

Program Descriptions

Learn to Swim

Parent & Tot 1 - Ratio 1:10

Age: 4 months - 1 year

Class Length: 30 minutes

Designed for the 4 to 12 months old to learn to enjoy the water with the parent. Through structured in-water interaction between parent and child, this program stresses the importance of developing water-positive attitudes and skills. With the assistance of their parent, tots practice entries and exits, floats, wearing Personal Flotation Devices and kicking.

Prerequisite: Age

Parent & Tot 1/2 - Ratio 1:10

Age: 4 months - 2 years

Class Length: 30 minutes

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group. Please see program descriptions for Parent & Tot 1 and 2 for swim components.

Prerequisite: Age

Parent & Tot 2 - Ratio 1:10

Age: 1 - 2 years

Class Length: 30 minutes

Designed for the 12 to 24 month old to learn to enjoy the water with the parent. The activities in this level build on the skills and routines learned in Parent & Tot 1. Progressions are based on the developmental milestones of each child. With the assistance of their parent, tots practice floats with an aid, recovering objects below the surface and kicking on their front and back.

Prerequisite: Age

Parent & Tot 2/3 - Ratio 1:10

Age: 1 - 3 years

Class Length: 30 minutes

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group. Please see program descriptions for Parent & Tot 2 and 3 for swim components.

Prerequisite: Age

Parent & Tot 3 - Ratio 1:10

Age: 2 - 3 years

Class Length: 30 minutes

Designed for the 2 to 3 year old to learn to enjoy the water with the parent. This level continues to build on the skills learned in the previous levels. Tots develop confidence, independence and comfort in the water, performing jump entries, front and back floats, recovering objects from the bottom of the pool, and kicking on their front and back.

Prerequisite: Age

Parent & Tot 1/2/3 - Ratio 1:10

Age: 4 months - 3 years

Class Length: 30 minutes

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group. Please see program descriptions for Parent & Tot 1, 2 and 3 for swim components.

Prerequisite: Age

Preschool 1 - Ratio 1:4

Age: 3 - 5 years

Class Length: 30 minutes

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll try floats on their front and back, and glides on their back while wearing a Personal Flotation Device. They'll learn to get their face wet and blow bubbles underwater.

Prerequisite: Age

Preschool 2 - Ratio 1:5

Age: 3 - 5 years

Class Length: 30 minutes

These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a Personal Flotation Device. They'll submerge and exhale underwater. They'll glide on their front and back while wearing a Personal Flotation Device.

Prerequisite: Preschool 1

Preschool 3 - Ratio 1:5

Age: 3 - 5 years

Class Length: 30 minutes

These youngsters will try both jumping and a side roll into deep water while wearing a Personal Flotation Device. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Prerequisite: Preschool 2

Preschool 4 - Ratio 1:5

Age: 3 - 5 years

Class Length: 30 minutes

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do side roll entries and open their eyes underwater. They'll master a short (3-5m) swim on their front and gliding and kicking on their side.

Prerequisite: Preschool 3

Preschool 4/5

Age: 3 - 5 years

Class Length: 30 minutes

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group. Please see program descriptions for Preschool 4 & 5 for swim components. Perfect for families with children in either level!

Prerequisite: Preschool 3 or 4

Preschool 5

Age: 3 - 5 years

Class Length: 30 minutes

These youngsters get more adventure-some with a forward roll entry wearing a Personal Flotation Device and holding their breath underwater for up to 10 seconds. They'll work on longer front and back crawl swims, interval training and get a giggle out of whip kick.

Prerequisite: Preschool 4

Swim lessons for ages 4 months+ ...because you're never too young to learn a lifesaving skill.

Drowning is the second leading cause of accidental death among children. **Reduce the risk.** Register your child in swim lessons today.

vaughan.perfectmind.com



Swimmer 1-10: Boys Only

Age: 6 - 13 years

Class Length: Varies

A multi-level teaching concept allowing instructors to teach participants with various skill levels within the same group. Your son can learn to swim in a controlled environment with a male instructor. Please see program descriptions for swim components.

Prerequisite: Age & previous level

Swimmer 1-10: Girls Only

Age: 6 - 13 years

Class Length: Varies

A multi-level teaching concept allowing instructors to teach participants with various skill levels within the same group. Your daughter can learn to swim in a controlled environment with a female instructor. Blinds will be drawn and only the female parent/guardian may watch this lesson in progress. Please see program descriptions for swim components.

Prerequisite: Age & previous level

Swimmer 1 - Ratio 1:6

Age: 6 - 13 years

Class Length: 45 minutes

These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Prerequisite: Age

Swimmer 2 - Ratio 1:6

Age: 6 - 13 years

Class Length: 45 minutes

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10-15m on their front and back, and be introduced to flutter kick interval training (4 x 9-12m).

Prerequisite: Swimmer 1

Swimmer 3 - Ratio 1:6

Age: 6 - 13 years

Class Length: 45 minutes

These intermediate swimmers will dive and do in-water front somersaults. Their new bag of tricks includes handstands and completion of the Canadian Swim to Survive® Standard. They'll work on 10-15m of front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 25m. A 50m swim is required to complete the swim to survive standard.

Prerequisite: Swimmer 2

Swim Strong: Swimmer 3/4 Ratio 1:6

Age: 6 - 13 years

Class Length: 45 minutes

Does your child need to repeat Swimmer 3 or 4? Register for skill-specific training. This multi-level teaching concept focuses on stroke development, technique and endurance to fulfill 'failed' requirements. Once all program requirements are met, a badge will be issued for the appropriate level. Perfect for families with children in each level.

Prerequisite: Repeating Swimmer 3 or 4

Swimmer 4 - Ratio 1:6

Age: 6 - 13 years

Class Length: 45 minutes

These advanced intermediate swimmers will swim 5m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.

Prerequisite: Swimmer 3

Swimmer 5 - Ratio 1:8

Age: 6 - 13 years

Class Length: 45 minutes

These advanced swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Surface dives will take them down to underwater swims. They'll refine their front and back crawl over 50m swims of each, and breaststroke over 15-25m. Then they'll pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl; and 4 x 10-15m breaststroke.

Prerequisite: Swimmer 4

Swim Strong: Swimmer 5/6 Ratio 1:8

Age: 6 - 13 years

Class Length: 45 minutes

Does your child need to repeat Swimmer 5 or 6? Register for skill-specific training. This multi-level teaching concept focuses on stroke development, technique and endurance to fulfill 'failed' requirements. Once all program requirements are met, a badge will be issued for the appropriate level. Perfect for families with children in each level.

Prerequisite: Repeating Swimmer 5 or 6

Swimmer 6 - Ratio 1:8

Age: 6 - 13 years

Class Length: 45 minutes

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll easily swim lengths of front crawl, back crawl and breaststroke, and they'll complain about the 300m workout.

Prerequisite: Swimmer 5

Help prevent pool fouling in 4 simple steps

1. Please do not feed children 1 hour prior to their swimming lesson.
2. Please be sure to take your children to the bathroom just prior to their swimming lesson.
3. Please ensure that all children who are not toilet-trained are in appropriate attire (i.e. Little Swimmers).
4. Please take into consideration how your child is feeling coming to their lesson.

Pool fouling can result in delays in programming or pool shut down. We appreciate your support in keeping Vaughan pools clean and safe.

Program Descriptions

Swimmer 7: Rookie Patrol Ratio 1:10

Age: 6 - 13 years

Class Length: 1 hour

Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

Prerequisite: Swimmer 6

Swimmer 8: Ranger Patrol Ratio 1:10

Age: 6 - 13 years

Class Length: 1 hour

Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Prerequisite: Swimmer 7: Rookie Patrol

Swimmer 9: Star Patrol Ratio 1:10

Age: 6 - 13 years

Class Length: 1 hour

Swimmers are challenged with 600m workouts, 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Prerequisite: Swimmer 8: Ranger Patrol

Swimmer 7: Rookie Patrol/ Swimmer 8: Ranger Patrol/ Swimmer 9: Star Patrol Ratio 1:10

Age: 6 - 13 years

Class Length: 1 hour

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group. Please see program descriptions for Rookie, Ranger and/or Star Patrol for swim components. Perfect for families with children in either level!

Prerequisite: Swimmer 6 or Swimmer 7: Rookie Patrol or Swimmer 8: Ranger Patrol

Swimmer 10: Bronze Star Ratio 1:12

Age: 8 - 14 years

Class Length: 1 hour

Build problem solving and decision making skills, individually and in partners; learn CPR. Participants develop water-smart confidence and lifesaving skills. Timed 400m swim; support and carry a 4.5 kg object; and 100m individual medley. Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for this leadership program.

Note: Youth 14 years+ should enroll in Bronze Medallion. Contact Aquatic Coordinator for more information.

1-on-1 • 1-on-2 • 1-on-3

Preschool/Swimmer/Adult Ratio 1:1/1:2/1:3

Age: 3 years+

Class Length: 30 minutes

This program accommodates Preschool 1-5, Swimmer 1-6 and Adult 1-3 levels of swimming ability. These classes are available on a limited basis and not at all locations. They are intended as a support for participants who have repeated this level several times. This is an opportunity to focus on completing specific skills in order to progress to the next level. To change a 1-on-1 to a 1-on-2, register one participant in a 1-on-1 swim time that works for you, then contact the Aquatic Coordinator at your local pool to coordinate registration of second participant.

Special Interest

Diving: Springboard Level 1 Ratio 1:10

Age: 6 - 14 years

Class Length: 45 minutes

Dive Ontario's Learn-to-Dive program is nationally recognized. Classes are taught by Canadian Amateur Diving Association qualified instructors. This program teaches progressive diving skills, poise, confidence and safety.

Prerequisite: Participants must be comfortable in the deep end and be able to tread for 1 minute.

Diving: Springboard Level 2 & 3 - Ratio 1:10

Age: 6 - 14 years

Class Length: 45 minutes

Dive Ontario's Learn-to-Dive program is nationally recognized. Classes are taught by Canadian Amateur Diving Association qualified instructors. With multiple levels to complete, each with increasingly challenging skills to perfect, participants may want to take this class again and again!

Prerequisite: Diving: Springboard Level 1

Fitness Swimmer - Ratio 1:10

Age: 8 - 13 years

Class Length: 45 minutes

No matter what your age, Fitness Swimmer helps improve your overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims. The candidates will participate in setting their own goals, design workouts and learn to use pace clocks and timers to reach their target zone.

Prerequisite: Swimmer 5

Fitness Swimmer: Advanced Ratio 1:10

Age: 8 - 13 years

Class Length: 45 minutes

This advanced level builds on the competitive swimming skills learned in Fitness Swimmer. Participants learn proper stroke technique in front crawl, back crawl, breaststroke and/or butterfly, and racing skills including flip turns, dives from starting blocks and using the pace clock to reach their target zone. Swimmers improve their efficiency and endurance in the water, as well as their overall physical fitness with this full body workout. This program provides a foundation for youth interested in joining an age-group competitive swim club.

Prerequisite: Swimmer 5 & Fitness Swimmer

Special Needs Swim 1-on-1

Age: 3 years+

Class Length: 30 minutes

This program is for individuals with an identified special need who wish to participate in the Swim for Life program with appropriate modifications. All participants are required to provide a doctor's certificate that the child has a disability and one-on-one swimming is recommended (prior to the first lesson) as well as complete a Special Needs Information Form. Forms are available at your local community centre or at vaughan.ca/recreation.

Synchro: Beginner - Ratio 1:10

Age: 6 - 13 years

Class Length: 45 minutes

A dynamic water sport combining grace and beauty with strength, endurance, and power. Skills include sculling, layout positions, somersaults, and various travelling techniques.

Prerequisite: Level 5

Vaughan Lifesaving Club Ratio 1:10

Age: 8 years+

Class Length: 1 hour, twice per week

Learn to save lives while getting physically fit with lifesaving - a competitive sport recently established by the Canadian Lifesaving Society. Throughout the year, Lifesaving Society (LSS) coaches train swimmers in 5 individual lifesaving events including an obstacle swim, tow with fins, lifesaving medley, throwing accuracy, and object support; and 2 team events, the obstacle relay and medley relay. Emphasis is placed on improving the overall fitness of young athletes, including strength, power, endurance, and promoting teamwork, sportsmanship, achieving personal bests and having fun. Athletes participate in the National Junior Telegames and end the competition season at the Provincial Championships in June. Note: Swimmers may join the Club throughout the season at a pro-rated fee.

Prerequisite: Swimmer 5 or Teen/Adult 2 Swim

Vaughan Sports: Lifesaving Ratio 1:10

Age: 7 - 15 years

Class Length: 1 hour

Vaughan Sports Lifesaving is an ongoing development program, comprised of 5 fundamental levels: an obstacle swim, tow with fins, lifesaving medley, throwing accuracy, and object support. There are also 2 team events: the obstacle relay and medley relay. The program teaches team building, fair play, ethics and focuses on improving overall fitness, including strength, power and endurance. A friendly swim meet is held each session, and participants compete in the National Junior Telegames competition as well as provincial championships in June. Participants are encouraged to register for the entire year to appreciate the team building synergy needed for success at the provincial and national competitions.

Prerequisite: Teen/Adult Swim or Swimmer 5

Water Polo - Ratio 1:12

Age: 8 - 13 years

Class Length: 1 hour

Swimmers learn the theory and skills behind this competitive water sport in a fun, positive atmosphere. Through drills in ball handling, kicking, and stroke technique, participants improve their efficiency and endurance in the water, and practice their new skills in exciting and challenging water polo games. This group program develops teamwork, sportsmanship and decision making skills, while improving overall fitness levels and swimming strokes.

Prerequisite: Swimmer 5

Teen & Adult Programs

Adult 1 Swim - Ratio 1:8

Age: 13 years+

Class Length: 45 minutes

You'll work towards a 10-15m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12m interval training.

Prerequisite: Age

Adult 1 Swim: Ladies Only Ratio 1:8

Age: 13 years+

Class Length: 45 minutes

Learn to swim in a controlled environment with a female instructor. See program description Adult 1 for swim components.

Prerequisite: Age

Adult 2 Swim - Ratio 1:8

Age: 13 years+

Class Length: 45 minutes

Kick it up a notch working on two interval training workouts of 4 x 25m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water.

Prerequisite: Adult 1 Swim



vaughan.ca/swim

Stress-free swim lessons for nervous adults!

Overcome your fear of swimming in 2-on-1 lessons with a friend.

In this semi-private option, an instructor will teach both you and your friend at the same time. See program description or vaughan.perfectmind.com for more details on how to register.

Program Descriptions

Adult 2 Swim: Ladies Only Ratio 1:8

Age: 13 years+

Class Length: 45 minutes

Learn to swim in a controlled environment with a female instructor. Please see program description Adult 2 for swim components.

Prerequisite: Adult 1 Swim

Adult 3 Swim - Ratio 1:8

Age: 13 years+

Class Length: 45 minutes

No sweat - or at least none anyone can see! You'll learn eggbeater, new entries and compact jumps. You'll be doing a 300m workout and sprinting 25-50m. You'll master your front crawl, back crawl and breaststroke. Whew!

Prerequisite: Adult 2 Swim

Adult 3 Swim: Ladies Only Ratio 1:8

Age: 13 years+

Class Length: 45 minutes

Learn to swim in a controlled environment with a female instructor. Please see program description Adult 3 for swim components.

Prerequisite: Adult 2 Swim

Fitness Swimmer: Teen/Adult - Ratio 1:10

Age: 13 years+

Class Length: 45 minutes

No matter what your age, Fitness Swimmer helps improve your overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims. The candidates will participate in setting their own goals, design workouts and learn to use pace clocks and timers to reach their target zone.

Prerequisite: Swimmer 5 or Adult 3 Swim

Fitness Swimmer Advanced: Teen/Adult - Ratio 1:10

Age: 13 years+

Class Length: 45 minutes

This advanced level builds on the competitive swimming skills learned in Fitness Swimmer. Participants learn proper stroke technique in front crawl, back crawl, breaststroke and/or butterfly, and racing skills including flip turns, dives from starting blocks and using the pace clock to reach their target zone. Swimmers improve their efficiency and endurance in the water, as well as their overall physical fitness with this full body workout.

Prerequisite: Swimmer 6 or Adult 3 Swim and Fitness Swimmer

Elite Swimmer: Beginner Ratio 1:2

Age: 6 - 12 years

Class Length: 45 minutes

A low-ratio combination of Swimmer 1 and 2, with an emphasis on independent swimming ability in shallow and deep water. Levels are evaluated by skill progression, not pass/fail. Lessons are weekly; includes a 10 visit swim pass for independent practice.

Elite Swimmer: Advanced Ratio 1:16

Age: 6 - 12 years

Class Length: 1 Hour

A high-ratio combination of Swimmer 3, 4 and 5 in a coaching environment that focuses on strength training and endurance. Learn to swim lessons combined with independent practice, progressing from personalized instruction to endurance coaching to mechanical skill refinement. Levels are evaluated by skill progression, not pass/fail. Lessons are twice per week; includes a 10 visit swim pass for extra independent practice.

Elite Swimmer - Ratio 1:4

Age: 6 - 12 years

Class Length: 45 minutes

A low- ratio version of Swimmer 6 with advanced training concepts of motor movement, stroke efficiency and physical literacy. Learn to swim lessons combined with independent practice, progressing from personalized instruction to endurance coaching to mechanical skill refinement. Levels are evaluated by skill progression, not pass/fail. Lessons are twice per week; includes a 10 visit swim pass for extra independent practice.

Teen 1 Swim - Ratio 1:8

Age: 12 - 17 years

Class Length: 45 minutes

As a beginner swimmer, you'll become comfortable jumping into water with and without a Personal Flotation Device (PFD), and learn to fall sideways into the water wearing a PFD. You'll learn to open your eyes, exhale and hold your breath underwater; and work on floats, glides and kicking through the water on your front and back. You'll be able to support yourselves at the surface without an aid, learn whip kick, swim 10-15m on your front and back, and be introduced to flutter kick interval training of 4 x 9-12m.

Prerequisite: Age

Teen 2 Swim - Ratio 1:8

Age: 12 - 17 years

Class Length: 45 minutes

As an intermediate swimmer, you'll dive and do in-water front somersaults and handstands to complete the Canadian Swim to Survive® Standard. You'll swim 5m underwater, then 10-15m of front crawl, back crawl and whip kick, plus breaststroke arms with breathing. Flutter kick interval training increases to 4 x 25m; front or back crawl interval training to 4 x 25m; and front crawl sprints over 25m.

Prerequisite: Teen 1 Swim

Teen 3 Swim - Ratio 1:8

Age: 12 - 17 years

Class Length: 45 minutes

As an advanced swimmer, you'll master shallow and surface dives, cannonball entries, stride and compact jumps, lifesaving eggbeater and scissor kicks, plus in-water backward somersaults. You'll refine your front and back crawl over 50m swims of each, and breaststroke over 25m. You'll complain about the 300m workout - then pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl, and 4 x 25m breaststroke.

Prerequisite: Teen 2 Swim