



**WAUBUNO BEACH
PROGRAM INFORMATION
PACKAGE
SUMMER 2019**

Looking for something fun for you and the kids to do this summer?
ENROLL IN SWIMMING LESSONS!!

We offer lessons for the whole family, including both Red Cross Swim program and Lifesaving Society Programming. For the lifeguard enthusiasts, we offer lifesaving leadership courses, Swim Patrol and Junior Lifeguard Club. Once again this summer, we will offer adult stroke improvement classes, triathlon swim training clinics, and private and semi-private lessons. There are also several programs and special events yet to be scheduled!

REGISTRATION INFORMATION

Registration for summer beach programs starts Wednesday May 1, 2019.
(No registrations will be accepted before this date)
(Payment MUST accompany form to process registration)

In Person: At the Town Office on or after May 1st
52 Seguin Street, Parry Sound ON, from 8:30 AM - 4:30 PM
Please note: You may register directly at Waubuno Beach from July 1st
until August 9th, 2019.

By Mail: Mail registrations will be accepted anytime on or after May 1st
Please mail registration and payment to:
Town of Parry Sound,
Attention: Brad Weiler
52 Seguin Street, Parry Sound, Ontario, P2A 1B4

Please make cheques payable to the Town of Parry Sound

Online: To register online, please visit www.parrysound.ca/swim.
Registrations can be submitted online, and online payments made by
VISA or MasterCard.
Online registration will open on May 1st.

RED CROSS SWIM LEVEL REQUIREMENTS

Level	Description
Starfish	4 – 12 months of age or older, able to hold their head up. Must be accompanied by parent.
Duck	12 – 24 months of age or older. Perform a front, back, vertical position (with assistance), move forward, backward, and use arms with assistance. Must be accompanied by parent.
Sea Turtle	24 – 36 months of age, and just starting out, previous lessons not necessary. Orientation to water, and learning how to kick with buoyant object, float, and glide.
Sea Otter	3 – 5 years of age and can comfortably move and play in the water. Un-parented, progression based on the successful completion of all performance criteria.
Salamander	3 – 5 years of age, and has successfully completed Sea Otter. Can comfortably move and float with assistance and put their face in the water.
Sunfish (3-6) Level 1	Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times.
Crocodile (3-6) Level 1	Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres.
Whale (3-6) Level 2	Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously.
Level 3	Successfully completed Level 2. Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5m, and swim 5 metres continuously.
Level 4	Successfully completed Level 3. Can swim front crawl at least 5 metres, arms recovering above the water; and swim 15 metres continuously.
Level 5	Successfully completed Level 4. Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously.
Level 6	Successfully completed Level 5. Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously.
Level 7	Successfully completed Level 6. Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously.
Level 8	Successfully completed Level 7. Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously.
Level 9	Successfully completed Level 8. Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously.
Level 10	Successfully completed Level 9. Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously.
Adults	For adolescents or adults interested in participating in swimming and Water Safety program, based on their own abilities, interests and goals.

RED CROSS LESSONS DATES AND COSTS:

SESSION DATES:

Group Session 1: July 1 – July 12

Group Session 2: July 15 – July 26

Group Session 3: July 29 – August 9

Group Session 4: August 12 – August 23

COSTS: Individual Rates: \$55/person

Non-residents \$60/person

Private Lessons: \$150.00/person – Five 1 hr lessons

Meet the teacher and join the class with your child for lesson #6

ADDITIONAL INFORMATION

Group Lessons run every day Monday to Friday for **2 weeks.**

In the event that classes fill up, there are extra time slots available for levels 1-6

*** PARENTS MUST PARTICIPATE IN THE WATER WITH CHILD FOR STARFISH & DUCK***

For questions or more information call Brad at 705-746-2701 ext. 201.

After July 1, contact Waubuno Beach 705-774-9779.

WAUBUNO BEACH RED CROSS SWIMMING LESSON SCHEDULE - 2019

SWIMMING LEVEL	SESSION 1 July 1 - 12	SESSION 2 July 15 – July 26	SESSION 3 July 29 – Aug 9	SESSION 4 Aug 12 – Aug 23	MAX #/ CLASS
Starfish	10:00-10:30	10:00-10:30	10:00 – 10:30	10:00 – 10:30	8
Duck	10:00-10:30	10:00-10:30	10:00 – 10:30	10:00 – 10:30	8
Sea Turtle	10:00-10:30 4:00-4:30	10:00-10:30 4:00-4:30	10:00 – 10:30 4:00 – 4:30	10:00 – 10:30 4:00 – 4:30	4-6
Sea Otter	10:00 – 10:30 4:00 – 4:30	10:00 – 10:30 4:00 – 4:30	10:00 – 10:30 4:00 – 4:30	10:00 – 10:30 4:00 – 4:30	4
Salamander	10:30-11:00 4:30-5:00	10:30 – 11:00 4:30 – 5:00	10:30 – 11:00 4:30 – 5:00	10:30 – 11:00 4:30 – 5:00	4
Sunfish	10:30-11:00 4:30 – 5:00	10:30-11:00 4:30 – 5:00	10:30 – 11:00 4:30 – 5:00	10:30 – 11:00 4:30 – 5:00	4
Crocodile	10:30-11:00 4:00-4:30	10:30-11:00 4:00-4:30	10:30 – 11:00 4:00 – 4:30	10:30 – 11:00 4:00 – 4:30	4
Whale	10:30-11:00 4:00-4:30	10:30-11:00 4:00-4:30	10:30 – 11:00 4:00 – 4:30	10:30 – 11:00 4:00 – 4:30	4
Level 1	11:00 – 11:30 4:30 – 5:00	11:00 – 11:30 4:30 – 5:00	11:00 – 11:30 4:30 – 5:00	11:00 – 11:30 4:30 – 5:00	6
Level 2	11:00-11:30 4:30-5:00	11:00-11:30 4:30-5:00	11:00 – 11:30 4:30 – 5:00	11:00 – 11:30 4:30 – 5:00	6
Level 3	11:45-12:15 5:00 – 5:30	11:45-12:15 5:00 – 5:30	11:45-12:15 5:00 – 5:30	11:45-12:15 5:00 – 5:30	6
Level 4	11:45-12:15 5:00 – 5:30	11:45-12:15 5:00 – 5:30	11:45-12:15 5:00 – 5:30	11:45-12:15 5:00 – 5:30	6
Level 5	12:15-1:00 5:00-5:45	12:15-1:00 5:00-5:45	12:15 – 1:00 5:00 – 5:45	12:15 – 1:00 5:00 – 5:45	8
Level 6	12:15-1:00 5:00-5:45	12:15-1:00 5:00-5:45	12:15 – 1:00 5:00 – 5:45	12:15 – 1:00 5:00 – 5:45	8
Level 7	12:30-1:30	12:30-1:30	12:30 – 1:30	12:30 – 1:30	10
Level 8	12:30 – 1:30	12:30 – 1:30	12:30 – 1:30	12:30 – 1:30	10
Level 9	2:30-3:30	2:30-3:30	2:30 – 3:30	2:30 – 3:30	10
Level 10	2:30-3:30	2:30-3:30	2:30 – 3:30	2:30 – 3:30	10
Adults	Please inquire	Please inquire	Please inquire	Please inquire	

Note: All times are approximate, as it gets closer to summer, some times may need to change slightly based on instructor availability.

LIFESAVING COURSES

Course and Description	Date and Time	Cost
<p><u>Triathlon Swim Training Clinics</u> In these one hour clinics, you will learn stroke improvement as well as gain helpful insight for swimming in the 'bay', when competing in this summer's upcoming triathlon.</p>	<p>To be determined based on interest.</p> <p><i>Need sufficient enrolment to run</i></p>	<p>\$20/person/clinic</p>
<p><u>Swim Patrol</u> For kids 8-12 years of age who are ready to go beyond swim lessons. Areas such as water proficiency, first aid, and rescue are taught, with an emphasis on water smart behaviour. Perfect for those who want to get an idea of what lifeguarding is all about.</p>	<p>To be determined based on interest.</p> <p><i>Need sufficient enrolment to run</i></p>	<p>Residents: \$55/Session</p> <p>Non-Residents: \$60/Session</p>
<p><u>Bronze Star/Basic First Aid</u> This is the pre-Bronze Medallion training standard, and is an excellent prep to the Bronze Medallion course. Participants develop problem solving and decision making skills. They learn basic first aid and C.P.R. as well as basic lifesaving rescue skills.</p> <p>Prerequisites: 12 years of age</p>	<p>To be determined based on interest.</p> <p><i>Need sufficient enrolment to run</i></p>	<p>Residents: \$70/Session</p> <p>Non-Residents: \$75/Session</p>
<p><u>Bronze Medallion/Emergency First Aid</u> Candidates will learn strokes, rescue techniques, first aid skills. A timed swim is also required. Bronze Medallion and Emergency First Aid are the prerequisites needed for Bronze Cross.</p> <p>Prerequisites: Candidates must be 13 years of age by the completion of the course.</p>	<p>To be determined based on interest.</p> <p><i>Need sufficient enrolment to run</i></p>	<p>Residents: \$150</p> <p>Non-Residents: \$165</p> <p>(Includes Book)</p>
<p><u>Bronze Cross</u> Candidates will be taught the difference between lifeguarding and lifesaving. The principals of emergency procedures, team work, and the use of specialized equipment will be taught. This is a prerequisite for anyone wishing to take NLS which you must have to lifeguard in Ontario.</p> <p>Prerequisites: Bronze Medallion and Emergency First Aid</p>	<p>To be determined based on interest.</p> <p><i>Need sufficient enrolment to run</i></p>	<p>Residents: \$135</p> <p>Non-Residents: \$145</p>