

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 4:30-5:00 p.m.; 6:00-6:30 p.m. | Tues 4:30-5:00 p.m. | Wed 6:00-6:30 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 4:30-5:00 p.m.; 5:30-6:00 p.m. | Tues 4:00-4:30 p.m.; 7:00-7:30 p.m. | Wed 4:30-5:00 p.m. | Thurs 5:45-6:15 p.m. | Sat 11:00-11:30 a.m.**
- **Preschool B/C: Mon 5:00-5:30 p.m.; 6:30-7:00 p.m. | Tues 4:30-5:00 p.m.; 6:30-7:00 p.m. | Wed 4:30-5:00 p.m. | Sat 11:30-12:00 p.m.**
- **Preschool D/E: Mon 4:00-4:30 p.m.; 7:00-7:30 p.m. | Tues 5:00-5:30 p.m. | Thurs 6:15-6:45 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. Teamwork is developed through relay races and cheering on team-mates. 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 7:30-8:30 p.m. | Wed 7:30-8:30 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 5:00-5:45 p.m. | Tues 4:30-5:15 p.m.; 6:00-6:45 p.m. | Wed 5:00-5:45 p.m. | Thurs 5:30-6:15 p.m. | Sat 10:00-10:45 a.m.; 12:00-12:45 p.m.**
- **Swimmer 3/4: Mon 5:30-6:15 p.m.; 6:15-7:00 p.m. | Tues 5:00-5:45 p.m. | Wed 6:30-7:15 p.m. | Thurs 4:30-5:15 p.m. | Sat 11:00-11:45 a.m.**
- **Swimmer 5/6: Mon 4:30-5:15 p.m.; 6:30-7:15 p.m. | Tues 5:30-6:15 p.m. | Wed 5:30-5:45 p.m.; 6:30-7:15 p.m. | Fri 4:30-5:15 p.m. | Sat 10:00-10:45 a.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 registering for 2-on-1, you must provide both participants. **\$186 | \$93**

- **Mon 3:30-4:00 p.m.; 4:00-4:30 p.m.; 7:00-7:30 p.m.**
- **Tues 3:30-4:00; 4:30-5:00; 5:45-6:15; 6:15-6:45; 6:30-7:00; 6:45-7:15; 7:00-7:30; 7:30-8:00; 8:00-8:30 p.m.**
- **Wed 3:30-4:00 p.m.; 4:00-4:30 p.m.; 6:00-6:30 p.m.**
- **Thurs 3:30-4:00; 4:00-4:30; 4:30-5:30; 5:00-5:30 p.m.; 5:40-6:15; 6:15-6:45; 6:56-7:15 p.m.**
- **Fri 3:30-4:00 p.m.; 4:00-4:30 p.m.**
- **Sat 9:00-9:30 a.m.; 9:30-10:00 a.m.**

**Registration
opens Aug 29,
2022 at bgcn.ca
or in-person**

**Questions? Call
905-357-2444 ext. 1**



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

FALL 2022 AQUATIC LEADERSHIP

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**

Tuesdays September 20- December 6, 2022 | 7:30-8:30 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**

Saturday Sept 24- Sunday Sept 25 & Saturday Oct 1 - Sunday Oct 2 | 9:00 a.m. - 5:00 p.m.

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**

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)

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**

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**

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)

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