

## 2026 Swimming Lesson Schedule

Listowel Kinsmen Pool 519-291-5387 | Atwood Lions Pool 519-356-2630

<b>Advanced Swim Lessons</b> Bronze Medallion, Bronze Cross, Bronze Star: <b>Atwood Lions Pool: July 13-17, 2026</b>		<b>Session 1</b> <b>June 15- 26</b>	<b>Session 2</b> <b>June 29 - July 10</b> <i>(No class July 1)</i>	<b>Session 3</b> <b>July 20 - 31</b>	<b>Session 4</b> <b>Aug. 4 - 14</b> <i>(No class Aug. 3)</i>
<b>Parent &amp; Tot 1 (4-12 months)</b> With a caregiver the child will explore the water through buoyancy, movement skills, intro to PFDs, and entries.	\$85	n/a	10:00 -10:30	10:45 - 11:15	11:15 -11:45
<b>Parent &amp; Tot 2 (12-24 months)</b> With a caregiver the child will perform assisted front and back floats, learn how to travel at the surface by kicking, intro to PFDs, and entries.	\$85	n/a	10:00 - 10:30	10:45 - 11:15	11:15 -11:45
<b>Parent &amp; Tot 3 (2-3 years)</b> With a caregiver the child will have fun jumping into the water with assistance. They learn to hold their breath and open their eyes under water. Kicking on front and back swim orientation and stroke development.	\$85	4:30 - 5:00	11:15 -11:45	11:15 - 11:45	10:45 -11:15
<b>Preschool A (3-5 years)</b> Swimmers jump into chest-deep water as- sisted. Floating on front and back and back glides with assistance for 3 seconds. Shal- low water movement wearing a PFD. Fitness swim 1-2 m.	\$85	4:30 - 5:00	10:45 -11:15	10:00 -10:30	9:30 -10:00
<b>Preschool B (3-5 years)</b> Preschoolers jump into chest-deep water and get in and out wearing a PFD. They submerge and exhale under water. They glide on front and back 3m with a buoyant aid. Flutter kick on back 5m.	\$85	5:45 - 6:15	10:45 -11:15	11:15 - 11:45	10:00 -10:30 11:15 - 11:45
<b>Preschool C (3-5 years)</b> Preschoolers try both a jump and a side roll into deep water while wearing a PFD. They recover objects from the bottom in waist deep water. Kicking and gliding on front and back unassisted. Fitness swim 5-7m.	\$85	4:00 - 4:30	11:15 - 11:45	10:45 - 11:15	10:00 -10:30 10:45 - 11:15
<b>Swimmer 1 (6+ years)</b> Beginners become comfortable jumping into water with and without a PFD. They open their eyes, exhale and hold their breath under water. They work on floats, glides and kicking on front and back. Fitness swim 5-10m.	\$85	5:15 - 5:45 5:45 - 6:15	9:30 - 10:00	9:30 - 10:00 10:45 - 11:15	11:15 - 11:45
<b>Swimmer 2 (6+ years)</b> Advanced beginners jump into deeper water and become comfortable falling side- ways into the water wearing a PFD. Tread water without an aid, recover an object in chest- deep water. Fitness swim 10-15m.	\$85	4:30 - 5:00 5:45 - 6:15	9:30 - 10:00	10:00 -10:30	9:30 - 10:00

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<b>Swimmer 3 (6+ years)</b> Swimmers develop front and back crawl strokes, and explore whip kick in a vertical position. Swimmers tread water for up to 30 seconds and learn to transition from front to back flutter kick. Fitness swim 20-25m.	\$85	4:00 - 4:30 5:15 - 5:45	10:45 - 11:15	9:30 - 10:00	10:00 -10:30
<b>Swimmer 4 (6+ years)</b> Swimmers work towards stride dives and standing dives into deep water. They improve the front crawl, back crawl, and whip kick. Swimmers are introduced to a 3m underwater swim. Fitness swim 50m.	\$85	4:00 - 4:30	10:00 -10:30	11:15 - 11:45	10:45 -11:15
<b>Swimmer 5 (6+ years)</b> Junior swimmers shallow dive into deep water and perform in-water back somersaults. They achieve the Canadian Swim to Survive Standard. Front and back crawl while breaststroke skills are introduced. Fitness swim 100m.	\$85	5:15 - 5:45	11:15 - 11:45	11:15 - 11:45	9:30 - 10:00
<b>Swimmer 6 (6+ years)</b> Intermediate swimmers increase efficiency in front crawl, back crawl and work to develop breaststroke skills, introduced to stride entries, scissor kick, and vertical dolphin kick. Front and back crawl sprints. Fitness swim 150m.	\$90	4:00 - 5:00	9:30 - 10:30	9:30 - 10:30	n/a
<b>Swimmer 7 (6+ years)</b> Intermediate swimmers master dolphin kick, diving off blocks and eggbeater. They are introduced to sculling and continue to maximize efficiency in front crawl, back crawl, and breaststroke. Fitness swim is 300m.	\$90	4:00 - 5:00	9:30 - 10:30	9:30 - 10:30	n/a
<b>Swimmer 8 (8+ years)</b> Advanced skills include head and foot first surface dives and 25m obstacle swim. First aid basics. Swim lengths of front crawl and breaststroke. Fitness Swim 350m.	\$90	5:15 - 6:15	n/a	LKP July 13-17 Condensed Week Swimmer 8 & 9 10:45 - 11:45	n/a
<b>Swimmer 9 (8+ years)</b> 75m swims of front crawl, back crawl, and breaststroke. Rescues with buoyant aid and timed object support. First aid continued. Fitness swim 500m.	\$90	5:15 - 6:15	n/a		n/a

Private Swim Lesson Options \$140/Week Session

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