

Welcome to the Magnetawan Lions Club Swim Lessons for 2025.

Registration starts May 20, 2025

The Magnetawan Lions Club have been providing FREE swimming lessons to the community since 1967! These lessons are available due to the dedication of the Magnetawan Lions Club's dock building, fundraising, community events and donations.

- Registrations are open to those 4 to 16 years of age. Students MUST be at least 4 years of age by July 14, 2025.
- Please complete a separate form for each student you are registering.
- Lessons are scheduled to run every day, Monday to Friday, July 14 to August 1, 2025. Participation in the full set of lessons is strongly encouraged. If you are unable to participate in the majority of the program, please consider if this is the right program for your family.
- A parent or guardian must remain at the park for all lessons.
- Lessons run rain or shine. Cancellations will be communicated for severe weather.
- Classes and times will be assigned by July 4, 2025, and an email will be sent at that time confirming time, class and instructor.
- If you have any questions please email swimmaglions@gmail.com and the swim team will contact you to assist.

LEVELS OFFERED:

Swimmer 1: These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Swimmer 2: These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Swimmer 3: These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Swimmer 4: These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Swimmer 5: These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Swimmer 6: 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'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.

Swimmer 7 - Rookie Patrol: Prerequisites: None (Recommended Swimmer 6) 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 EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

Swimmer 8 - Ranger Patrol: Prerequisites: None (Recommended Rookie Patrol) 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.

Swimmer 9 - Star Patrol: Prerequisites: None (Recommended Ranger Patrol) 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, 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.

Fitness Swimmer: This program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Participants set their own goals.

Bronze Star: Prerequisites: None (Swim Patrol experience recommended) The 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. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze Medallion: Prerequisites: Minimum 13 years of age or Bronze Star certification (Swim for Life level 6 minimum highly recommended) The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Emergency First Aid: Prerequisites: None Includes CPR-B certification. Emergency First Aid provides a general knowledge of first aid principles and the emergency treatment of injuries including: victim assessment, CPR, choking, and what to do for external bleeding, heart attack, stroke, wounds and burns. Emergency First Aid certification is a prerequisite to Bronze Cross.

Bronze Cross: Prerequisites: Bronze Medallion and Lifesaving Society Emergency First Aid or Standard First Aid, or EFA or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at lifesavingsociety.com. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.