Boys and Girls Club of London

Swimming Lesson Brochure

Changes and Important Information

In the fall we switched from offering Red Cross Swimming Lessons to the Life Saving Society's Swimming Lessons. This spring we've taken a look at the feedback from parents and instructors and edited the program so that it flows more smoothly from one level to another and so that it can include some of the great skills taught in the Red Cross program. Please take a close look at the chart on page 2 so that you know which level is correct for your child. If you wish to know more about the programs and the changes – read on to page 3.

If you'd like to go straight to the **dates and times for the lessons** in our spring session please continue to **page 4**.

These levels are equivalent:			
Red Cross	**YMCA**	**City of London**	**Boys and Girls Club**
Preschool (Parented) Ages 0-3:			
Starfish	Splashers	Parent and Tot 1	Parent and Tot 1
Duck	Bubblers	Parent and Tot 2	Parent and Tot 2
Sea Turtle	Bubblers	Parent and Tot 3	Parent and Tot 3
Preschool (Unparented) Ages 3-5:			
Sea Otter	Bobbers	Preschool 1	Preschool 1
Salamander	Floaters or Gliders	Preschool 1 or 2	Preschool 1 or 2
Sunfish	Divers	Preschool 2	Preschool 2
Crocodile	Dipper	Preschool 3	Preschool 3 or 4
Whale	Dipper	Preschool 4 or 5	Preschool 4 or 5
Ages 6 and up:			
Swim Kids 1	Otter	Swimmer 1	Swimmer 1 or 2
Swim Kids 2	Seal	Swimmer 2	Swimmer 3
Swim Kids 3	Dolphin	Swimmer 3	Swimmer 4
Swim Kids 4	Swimmer	Swimmer 4	Swimmer 5
Swim Kids 5	Swimmer	Swimmer 5	Swimmer 6
Swim Kids 6	Swimmer	Swimmer 6	Swimmer 6
Swim Kids 7	Star 1	CSP – Rookie	Swimmer 7
Swim Kids 8	Star 2 or 3	CSP – Ranger	Swimmer 7 or 8
Swim Kids 9	Star 3 or 4	CSP – Star	Swimmer 8
Swim Kids 10	Star 5, 6 or 7	Bronze Star	Swimmer 8

NOTE: A swimmer can start taking Canadian Swim Patrol at a Swimmer 4 level but it is highly recommended that they complete at least to Swimmer 7 (Boys and Girls Club) before starting the program.

F.A.Q

1. Why does it seem like my child is failing more classes?

A. The Red Cross program (that we previously ran) was designed so that kids would pass 1 level on an average of 10-12 weeks. The Life Saving Society's program is designed so kids would pass (on average) 1 level per year. Remember: failing a class does not mean anything accept that they were unable to complete all of the skills on the checklist within our time frame of 8 weeks. Kids often need more time than that and the "Pass" is supposed to be a goal to work towards.

2. I have no idea what level to register in, what should I do?

A. If you give us a call we can set up an appointment time when your child can be swim tested. Basically they will come on in the pool for 5-10 mins and we will run through basic skills to see where they are at.

Program Comparisons

To best understand the programs we will look at when these skills are learned:

Skill	When It's Learned In Red Cross	When It's Learned In LSS
Submersion	Optional in Starfish/Duck Require in Sea Turtle and Sea Otter	Parented 2 Preschool 1
Floats	Salamander Swim Kids 1	Preschool 2 Swimmer1
Glides	Salamander Swim Kids 1	Preschool 1 Swimmer 1
Flutter Kick	Salamander Swim Kids 1	Preschool 1 Swimmer 1
Front Crawl	Whale Level 4	Preschool 4 Swimmer 1
Back Crawl	Level 5	Swimmer 2
Whip Kick on Back	Level 5	Swimmer 3
Elementary Backstroke	Level 6	Not Learned
Whip Kick on Front	Level 7	Swimmer 4
Breastroke	Level 8	Swimmer 5
Scissor Kick	Level 9	Swimmer 6
Sidestroke	Level 10	Not Learned

We've decided to adjust our LSS lessons so that the same skills are learned but we are adding in some of the Red Cross skills as well as making transitions a bit more gradual.

Our Levels

Parent and Tot and Preschool Classes have minimal change. For Swimmer, we added a level at the beginning with all of the skills assisted for kids who've never been in swimming lessons before. We also added a level at the end to make up for adding in Elementary Backstroke and Sidestroke as well as make the transition into leadership courses a bit easier.

Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Swimmer 5	Swimmer 6	Swimmer 7	Swimmer 8
Assisted Skills Submersion	Flutter Kick	Front Crawl	Back Crawl Whip Kick on Back	Elementary Backstroke Whip Kick on Front	Breastroke	Scissor Kick	Side-stroke

If you have questions about our program please feel free to ask one of our instructors!

Spring Swimming Lesson Schedules

Group Lessons: $50 Members $55 Non-Members Preschool: 3-5 years old Swimmer: 6+ years old	**Tuesdays** **(Starts Mar. 21)** **8 Weeks**	**Saturdays** **(Starts Mar. 25)** **8 Weeks**
Parent and Tot 1 (4-12 months)	**3:30-4:00pm**	**9:30-10:00am**
Parent and Tot 2 (12-24 months)	**4:00-4:30pm**	**10:00-10:30am**
Parent and Tot 3 (2-3 years)	**4:30-5:00pm**	**10:30-11:00am**
Preschool 1	**3:30-4:00pm**	**9:00-9:30am** **11:00-11:30am**
Preschool 2	**4:00-4:30pm**	**10:30-11:00am** **11:30-12:00am**
Preschool 3	**3:30-4:00pm**	**9:00-9:30am**
Preschool 4/5	**4:30-5:00pm**	**Preschool 4: 9:30-10:00am** **Preschool 5: 10:00-10:30am**
Swimmer 1	**4:30-5:00pm**	**8:30-9:00am** **9:30-10:00**
Swimmer 2	**4:00-4:30pm**	**10:00-10:30** **Swimmer 2/3: 11:30-12:00**
Swimmer 3	**3:30-4:00pm**	**8:30-9:00am** **10:30-11:00am** **Swimmer 2/3: 11:30-12:00**
Swimmer 4	**5:15-6:00pm**	**9:00-9:45am** **11:00-11:45am**
Swimmer 5	**5:15-6:00pm**	**9:00-9:45am** **11:00-11:45am**
Swimmer 6	**5:15-6:00pm**	**9:00-9:45am** **11:00-11:45am**
Swimmer 7	**5:15-6:00pm**	**Swimmer 7/8: 9:00-9:45am**
Swimmer 8	**6:00-6:45pm**	**Swimmer 7/8: 9:00-9:45am**

Leadership:		
	Tuesday **(Starts Mar. 21)** 8 Weeks	**Saturday** **(Starts Mar. 25)** 8 Weeks
Rookie Patrol (6+ years and Swimmer 4)	**6:00-6:45pm**	**10:15-11:00am**
Ranger Patrol (6+ years and Swimmer 4)	**6:00-6:45pm**	**10:15-11:00am**
Star Patrol (6+ years and Swimmer 4)	**6:00-6:45pm**	**10:15-11:00am**
Bronze Star **($75 for Members** **$80 for Non-Members)**	**N/A**	**10:00-11:30am**
Bronze Medallion and **Emergency First Aid** **($105 for Members** **$110 for Non-Members)** You may also purchase a textbook and workbook for: $45	**Sundays** **(Starts Mar.26)** 9 Weeks **9:00-12:30am**	

Other:		
	Monday	**Wednesday**
Baby & Me Fitness 30-minute aqua fitness class (with baby) & 15 minute free swim. **$50.00**	**2:00-3:15pm**	**2:00-3:15pm**

Private Lessons	**Semi-Private Lessons**
$115 Members/ $120 Non-Members	$80 Members/ $85 Non-Members

To register for Private or Semi-Private,
Please contact the Aquatics Manager
519-434-9115 ext. 246
rpauley@bgclondon.ca