

Swimming Lesson Information

What level should I register in?

- Check the Swim For Life progression chart (below).
- Ask for a FREE assessment at the pool during a recreational swim.

How is my child doing?

- Speak with the deck coordinator on duty.
- Discuss your child's progress with their instructor on Parent's Day.

What should I expect from swimming lessons?

The Swim for Life Program lets students progress comfortably at their own rate. Talk about lessons with your child without any pressure to pass a level until they are ready to complete the skills.

Helpful hints to make swimming lessons successful for you and your child

- Go to a recreational swim before the first lesson. Have fun and practice skills your child already knows. Orient your child to the change room, washrooms and pool.
- Swimming, like any skill, requires a lot of practice, patience and positive comments. Keep your expectations reasonable.
- Chat with your child about their lessons and don't pressure them to pass a level until they are ready. Children need to progress at their own rate.
- Talk to the instructor if your child is repeating the level.
- Bring your previous report card for your new instructor to review.
- Speak to the deck coordinator on duty. Ask about your child's progress and any areas that you could work on with him/her during a recreational swim.

General Information

Participants with long hair are encouraged to tie hair up or use a bathing cap.

Bathing Attire: All swimmers MUST change from street clothes into clean, gender appropriate swim attire suitable for a public environment. Participants who do not have control of their bowel and/or bladder MUST wear a garment that restricts leakage around the waist and legs.

Hot Tub: Staying in the hot tub longer than 10 to 15 minutes may be excessive for some individuals. Over exposure may cause fainting. Cool down periodically and leave the hot tub if nausea and/or dizziness occur. Follow the lifeguard's instructions in regards to the use of the hot tub.

HIGHFIVE® designation: For more information about this designation visit HIGHFIVE.org

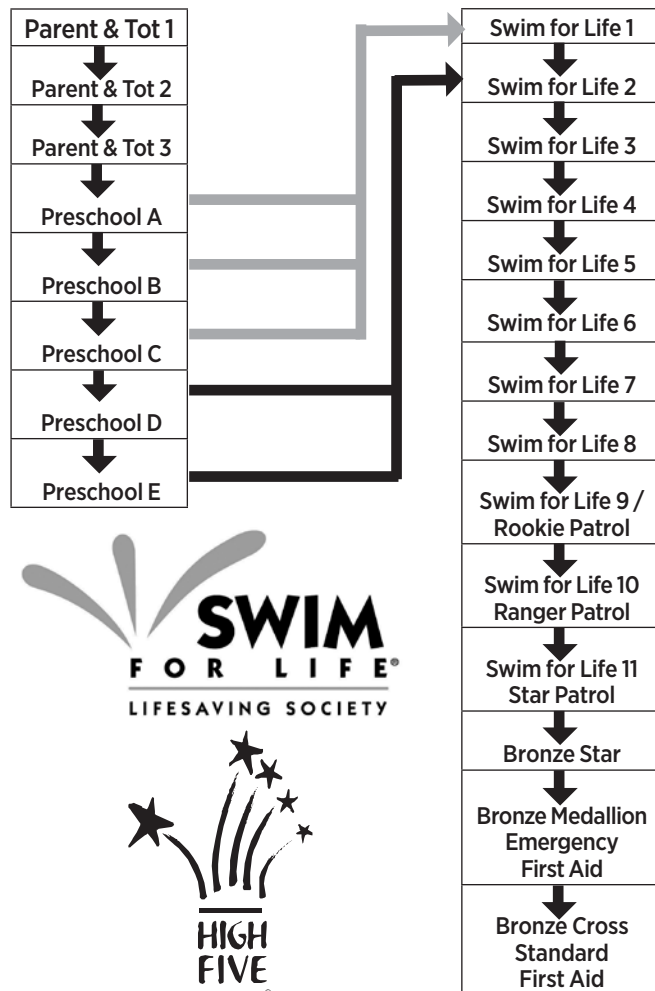
Help keep our pools clean: Pool foulings can close our pools anywhere up to 24 hours. Help us stop the risk of spreading germs and reduce the number of closures.

- Don't feed your children before swimming.
- Take a cleansing shower with soap and water before entering the pool. Health Regulation #565.S.19.1
- Visit the washroom before swimming.
- Children not toilet trained must wear swim diapers made for swimming pool use. Disposable regular diapers are NOT permitted in the pool.
- Don't spit in the pool, on the deck or in shower areas.
- Street shoes are NOT allowed on the pool deck.

Pool Shut Downs

To ensure safe and efficient pool operations and a clean, inviting environment for our swimmers, City pools are shut down for annual maintenance and repairs. Please check with your facility for closure schedules.

Swim for Life Progression Chart



The best way to play™

Swimming Activity Description Chart

Activity	Age	Description
Aquatic Children's Programs To ensure you are registering in the correct level, review the following activity descriptions. Customer safety and comfort are our primary concern. Should there be an issue with the potential safety or comfort of your child in our program, we may be required to make adjustments to your registration. In the event that a customer is unable to attend a class(es), the City regrets that make up class(es) will not be offered.		
Swim For Life Parent & Tot 1	6 months to 12 months	Spend quality time with your child while you both have fun, learn and socialize. Through structured in water interaction between parent and child, we stress the importance of play in developing water positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions. Activities and progressions are based on child development. Designed for a 6 to 12-month-old to learn to enjoy the water with a parent. Parent or guardian must be at a 1:1 ratio to participate. Proper swim diapers must be worn during each class. Disposable regular diapers are not permitted in the pool. Class Length: 30 min.
Swim For Life Parent & Tot 2	12 months to 24 months	Spend quality time with your child while you both have fun, learn and socialize. Through structured in water interaction between parent and child, we stress the importance of play in developing water positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for a 12 to 24-month-old to learn to enjoy the water with a parent. Parent or guardian must be at a 1:1 ratio to participate. Proper swim diapers are to be worn during each class. Disposable regular diapers are not permitted in the pool. Class Length: 30 min.
Swim For Life Parent & Tot 3	2 years to 3 years	Spend quality time with your child while you both have fun, learn and socialize. Through structured in water interaction between parent and child, we stress the importance of play in developing water positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for a 2 to 3-year-old to learn to enjoy the water with a parent. Parent or guardian must be at a 1:1 ratio to participate. Proper swim diapers must be worn during each class. Disposable regular diapers are not permitted in the pool. Class Length: 30 min.
Swim For Life Preschool A	3 years to 5 years	We encourage parents to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We will help them jump into chest deep water. They will try floats on their front and back and glides on their back while wearing a PFD*. They will learn to get their face wet and blow bubbles underwater. Recommended: New to lessons or participated in Parent and Tot. Class Length: 30 min.
Swim For Life Preschool B	3 years to 5 years	These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a PFD*. They will submerge and exhale underwater. They will glide on their front and back while wearing a PFD*. Recommended: Completed Swim For Life Preschool A. Class Length: 30 min.
Swim For Life Preschool C	3 years to 5 years	These preschoolers will try both jumping and a side roll into deep water while wearing a PFD*. They will recover objects from the bottom in waist-deep water. They will work on kicking and gliding through the water on their front and back. Recommended: Completed Swim For Life Preschool B. Class Length: 30 min.
Swim For Life Preschool D	3 years to 5 years	Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They will do side roll entries and open their eyes underwater. They will master a short (3-5 m) swim on their front and gliding and kicking on their side. Recommended: Completed Swim For Life Preschool C. Class Length: 30 min.
Swim For Life Preschool E	3 years to 5 years	These preschoolers get more adventuresome with a forward roll entry wearing a PFD* and holding their breath underwater for up to 10 sec. They will work on longer front and back crawl swims, interval training and get a giggle out of whip kick. Recommended: Completed Swim For Life Preschool D. Class Length: 30 min.

* PFD- Personal Floatation Device



HIGH FIVE® is Canada's only quality standard for children's sport and recreation. The City of Mississauga is committed to improving the quality of our children's programs which includes training staff in the HIGH FIVE® Principles of Healthy Child Development.

For more information on the HIGH FIVE® standard and affiliation process, visit HIGHFIVE.org



A CARING ADULT
Opportunity to establish a positive relationship with a leader



FRIENDS
Opportunity to build friendships



PARTICIPATION
Opportunity to make choices and have a voice



PLAY
Opportunity to have fun and be creative



MASTERY
Opportunity to learn new skills and be successful

ACTIVEMISSISSAUGA.CA - Your new recreation guide

Swimming Activity Description Chart

Activity	Age	Description
Family Lessons - Beginner	5 years & up	Start learning to swim as a family – children and adults welcome! Based on the Swim for Life 1-3 criteria, become comfortable jumping into water with and without a PFD*. Learn to open your eyes, exhale and hold your breath underwater. Work on floats, glides and kicking through the water. When you're ready you will get comfortable supporting yourself at the surface in deep water and begin whip kick, front and back crawl (10-15m). Learn vital information on how to stay safe around water while having fun! Each participant must register. Recommended: Non-swimmer. Class Length: 30 min.
Swim For Life 1	5 years to 14 years	These beginners will become comfortable jumping into water with and without a PFD*. They will learn to open their eyes, exhale and hold their breath underwater. They will work on floats, glides and kicking through the water on their front and back. Recommended: Non-swimmer or completed Swim For Life Preschool A, B, C or repeating Swim For Life 1. Class Length: 30 min.
Swim For Life 2	5 years to 14 years	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD*. They will support themselves at the surface without an aid, recover an object in chest-deep water, swim 5-10 m on their front and back and be introduced to flutter kick interval training (2 x 9-12 m). Recommended: Completed Swim For Life 1 or completed Preschool D or E. Class Length: 30 min.
Swim For Life 3	5 years to 14 years	These advanced beginners will be comfortable jumping and falling sideways into deep water. They will tread water for 30-45 sec., learn whip kick, swim front and back crawl 10-15m, improve their back and side flutter kicks and participate in an interval training (4 x 9-12 m) kicking workout. Recommended: Completed Swim For Life 2. Class Length: 30 min.
Swim For Life 4	5 years to 14 years	These junior swimmers add to their aquatic bag of tricks with in water handstands and work towards the Canadian Swim to Survive® Standard: roll into deep water, tread 45-60 sec. and swim 25-50 m. They will improve their front crawl, back crawl and whip kick and transitions from front to back flutter kick. Recommended: Completed Swim For Life 3. Class Length: 45 min.
Swim For Life 5	5 years to 14 years	These junior swimmers dive into deep water and perform in water front somersaults. They achieve the Canadian Swim to Survive® Standard: roll into deep water, tread 1 min. and swim 50 m. They work on increasing their distance and efficiency in front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 25 m. Recommended: Completed Swim For Life 4. Class Length: 45 min.
Swim For Life 6	5 years to 14 years	These intermediate swimmers swim 5 m underwater and lengths of front crawl, back crawl, whip kick and breaststroke arms with breathing. They will cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. Recommended: Completed Swim For Life 5. Class Length: 45 min.
Swim For Life 7	5 years to 14 years	These intermediate swimmers master shallow dives, cannonball entries, eggbeater kicks and in water backward somersaults. Surface dives will take them down to underwater swims. They will refine their front and back crawl over 50 m swims of each and breaststroke over 15-25 m. Then they will pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl and 4 x 10-15 m breaststroke. Recommended: Completed Swim For Life 6. Class Length: 45 min.
Swim For Life 8	5 years to 14 years	These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They will develop strength and power in head-up breaststroke sprints over 25 m. They will easily swim lengths of front crawl, back crawl and breaststroke in their 300 m workout. Recommended: Completed Swim For Life 7. Class Length: 45 min.
Fitness Swimmer Child	5 years to 9 years	No matter what your age, Fitness Swimmer Child lets you set your own goals to improve overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims. Must be able to swim 25 m continuously and/or completed Swim for Life 5. Class Length: 60 min.
Fitness Swimmer Youth	10 years to 14 years	No matter what your age, Fitness Swimmer Youth lets you set your own goals to improve over all physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims. Must be able to swim 25 m continuously and/or completed Swim for Life 5. Class Length: 60 min.
Swim For Life 9 Rookie Patrol	5 years to 14 years	Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting Emergency Medical Service and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims. Recommended: Completed Swim For Life 8. Class Length: 60 min.

* PFD - Personal Floatation Device

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Activity	Age	Description
Swim For Life 10 Ranger Patrol	5 years to 14 years	Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. Recommended: Completed Swim For Life 9 Rookie Patrol. Class Length: 60 min.
Swim For Life 11 Star Patrol	5 years to 14 years	Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. Recommended: Completed Swim For Life 10 Rookie Patrol. Class Length: 60 min.
Low Ratio Lessons (Swim for Life 6 & up)	5 years to 14 years	Classes are designed for participants who would benefit from smaller class sizes. The classes will include all skills, strokes and safety content of regular classes. Class Length: Varies
H3O Lessons (All Levels)	3 years & up	Classes are designed for participants who require special assistance in stroke correction or a specific skill or those looking for a 1:3 instructor to participant ratio. The classes will include all skills, strokes and safety content of regular classes. Class Length: 30 min.
Private Lessons	All ages	One-on-one instruction is available for children and adults. Classes are designed to work on specific skills or activities. Class Length: 30 min.
Bronze Star	8 years to 15 years	Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifesaver. Includes a timed 400 m swim. Recommended: Completed Swimmer 11 Star Patrol. Course Length: 11.25 hrs.
Register for Lifesaving Society Aquatic Leadership and First Aid Programs: activemississauga.ca		
Aquatic Specialty Programs		
Children with Special Needs	5 years to 18 years	This program is designed for children with learning, physical or intellectual difficulties. It focuses on developing sound water safety habits and basic swimming skills. To participate in this program, each child must be accompanied in the water by their own caregiver/volunteer. This individual must be at least 14 years of age and comfortable in a water environment. They should be familiar with the child's physical and emotional needs and be capable of managing their general progress in a safe manner. Class Length: 45 min.
Citi* Swim	5 years to 16 years	Citi*Swim is a team oriented introduction to competitive swimming. It offers the opportunity to learn skills and improve fitness for youth. By belonging to a team, each person enjoys learning to swim faster by challenging themselves to improve personal best times in swim meets. Citi*Swim is based upon the values of fair play and allows each swimmer an opportunity to contribute to their team. The program includes stroke and skill improvement and physical training. Participants should be able to efficiently swim one length of the pool. Practices will be held 2-3 times per week for a total of three practice hours a week. Full Summer, weekly, or two week registrations available. Please see pool schedules for dates.
Lifesaving Sport	7 years to 13 years	Looking for more than just swimming lessons? Lifesaving Sport is recognized by the International Olympic Committee. Lifesaving is the only sport in which skills are first learned for humanitarian purposes and only then applied in competition. Swim - Throw - Carry - Tow - Have fun in the pool. Participants must be able to swim lengths of the pool on their front comfortably. Class Length: 60 min.

citi*swim

Learn to swim faster, master skills go to
mississauga.ca/swimming



Swimming Activity Description Chart

Activity	Age	Description
Spring Board Diving	8 years & up	This program teaches Dive Ontario's Learn to Dive program which is a nationally recognized award for all age groups. In this program participants will learn about diving safety and fitness, confidence and poise. Progressive diving skills will be taught according to the four levels of diving. Each level incorporates bronze, silver and gold achievement stages. Participants should have achieved Swimmer Swim for Life 6 swimming ability. Level 1 includes front and back jumps, one step hurdles, jumps and dives. Level 2 includes three step hurdles, jumps and dives, back dive fall in and standing somersault. Level 3 includes three step hurdle front pike dive, back dive layout, inward dive pike and back somersault tuck dive. (Please note Level 4 requires a three metre board and is currently not offered at our facilities, please contact diveontario.com for more information on this program including availability and course locations for this level.) Class Length: 60 min.
Water Polo	8 years to 14 years	This program focuses on the three basic components in water polo: swimming, ball handling and shooting. Participants will be educated on the game and the knowledge of the water polo basics. Participants must be able to swim one length of the pool. Swim for Life 5 recommended. Class Length: 60 min.
Swim for Life Youth 1	14 years to 17 years	Swimmers will work on front and back floats and glides and flutter kick on your front, side and back. You'll learn breath control and jump into chest-deep water and tread water wearing a PFD*. You'll improve your fitness and your kick with 2 x 9-12 m interval training. Class Length: 45 min.
Swim For Life Adult 1	14 years & up	Swimmers will work on front and back floats and glides and flutter kick on their front, side and back. Swimmers will learn breath control and jump into chest-deep water and tread water wearing a PFD*. Swimmers will improve their fitness and their kick with 2 x 9-12 m interval training. Class Length: 45 min.
Swim for Life Youth 2	14 years to 17 years	Swimmers will jump into deep water and tread for 30 sec. Learn to recover an object from the bottom in chest-deep water. Improve their flutter kick over longer distances and work towards 15 m front crawl and back crawl swims. Improve both fitness and flutter kick with 4 x 9-12 m interval training. Class Length: 45 min.
Swim For Life Adult 2	14 years & up	Swimmers will jump into deep water and tread for 30 sec. Learn to recover an object from the bottom in chest-deep water. Improve their flutter kick over longer distances and work towards 15 m front crawl and back crawl swims. Improve both fitness and flutter kick with 4 x 9-12 m interval training. Class Length: 45 min.
Swim for Life Youth 3	14 years to 17 years	Swimmers will jump into deep water and tread for 30 sec. Learn to recover an object from the bottom in chest-deep water. Improve their flutter kick over longer distances and work towards 15 m front crawl and back crawl swims. Improve both fitness and flutter kick with 4 x 9-12 m interval training. Class Length: 45 min.
Swim For Life Adult 3	14 years & up	Kick it up a notch working on front crawl and back crawl and kicking in 25 m swims and interval training workouts. Swimmers will learn how to swim underwater and how to do breaststroke arms and breathing over 10-15 m. Support yourself at the surface for up to one minute. Show off with cannonball and front roll entries into deep water and handstands in shallow water. Class Length: 45 min.
Swim For Life Adult 4	14 years & up	Swimmers improve with a dive and a roll into deep water and an in water somersault. Swim up to 50 m front crawl and back crawl and improve skill and fitness in two 4 x 25 m interval workouts and a 25 m front crawl sprint. Learn whip-kick on front and back and practise breaststroke arm drills up to 15 m. Class Length: 45 min.
Swim For Life Adult 5	14 years & up	Swimmers will learn eggbeater, stride entries and compact jumps. Swimmers will be doing a 300 m workout and sprinting 25-50 m. Master the front crawl, back crawl and breaststroke. Class Length: 45 min.
Low Ratio Swim For Life Adult Lessons	14 years & up	Classes are designed for participants who would benefit from smaller class sizes. The classes will include all skills, strokes and safety content of regular classes. Class Length: 45 min.

* PDF- Personal Floatation Device

leadership training

mississauga.ca/swimming



Swimming Activity Description Chart

Activity	Age	Description
Swim For Life H3O Adult Lessons	14 years & up	Smaller class size allows for personal attention to be given on required components as needed by participants. Instructor to student ratio is 1:3 per class. Prerequisite: 14 years old. Class Length: 30 min.
Fear Free Adult H3O and Private Lessons	14 years & up	Small steps for success. Does fear of the water stops you? Don't feel left out any longer. Begin feeling more comfortable in the water today. Instructor to student ratio is 1:3 per class for H3O classes and 1:1 for private classes. Class Length: 30 min.
Fitness Swimmer Adult	15 years & up	No matter what your age, Fitness Swimmer lets you set your own goals. This class is designed as a cardiovascular workout to increase your fitness level. Fitness swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims. Participants should be able to swim 25m. Class Length: 60 min.
Register for Aquatic Exercise Programs: activemississauga.ca		



water works

Become a healthier you!

Jump into the pool with our newest wave of aquatic exercise classes. Try our Gentle Warm Water Aquafit or Boot Camp classes for all ages. Search for the program that is right for you using our new online search tool:

activemississauga.ca or call 905-615-4100