



SWIMMING COURSES / SUMMER 2025 SESSIONS

Session 1: June 23 - July 17

Week-end classes: June 28 - August 17

Online registration begins Tuesday, April 22, 7 p.m.

Session 2: July 22 - August 14

Online registration begins Thursday, July 17, 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 |

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|---|---|---|----------------|--------|---|
| 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. | \$54 / 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. | \$66 / 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. | \$64 / 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. | \$64 / 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. | \$64 / 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. | \$64 / 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 \$82 / summer GAMIN \$106 / 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
June 23 – August 17 2025

| 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) | \$34, 1 class / person / summer \$48, 2 classes / person / summer \$60, 3 classes / person / summer \$73, 4 classes / person / summer \$88, 5 classes / person / summer \$101, 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) | \$34, 1 class / person / summer \$48, 2 classes / person / summer \$60, 3 classes / person / summer \$73, 4 classes / person / summer \$88, 5 classes / person / summer \$101, 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) | \$34, 1 class / person / summer \$48, 2 classes / person / summer \$60, 3 classes / person / summer \$73, 4 classes / person / summer \$88, 5 classes / person / summer \$101, 6 classes / person / summer \$113, 7 classes / person / summer | min. 8 / max. 20 | Knowledge of basic swimming techniques |
| Adult 1 | Saturday, 11 a.m. - 11:55 a.m. | \$54 / summer | max. 4 | Introduction to swimming (front and back) for adults. This course is ideal for individuals who want to learn to swim. |