

# Learn to Swim



Have fun and learn to swim!

Develop swimming and water safety skills with our trained instructors.

## Swimming Lesson Levels

### Tot & Adult Participation (6 months – 3 years)

#### 1 - Li'l Squirts (6 - 12 months)

Children are introduced to a class environment with basic holds and movement in the water.

#### 2 - Li'l Puddle Jumpers (12 - 24 months)

Children are introduced to assisted basic skills such as entries and floats.

#### 3 - Li'l Water Skippers (24 - 36 months)

Children are encouraged to perform skills individually and submerge their face and head.

### Westcoast Preschool (2 – 3 years)

#### Wee Sea Stars

This is an introduction to the Westcoast Program for independent 2-year-olds. This course is for children who are familiar with the water and ready to participate in a class on their own.

Focus is on orientation and comfortable movement through the water. Children must complete an assessment and be approved by a lifeguard or instructor to participate in the Wee Sea Stars program.

### Westcoast Preschool (3 – 6 years)

#### 1 - Sea Stars

Focus is on orientation and comfortable movement through the water.

#### 2 - Sea Urchins

Introduction to submersion and assisted floats.

#### 3 - Jellyfish

Focus is on unassisted floats and introduction to assisted glides.

#### 4 - Salmon

Focus is on unassisted glides, assisted rollovers, and an introduction to deep water.

#### 5 - Sea Lions

Focus is on unassisted rollovers, introduction to kicking, and a 5 m endurance swim.

#### 6 - Orcas

Focus is on side glides, deep water activities, introduction of overarm recovery and an endurance swim of 8 m.



Township of  
**Langley**  
Est. 1873



# Swimming Lesson Levels continued

## Swim for Life Swimmer Program (5 – 12 years)

### Swimmer 1

Beginners will become comfortable jumping into the water with and without a personal flotation device (PFD). Children will learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

### Swimmer 2

Swimmers will jump into deeper water and learn how to tread water, develop kicking skills and front crawl and back crawl are introduced.

### Swimmer 3

Swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. Children will also learn Swim to Survive® skills and whip kick on back.

### Swimmer 4

Swimmers will become better at diving, treading water and swimming underwater. Children will learn the Swim to Survive® standard and start to develop breaststroke.

### Swimmer 5

Swimmers will master dives and swimming in deep water. Children will expand their Swim to Survive® skills and start to develop their eggbeater kick.

### Swimmer 6

Swimmers will become proficient at deep water skills including stride entries and compact jumps. Children will develop lifesaving kicks such as eggbeater and scissor kicks. Head-up swims, interval training and a 300 m workout to develop strength and endurance.

### Swimmer 7 - Rookie Patrol

Swimmers develop individual fitness to meet a timed 100 m swim and 350 m workout. Water proficiency skills include swimming with clothes, ready position and feet first, head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills.



### Swimmer 8 - Ranger Patrol

Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200 m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

### Swimmer 9 - Star Patrol

Star Patrol challenges swimmers with a 300 m timed swim, 600 m workout and a 25 m object carry. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once completed, swimmers can register into Bronze.Star.....

We also offer adult swimming lessons for those 14 years and older and lifeguard certification courses. To register and to find out more information on these classes, visit [tol.ca/reregister](http://tol.ca/reregister).

If you are unsure as to what level your swimmer should register in, please contact your local Township of Langley swimming pool for assistance.



*Register and Find*  
lesson dates and times  
at [tol.ca/reregister](http://tol.ca/reregister)

Swimming lessons are offered at  
Township of Langley Pools:

**Aldergrove Credit Union  
Community Centre**

**W.C. Blair Recreation Centre**

**Walnut Grove  
Community Centre**

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**[tol.ca/swim](http://tol.ca/swim)**