

Kinsmen Pool Information Package 2022



Welcome to the Kinsmen Pool! We offer a variety of programs to fit all swimming needs!

Table 1- 2022 Swimming Lesson Registration Dates

Registration Dates	Registration Start	Session Length
Jan 24-28	January 31	6-week session
March 14-26	March 28	6-week session
May 09-14	May 16	6-week session
June 27-30	July 4	2-week session
July 14-15	July 18	2-week session
July 28-29	Aug 2	2-week session
August 11-12	August 15	2-week session
August 29- September 3	September 6	8-week session
October 31 – November 5	November 7	6-week session
December 19-23	TBA	TBA

Registration will be accepted during the noted times either over the phone or at an in-person registration date. Please check our [website](#) or our [Facebook page](#) for more details on an upcoming in-person registration date. To register over the phone please call 613-735-6821 ext. 1506.

Swimming lessons during a 6- or 8-week session will take place once a week for the designated number of weeks. Lessons during a 2-week session will take place every day for 8 days (Monday – Friday) during the summer months.

If you are a swimmer, or parent of a swimmer, with exceptionalities please ask one of our instructors how the class can be modified to meet your needs.

Pre-School Swim Programs (Ages 4 months – 5 years)

Give your child the gift of aquatic fun and swimming at an early age. Songs, games, and introductory swimming skills will make your child comfortable and happy in the water. Our instructors use progressive teaching techniques adapted to each child and provides constant feedback and encouragement.

Parents/caregivers will participate in the classes with their child for the first two levels. Children enter a level based on their age and abilities.

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Starfish

To enter this level babies must be 4-12 months of age, and be able to hold their head up, and participating with a parent or caregiver (assisted).

During the classes babies and their caregivers will work on getting wet, buoyancy, and movement, front, back, and vertical positions in the water, and shallow water entries and exits.

Duck

To enter this level babies must be 12-26 months of age, and be able to hold their head up, and participating with a parent or caregiver (assisted).

During the classes babies and caregivers will work on rhythmic breathing, moving forward and backward, front and back floats with recovery, and shallow water entries and exits.

Sea Turtle

To enter this level children are at least 3 years old but no older than 5. In this level children are also participating without a parent or caregiver.

Toddlers and caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

Sea Otter

To enter this level children are at least 3 years old but no older than 5. In this level children are also participating without a parent or caregiver.

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

Salamander

To enter this level children are at least 3 years old but no older than 5. In this level children are also participating without a parent or caregiver. Children must also have had successful completion of the previous level.

Swimmers work on improving their front and back float and jumping into chest deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion

Sunfish

To enter this level children are at least 3 years old but no older than 5. In this level children are also participating without a parent or caregiver. Children must also have had successful completion of the previous level.

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Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 meters continuously.

Crocodile

To enter this level children are at least 3 years old but no older than 5. In this level children are also participating without a parent or caregiver. Children must also have had successful completion of the previous level.

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 meters continuously.

Whale

To enter this level children are at least 3 years old but no older than 5. In this level children are also participating without a parent or caregiver. Children must also have had successful completion of the previous level.

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 meters continuously upon completion of the level.

Swim Kids 1-10 (6-12 years)

Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success.

The 10 levels allow for a solid progression. Children learn swimming and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around the water.

In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed.

Swim Kids 1

To enter this level children are at least 6 years and there is no requirement for previous swimming experience.

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 meters.

Swim Kids 2

To enter this level children are at least 6 years and have passed the previous level.

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 meters continuously.

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Swim Kids 3

To enter this level children are at least 6 years and have passed the previous level.

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 meters continuously.

Swim Kids 4

To enter this level children are at least 6 years and have passed the previous level.

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 meters continuously.

Swim Kids 5

To enter this level children are at least 6 years and have passed the previous level.

Swimmers develop front crawl (15m), learn back crawl (15m), and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 meters continuously.

Swim Kids 6

To enter this level children are at least 6 years and have passed the previous level.

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 meters continuously.

Swim Kids 7

To enter this level children are at least 6 years and have passed the previous level.

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 meters continuously.

Swim Kids 8

To enter this level children are at least 6 years and have passed the previous level.

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 meters continuously.

Swim Kids 9

To enter this level children are at least 6 years and have passed the previous level.

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 meters continuously.

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Swim Kids 10

To enter this level children are at least 6 years and have passed the previous level.

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet-first surface dive with underwater swim, and swim 500 metres continuously.

Lifesaving Society Canadian Swim Patrol Program

Swim patrol is the on-ramp to lifeguarding.

The Swim Patrol provides enriched training for those who are ready to go beyond learn to swim. Swim Patrol's three levels – Rookie, Ranger and Star – continue to develop participants swim strokes and provide the skill foundation that prepares them for success in the Society Bronze medal awards.

Rookie

Swimmers continue stroke development with 50m front and back stroke, and breaststroke. Lifesaving sport skills include an obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

Ranger

Swimmers develop better strokes over 75m 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.

Star

Swimmers are challenged with 600m workouts. 300m timed swims and a 35m object carry. Strokes are refined over 100m 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.

Leadership Courses

Contact the pool for information regarding upcoming leadership courses. Courses are offered as interest indicates.

Bronze Star (Minimum 12 years)

This course is 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 necessary lifesaving skills to succeed in Bronze Medallion. Includes a timed 400m swim.

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Bronze Medallion (Minimum 13 years)

This course teaches an understanding of the lifesaving principals embodied in the 4 components of water rescue, education, judgement, knowledge, skills and fitness. Rescuers learn tows and carries, and defence methods and release in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.

Bronze Cross (Minimum 14 years)

To take this course candidates must have successfully completed the Bronze Medallion course as well as had successful completion of a minimum Emergency First Aid course (a Standard First Aid Course is recommended as it is required for National Lifeguard).

This course is designed for lifesavers who want to challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguarding. Included a timed swim of 600m.

National Lifeguard (Minimum 15 years)

To take this course candidates must have successfully completed the Bronze Cross course as well as had successful completion of Standard First Aid Level C – CPR & AED Certification.

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country. It is the only lifeguard certificate recognized by the province of Ontario for lifeguarding public swimming pools.

The NLS Pool certification is designed to develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. The NLS course emphasizes the lifeguarding skills, principals, and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

National Lifeguard Recert

National Lifeguard certification is current for 2 years and is recertified by completing a NLS recertification exam. The NLS recertification exam is your opportunity to demonstrate your skills and recertify you award. You are responsible for reviewing content and skill preparation for the exam. Your exam is based on the National Lifeguard Award curriculum. Candidates should bring whistle and proof of previous NLS award.

Water Safety Instructor (WSI) (Minimum 15 years)

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

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Water Safety Instructor Recert

Water Safety Instructors are required to recertify every 2 years to maintain a current certification.

Lifesaving Instructor (Minimum 16 years)

The Lifesaving Instructor Course prepares individuals to organize, plan, teach, and evaluate lifesaving awards. To take this course, candidates must have successfully completed Bronze Cross or National Lifeguard certifications.

To recertify this course instructors must recertify through the Lifesaving Society's [credit system](#) within 24 months.

Private Swim Lessons

We offer private swim lessons (one swimmer: one instructor) on a limited basis. These lessons are recommended for all swimmers 2+ years that are looking for individual attention. Private lessons are also suitable for participants who have repeated a level several times and provide an opportunity to focus on completing specific skills in order to move onto the next level.

Private lessons may also fit those individuals with exceptionalities who thrive better in smaller classes.

Due to the high demand of group lessons, there is limited space available for private lessons each session.

Adult Swim Lessons

Ladies Red Cross

Swimmers meet Monday and Friday mornings from 9 a.m.-10 a.m. and is suitable for every level of swimmer. Individual and group feedback is provided to all swimmers participating and extra assistance can be provided for those learning to swim.

Adult Learn to Swim

Meeting the needs of the both the "Learn to Swim" candidate and the experienced swimmer looking for stroke improvement and skill development.

Aquabics

A general Aquabics class designed as a medium intensity total body workout, providing a balance of cardiovascular as well as muscular strength and endurance components.

Table 2- Swimming Lesson Rates

Program	Rate	User Fee
Pre-School Lessons	\$55	\$43
Swim Kids 1-4	\$55	\$49

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Swim Kids 5-10	\$63	\$48
Bronze Programs	\$157.52+HST	\$139
LSS	\$194.69+HST	\$172
Leaders	\$169.91+HST	\$150
Instructors	\$336.28+HST	\$297
Adult Programs	\$61.94 +HST	\$48