

FALL 2022 AQUATICS | SEPT 19 - DEC 9, 2022*

Child & Youth Swimming Lessons

Lifesaving Society's LEARN TO SWIM PROGRAM
BGC Niagara is an authorized service provider of the Lifesaving Society. The Society's Swim Program is a complete learn-to-swim program from Parent & Tot through to Leadership, and the Swim Program leads seamlessly into the Society's lifesaving training awards. Program content is stroke and skill driven: entries and exits; surface support; underwater skills; survival skills; movement skills; and Water Smart® education.

Parent & Tot (4 mths - 3 yrs)

Parents spend quality time with their child while having fun learning and socializing with others. Through structured in-water interaction between parent and child, our Parent & Tot Program stresses the importance of play in developing water-positive attitudes and skills. **\$62**

Mon 4:00-4:30 p.m. | Wed 4:00-4:30 p.m.; 6:30-7:00 p.m. | Thurs 4:00-4:30 p.m.

Pre-school A-E (3-5 yrs)

The Pre-school Program gives children a head start on learning to swim. Preschool levels develop an appreciation and healthy respect for the water before these kids get in too deep. In five levels we work to ensure 3 to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. **\$62**

Preschool A: Mon 5:00-5:30 p.m. | Wed 5:00-5:30 p.m. | Thurs 4:30-5:00 p.m.

Preschool B/C: Wed 5:30-6:00 p.m.

Preschool D/E: Mon 6:30-7:00 p.m.

1-on-1 and 2-on-1 Swim Lessons (3+ years)

These lessons are recommended for swimmers of all ages who are looking for individual attention. When registered for 2-on-1 must provide both participants. **\$186 | \$93**

Mon 5:30-6:00 p.m.; 7:00-7:30 p.m.; 7:30-8:00 p.m. |

Wed 7:00-7:30 p.m.; 7:30-8:00 p.m. |

Thurs 5:00-5:30 p.m.; 5:30-6:00 p.m. | 6:00-6:30 p.m. |

Fri 4:00-4:30 p.m.; 4:30-5:00 p.m.; 5:15-5:45 p.m.; 5:45-6:15 p.m. | 6:15-6:45 p.m.

Swimmer level 1- 6 (6-12 yrs)

Our Swimmer program makes sure children learn how to swim before they get in too deep. Swimmer progressions accommodate 6 to 12 year olds including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. **\$67**

Swimmer 1/2: Mon 4:00-4:45 p.m.; 6:00-6:45 p.m. | Wed 4:30-5:15 p.m.

Swimmer 3/4: Mon 4:30-5:15 p.m. | Wed 4:00-4:45 p.m.; 6:00-6:45 p.m.

Swimmer 5/6: Mon 5:30-6:15 p.m.; Wed 5:30-6:15 p.m.

Swim Team - Completion of Swimmer 4

Do you like swimming and want to improve your skills? Join our swim team! Participants will learn drills for front crawl, back crawl and breaststroke, as well as attempt the butterfly stroke. In an exciting atmosphere, teamwork is developed through relay races and cheering on teammates. Sprints, endurance swims and IM swims will also be practiced. Participants must have completed Swimmer 4/Aquaquest 5/6/Star 1 or be approved by one of the coaches. **\$147**

Jr Swim Team (6-8 years) | Sr Swim Team (9-12 years) | Teen Swim Team (13+years)

Mon 7:00-8:00 p.m. | Wed 7:00-8:00 p.m.

**Registration
opens Aug 31,
2022 at bgcn.ca
or in-person**



**Questions? Call 905-871-2592
ext 222**

*Note that Monday classes will not run on October 10 or 31, so classes will run until Dec 19, 2022

FALL 2022 AQUATIC LEADERSHIP

Canadian Swim Patrol – Rookie, Ranger & Star Patrol

Completion of Swimmer 6 recommended

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment. **\$75**

Thursdays September 22- December 8, 2022 | 4:00-5:00 p.m.

Bronze Star

Completion of Swim Patrol recommended

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. Participants develop problemsolving and decision-making skills as individuals and in partners. Participants will learn CPR and develop Water Smart, confidence and the lifesaving skills needed to be a lifeguard. **\$75**

Thursdays September 22- December 8, 2022 | 5:00-6:00 p.m.

Bronze Medallion & Emergency First Aid

Prerequisite: 13 years+ or Bronze Star

Bronze Medallion is the next step in becoming a certified lifeguard. The course includes First Aid skills, water rescue situations and swim endurance activities. The Emergency First Aid with CPR-B component enhances the knowledge of first aid situations and treatments. 100% attendance is mandatory. **\$215**

Only offered in Niagara Falls: Saturday September 24- Sunday September 25 | 9:00 a.m. - 5:00 p.m.

Bronze Cross

(Prerequisite: 13 years+, Bronze Medallion & Emergency First Aid)

Bronze Cross is an advanced Lifesaving Society course designed to prepare candidates to be lifesavers. Completion of this course prepares candidates to take the National Lifeguard Course. **\$160**

Only offered in Niagara Falls: Saturday, Oct 15- Sunday, Oct 16 & Saturday, Oct 22 - Sunday, Oct 23 | 9:00 a.m. - 5:00 p.m.

National Lifeguard Certification

(Prerequisite: 15 years+, Bronze Cross & Standard First Aid)

At the completion of this 40 hour course, the successful candidate will be certified as a National Lifeguard and will be able to guard at any pool setting. Take-home assignments and a written and practical exam will also be required. 100% attendance is required. **\$281**

Only offered in Niagara Falls: Friday, Saturday and Sunday (Nov 4/5/6 & 11/12/13) | 4:00-9:00 p.m. (Fri); 9:00 a.m. - 5:00 p.m. (Sat & Sun)

Lifesaving & Swim Instructors Course

(Prerequisite: 15 years+, Bronze Cross)

This 40-hour course is the last step in becoming a certified Lifesaving instructor. At the completion of this course, candidates will be able to teach the Lifesaving Learn to Swim program as well as the Bronze cluster awards. 100% attendance is mandatory. **\$281**

Only offered in Niagara Falls: Friday, Saturday and Sunday (Nov 18/19/20 & 25/26/27) | 4:00-9:00 p.m. (Fri); 9:00 a.m. - 5:00 p.m. (Sat & Sun)

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