform assisted floats comfortably. Swimmers learn tot dock safety and independence by swimming with both instructor and caregiver.

### Splash Big E Program Launch

Swimmer regression is real and can happen quicker with young swimmers. This program is for those advanced young swimmers (a least 5 years) that have successfully completed Preschool E and are waiting to turn 6 to move up. Swimmers work with an instructor on more advanced stroke techniques. Full program description on page 7.

# Swimming Lesson Schedule

## How to Read the Summer Schedule

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

1. Parent / Tot and Preschool Levels (pages 4 to 7)
2. Swimmer Levels (pages 8 to 10)
3. Adult Lessons (page 10)
4. Private 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](mailto: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.

## Summer Swimming Lesson Format

During the summer, swimming lessons are delivered by the week, with 1 lesson at the same time each day, Monday through 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. Private lessons are available each week, in the same format. Adult swimming lessons follow a more traditional lesson format.

## Parent / Tot and Preschool Levels

- Parent and Tot levels: 4 months to 2 years
- Tots 3: 2 to 3 years
- Preschool Prep: 3 up to 6 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"><li>• Parent participation required</li><li>• Trying out PFDs</li><li>• Supported floats, exploring the water</li></ul>	Child supported by parent.
Tots 3	<ul style="list-style-type: none"><li>• Parent participation required for full session</li><li>• Putting full face in water</li><li>• Kicking legs while assisted (on front and back)</li></ul>	Participants on the tot dock.
Preschool Prep	<ul style="list-style-type: none"><li>• Swimmers and caregivers participate together for a minimum of 3 classes</li><li>• Promote and improve independence in the water</li></ul>	Participants on the tot dock.

	<ul style="list-style-type: none"> <li>• Ideal for swimmers aged out of Tot programs but are not ready for Preschool A</li> </ul>	
<b>Preschool A</b>	<ul style="list-style-type: none"> <li>• Full face in water for 3 seconds</li> <li>• Assisted front and back float for 3 seconds</li> <li>• Glides with assistance for 3 seconds</li> </ul>	Participants on the tot dock.
<b>Preschool B</b>	<ul style="list-style-type: none"> <li>• Face in water during front float and front glide</li> <li>• Jump in unassisted</li> <li>• Unassisted front and back float for 3 seconds</li> </ul>	Participants on the tot dock.
<b>Preschool C</b>	<ul style="list-style-type: none"> <li>• Face in water during 3 metre front glide unassisted</li> <li>• 5 metre flutter kick on front and back unassisted</li> <li>• 5 metre fitness swim, no touching down</li> </ul>	Participants on the tot dock.
<b>Preschool D</b>	<ul style="list-style-type: none"> <li>• Glide 5 metres on front and back unassisted</li> <li>• 3 metre front crawl with face in</li> <li>• 7 metre fitness swim, no touching down</li> </ul>	Participants hold onto wall.
<b>Preschool E</b>	<ul style="list-style-type: none"> <li>• Tread water for 20 seconds</li> <li>• 5 metre front crawl and 3 metre back crawl</li> <li>• 10 metre fitness swim, no touching down</li> </ul>	Participants hold onto wall.
<b>Splash Big E</b>	<ul style="list-style-type: none"> <li>• Open to swimmers who are 5 years and older</li> <li>• Successful completion of Preschool E</li> <li>• Front and back crawl, entries and breath control</li> </ul>	Participants hold onto wall.

**Week 1: June 30 to July 4 and Week 2: July 7 to 11**

Lesson fees: 4-day session: \$35.24, 5-day session: \$44.05. There are no lessons on July 1.

Swim Level	Time	Activity Number: Week 1	Activity Number: Week 2
Parent and Tot	5:30pm – 6:00pm	N/A	24831
Tots 3	10:00am – 10:30am	24802	24830
Tots 3	5:30pm – 6:00pm	24803	N/A
<b>New! Preschool Prep</b>	5:00pm – 5:30pm	24811	24839
Preschool A/B	10:30am – 11:00am	24804	24832
Preschool A/B	11:30am – 12:00pm	24805	24833
Preschool A/B	4:00pm – 4:30pm	24806	24834
Preschool C	11:00am – 11:30am	24807	24835
Preschool C	5:00pm – 5:30pm	24808	24836
Preschool D/E	10:00am – 10:30am	24809	24837
Preschool D/E	4:30pm – 5:00pm	24810	24838

### Week 3: July 14 to 18 and Week 4: July 21 to 25.

Lesson fees: 5-day session: \$44.05.

Swim Level	Time	Activity Number: Week 3	Activity Number: Week 4
Parent and Tot	11:30am – 12:00pm	24858	24886
Tots 3	4:00pm – 4:30pm	24859	24887
<b>New! Preschool Prep</b>	10:30am – 11:00am	24878	24888
Preschool A/B	10:00am – 10:30am	24860	24889
Preschool A/B	11:00am – 11:30am	24861	24890
Preschool A/B	4:30pm – 5:00pm	24862	24891
Preschool C	10:30am – 11:00am	24863	24892
Preschool C	5:30pm – 6:00pm	24864	24893
Preschool D/E	11:30am – 12:00pm	24865	24894
Preschool D/E	5:00pm – 5:30pm	24866	24895

### Week 5: July 28 to August 1 and Week 6: August 5 to 8

Lesson fees: 4-day session: \$35.24, 5-day session: \$44.05. There are no lessons on August 4.

Swim Level	Time	Activity Number: Week 5	Activity Number: Week 6
Tots 3	10:00am – 10:30am	24914	24968
Tots 3	4:30pm – 5:00pm	24915	24969
Preschool A/B	10:30am – 11:00am	24916	24942
Preschool A/B	11:30am – 12:00pm	24917	24943
Preschool A/B	5:00pm – 5:30pm	24918	24944
Preschool C	10:00am – 10:30am	24919	24945
Preschool C	4:00pm – 4:30pm	24920	24946
Preschool D/E	11:00am – 11:30am	24921	24947
Preschool D/E	5:30pm – 6:00pm	24922	24948

### Week 7: August 11 to 15

Lesson fees: 5-day session: \$44.05. There are no evening lessons in weeks 7 to 9.

Swim Level	Time	Activity Number: Week 7
Parent and Tot	10:30am – 11:00am	24970
<b>New! Preschool Prep</b>	11:00am – 11:30am	24971
Preschool A/B	9:30am – 10:00am	24972
Preschool A/B	11:00am – 11:30am	24973
Preschool C	11:30am – 12:00pm	24974
Preschool D/E	10:00am – 10:30am	24975

## Week 8: August 18 to 22

Lesson fees: 5-day session: \$44.05. There are no evening lessons in weeks 7 to 9.

Swim Level	Time	Activity Number: Week 8
Tots 3	11:30am – 12:00pm	24985
Preschool A/B	9:30am – 10:00am	24986
Preschool A/B	10:30am – 11:00am	24987
Preschool C	10:00 – 10:30am	24988
Preschool D/E	11:00am – 11:30am	24989

## Week 9: August 25 to 29

Lesson fees: 5-day session: \$44.05. There are no evening lessons in weeks 7 to 9.

Swim Level	Time	Activity Number: Week 9
Tots 3	9:30am – 10:00am	25000
Preschool Prep	10:00 – 10:30am	25001
Preschool A/B	11:00am – 11:30am	25002
Preschool C	11:30 – 12:00pm	25003
Preschool D/E	10:30am – 11:00am	25004

## 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"> <li>• Full face in water, hold breath 5 seconds and exhale in water</li> <li>• Jump into chest deep water unassisted</li> <li>• Front (face in water) and back float 5 seconds unassisted</li> <li>• Front (face in water) and back glide 3 metres unassisted</li> </ul>
Swimmer 2	<ul style="list-style-type: none"> <li>• 10 metre flutter kick on front, back and side unassisted</li> <li>• 10 metre front crawl, face in, alternating arm action</li> <li>• Jump into deep water, return to wall and exit pool unassisted</li> </ul>
Swimmer 3	<ul style="list-style-type: none"> <li>• 15 metre front crawl and 10 metre back crawl</li> <li>• Whip kick in vertical position 30 seconds with aid</li> <li>• 20 metre fitness swim, no touching down</li> </ul>
Swimmer 4	<ul style="list-style-type: none"> <li>• Tread water 1 minute</li> <li>• 5 metre whip kick on back</li> <li>• Front crawl 25 metre, back crawl 15 metre</li> </ul>
Swimmer 5	<ul style="list-style-type: none"> <li>• 10 metre whip kick on back and 15 metre whip kick on front</li> <li>• 50 metre front crawl and 25 metre back crawl</li> <li>• Swim to Survive Standard (roll in, 1 min. tread, 50 metre swim)</li> </ul>
Swimmer 6	<ul style="list-style-type: none"> <li>• 50 metre front and back crawl</li> <li>• 15 metre breaststroke drill</li> <li>• 10 metre underwater swim to recover an object</li> </ul>
Swimmer 7	<ul style="list-style-type: none"> <li>• Complete 300 metre swim workout</li> <li>• 25 metre breaststroke</li> <li>• 75 metre front crawl and 50 metre back crawl</li> </ul>
Swimmer 8	<ul style="list-style-type: none"> <li>• 50 metre breaststroke, 75 metre front and 75 metre back crawl</li> <li>• Carry 2.3 kg (5 pound) object at surface 15 metres</li> <li>• 100 metre timed swim (3 minutes or better)</li> </ul>
Swimmer 9	<ul style="list-style-type: none"> <li>• 75 metre front and back crawl, and breaststroke</li> <li>• Support 2.3 kg (5 pound) object at surface for 1 minute</li> <li>• 200 metre timed swim (6 minutes or better)</li> </ul>
Swimmer 10	<ul style="list-style-type: none"> <li>• 100 metre front and back crawl, and breaststroke</li> <li>• Carry 2.3 kg (5 pound) object at surface for 25 metres</li> <li>• 300 metre timed swim (9 minutes or better)</li> </ul>



**Week 1: June 30 to July 4 and Week 2: July 7 to 11**

Lesson fees: 4-day session: \$35.24, 5-day session: \$44.05. There are no lessons on July 1.

Swim Level	Time	Activity Number: Week 1	Activity Number: Week 2
Swimmer 1/2	10:30am – 11:00am	24812	24840
Swimmer 1/2	11:00am – 11:30am	24813	24841
Swimmer 1/2	4:00pm – 4:30pm	24814	24842
Swimmer 3/4	10:00am – 10:30am	24815	24843
Swimmer 3/4	11:30am – 12:00pm	24816	24844
Swimmer 3/4	4:30pm – 5:00pm	24817	24845
Swimmer 5/6	10:30am – 11:00am	24818	24846
Swimmer 5/6	5:30pm – 6:00pm	24819	24847
Swimmer 7/8	11:00am – 11:30am	24820	24848
Swimmer 7/8	5:00pm – 5:30pm	24821	24849
Swimmer 9/10	11:30am – 12:00pm	24822	24850

**Week 3: July 14 to 18 and Week 4: July 21 to 25.**

Lesson fees: 5-day session: \$44.05.

Swim Level	Time	Activity Number: Week 3	Activity Number: Week 4
Swimmer 1/2	10:00am – 10:30am	24867	24896
Swimmer 1/2	10:30am – 11:00am	24868	24897
Swimmer 1/2	4:00pm – 4:30pm	24869	24898
Swimmer 3/4	10:30am – 11:00am	24870	24899
Swimmer 3/4	11:00am – 11:30am	24871	24900
Swimmer 3/4	5:30pm – 6:00pm	24872	24901
Swimmer 5/6	11:30am – 12:00pm	24873	24902
Swimmer 5/6	5:00pm – 5:30pm	24874	24903
Swimmer 7/8	11:00am – 11:30am	24875	24904
Swimmer 9/10	10:00am – 10:30am	24876	24905
Swimmer 9/10	4:30pm – 5:00pm	24877	24906

## Week 5: July 28 to August 1 and Week 6: August 5 to 8

Lesson fees: 4-day session: \$35.24, 5-day session: \$44.05. There are no lessons on August 4.

Swim Level	Time	Activity Number: Week 5	Activity Number: Week 6
Swimmer 1/2	10:30am – 11:00am	24923	24957
Swimmer 1/2	11:30am – 12:00pm	24924	24958
Swimmer 1/2	5:30pm – 6:00pm	24925	24959
Swimmer 3/4	10:00am – 10:30am	24926	24960
Swimmer 3/4	11:00am – 11:30am	24927	24961
Swimmer 3/4	4:00pm – 4:30pm	24928	24962
Swimmer 5/6	11:00am – 11:30am	24929	24963
Swimmer 5/6	4:30pm – 5:00pm	24930	24964
Swimmer 7/8	10:30am – 11:00am	24931	24965
Swimmer 7/8	5:00pm – 5:30pm	24932	24966
Swimmer 9/10	11:30am – 12:00pm	24933	24967

## Week 7: August 11 to 15

Lesson fees: 5-day session: \$44.05. There are no evening lessons in weeks 7 to 9.

Swim Level	Time	Activity Number: Week 7
Swimmer 1/2	11:00am – 11:30am	24976
Swimmer 3/4	10:30am – 11:00am	24977
Swimmer 5/6	10:00am – 10:30am	24978
Swimmer 7/8	11:30am – 12:00pm	24979
Swimmer 9/10	9:30am – 10:00am	24980

## Week 8: August 18 to 22

Lesson fees: 5-day session: \$44.05. There are no evening lessons in weeks 7 to 9.

Swim Level	Time	Activity Number: Week 8
Swimmer 1/2	11:30am – 12:00pm	24990
Swimmer 3/4	11:00am – 11:30am	24991
Swimmer 5/6	10:00am – 10:30am	24992
Swimmer 7/8	9:30am – 10:00am	24993
Swimmer 9/10	10:30am – 11:00am	24994

## Week 9: August 25 to 29

Lesson fees: 5-day session: \$44.05. There are no evening lessons in weeks 7 to 9.

Swim Level	Time	Activity Number: Week 9
Swimmer 1/2	9:30am – 10:00am	25005
Swimmer 1/2	10:30am – 11:00am	25006
Swimmer 3/4	10:00am – 10:30am	25007
Swimmer 3/4	11:30am – 12:00pm	25008
Swimmer 5/6	11:00am – 11:30am	25009
Swimmer 7/8	10:00am – 10:30am	25010

## Adult Swimming Lessons

Lessons run from June 30 to August 7, no class July 1 or August 4. Fee: \$96.91 + HST.

Swim Level	Day	Time	Activity Number
Intro to Swimming: Level 1	Mondays and Wednesdays	6:30pm – 7:00pm	25079
Intro to Swimming: Level 1	Tuesdays and Thursdays	6:00pm – 6:30pm	25080
Learn to Swim: Level 2	Mondays and Wednesdays	6:00pm – 6:30pm	25081
Stroke Improvement: Level 3	Tuesdays and Thursdays	6:30pm – 7:00pm	25082

### 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.

### Private Lessons

#### Week 1: June 30 to July 4 and Week 2: July 7 to 11

Lesson Fee: 4-day session: \$121.04, 5-day session: \$151.30. There are no lessons on July 1.

Swim Level	Time	Activity Number: Week 1	Activity Number: Week 2
Private Lesson	10:00 – 10:30am	24823	24851
Private Lesson	10:30 – 11:00am	24824	24852
Private Lesson	11:00 – 11:30am	24825	24853
Private Lesson	11:30 – 12:00pm	24826	24854
Private Lesson	4:00 – 4:30pm	24827	24855
Private Lesson	4:30 – 5:00pm	24828	24856
Private Lesson	5:30 – 6:00pm	24829	24857

#### Week 3: July 14 to 18 and Week 4: July 21 to 25.

Swim Level	Time	Activity Number: Week 3	Activity Number: Week 4	Fee Per Week
Private Lesson	10:00 – 10:30am	24879	24907	\$151.30
Private Lesson	11:00 – 11:30am	24880	24908	\$151.30
Private Lesson	11:30 – 12:00pm	24881	24909	\$151.30
Private Lesson	4:00 – 4:30pm	24882	24910	\$151.30
Private Lesson	4:30 – 5:00pm	24883	24911	\$151.30
Private Lesson	5:00 – 5:30pm	24884	24912	\$151.30
Private Lesson	5:30 – 6:00pm	24885	24913	\$151.30

## Week 5: July 28 to August 1 and Week 6: August 5 to 8

Lesson fees: 4-day session: \$121.04, 5-day session: \$151.30. There are no lessons on August 4.

Swim Level	Time	Activity Number: Week 5	Activity Number: Week 6
Private Lesson	10:00 – 10:30am	24934	24949
Private Lesson	10:30 – 11:00am	24935	24950
Private Lesson	11:00 – 11:30am	24936	24951
Private Lesson	11:30 – 12:00pm	24937	24952
Private Lesson	4:00 – 5:00pm	24938	24953
Private Lesson	4:30 – 5:00pm	24939	24954
Private Lesson	5:00 – 5:30pm	24940	24955
Private Lesson	5:30 – 6:00pm	24941	24956

## Weeks 7, 8 and 9 (August 11 to 29)

Lesson fees: 5-day session: \$151.30.

Week	Swim Level	Time	Activity Number
Week 7: August 11 to 15	Private Lesson	9:30 – 10:00am	24981
Week 7: August 11 to 15	Private Lesson	10:00 – 10:30am	24982
Week 7: August 11 to 15	Private Lesson	10:30 – 11:00am	24983
Week 7: August 11 to 15	Private Lesson	11:30 – 12:00pm	24984
Week 8: August 18 to 22	Private Lesson	9:30 – 10:00am	24995
Week 8: August 18 to 22	Private Lesson	10:00 – 10:30am	24996
Week 8: August 18 to 22	Private Lesson	10:30 – 11:00am	24997
Week 8: August 18 to 22	Private Lesson	11:00 – 11:30am	24998
Week 8: August 18 to 22	Private Lesson	11:30 – 12:00pm	24999
Week 9: August 25 to 29	Private Lesson	9:30 – 10:00am	25011
Week 9: August 25 to 29	Private Lesson	10:30 – 11:00am	25012
Week 9: August 25 to 29	Private Lesson	11:00 – 11:30am	25013
Week 9: August 25 to 29	Private Lesson	11:30 – 12:00pm	25014

# 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](mailto:michael.hundt@saugeenshores.ca).

- Programs take place at the Port Elgin Main Beach from June 30 to August 14, 2025.
- Athletes on the Junior Squad must be registered for the morning program to participate in the evening program.
- Athletes on the Competitive Squad may register for morning and afternoon practices **OR** one or the other.
- A \$25 coaching fee is added on top of program registration fees for Minnow levels and above to provide coaching during summer meets

Level	Age	Days and Times	Session	Activity Number	Fee
Sea Monsters	5 to 6 years	Tuesday and Thursday 4:30 – 5:15pm	July 3 to August 13	25015	\$71.86
Minnows	7 to 10 years	Monday, Wednesday and Friday 4:30 – 5:15pm	June 30 to August 14	25015	\$111.05
Sea Horses	8 to 12 years	Monday to Friday 5:15 – 6:00pm	June 30 to August 14	25018	\$171.57
Surfers	9 to 13 years	Monday to Friday 9:30 – 10:30am	June 30 to August 14	25019	\$183.12
Junior Squad	12 years and older	<b>Morning practice:</b> Monday to Friday, 8:30 – 9:30am	June 30 to August 14	25020	\$190.75
Junior Squad	12 years and older	<b>Evening practice:</b> Monday and Wednesday, 6:00 – 7:00pm	June 30 to August 14	25022	\$125.35
Competitive Squad	14 years and older	<b>Morning practice:</b> Monday to Friday, 7:00 – 8:30am	June 30 to August 14	25021	\$257.25 + HST
Competitive Squad	14 years and older	<b>Evening practice:</b> Tuesday and Thursday, 7:00 – 8:00pm	June 30 to August 14	25023	\$176.50 + HST
Twilight Lifesavers	20 years and older	Tuesdays and Thursdays 6:00 – 7:00pm	July 3 to August 13	25024	\$88.00 + 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 thing's aquatics!



## LIFEGUARDING JOURNEY



Are you interested in becoming a lifeguard and instructor?  
Follow this streamline path to join our team!

## Upcoming Courses

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	August 13 to 15, 12:30 – 4:00pm Pre-requisite: None	25061	\$96.76
Bronze Medallion with Emergency First Aid	13 years or less with Bronze Star	August 13 to 15, 9:00am – 4:00pm	25062	\$140
Bronze Cross	14 years	August 13 to 15, 9:00am – 4:00pm Pre-requisite: Bronze Medallion and Emergency First Aid Award	25063	\$140 + HST
National Lifeguard – Pool	15 years	August 25 to 29, 9:00am – 6:00pm Pre-requisite: Bronze Cross AND CPR C Award.	25051	\$250 + HST
Lifesaving Assistant Instructor	14 years	August 18 to 20 9:00am to 4:00pm Pre-requisite: Bronze Cross Award	25058	\$135.90 + HST
Lifesaving Swim Instructor	15 years	August 18 to 20 9:00am to 6:00pm Pre-requisite: Lifesaving Assistant Instructor, Bronze Cross Award	25055	\$150 + HST
Standard First Aid	12 years	August 21 and 22: 9am to 6pm	25047	\$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.