



WAUBUNO BEACH SWIMMING LESSONS SUMMER 2026

REGISTRATION INFORMATION

Registration opens: **Friday, May 15, 2025 at 10:00am.**

Registrations will be accepted on a first come, first served basis. Online registration is recommended 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)

Recommended: Identify 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.

REGISTRATION METHOD	REGISTRATION DETAILS
ONLINE: PREFERRED METHOD	www.parrysound.ca/swim Registrations can be submitted online, payment accepted: Visa & Mastercard
IN PERSON	Town of Parry Sound, 52 Seguin Street, Parry Sound Payment accepted: Cash, Debit & Cheque
BY MAIL: ACCEPTED AFTER MAY 15	Town of Parry Sound, ATTN Jayme Young 52 Seguin Street, Parry Sound, Ontario P2A 1B4

SWIMMING LESSON DETAILS

COSTS:

- Swimmer 2 & Below:
 - Resident Rates: \$60.00/person
 - Non-resident Rates: \$70.00/person
- Swimmer 3 & Above:
 - Resident Rates: \$70.00/person
 - Non-resident Rates: \$80.00/person

SESSION DATES:

- Daily Sessions (DS) run everyday, Monday - Friday for two weeks.
 - DAILY SESSION 1 (DS1): JULY 6-JULY 17
 - DAILY SESSION 2 (DS2): JULY 20-JULY 31
 - DAILY SESSION 3 (DS3): AUGUST 3- AUGUST 14
- Evening Sessions (ES) run on the identified days for four weeks
 - ES 1A: MONDAY/WEDNESDAY: JULY 6-JULY 29
 - ES 1B: TUESDAY/THURSDAY: JULY 7-JULY 30
 - ES 2A: MONDAY/WEDNESDAY: AUGUST 3-AUGUST 26
 - ES 2B: TUESDAY/ THURSDAY: AUGUST 4- AUGUST 27

ADDITIONAL INFORMATION

- class times are subject to change based on registration & staffing
- additional classes may be added based on registration
- levels may be combined as necessary to align with staffing & registration
- instructors have the authority to adjust class lists as necessary based on observed skill level
- parents are required to participate in the water with children in parent & tot levels

Questions? Please contact Jayme Young at 705-746-2701 x 201

LIFESAVING SOCIETY- SWIM FOR LIFE LEVELS

If your child...	Register in:
4-24 months and is not comfortable with water...	Parent and Tot 1
Is 4 to 24 months old and enjoys the water...	Parent and Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with parent...	Parent and Tot 3
<p>Is 3 to 5 years and just starting out on their own...</p> <p style="text-align: right;">If 5 years+...</p>	<p>Preschool 1</p> <p style="text-align: right;">Swimmer 1</p>
<p>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...</p> <p style="text-align: right;">If 5 years +...</p>	<p>Preschool 2</p> <p style="text-align: right;">Swimmer 1</p>
<p>Can jump into chest- deep water; submerge and exhale underwater; float on front and back assisted for 3 sec...</p> <p style="text-align: right;">If 5 years +...</p>	<p>Preschool 3</p> <p style="text-align: right;">Swimmer 1</p>
<p>Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...</p> <p style="text-align: right;">If 5 years +...</p>	<p>Preschool 4</p> <p style="text-align: right;">Swimmer 1</p>
<p>Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side...</p> <p style="text-align: right;">If 5 years +</p>	<p>Preschool 5</p> <p style="text-align: right;">Swimmer 2</p>

LIFESAVING SOCIETY- SWIM FOR LIFE LEVELS

If your child...	Register in:
Is 5 to 12 years and just starting out...	Swimmer 1
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 2
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back...	Swimmer 3
Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl...	Swimmer 4
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 5
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; sprint 25m; interval training 4 x 50m...	Swimmer 6
Can do side entries and compact jumps; legs-only surface support for 45 sec.; sprint 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout...	Swimmer 7/ Rookie Patrol
Successful completion of Swimmer 7/Rookie Patrol...	Swimmer 8/ Ranger Patrol
Successful completion of Swimmer 8/Ranger Patrol...	Swimmer 9/Star Patrol

Daily Sessions 1 & 3

Swim for Life Level	Timeslot
PARENT AND TOT 1	12PM-12:30PM
PARENT AND TOT 2/3	11:30AM-12PM
PRESCHOOL 1	12PM-12:30PM 3PM-3:30PM
PRESCHOOL 2	11:30AM-12PM 2:30PM-3PM
PRESCHOOL 3	11:30AM-12PM 1:45PM-2:15PM
PRESCHOOL 4	1:45PM-2:15PM 3PM-3:30PM
PRESCHOOL 5	3PM-3:30PM
SWIMMER 1	11AM-11:30AM 1:45PM-2:15PM
SWIMMER 2	11AM-11:30AM 2:30PM-3PM
SWIMMER 3	10:15AM-11AM 1PM-1:45PM
SWIMMER 4	1PM-1:45PM
SWIMMER 5/6	10:15AM-11AM
SWIMMER 7/8/9	AVAILABLE IN DAILY SESSION 2

Daily Session 2

Swim for Life Level	Timeslot
PARENT AND TOT 1	12PM-12:30PM
PARENT AND TOT 2/3	11:30AM-12PM
PRESCHOOL 1	12PM-12:30PM 1:30PM-2PM
PRESCHOOL 2	11:30AM-12PM 2:30PM-3PM
PRESCHOOL 3	11:30AM-12PM 2:30PM-3PM 3PM-3:30PM
PRESCHOOL 4	2:30PM-3PM 3PM-3:30PM
PRESCHOOL 5	AVAILABLE IN DAILY SESSIONS 1 & 3
SWIMMER 1	11AM-11:30AM 2PM-2:30PM
SWIMMER 2	11AM-11:30AM 3PM-3:30PM
SWIMMER 3	10:15AM-11AM 1PM-1:45PM
SWIMMER 4	1:45PM-2:30PM
SWIMMER 5/6	AVAILABLE IN DAILY SESSIONS 1 & 3
SWIMMER 7/8/9	10AM-11AM

Evening Sessions (Mon/Wed)

Swim for Life Level	Timeslot
PARENT AND TOT 1	4:30PM-5PM
PARENT AND TOT 2/3	5PM-5:30PM
PRESCHOOL 1	4:30PM-5PM
PRESCHOOL 2	5PM-5:30PM
PRESCHOOL 3	5:30PM-6PM
PRESCHOOL 4	5:30PM-6PM
SWIMMER 1	5:30PM-6PM
SWIMMER 2	4PM-4:30PM

Evening Sessions (Tues/Thurs)

Swim for Life Level	Timeslot
PARENT AND TOT 2/3	5PM-5:30PM
PRESCHOOL 1	5:30PM-6PM
PRESCHOOL 2	4:30PM-5PM
SWIMMER 1	5PM-5:30PM
SWIMMER 2	5:30PM-6PM
SWIMMER 3	4:15PM-5PM

JUNIOR GUARDS

WAUBUNO BEACH WILL BE HOSTING JUNIOR LIFEGUARDS AGAIN THIS SUMMER SEASON. STAY TUNED TO OUR WEBSITE AND SOCIAL MEDIA PAGES FOR THE MOST UP TO DATE INFORMATION

PRIVATE LESSONS

PRIVATE SWIMMING LESSON REQUESTS WILL BE ACCEPTED MAY 22 AT 10:00AM

BRONZE LEVEL PROGRAMMING

PLEASE COMPLETE OUR ONLINE FORM IF YOU ARE INTERESTED IN BRONZE LEVEL PROGRAMS.
WWW.PARRYSOUND.CA/SWIM