

AQUATIC SPECIALTY PROGRAMS

Bronze Star

The Bronze Star course develops swimming proficiency and stroke mechanics, lifesaving skills (CPR) and personal fitness.

Bronze Medallion 13+

Participants can develop an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 400 metre timed swim.

Bronze Cross

***13 + Must have bronze medallion**

For lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 400 metre swim.

Swim Instructors

***15+ with Bronze Cross**

Participants will acquire proven teaching methods for stroke and skills, and shadow instructors during class.

National Lifeguard (Pool)

***15+ with Bronze Cross & Standard First aid with CPR-C**

National Lifeguard is designed to develop an understanding of Lifeguard principles and skills, good judgement and a responsible attitude toward the role of Lifeguard. All participants are asked to bring a pen/pencil, paper, Alert manual, bathing suit and a towel.

National lifeguard (Pool Re-certification)

***15+ with NLS Pool**

For Situational Evaluations Core Skills will be evaluated separately at an agreed upon time, prior to the re-cert date.

National lifeguard (Waterfront)

***15+ with NLS Pool**

Course is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The National Lifeguard Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in waterfront environments. All participants are asked to bring a pen/pencil, paper, Alert manual, bathing suit and a towel.

Standard First Aid

Participants will need to bring a pen, paper, lifesaving manual, comfortable clothes and snacks



PSP AQUATICS GUIDE

Lessons, courses and more!



SKILLS REQUIRED TO PASS IN THE INDICATED SWIM LEVEL

Activity	Fees
Swimming Lessons (30 mins) Ages 0-6	Military/Veterans: \$60.00 Defense Staff/member: \$70.00 Non-Members: \$85.00
Swimming Lessons (30 mins) Ages 6+	Swimmer 1 & 2 Military/Veterans: \$60.00 Defense Staff/Members: \$70.00 Non-Members: \$85.00
Swimming Lessons (45 mins) Ages 6+	Swimmer 3 - 9 Military/Veterans: \$65.00 Defense Staff/Members: \$75.00 Non-Members: \$90.00
Private Lessons	Military/Veterans: \$150.00 Defense Staff/Members: \$180.00 Non-Members: \$200.00

Please ask to be put on our private lessons waitlist

AQUATICS:

(705) 494-2011 ext. 628.2611

TO REGISTER:

(705) 494-2011 ext. 628.2610

Shrimp

- Comfortable with water on face
- Front float - chin in **A**
- Back float - ears in **A**
- Relaxed floats **P**
- Some arm movement (aids)
- Kicking on front & back **A**

Jellyfish

- Sitting entry & return to edge **P**
- Blow bubbles on & under water
- Face fully submerged
- Attempt to recover objects below surface with hands
- Front float - face in **A**
- Back float **A**
- Kicking on front & back **A**

Swimmer 1

- Jump into chest deep water **P**
- Jump into deep water **P**
- Tread water (30s)
- Hold breath underwater entire body submerged (5s)
- Controlled exhalation underwater x5 with entire body underwater
- Open eyes under water
- Float front & back (5s)
- Glides: side, front & back (3m each) **P**
- Front crawl (5m)
- Lateral rolls front-back, back-front
- Flutter kick on back & front (5m each)

Swimmer 2

- Jump into deep water & return
- Sideways entry (PFD) **P**
- Tread water (15s)
- With hands & face in water, recover object off bottom (chest deep)
- Jump into deep water, tread water (30s), swim/kick (15m) **P**
- Vertical whip kick with aid (30s)
- Flutter kick on back & side (10m each)
- Front crawl & back crawl (10m each)

Sea Horse

- Jump into water & return to edge **A**
- Jump into water & float **P**
- Sitting entry, face fully submerged **A**
- Hold breath under water
- Attempt to recover object underwater with hands and face submerged
- Starfish floats front & back **A**
- Pencil floats front & back **A**
- Kicking on front & back

Alligator

- Jump into chest deep water **A**
- Face fully submerged
- Controlled exhalation underwater
- Relaxed floats front & back (3 sec) **A**
- Streamlined glides front & back (3m) **A**
- Swim - forwards, backwards, sideways **P**

Swimmer 3

- Kneeling dive
- Front roll entry
- Tread water (30s)
- Handstand - shallow
- Front somersault in water
- Jump into deep water - tread water (30s), swim/kick (25m)
- Whip kick on back (10m)
- Flutter kick on back (5); reverse direction & flutter kick on front (5m)
- Flutter kick on front (5m); reverse direction & flutter kick on back (5m)
- Front crawl & back crawl (15m each)

Swimmer 4

- Standing dive
- Tread water (1 min)
- Swim underwater (5m)
- Roll entry into deep water - tread (1 min), swim (50m)
- Whip kick on front (15m)
- Breaststroke arms drill with proper breathing (15m)
- Front crawl & back crawl (25m each)

Barracuda

- Jump into chest deep water & return to side **P**
- Entire body submerged
- Controlled exhalation underwater x3 with entire body underwater
- Relaxed floats front & back (3sec) **P**
- Streamlined glides front & back (3m) **P**
- Lateral rolls front-back & back-front **P**
- Flutter kick on back with aid

Clownfish

- Jump into deep water & return to side **P**
- Sideways entry **P**
- Hold breath underwater 3 sec. with entire body submerged
- Controlled exhalation underwater 5 times with entire body underwater
- With hands & face in water, recover object off bottom (waist deep)
- Back float, roll to front, and swim 3m
- 5s front & back floats
- 3m Streamlined glides, front & back
- Lateral rolls, front-back & back-front
- Flutter kick on back & front (5m each)

Swimmer 5

- Shallow dive
- Cannonball
- Jump into deep water and tread (2 min)
- Stationary eggbeater kick (30 sec)
- Back somersault
- Roll entry into deep water - tread (90 sec), swim (75m)
- Breaststroke (25m)
- Front crawl & back crawl (50m each)
- Head-up front crawl (10m)

Swimmer 6

- Stride entry
- Compact jump
- Vertical legs only (45 sec)
- Swim underwater (10m) to recover object
- Eggbeater kick on back (15m)
- Scissor kick (15m)
- Breaststroke (50m)
- Front crawl & back crawl (100m each)
- Head-up swim (25m)

Dog Fish

- Jump into deep water & return to side
- Sideways entry **P**
- Tread water for 10s
- Open eyes under water
- With hands & face underwater, recover object from bottom (chest deep)
- Deep water: sideways entry, tread (15s), swim/kick (5m) **P**
- Glide on side (3m)
- Front crawl (5m) **P**
- Flutter kick: front (7m), back (7m), side (5m)

Eel

- Forward roll entry **P**
- Tread water (10s)
- Submerge & hold breath (5s)
- With hands & feet off bottom, recover object off bottom (chest deep)
- Deep water: Sideways entry, tread (20s), swim/kick (10m) **P**
- Vertical whip kick with aid (20s)
- Front crawl (5m)
- Back crawl (5m)

Swimmer 7

Swimmer 8

Swimmer 9

A Assisted **P** With use of a PFD

Still unsure of which level you need?

Call the Aquatics Department for a free swim assessment or phone consultation!

705-494-2011 Ext. 628.2611

