

# IMPORTANT NOTICE TO FAMILIES

Prior to the COVID-19 pandemic, the Municipality of the County of Kings participated in the Red Cross swimming lesson curriculum. In 2022 Red Cross announced they would discontinue their programming by the end of the year. The majority of the pools in Nova Scotia immediately switched their programming to the Lifesaving Society Nova Scotia curriculum.

However, the Municipality of the County of Kings created a hybrid version of the Red Cross and Lifesaving Society programs, and called them the Sea Pup and Shark levels. While these programs have been successfully run for three years, a decision has been made to fully embrace the Lifesaving Society Nova Scotia levels, and switch our programming over. We are grateful for the public support during this time, and we are here for any questions you may have to assist your swimmers in the transfer. Please see the following conversion chart to determine the proper level for your swimmer.

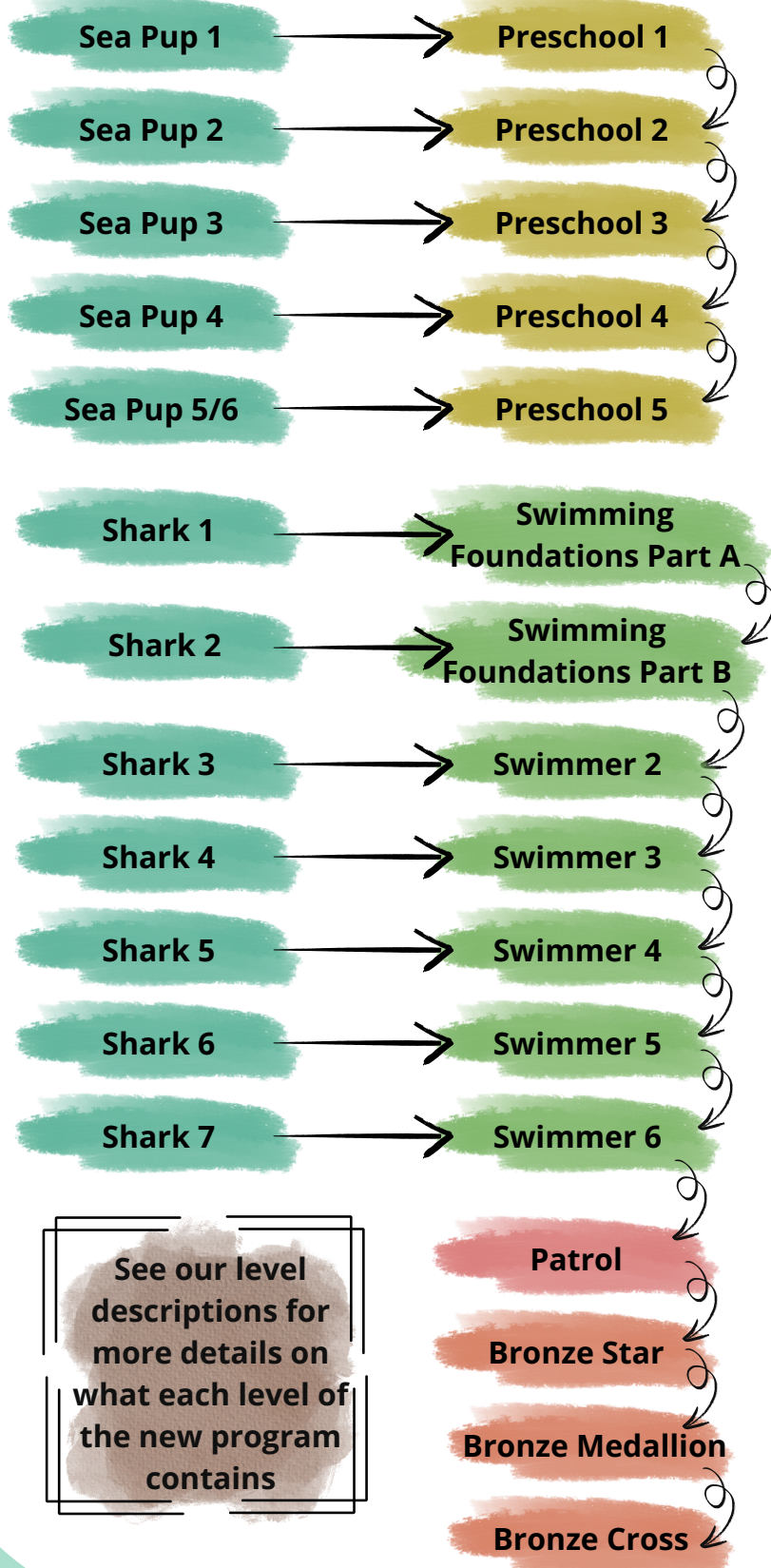


MUNICIPALITY *of the*  
COUNTY *of* KINGS

# LEVEL CONVERSIONS AND FLOW CHART

## Previous Program

## Current Program



See our level descriptions for more details on what each level of the new program contains

When preschool swimmers reach 6 years old they cannot register for preschool levels. Please use the following to find their swimmer level...

Preschool 1/2/3

Swimming Foundations Part A

Preschool 4

Swimming Foundations Part B

Preschool 5

Swimmer 2

See our Patrol and Bronze descriptions for further details on which level fits your swimmer best. If you have any further questions please contact us





# GUARDIAN AND TOT



Ages 2 months to 3 years old

## **Guardian participation is required**

30 minute lessons; See swimming lessons schedule for days and times

1:5 swimmer to instructor ratio

Price = \$75.00

### **\*Tots are required to wear a swim diaper\***

Our Guardian and Tot program combines all three of Lifesaving Society's Parent and Tot levels. Aimed at getting tots used to the water, instructors will utilize play and observation to assist guardians in beginning their tots swimming journey. Tots will work on getting wet, floating, and moving their arms and legs, all while spending quality time with their guardian. Tots of all ages will be in the same class, but will be assessed at their appropriate level.

### **Guardian and Tot 1**

Ages 4-12 months  
Tots and their guardian will learn how to enter and exit the water safely together. Tots will float, splash and play, building a healthy relationship with the water, fundamental to later swimming skills development.



### **Guardian and Tot 2**

Ages 1-2 years old  
Tots will learn to blow bubbles and get their face wet, skills that will be applied to floats and glides. Tots will also begin assisted entries (jumps and other entries), and practice floating and kicking on their back.



### **Guardian and Tot 3**

Ages 2-3 years old  
Tots will expand their swimming abilities by learning how to jump in and submerge under the water. Tots will also begin swimming with their face in the water, and practice their front/back floats and glides assisted by their guardian, or the instructor.





# PRESCHOOL LEVELS

The Preschool levels are designed to offer children ages 3-5 an early start on learning to swim, by developing a foundation of water skills. Classes are 30 minutes long with a 1:3 instructor to swimmer ratio. Guardians are expected to remain outside of the water for these lessons.

## Preschool 1

Preschool 1 is for young swimmers who need to build their confidence in the water. Children will learn to get in and out of the water without their guardian, blow bubbles, get their face wet, and float/glide while wearing a PFD.

## Preschool 2

Preschool 2 is a foundational level introducing different buoyant aids to assist floats and glides. Swimmers will also practice flutter kicking to build their leg muscles, and are expected to complete exhalations during underwater submersion.



MUNICIPALITY *of the*  
COUNTY *of* KINGS



## Preschool 3

Preschool 3 focuses on building swimmer's independence through mastering front and back glides, floating, underwater retrieval. Swimmers will also venture into the deep end to practice assisted entries.

## Preschool 4

Preschool 4 introduces swimmers to front and back crawl. Children will also attempt entries in the deep end unassisted.

## Preschool 5

Preschool 5 prepares children for the Swimmer levels with front and back crawl swims, as well as interval training to build strength and endurance. Swimmers will also be introduced to whip kick and treading water.



# SWIMMER LEVELS

The Swimmer levels are for children 5-12 years old. Through practice and progressions children will gain strength in the water and develop swimming strokes and skills.

Lifesaving Society's Swimmer 1 has been broken up into Swimming Foundations Part A and Part B. Swimmers should complete both parts unless an instructor advises otherwise to ensure readiness for Swimmer 2.

## Swimming Foundations Part A

Swimming Foundations Part A focuses on introducing beginner swimmers to floating, gliding, and submerging independently. It will also build children's confidence in entering and exiting the water with and without a buoyant aid.

## Swimming Foundations Part B

Swimming Foundations Part B builds swimmers' endurance with longer distances for glides. It will also introduce the basics of front crawl, back crawl, and whip kick.

## Swimmer 2

Swimmer 2 teaches children front and back crawl. This level will also introduce whip kick, different deep water entries, treading water, and interval training.



## Swimmer 3

Swimmer 3 builds endurance with further distances for front and back crawl (15 meters), and various flutter kick drills.

## Swimmer 4

Swimmer 4 introduces a workout style class with 25 meters of front/back crawl and interval training. Breaststroke basics are introduced, and swimmers are expected to complete the Swim to Survive standard.

## Swimmer 5

Swimmer 5 introduces children to different deep water entries, breaststroke, eggbeater, as well as sprinting. Swimmers will swim head up front crawl, and 50 meters of both front and back crawl.

## Swimmer 6

Swimmer 6 teaches advanced aquatic skills like travelling eggbeater, scissor kick, and a 300 meter workout. Swimmers will strengthen their breaststroke with head up and sprinting variations. Front and back crawl distances will also be increased to 100 meters.



MUNICIPALITY of the  
COUNTY of KINGS





# PATROL TEAM



Ages 9-12 years old

**Oct 17, 24, 31, Nov 7, 14, 21, 28, Dec 5: 7:15pm-8:15pm**

Price = \$75.00

Patrol Team combines Lifesaving Society's Rookie, Ranger, and Star Patrol levels. Swimmers will learn how to save themselves, and others, in aquatic and land environments, and progress through the levels at their own speed. The

Patrol team acts as a buffer for swimmers who have completed all of their levels, but are not yet ready for the Bronze Core. If your swimmer is 12 years old and you are unsure about whether to put them in Patrol Team or Bronze Star (see next page for more details), please contact our team and we would be happy to help.



## Rookie Patrol

Swimmers will continue to practice their strokes, and complete a 350 meter workout and 100 meter timed swim. Weighted bricks will be introduced for object carries. Swimmers will also begin practicing first aid items with conscious victims.



## Ranger Patrol

Swimmers will complete a timed object support, and rescues with buoyant aids. First aid will expand to include treatment of shock, obstructed airway, and management of unconscious victims. A lifesaving medley will also be used to build swimmers' rescue swims.



## Star Patrol

In this level swimmers are challenged with a 600 meter workout, 300 meter timed swim, and 25 meter object carry. These are to prepare swimmers for the physical demands of the Bronze levels. First aid will focus on treating bone or joint injuries and respiratory emergencies. Important lifesaving skills including defence methods, victim removals, and supporting unconscious shallow water victims will be introduced.





## BRONZE CORE



\*Please note, if your swimmer will be 13 years old by the beginning of lessons they can skip Bronze Star and enroll in Bronze Medallion\*

See individual level descriptions below for more specifics

The Bronze Core will build swimmers' knowledge of first aid and rescue techniques, teaching them lifesaving skills in preparation for their Lifeguarding and Instructor Courses. These skills will also enable swimmers to work as assistants at our pool.



### Bronze Star

Ages 12-15 years old  
Prerequisite: No official, swimming ability is required (Swim Patrol or Swimmer 6 recommended)

**\*Not being offered this session\***

Price = \$125.00

Bronze Star refines stroke mechanics, developing swimming proficiency. Lifesaving skills including self-rescue begins building swimmers into lifesavers. Personal fitness is challenged through workouts with a fun introduction to lifesaving sport. Swimmers will learn CPR and other basic first aid principles.



### Bronze Medallion & Basic Workplace First Aid

Ages 12+ years old  
Prerequisite: Bronze Star  
OR 13+ years old

**Oct 14, 21, 28**

**Nov 4, 18, 25, Dec 2, 6  
6:00pm-8:30pm**

Price = \$125.00

Bronze medallion teaches the four components of water rescue - judgement, knowledge, skill and fitness - to support safe decisions in, on, and around water, especially during rescues. Swimmers will handle increasingly complex rescue scenarios, and improve stroke efficiency through a timed swim. Successful completion of a mandatory final exam is required to pass.



### Bronze Cross & Intermediate Workplace First Aid

Ages 12+ years old  
Prerequisite: Bronze Medallion and Basic Workplace First Aid

**\*Not being offered this session\***

Price = \$125.00

Bronze Cross begins the transition from lifesaver to lifeguard, preparing candidates for responsibilities as assistant lifeguards. Candidates will apply active surveillance, teamwork and communication to prevent and respond to aquatic scenarios. Successful completion of a mandatory final exam is required to pass.