

LESSON REGISTRATION GUIDE

REGISTER AT [STRATFORDRECREATION.CA](http://stratfordrecreation.ca)

LEVEL	AGE	GENERAL SKILL REQUIREMENTS FOR SUCCESSFUL COMPLETION
ADAPTED AQUATICS	3 years +	Emphasis is placed on individualized experience in a positive, safe, reinforcing environment.
PARENT AND TOT	4 months - 3 years	Participation with parent/caregiver in water activities. Once child is 3 years of age, they will progress to Preschool 1. Progression in this level is solely based on age and not skill.
PRESCHOOL 1	3 - 5 years	Front/back floats, glides, entries and exits, overall comfortability in the water.
PRESCHOOL 2	3 - 5 years	Front/back floats, glides, jump into chest-deep water with a lifejacket, submerging and exhale underwater.
PRESCHOOL 3	3 - 5 years	Glides with kicking on front and back, jumping forward and sideways in deep water with a lifejacket, recovering objects in chest deep water.
PRESCHOOL 4	3 - 5 years	Flutter kick, front crawl, jump into chest deep water, open eyes underwater (without goggles).
PRESCHOOL 5	3 - 5 years	Front/back crawl, forward roll in deep water, whip kick with a buoyant aid in a vertical position (20 sec.), surface support (10 sec.), submerge and hold breath underwater (5 sec.).
SWIMMER 1	5 - 14 years	Front/back floats, front/back/side glides, flutter kick (5m), front crawl, hold breath underwater (5 sec.), open eyes underwater (without goggles).
SWIMMER 2	5 - 14 years	Flutter kick on front, back and side (7m), front and back crawl (5m), surface support (10 sec.), jump into deep water (assisted), interval training flutter kick (2 x 5m).
SWIMMER 3	5 - 14 years	Front/back crawl (10m), flutter kick on front, back and side (10m), whip kick (30 sec. in vertical position with buoyant object), surface support (15 sec.), interval training flutter kick (4 x 5m).
SWIMMER 4	5 - 14 years	Front/back crawl (15m), whip kick on back (5m), in-water front somersaults and handstands, surface support (20 sec.), interval training flutter kick (2 x 15m).
SWIMMER 5	5 - 14 years	Front and back crawl (15m), whip kick on back (10m), in-water front somersaults and kneeling dive, surface support (30 sec.), interval training flutter kick (4 x 15m).
SWIMMER 6	5 - 14 years	Front/back crawl (25m), whip kick on front (15m), elementary backstroke (10m), standing dives, surface support (1 min.), swim underwater (5m).
SWIMMER 7	5 - 14 years	Front/back crawl (50m), breaststroke (25m), elementary backstroke (15m), scissor kick (15m), head-up front crawl (10m), tread water (2 min), shallow dives, eggbeater kicks, and in-water backward somersault, interval training of 4 x 50 m front or back crawl and 4 x 15m breaststroke, 25m sprints of front and back crawl.
SWIMMER 8	5 - 14 years	Front/back crawl (100m), breaststroke (50m), elementary backstroke (25m), head-up swim (25m), eggbeater kick on back (15m), stride entries, compact jumps, swim 300m.
SWIMMER 9/ ROOKIE PATROL	9 - 16 years	Front crawl, back crawl, and breaststroke (50m), obstacle swim (25m), object carry (15m), fitness swim (350m), timed swim (100m in 3min), assessment of conscious victims, contacting EMS, and treatment for bleeding.
SWIMMER 10/ RANGER PATROL	9 - 16 years	Front crawl, back crawl, and breaststroke (75m), rescue with a buoyant aid, tread with object (1 min), timed swim (200m in 6min), assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.
SWIMMER 11/ STAR PATROL	9 - 16 years	Front crawl, back crawl, and breaststroke (100m), fitness swim (600m), timed swim (300m in 8min), object carry (25m), victim removals, supporting a victim face up in shallow water, care for bone and joint injury, care for respiratory emergencies (asthma and allergic reactions).
LIFEGUARD PRE-CERTIFICATIONS		PROGRAM REQUIREMENTS FOR SUCCESSFUL COMPLETION
BRONZE STAR <i>Successful completion of Swimmer 9, 10, 11</i>		This award delivers high-performance training for skilled pre-teens. It provides excellent preparation for success in Bronze Medallion. Bronze Star is a prerequisite for the Bronze Medallion award if participants want to take Bronze Medallion before they are 13 years old. Completion of Bronze Star includes CPR-A.
BRONZE MEDALLION <i>Successful completion of Bronze Star or 13 yrs +</i>		This award teaches understanding of lifesaving principles including judgment, knowledge, skill & fitness. Lifesavers learn to respond to increasingly complex situations & varying degrees of risk. Bronze Medallion is a pre-requisite for the Bronze Cross Award. Completion of Bronze Medallion includes CPR-B.
BRONZE CROSS <i>Successful completion of Bronze Medallion</i>		This award is designed for lifesavers desiring advanced training, including an introduction to safe supervision in aquatic facilities. Teamwork is emphasized & lifesavers learn how to rescue a spinal-injured victim. Bronze Cross is a pre-requisite for all advanced training programs in lifesaving, lifeguarding & leadership.



STRATFORD LIONS POOL

15 WILLIAM STREET, STRATFORD | 519-271-0757 (SEASONAL)

POOL AMENITIES / INFORMATION

- Accessible heated 28°C (82°F) pools
- 25 metre, 6-lane deep pool
- Zero-depth beach entry into 25m leisure pool
- Spray Water Features
- Change/Washroom Facilities

SWIM LESSONS

We offer over 300 swim lesson times from July 1 until August 23, grouped in four 2-week sessions throughout the summer. We use the Lifesaving Society lesson programs. If you or your child have taken swimming lessons in another program, see stratfordrecreation.ca or call 519-271-0757 (seasonal) to find the course equivalent!

BIRTHDAYS & CORPORATE RENTALS

Let us host your child's birthday party, private or corporate event. To reserve, call 519-271-0757.

- \$232.75 / hr (1 - 30 swimmers)
- \$267.70 / hr (31 - 125 swimmers)

PROMOTE YOUR BUSINESS / ORGANIZATION

- Sponsor a PAID swim \$197.75 / hr
- Sponsor a FREE swim \$627.15 / hr

For more info, visit stratfordrecreation.ca or call 519-271-0757. Where applicable, taxes are extra.

WATER FITNESS: JULY 1 TO AUGUST 23

Weekdays, 11 - 11:45 am & 4 - 4:45 pm

A shallow water fitness workout in chest deep water. Participants should be comfortable in chest deep water.



ADMISSION RATES

	SINGLE SWIM	SEASON PASS
CHILDREN (under 2)	FREE	
CHILDREN (2 - 15 yrs)	\$4.25	\$94
YOUTH (16 - 18 yrs)	\$4.25	\$107.50
SENIORS (55 yrs +)	\$4.25	\$115
ADULTS (19 - 54 yrs)	\$4.25	\$155
FAMILY (2 adults & children)	\$15	\$295
PRIVATE RENTALS	See Birthdays & Corporate Rentals	

Purchase passes through stratfordrecreation.ca or at the Stratford Lions Pool, **15 William Street**.



LESSON SCHEDULE

The Stratford Lions Pool offers high quality swim lessons in four 2-week sessions throughout the summer. Course guides and registration are available at stratfordrecreation.ca.

SESSION 1: July 1 – 12
SESSION 2: July 15 – 26
SESSION 3: July 29 – August 9
SESSION 4: August 12 – 23

LIFESAVING SOCIETY SWIM LESSONS

30 MINUTES / \$88.25

PARENT AND TOT	9:30, 11:30am, 5pm
PRESCHOOL 1	9, 9:30, 10:30, 11, 11:30am, 5, 5:30pm
PRESCHOOL 2	9, 9:30, 10, 10:30, 11, 11:30am, 5, 5:30pm
PRESCHOOL 3	9, 9:30, 10:30, 11am, 4, 4:30pm
PRESCHOOL 4	9:30, 10am, 4pm
PRESCHOOL 5	10, 10:30am, 5:30pm
SWIMMER 1	9, 10:30, 11am, 4:30, 5pm
SWIMMER 2	9, 9:30, 11am, 4:30pm
SWIMMER 3	9, 10, 10:30am, 5pm
SWIMMER 4	9, 9:30, 10, 10:30am, 5pm
SWIMMER 5	9, 10, 10:30am, 5pm

45 MINUTES / \$98.25

SWIMMER 6	9am, 4:45pm
SWIMMER 7	9, 10:15am, 4:45pm
SWIMMER 8	9:45am, 4:45pm
SWIMMER 9	9:30am, 4pm
1 HOUR / \$105	
SWIMMER 10	10am, 4pm
SWIMMER 11	10am, 4pm



LIFEGUARD PRE-CERTIFICATION PROGRAMS

BRONZE STAR (1 hour / \$105)	11am – 12pm, 4 – 5pm
BRONZE MEDALLION (3 hours / \$235)	7 – 10am
BRONZE CROSS (3 hours / \$235)	7 – 10am

SPECIALIZED AQUATIC PROGRAMS

ADAPTED AQUATICS (30 minutes / \$88.25)	10, 11am, 4, 5pm
SWIM TEAM (Season / \$170)	8 – 9am
WATER FITNESS (45 minutes / \$5.25)	11 – 11:45am, 4 – 4:45pm

PUBLIC SWIM SCHEDULE

PRE-SEASON: JUNE 7 - 28

MONDAY TO FRIDAY

4:30 – 5:30 PM	Lengths
6 – 8 PM	Open Swim

REGULAR SEASON: JUNE 29 TO AUGUST 25

MONDAY TO FRIDAY

7 – 8 AM	Lengths
8 – 9 AM	Swim Team (begin July 1)
9 AM – 12 PM	Swim Lessons (begin July 1)
12:15 – 1 PM	Lengths & Family Swim
1:15 – 2:15 PM	Day Camps (except Tuesday)
2:30 – 4 PM	Open Swim
4 – 6 PM	Swim Lessons (begin July 1)
5:30 – 6:15 PM	Lengths & Swim Lessons
6:30 – 8:30 PM	Open Swim

POST-SEASON: AUGUST 26 – SEPTEMBER 1

DAILY

12:30 – 1:30 PM	Lengths & Family Swim
2 – 4 PM	Open Swim
4:15 – 5:15 PM	Lengths & Family Swim
5:30 – 7:30 PM	Open Swim

SATURDAY & SUNDAY

2 – 4 PM	Open Swim
4:30 – 5:30 PM	Lengths
6 – 8 PM	Open Swim

SATURDAY & SUNDAY

12 – 1 PM	Lengths & Family Swim
1 – 1:45 PM	Family Swim
2 – 4 PM	Open Swim
5 – 6 PM	Lengths
6:30 – 8:30 PM	Open Swim

“Swimming has become a favourite activity to do with our family. Not only does it promote a healthy lifestyle and hours of entertainment, it’s teaching our children the value of learning what could someday be a life saving skill.”