



WAUBUNO BEACH Swim For Life- Lifesaving Society Swimming Lessons SUMMER 2023

REGISTRATION INFORMATION

Registration for Waubuno Beach Swimming Lessons opens: **Monday, May 15, 2023**. Registrations will be accepted on a first come, first served basis. The recommended registration process is **online** to ensure that your application is processed as quickly as possible. In person and mailed registrations will be time stamped upon arrival and added to the queue. (Payment MUST accompany registration form to process registration)

We recommend identifying your child's Lifesaving Society Swimming Lesson Level in advance of registration day. More information on Lifesaving Society Swimming Lesson Levels is available on page 3 & 4 of this document.

Online: To register online, please visit www.parrysound.ca/swim.
Preferred Registrations can be submitted online, and online payments made by VISA or MasterCard.

Online registration will open on May 15th

In Person: At the Town Office on or after May 15th
52 Seguin Street, Parry Sound ON, from 8:30 AM - 4:30 PM
Please note: You may register directly at Waubuno Beach from July 3rd until August 7th, 2023.

By Mail: Mail registrations will be accepted anytime on or after May 15th
Please mail registration and payment to:
Town of Parry Sound,
Attention: Jayme Young
52 Seguin Street, Parry Sound, Ontario, P2A 1B4

Please make cheques payable to the Town of Parry Sound



LIFESAVING SOCIETY LESSONS DATES AND COSTS:

COSTS: Individual Rates: \$60/person
 Non-residents \$70/person

SESSION DATES:

Group Session 1: July 10 – July 21
Group Session 2: July 24 – August 04
Group Session 3: August 07 – August 18

LESSON TIMES: *subject to change based on registration & staffing

Parent and Tot 1:	10:30am-11:00am (10-12 participants)
Parent and Tot 2 & 3:	10:30am-11:00am (10-12 participants)
Preschool 1:	11:30-12:00pm (4-6 participants)
Preschool 2 & 3:	11:30-12:00pm (4-6 participants)
Preschool 4 & 5:	1:00pm-1:30pm (4-6 participants)
Swimmer 1:	1:00pm-1:30pm (6-8 participants)
Swimmer 2:	2:00pm-2:30pm (6-8 participants)
Swimmer 3 & 4:	2:00pm-2:45pm (8-10 participants)
Swimmer 5 & 6:	3:00pm-3:45pm (10-12 participants)
Swimmer 7:	3:00pm-4:00pm (10-12 participants)
Swimmer 8:	4:00pm-5:00pm (10-12 participants)
Swimmer 9:	4:30pm-5:30pm (10-12 participants)

ADDITIONAL INFORMATION

- Group Lessons run everyday, Monday to Friday for **2 weeks**.
- Parents are required to participate in the water with children in Parent & Tot levels.
- Levels may be combined as necessary to align with staffing and registration levels.
- Instructors have the authority to adjust class lists as necessary based on observed skill level.
- Please refer to the class descriptions on page three when determining the appropriate level to register your child.

For questions or more information call Jayme at 705-746-2701 ext. 201.
After July 1, contact Waubuno Beach 705-774-9779.

Lifesaving Society- Swim for Life Lessons	
Level	Description
Parent & Tot 1	4-12 months of age and ready to enjoy the water with parent. Parent accompaniment mandatory.
Parent & Tot 2	12 – 24 months of age or older and ready to learn to enjoy the water with parent. Parent accompaniment mandatory.
Parent & Tot 3	2 to 3 years old and ready to enjoy the water with parent. Parent accompaniment mandatory.
Preschool 1	3 – 5 years and just starting out on his or her own
Preschool 2	3 - 5 years and can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet.
Preschool 3	3 - 5 years and can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 seconds.
Preschool 4	3 – 5 years and can jump into deep water wearing a lifejacket; recover objects from the bottom hold breath underwater; float, glide, and kick on front and back.
Preschool 5	3 -5 years and can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side.
Swimmer 1	5 – 12 years and just starting out
Swimmer 2	Can jump into chest deep water by themselves and into deep water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back.
Swimmer 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 seconds do a whip kick in vertical position and swim 10m on front and back
Swimmer 4	Can tread for 30 seconds; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.

Swimmer 5	Can complete the Canadian Swim to Survive Standard: Roll- Tread (1 Min.)- Swim (50m); dive; swim underwater; 15m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25m.
Swimmer 6	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; sprint 25ml interval training 4 x 50m
Swimmer 7/ Rookie Patrol	Can do stride entries and compact jumps legs-only surface support for 45 seconds; sprint 25m breaststroke; swim 100m in front crawl and back crawl and 300m workout.
Swimmer 8/ Ranger Patrol	Preferred completion of Swimmer 7/Rookie Patrol
Swimmer 9/ Star Patrol	Preferred completion of Summer 8/Ranger Patrol
Bronze Star	Preferring completion of Summer 9

At the age of 5, children move from Preschool levels to Swimmer levels



Swim Program Registration Form 2023

Parent/Guardian Information			
Last Name		First Name	
Address		Town	Postal Code
Home Phone	Emergency Contact Phone #1		Emergency Contact Phone #2

First Child

Last Name: _____ First Name: _____

Medical Concerns: _____ Age: _____ Gender: _____

Program Name	Session	Time	Fee

Second Child

Last Name: _____ First Name: _____

Medical Concerns: _____ Age: _____ Gender: _____

Program Name	Session	Time	Fee

I hereby release the Corporation of the Town of Parry Sound from all claims for damages arising from any accident or injury which is caused by or arises from participation of the applicant(s) hereon during any program or in any location where a program is being held.

Signature: _____
Of Participant(s) (or parent/guardian if participant is under 18)

Third Child

Last Name: _____ First Name: _____

Medical Concerns: _____ Age: _____ Gender: _____

Program Name	Session	Time	Fee

Fourth Child

Last Name: _____ First Name: _____

Medical Concerns: _____ Age: _____ Gender: _____

Program Name	Session	Time	Fee

I hereby release the Corporation of the Town of Parry Sound from all claims for damages arising from any accident or injury which is caused by or arises from participation of the applicant(s) hereon during any program or in any location where a program is being held.

Signature: _____
Of Participant(s) (or parent/guardian if participant is under 18)

Recreation Program Terms & Conditions

Registering for any Town of Parry Sound recreation program constitutes acceptance of the Terms and Conditions contained herein and attached hereto.

Registration

Programs must be paid for in full at the time of registration. Payment can be made by cheque, debit card or cash. Cheques are made payable to the Town of Parry Sound.

Program Participant Age

Town of Parry Sound programs are designed for the age range specified. Age ranges are put in place to create an engaging program for all levels of skill and development in participants. Participants must be within the age range specific to their program of choice on the start date of that program. If you have any questions about the age requirements for a program, please contact the Town of Parry Sound.

Payment

Payment for recreation programs may be submitted along with a completed Registration Form in-person at the Town Office, or mailed to the Town Office with accompanying Registration Form.

Refunds & Cancellations

Participants enrolled in a program may withdraw by phone or in person up to five days prior to the program start date.

If you wish to withdraw within five days of the start date, a refund will only be issued if there is an active waitlist, and the spot is able to be filled.

The Town of Parry Sound reserves the right to cancel programs that do not meet minimum registration numbers. Should this be the case, participants will be notified, and a full refund will be issued. Please do not wait until the last minute to register.

Some instances out of our control may require programs to be cancelled, and may include: Instructor Illness/Availability, Poor Weather Conditions, Facility Closure/Not Available, Emergencies. If a class is cancelled during a program session, we will attempt to provide a make-up class, but in some instances this may not be available, and no refund will be provided. The Town of Parry Sound will do its best to provide sufficient notice prior to the program start time.

If you do not hear from us, assume the program will go ahead as planned. If you are unsure, please feel free to contact us.

Waitlist

Participants who register for a full program will be added to a waitlist. In the event of a cancellation, those on the waitlist will be contacted about joining the program in order of the date they were added to the waitlist.

If the size of the waitlist warrants, the Town of Parry Sound may attempt to create a new session at a different time to accommodate the waitlisted participants. In such circumstances, it is important that the Town has the correct info for participants in order to communicate this information.

Lost or Stolen Articles

The Town is not responsible for any damage to, or loss of any property brought onto the premises during any recreation programming.