

## SWIM PROGRAMS

**Highwood Outdoor Pool Offers Lifesaving Society programs.**

### **PUBLIC SWIM LESSONS:**

Lesson Level	Cost	Times Weekdays All days are for July and Aug. unless otherwise noted	Times Weekday Evening	Times Weekend Morning
Parent & Tot 1/2/3	\$55.00	11:00am – 11:30am	Not Offered	Not Offered
PreSchool 1	\$55.00	10:00am – 10:30am  11:30am - 12:00pm	Not Offered	Not Offered
PreSchool 1 or 2	\$55.00	Not Offered	6:05pm - 6:35pm *June 19 - 23, July 3 - 7, July 17 - 21, July 31 - August 4, August 14-18	8:45am - 9:15am *July 8, 9, 15, 16, 22
PreSchool 2	\$55.00	10:30am – 11:00am  11:00am - 11:30am	Not Offered	Not Offered
Preschool 3	\$55.00	10:00am – 10:30am  11:30am - 12:00pm	Not Offered	Not Offered
Preschool 3 or 4	\$55.00	Not Offered	6:05pm - 6:35pm *June 26 - 30, July 10 - 14, July 24 - 28, August 7 - 11, August 21 - 25	8:25am - 8:55am *August 12, 13, 19, 20, 26
PreSchool 4 or 5	\$55.00	10:30am – 11:00am	Not Offered	Not Offered

Swimmer 1	\$55.00	10:00am – 10:30am 10:00am - 10:30am 11:00am - 11:30am	6:40pm – 7:10pm	Not Offered
Swimmer 1 or 2	\$55.00	12:05pm - 12:35pm	Not Offered	8:25am - 8:55am *June 11, 17, 18, 24, 25  8:25am - 8:55am *July 8, 9, 15, 16, 22
Swimmer 2	\$55.00	10:30am – 11:00am 10:30am - 11:00am 11:30am - 12:00pm	6:00pm – 6:30pm	Not Offered
Swimmer 3	\$65.00	11:15am – 12:00pm	Not Offered	Not Offered
Swimmer 3 or 4	\$65.00	12:05pm - 12:50pm	6:00pm – 6:45pm	8:30am - 9:15am *June 11, 17, 18, 24, 25
Swimmer 4	\$65.00	11:15am – 12:00pm	Not Offered	Not Offered
Swimmer 5	\$65.00	10:00am – 10:45am	6:00pm – 7:00pm	Not Offered
Swimmer 5 or 6	\$65.00	12:10pm - 12:55pm	6:30pm - 7:15pm	8:30am - 9:15am *August 12, 13, 19, 20, 26
Swimmer 6	\$65.00	10:00am – 10:45am	Not Offered	Not Offered
Rookie, Ranger, or Star Patrol	\$70.00	10:55am – 12:10pm	5:30pm - 6:30pm *June 19-23	Not Offered

Private Lessons	\$160.00	8:00am – 8:30am	6:45pm – 7:15pm	8:55am - 9:25am *June 11, 17, 18, 24, 25	
		8:30am - 9:00am		8:55am - 9:25am *July 8, 9, 15, 16, 22	
		10:00am - 10:30am		8:55am - 9:25am *August 12, 13, 19, 20, 26	
		10:30am - 11:00am			
		10:45am - 11:15am			
		11:00am - 11:30am			
		11:30am - 12:00pm			
		12:05pm - 12:35pm			
		*10:00am - 11:30am NOT available July 24 - 28 & July 31 - August 4			

### PRIVATE SWIM LESSONS:

Private Lessons are offered weekly Monday to Friday.  
Instruction covers stroke improvement & water safety.

Private lessons must be pre-booked online.

Participants in Semi-Private lessons must pre-arrange their own groups before registering; they are not arranged by HOP staff. It is recommended that participants are not more than one level apart. To book semi-private lessons, please send the swimmer's names, level, and desired time to the email below.

Note that semi-private lessons are \$80 per person, minimum 2 participants.

**For more information, or if you are interested in booking semi-private lessons, please email [highwoodmanager@gmail.ca](mailto:highwoodmanager@gmail.ca)**

## LEADERSHIP PROGRAMS:

Program	Dates	Times	Cost
<p style="text-align: center;"><b>Bronze Star</b></p> <p style="text-align: center;">Recommended: Completion of Rookie, Ranger, or Star Patrol</p> <p>Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.</p> <p>Bronze Star is an excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.</p>	<p style="text-align: center;">Monday and Tuesday evenings</p> <p style="text-align: center;">June 26 &amp; 27, July 3, 4, 10, 11, 17, 18</p>	<p style="text-align: center;">7:00pm - 8:30pm</p>	\$130
<p style="text-align: center;"><b>Bronze Medallion</b></p> <p>Pre-requisite(s): 13 years of age (or Bronze Star) and CPR-C. The ability to swim 500m in 15 minutes.</p> <p>The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training.</p> <p>Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.</p> <p>Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.</p>	July 24 -July 28	7:00am – 11:30am	\$220
<b>Bronze Cross</b>	July 31 – August 4	7:00am – 11:30am	\$220

<p>Pre-requisite(s): Bronze Medallion and Standard First Aid CPR-C AED Age 14, and the ability to swim 600m</p> <p>The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities.</p> <p>Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.</p> <p>Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.</p>			
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