

## Stratford Lions Pool

Community Services Department, Recreation Division

Phone: 519 271 0757 (summer only)

[www.stratfordrecreation.ca](http://www.stratfordrecreation.ca)



Register ONLINE at [www.stratfordrecreation.ca](http://www.stratfordrecreation.ca)

### WATER SAFETY PROGRAM: REGISTRATION GUIDE

RC Swim Preschool		Age Requirement	General Requirements for Successful Completion:
Parent & Tot	4 months to 3 years		Participate with parent/caregiver in water activities. Once the child is 3 years old, they can participate in Salamander.
Salamander	3 to 5 years		Comfortable in water, submerge head, float unassisted, distance swim 2m. Once the child is 6 years old, they can participate in level 2.
Sunfish	3 to 5 years		Floats and glides unassisted, deep water activities, distance swim 5m, front swim 2m. Once the child is 6 years old, they can participate in level 2.
Crocodile	3 to 5 years		Glides 2m, front and back swim 5m, distance swim 10m, deep-water activities. Once the child is 6 years old, they can participate in level 3.
Whale	3 to 5 years		Glides with kick 5m, front and back swim 7m, distance swim 10m, surface support 20 sec. Once the child is 6 years old, they can participate in level 3.
Individual Programs		Age Requirement	General Requirements for Successful Completion:
Adapted Aquatics	Special Needs		Emphasis is placed on successful experiences in a positive, safe, reinforcing environment stressing individualized aquatic programming.
Aqua Adults			The objective of this 3-level program is to start by teaching non-swimmers to float and swim without fear. Specific skills that will be taught are basic flotation, movement, breathing, and stroke development.
RC Swim Kids Level		Age Requirement	General Requirements for Successful Completion:
Swim Kids 1	6 years old +		Can enter shallow water safely; float and glide on front/back without assistance; swim 5m any way.
Swim Kids 2	6 years old +		Can float/move in deep water with assistance; front swim 5m; distance swim 10 m.
Swim Kids 3	6 years old +		Can glide with flutter kick, front crawl 5m; deep-water activities; distance swim 15m.
Swim Kids 4	6 years old +		Can back glide with kick 10m; front crawl 10m; dive, surface support 45 sec; distance swim 25m.
Swim Kids 5	6 years old +		Can front/back crawl 15m; scull; whip kick on back 5m; distance swim 50m.
Swim Kids 6	6 years old +		Can front/back crawl 25m; elementary back 15m; throwing rescues; distance swim 75m.
Swim Kids 7	6 years old +		Can front/back crawl 50m; elementary back 25m; whip kick on front 15m; rescues; distance swim 150m.
Swim Kids 8	6 years old +		Can front/back crawl 75m; elementary back 50m; breaststroke 15m; surface dives; distance swim 300m.
Swim Kids 9	6 years old +		Can front/back crawl 100m; elementary back 50m; breaststroke 25m; surface dives; distance swim 400m.
Swim Kids 10	6 years old +		Can front/back crawl 100m; elementary back 50m; breaststroke 50m; sidestroke; butterfly; distance swim 500m.
Instructor/Lifeguard Pre-Certification Courses			General Requirements for Successful Completion:
Bronze Star	Successful completion of Swim Kids 10		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	13 years		This award teaches understanding of lifesaving principles including judgment, knowledge, skill and fitness. Lifesavers learn to respond to increasingly complex situations with varying degrees of risk. Bronze Medallion is a pre-requisite for the Bronze Cross Award. Completion of Bronze Medallion includes CPR-B.
Bronze Cross	Successful completion of Bronze Medallion		This award is designed for lifesavers desiring advance training, including an introduction to safe supervision in aquatic facilities. Teamwork is emphasized, and lifesavers learn how to rescue a spinal-injured victim. Bronze Cross is a pre-requisite for all advanced training programs in lifesaving, lifeguarding and leadership. Completion of Bronze Cross includes CPR-C.
Assistant Water Safety Instructor	15 years		Through classroom learning and in-water practice, this course prepares candidates to help certified instructors. Participants are introduced to key principles of learning and teaching, and mastery of basic progressions.
National Lifeguard Service	16 years		This award builds on the fundamental skills, knowledge, and values taught in earlier lifesaving awards, including the practical skills and knowledge required by lifeguards. This course deals with lifeguarding principles and techniques found in the pool environment.