



SWIMMING COURSES / SUMMER 2024 SESSIONS

Session 1: June 24 - July 18

Week-end classes: June 29 - August 18

Online registration begins Tuesday, April 23, 7 p.m.

Session 2: July 23 - August 15

Online registration begins Thursday, July 18, 7 p.m.

Citizen's card must be valid at time of registration and for the duration of the activity.

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WAITING LIST

It is **IMPORTANT** to put your name on the waiting list on the online registration site to maximize your chances of getting a place in the course you want to take.

CLASSIFICATION

If the child being registered is not the required age from the very first class and does not meet the criteria of the chosen course, registration will be refused.

COURSES FOR CHILDREN / WEEKDAYS / TUESDAYS AND THURSDAYS Every Tuesday and Thursday

Course	Schedule Session 1	Schedule Session 2	Cost	Participants	Pre-requisites
Parent-child 1 4-12 months Parent- child 2 12-24 months Parent- child 3 Ages 2-3	10 a.m. - 10:25 a.m.	10 a.m. - 10:25 a.m.	Free	max. 10 (excluding parents)	The three levels are combined in the same group. Red Cross equivalents: Starfish, Duck and Sea Turtle
Pre-school 1 Ages 3-5 If over 5 years old, register in Swimmer 1. WITH PARENT	10 a.m. - 10:25 a.m.	10 a.m. - 10:25 a.m.	Free	max. 4	Starts to be unaccompanied by a parent Red Cross equivalent: Sea Otter
Pre-school 2 Ages 3-5 If over 5 years old, register in Swimmer 1.	10:30 a.m. - 10:55 a.m.	10:30 a.m. - 10:55 a.m.	Free	max. 4	Can get in and out of the water and jump into chest-deep water with assistance; float and glide on front and back; blow bubbles and wet face Red Cross equivalent: Salamander
Pre-school 3 3-5 years old If over 5 years old, register in Swimmer 1.	11:30 a.m. - 11:55 a.m.	11:30 a.m. - 11:55 a.m.	Free	max. 5	Can jump into chest-deep water; submerge and exhale under water; float on front and back with assistance for 3 seconds Red Cross equivalent: Sunfish

Pre-school 4 Ages 3-5 If over 5 years old, register in Swimmer 1.	10:30 a.m. - 10:55 a.m.	10:30 a.m. - 10:55 a.m.	Free	max. 5	Can jump into deep water while wearing a life jacket; retrieve objects from the bottom; hold breath under water; float, glide and kick on front and back Red Cross equivalent: Crocodile
Pre-school 5 Ages 3-5 If over 5 years old, register in Swimmer 1.	11:30 a.m. - 11:55 a.m.	11:30 a.m. - 11:55 a.m.	Free	max. 5	Can jump into deep water unassisted; swim front crawl 5 metres while wearing a life jacket and flutter kick on front, back and side Red Cross equivalent: Whale
Swimmer 1	11 a.m. - 11:25 a.m.	11 a.m. - 11:25 a.m.	Free	max. 6	Is between the ages of 5 and 12 and is a beginner in swimming Red Cross equivalent: Swim Kids 1
Swimmer 2	10:30 a.m. - 10:55 a.m.	10:30 a.m. - 10:55 a.m.	Free	max. 6	Can jump into chest-deep water unassisted, and into deep water while wearing a life jacket; open eyes in the water, hold breath and exhale in the water, float, kick, slide on front and back Red Cross equivalent: Swim Kids 2
Swimmer 3	9 a.m. - 9:40 a.m. OR 10:30 a.m. - 11:10 a.m.	9 a.m. - 9:40 a.m. OR 10:30 a.m. - 11:10 a.m.	Free	max. 6	Can jump into deep water and do a sideways entry while wearing a life jacket; support self at the surface for 15 seconds; perform a whip kick in a vertical position; swim 10 metres on front and back Red Cross equivalent: Swim Kids 3
Swimmer 4	9:45 a.m. - 10:25 a.m. OR 11:15 a.m. - 11:55 a.m.	9:45 a.m. - 10:25 a.m. OR 11:15 a.m. - 11:55 a.m.	Free	max. 6	Can tread for 30 seconds; do kneeling dives and front somersaults; swim 10-metres whip kick on back; and swim 15 metres in front crawl and back crawl Red Cross equivalent: Swim Kids 4
Swimmer 5	10 a.m. - 10:40 a.m. OR 10:45 a.m. - 11:25 a.m.	10 a.m. - 10:40 a.m. OR 10:45 a.m. - 11:25 a.m.	\$53 / session	max. 6	Can complete the Canadian Swim to Survive Standard: Roll into deep water / tread (1 minute) / swim (50 metres); dive; swim under water; 15-metre whip kick on front; breaststroke arms with breathing; swim front and back crawl 25 metres Red Cross equivalent: Swim Kids 5
Swimmer 6	9 a.m. - 9:55 a.m. OR 11 a.m. - 11:55 a.m.	9 a.m. - 9:55 a.m. OR 11 a.m. - 11:55 a.m.	\$63 / session	max. 7	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 metres front and back crawl; breaststroke for 25 metres; sprint 25 metres; interval training 4 x 50 metres Red Cross equivalent: Swim Kids 6
Swim patrol - Rookie (Swimmer 7)	9 a.m. - 9:55 a.m.	9 a.m. - 9:55 a.m.	\$63 / session	max. 7	Can do stride entries and compact jumps; legs only surface support for 45 seconds; sprint 25 metres breaststroke; swim 100 metres of front and back crawl; perform 300-metre workout Red Cross equivalent: Swim Kids 7
Swim patrol - Ranger (Swimmer 8)	10 a.m. - 10:55 a.m.	10 a.m. - 10:55 a.m.	\$63 / session	max. 7	Preferably has successfully completed Swimmer 7 / Rookie Patrol Red Cross equivalent: Swim Kids 8
Swim patrol - Star (Swimmer 9)	10 a.m. - 10:55 a.m.	10 a.m. - 10:55 a.m.	\$63 / session	max. 7	Preferably has successfully completed Swimmer 8 / Ranger Patrol Red Cross equivalent: Swim Kids 9
Bronze Star	11 a.m. - 11:55 a.m.	11 a.m. - 11:55 a.m.	\$63 / session	max. 7	Preferably has successfully completed Swimmer 9 / Junior Lifeguard Expert. Is able to swim 100 meters. Is 11 years of age or older (recommended).

COURSES / SATURDAY				
Course	Summer schedule	Cost	Participants	Pre-requisites
Pre-school 4 Ages 3-5 If over 5 years old, register in Swimmer 1.	noon – 12:25 p.m.	Free	max. 5	Can jump into deep water while wearing a life jacket; retrieve objects from the bottom; hold breath under water; float, glide and kick on front and back Red Cross equivalent: Crocodile
Swimmer 2 Age 5 & over	12:30 p.m. – 12:55 p.m.	Free	max. 6	Can jump into chest-deep water unassisted, and into deep water while wearing a life jacket; open eyes in the water, hold breath and exhale in the water, float, kick, glide on front and back Red Cross equivalent: Swim Kids 2
COURSES / SUNDAY				
Course	Summer schedule	Cost	Participants	Pre-requisites
Pre-school 3 Ages 3-5 If over 5 years old, register in Swimmer 1.	noon – 12:25 p.m.	Free	max. 5	Can jump into chest-deep water; submerge and exhale under water; float on front and back with assistance for 3 seconds Red Cross equivalent: Sunfish
Swimmer 1	11 a.m. – 11:25 a.m. 12:30 p.m. – 12:55 p.m.	Free	max. 6	Is between the ages of 5 and 12 and is a beginner in swimming Red Cross equivalent: Swim Kids 1
Swimmer 2	11:30 a.m. - 11:55 a.m.	Free	max. 6	Can jump into chest-deep water unassisted, and into deep water while wearing a life jacket; open eyes in the water, hold breath and exhale in the water, float, kick, glide on front and back Red Cross equivalent: Swim Kids 2
COMPETITION TEAM				
Every Monday, Tuesday and Thursday				
Course	Summer schedule	Cost for the summer	Participants	Pre-requisites
Competition team	Monday, Tuesday & Thursday, noon – 12:55 p.m.	Resident \$80 / summer GAMIN \$104 / summer	6 girls and 6 boys by age group	Swimmer 4 (equivalent: Swim Kids 4) successfully completed. 6 years old by June 2. Evaluation on site. Priority given to Rosemère residents.
LIFEGUARD COURSES				
Course	Schedule	Cost	Participants	Pre-requisites
Bronze Medallion (1st course required to become a lifeguard)	July 8 and 9, 9 a.m. to 6 p.m. (1 hour for dinner) End-of-day evaluation on July 9.	Free	max. 12	13 years of age at final exam or Bronze Star certification. Demonstrate Bronze Star skills and knowledge. Be able to swim 400 metres non-stop in 12 minutes or less. Required: Canadian Lifesaving Manual and pocket mask
Bronze Cross (2nd course required to become a lifeguard)	July 15 and 16, 9 a.m. to 6 p.m. (1 hour for dinner) July 17, 12 p.m. to 4 p.m. End-of-day evaluation on July 17.	Free	max. 12	Bronze Medallion certification. Be able to swim 400 metres non-stop in 11 minutes or less. Required: Canadian Lifesaving Manual and pocket mask
Aquatic Safety Instructor (Optional)	June 29 to July 1st, and July 6-7, 9 a.m. to 4:30 p.m. (1 h for lunch)	Free	max. 10	15 years old at final exam. Must have Bronze Cross award. Required: Swim Instructor kit, including manual, guide, workbook, online access and certification. Tablet or laptop required.

ADULT COURSES

Course	Summer schedule	Cost for the summer	Participants	Pre-requisites
Aquafitness Age 16 & over	Tuesday, 9 a.m. - 9:55 a.m. Wednesday, 9 a.m. - 9:55 a.m. Thursday, 9 a.m. - 9:55 a.m. Friday, 10 a.m. - 10:55 a.m. (your choice)	\$33, 1 class / person / summer \$47, 2 classes / person / summer \$59, 3 classes / person / summer \$72, 4 classes / person / summer \$86, 5 classes / person / summer \$99, 6 classes / person / summer	max. 30	
Aquafitness Parent-child or adult Age 8 & over	Saturday, 11 a.m. - 11:55 a.m. Sunday, 11 a.m. - 11:55 a.m. (your choice)	\$33, 1 class / person / summer \$47, 2 classes / person / summer \$59, 3 classes / person / summer \$72, 4 classes / person / summer \$86, 5 classes / person / summer \$99, 6 classes / person / summer	max. 30	For parent-child aquafitness, the child must be able to follow the course.
Masters Swimmer Age 16 & over	Monday, 8 a.m. - 8:55 a.m. Monday, 9 a.m. - 9:55 a.m. Tuesday, 8 a.m. - 8:55 a.m. Wednesday, 8 a.m. - 8:55 a.m. Wednesday, 10 a.m. - 10:55 a.m. Wednesday, 11 a.m. - 11:55 a.m. Thursday, 8 a.m. - 8:55 a.m. Friday, 11 a.m. - 11:55 a.m. Friday, 12 noon - 12:55 p.m. Saturday, 10 a.m. - 10:55 a.m. Sunday, 10 a.m. - 10:55 a.m. (your choice)	\$33, 1 class / person / summer \$47, 2 classes / person / summer \$59, 3 classes / person / summer \$72, 4 classes / person / summer \$86, 5 classes / person / summer \$99, 6 classes / person / summer \$111, 7 classes / person / summer	min. 8 / max. 20	Knowledge of basic swimming techniques
Adult 1	Saturday, 11 a.m. - 11:55 a.m.	\$53 / summer	max. 4	Introduction to swimming (front and back) for adults. This course is ideal for individuals who want to learn to swim.