

Swimmer Program

The Lifesaving Society's Swimmer Program ensures your child's continued development in learning to swim. Swimmer progressions accommodate children 5 to 12 years of age, including beginners and swimmers who want to build on the basics. We stress plenty of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all swimmer levels. This year the Swimmer 2 level has been split into two different sections: Beginner and Advanced. The beginner program is for students who are taking the level for the first time, while the advanced program focuses on strengthening techniques in order to effectively prepare swimmers for the next level.

Level	Day	Time	Fee <small>*see page 11 for session dates</small>
Swimmer 1	Monday thru Thursday	9:00 am – 9:30 am 10:00 am – 10:30 am	<p>Monday – Thursday Session A & B 12 classes - \$75.50 Session C 10 classes - \$63.00</p> <p>Monday and Wednesday Session A 9 classes - \$56.75 Session B 8 classes - \$50.50</p> <p>Tuesday and Thursday Session A 9 classes - \$56.75 Session B 8 classes - \$50.50</p>
	Monday and Wednesday	3:45 pm – 4:15 pm 4:45 pm – 5:15 pm 5:00 pm – 5:30 pm	
	Tuesday and Thursday	3:45 pm – 4:15 pm 4:15 pm – 4:45 pm	
Swimmer 2 Beginner	Monday thru Thursday	9:00 am – 9:30 am 11:00 am – 11:30 am	
	Monday and Wednesday	4:15 pm – 4:45 pm 5:45 pm – 6:15 pm 6:00 pm – 6:30pm	
	Tuesday and Thursday	3:45 pm – 4:15 pm 4:45 pm – 5:15 pm	
Swimmer 2 Advanced	Monday thru Thursday	10:30 am – 11:00 am	
	Monday and Wednesday	4:15 pm – 4:45 pm 4:45 pm – 5:15 pm	
	Tuesday and Thursday	4:15 pm – 4:45 pm	
Swimmer 3	Monday thru Thursday	10:30 am – 11:15 am	
	Monday and Wednesday	3:45 pm – 4:30 pm 5:15 pm – 6:00 pm	
	Tuesday and Thursday	4:45 pm – 5:30 pm	
Swimmer 4	Monday thru Thursday	11:15 am – 12:00 pm	
	Monday and Wednesday	6:00 pm – 6:45 pm	
	Tuesday and Thursday	5:15 pm – 6:00 pm	
Swimmer 5	Monday thru Thursday	9:00 am – 9:45 am	
	Monday and Wednesday	6:45 pm – 7:30 pm	
	Tuesday and Thursday	5:15 pm – 6:00 pm	
Swimmer 6	Monday thru Thursday	10:45 am – 11:30 am	
	Monday and Wednesday	3:45 pm – 4:30 pm	
	Tuesday and Thursday	3:45 pm – 4:30 pm	