



## SWIMMING COURSES / SUMMER 2022 SESSIONS

**Session 1: Tuesday, June 21 - Thursday, July 14**

**Week-end classes: Saturday, June 25 - August 20 / Sunday, June 26 - August 21**

**Online registration begins Tuesday, April 26, 7 p.m.**

**Session 2: Tuesday, July 26 -Thursday, August 18**

**Online registration begins Thursday, July 14, 7 p.m.**

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

[piscine@ville.rosemere.qc.ca](mailto:piscine@ville.rosemere.qc.ca)

### IMPORTANT

- No teaching materials will be loaned.
- Personal flotation devices (PFDs) will be loaned upon request. Since PFDs restrict movement in the water and limit learning, we recommend that you bring your own flotation gear (backpack, hippo belt or flotation jacket with armbands).
- Locker rooms not available. Washrooms available upon request.
- Please come in a bathing suit with your towel.

### HEALTH FORM

**Health form to be filled out at time of registration.**

### 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	10 a.m. - 10:25 a.m.	10 a.m. - 10:25 a.m.	\$50 / session	max. 10 (excluding parents)	The three levels are combined in the same group. Red Cross equivalents: Starfish, Duck and Sea Turtle
Parent- child 3 Ages 2-3					

<b>Pre-school 1</b> Ages 3-5 If over 5 years old, register in Swimmer 1. <b>WITH PARENT</b>	10 a.m. - 10:25 a.m.	10 a.m. - 10:25 a.m.	\$50 / session	max. 4	Starts to be unaccompanied by a parent Red Cross equivalent: Sea Otter
<b>Pre-school 2</b> 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.	\$50 / session	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
<b>Pre-school 3</b> 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.	\$50 / session	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
<b>Pre-school 4</b> 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.	\$50 / session	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
<b>Pre-school 5</b> 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.	\$50 / session	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
<b>Swimmer 1</b>	11 a.m. - 11:25 a.m.	11 a.m. - 11:25 a.m.	\$50 / session	max. 6	Is between the ages of 5 and 12 and is a beginner in swimming Red Cross equivalent: Swim Kids 1
<b>Swimmer 2</b>	10:30 a.m. - 10:55 a.m.	10:30 a.m. - 10:55 a.m.	\$50 / session	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
<b>Swimmer 3</b>	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.	\$50 / session	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
<b>Swimmer 4</b>	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.	\$50 / session	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
<b>Swimmer 5</b>	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.	\$50 / 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
<b>Swimmer 6</b>	9 a.m. - 9:55 a.m. OR 11 a.m. - 11:55 a.m.	9 a.m. - 9:55 a.m.	\$50 / 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
<b>Swim patrol - Rookie (Swimmer 7)</b>	9 a.m. - 9:55 a.m.	9 a.m. - 9:55 a.m.	\$50 / 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
<b>Swim patrol - Ranger (Swimmer 8)</b>	10 a.m. - 10:55 a.m.	10 a.m. - 10:55 a.m.	\$50 / session	max. 7	Preferably has successfully completed Swimmer 7 / Rookie Patrol Red Cross equivalent: Swim Kids 8
<b>Swim patrol - Star (Swimmer 9)</b>	10 a.m. - 10:55 a.m.	10 a.m. - 10:55 a.m.	\$50 / session	max. 7	Preferably has successfully completed Swimmer 8 / Ranger Patrol Red Cross equivalent: Swim Kids 9
<b>Bronze Star</b>		11 a.m. - 11:55 a.m.	\$50 / 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).
<b>Adult 1</b>		11 a.m. - 11:55 a.m.	\$50 / session	max. 4	Introduction to swimming (front and back) for adults. This course is ideal for individuals who want to learn to swim.

**COURSES FOR CHILDREN / SATURDAY**

Course	Summer schedule	Cost	Participants	Pre-requisites
<b>Pre-school 4</b> Ages 3-5 If over 5 years old, register in Swimmer 1.	noon – 12:25 p.m.	\$50 / summer	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
<b>Swimmer 2</b> Age 5 & over	12:30 p.m. – 12:55 p.m.	50 \$ / summer	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
<b>Swim patrol - Rookie (Swimmer 7)</b>	11 a.m. - 11:55 a.m.	\$50 / summer	max. 7	Can do stride entries and compact jumps; legs only surface support for 45 seconds; sprint 25-metre breaststroke; swim 100 metres of front and back crawl; perform 300-metre workout Red Cross equivalent: Swim Kids 7

**COURSES FOR CHILDREN / SUNDAY**

Course	Summer schedule	Cost	Participants	Pre-requisites
<b>Pre-school 3</b> Ages 3-5 If over 5 years old, register in Swimmer 1.	noon – 12:25 p.m.	\$50 / summer	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
<b>Swimmer 1</b>	12:30 p.m. – 12:55 p.m.	\$50 / summer	max. 6	Is between the ages of 5 and 12 and is a beginner in swimming Red Cross equivalent: Swim Kids 1
<b>Swim patrol - Ranger (Swimmer 8)</b>	11 a.m. - 11:55 a.m.	\$50 / summer	max. 7	Preferably has successfully completed Swimmer 7 / Rookie Patrol Red Cross equivalent: Swim Kids 8

**COMPETITION TEAM**

Every Monday, Tuesday and Thursday

Course	Summer schedule	Cost for the summer	Participants	Pre-requisites
<b>Competition team</b>	Monday, Tuesday & Thursday, noon – 12:55 p.m.	Resident \$57 / summer GAMIN \$74 / 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
<b>Bronze Medallion</b> (1st course required to become a lifeguard)	June 25 & 26 9 a.m. - 5 p.m.	\$170	max. 8	13 years old at time of exam. Star Patrol (Swimmer 9) completed (equivalent: Swim Kids 9). Required: Canadian Lifesaving Manual and pocket mask
<b>Bronze Cross</b> (2nd course required to become a lifeguard)	August 8 - 12 8:45 a.m. – noon	\$182	max. 8	Hold Bronze Cross award. Required: Canadian Lifesaving Manual and pocket mask
<b>Aquatic Safety Instructor</b> (Optional)	To be confirmed	\$398	max. 5	15 years old at time of 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
<b>Aquafitness</b> Age 16 & over	Tuesday to Thursday 9 a.m. - 9:55 a.m. Friday 11 a.m. - 11:55 a.m. (your choice)	\$30, 1 class/person/summer \$44, 2 classes/person/summer \$56, 3 classes/person/summer \$69, 4 classes/person/summer \$82, 5 classes/person/summer \$95, 6 classes/person/summer	max. 17	
<b>Aquafitness</b> <b>Parent-child or adult</b> Age 8 & over	Saturday or Sunday (your choice) 11 a.m. - 11:55 a.m.	\$30, 1 class/person/summer \$44, 2 classes/person/summer \$56, 3 classes/person/summer \$69, 4 classes/person/summer \$82, 5 classes/person/summer \$95, 6 classes/person/summer	max. 17	For parent-child aquafitness, the child must be able to follow the course.
<b>Masters Swimmer</b> Age 16 & over	Monday to Thursday 8 a.m. - 8:55 a.m. (your choice)	\$30, 1 class/person/summer \$44, 2 classes/person/summer \$56, 3 classes/person/summer \$69, 4 classes/person/summer \$82, 5 classes/person/summer \$95, 6 classes/person/summer \$107, 7 classes/person/summer	min. 8 / max. 16	Knowledge of basic swimming techniques
	Friday, Saturday or Sunday 10 a.m. - 10:55 a.m. (your choice)			