

Swimming Lesson Levels

Not sure what level would be best for your child? Check out this infographic!

Parent & Tot

The parent & tot program is an interactive program where parents and their children engage in fun lessons! Parent & tot levels are a great way to get young children exposed to the water. Ideal for children aged 4-36 months.

Parent & Tot 1

Ideal for children aged 4-12 months. In this level parents will learn how to safely exit and enter water! Children will also learn skills like front and back floats!

Parent & Tot 2

Ideal for children aged 12-24 months. In this level parents will learn how to support this child in the water in interactive and fun ways!

Parent & Tot 3

Ideal for children aged 24-36 months! In this level children are almost independent. Children will explore and try new skills alongside their parents!

Preschool

The preschool program is perfect for children aged 3-5. Parents do not accompany children in the preschool levels.

Preschool 1

Preschool 1 is perfect for those who have just completed parent and tot 3! In this level children will navigate the water wearing a lifejacket.

Preschool 2

Preschool 2 encourages children to put their face in the water. Floatation devices are used to help children float and kick in the water.

Preschool 3

Preschool 3 encourages children to float independently on their front and back. Children will be encouraged to explore around the water.

Swimmer

The swimmer program is designed for children aged 6-12. Once children have completed preschool 3, they are ready for swimmer 1! Children will master swimming skills by the end of the swimmer program!

Swimmer 1

Swimmer 1 is designed to build off skills learned in preschool 3. Children will learn foundational swimming skills like front and back crawl.

Swimmer 2

Swimmer 2 is designed to help children feel comfortable in deeper water. They will be challenged by learning new skills like whip kick.

Swimmer 3

Swimmer 3 is a fundamental level in the swimmer program. In this level children will learn to dive and will complete longer distance swims.

Swimmer 4

Swimmer 4 moves from beginner to intermediate skills. In swimmer 4 children will improve skills like whip kick, front, crawl, and back crawl while in deep water.

Swimmer 5

Swimmer 5 introduces new skills to children like breaststroke, shallow dives, and eggbeater. This level also focuses on building endurance in deep water.

Swimmer 6

Swimmer 6 is the final level in the swimmer program. Children will be challenged with advanced skills. Their skills will be perfected and refined in this level.

Rookie, Ranger, Star Patrol

Rookie, Ranger, and Star Patrol is a course perfect for swimmers who have completed the swimmer levels and are interested in developing stronger skills, with a focus on life-saving skills.

Rookie

In Rookie Patrol swimmers will continue their stroke development while being introduced to life-saving skills like contacting EMS and treating minor wounds.

Ranger

In Ranger Patrol swimmers will complete a medley of stroke developments. They will also learn how to assess unconscious victims and complete rescues.

Star

In Star Patrol swimmers will complete advanced workout swim training. They will also learn how to remove victims from a pool and treat them properly.

Frequently Asked Questions

Q. Why are preschool 4 and 5 not being offered?

A. Preschool 4 and 5 are fundamentally the same as swimmer 1. As such, once your child finishes preschool 3, register them for swimmer 1.

Q. Can my child skip a level?

A. No. It is never recommended that children skip a level. Important skills will be missed.

Q. Do I need to register my children for Rookie, Ranger, or Star patrol?

A. No, though it is recommended especially if your child is interested in one day becoming a lifeguard.

Q. What do I do once my child has passed Star Patrol?

A. Register them for Bronze Star, a life-saving course which builds off of Star Patrol.

**If you have any questions please contact the pool manager by email
(Poolmanager@balgonie.ca)**