

Life Saving Swim Lessons - Winter 2023

Level	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Tot 1-2 Starfish/Duck	5-5:30pm	10-10:30am			9-9:30am	
Parent & Tot 3 Sea Turtle		10:30-11am	5-5:30pm			
Preschool 1 Sea Otter	9-9:30am 5-5:30pm 5:30-6pm		9-9:30am 5-5:30pm 5:30-6pm	5:30-6pm	9-9:30am 9:30-10am 10:00-10:30am 10:30-11am	11-11:30am
Preschool 2 Salamander	9:30-10am 5-5:30pm 6-6:30pm		9:30-10am 5:30-6pm 6-6:30pm	5:30-6pm	9-9:30am 9:30-10am 11-11:30am	11-11:30am 12:30-1pm
Preschool 3 Sunfish	5:30-6pm		6-6:30pm	6-6:30pm	9:30-10am 10-10:30am	11-11:30am 12-12:30pm
Preschool 4/5 Croc/Whale	6-6:30pm		5:30-6pm		10:30-11am	11:30-12pm
Swimmer 1 Level 1	5-5:30pm 5:30-6pm		5-5:30pm 6-6:30pm	5:30-6pm	9-9:30am 10-10:30am	11:30-12pm
Swimmer 2 Level 2	5:30-6pm		5-5:30pm 5:30-6pm	6:30-7pm	9-9:30am 10-10:30am	12-12:30pm
Swimmer 3 Level 3 45mins	6-6:45pm		6-6:45pm	6-6:45pm	10:30-11:15am	12-12:45pm
Swimmer 4 Level 4 and 5 45mins	6:45-7:30pm		6:30-7:15pm	6-6:45pm	10:30-11:15am	
Swimmer 5 Level 6 45mins	6:30-7:15pm		6:30-7:15pm		11:15-12pm	
Swimmer 6 Level 7 45mins	6:30-7:15pm		6:30-7:15pm		11:15-12pm	
Swimmer 7 Rookie Patrol Level 8 60mins	6:30-7:30pm					
Swimmer 8 Ranger Patrol Level 9 60mins			6:45-7:45pm			
Swimmer 9 Star Patrol Level 10 60mins					11-12pm	

Adult Lessons

Swim Basics 1	Monday 2:00 pm	New: Adult Fitness Swimmer Fridays at 2pm.
Swim Basics 2	Monday 2:30 pm	

Advanced courses

Bronze Star – Sundays 5-6pm	Bronze Medallion – Sundays 5 - 7pm	Bronze Cross – Sundays 5 – 7 pm
Life Saving Swim Instructor January 4 & 5, 2023	Life Saving Instructor January 6 & 7, 2023	Standard First Aid and CPR-C-AED to be determined
National Lifeguard – coming soon		