

SWIM PROGRAMS

Bowview Outdoor Pool offers Lifesaving Society Swim for Life® Program.

PUBLIC SWIM LESSONS:

Lessons run Monday to Friday, 5-day session.

These are crash course lessons, and completion ribbons will not be offered unless level is completed successfully with candidate meeting ALL requirements.

Evening July-August Lessons run Monday-Friday, 10-day session.

June 17th – 21st, June 24th – 28th

Program Level	Cost	Weekday MORNING	Weekday EVENING
Parent & Tot 1,2,3	\$55.00	Not Offered	Not Offered
Preschool 1	\$55.00	Not Offered	5:30pm – 6:00pm
Preschool 2	\$55.00	Not Offered	5:30pm – 6:00pm
Preschool 3	\$55.00	Not Offered	Not Offered
Preschool 4	\$55.00	Not Offered	Not Offered
Preschool 5	\$55.00	Not Offered	Not Offered
Swimmer 1	\$55.00	Not Offered	5:30pm – 6:00pm
Swimmer 2	\$55.00	Not Offered	6:35pm – 7:05pm
Swimmer 3	\$65.00	Not Offered	6:05pm – 6:50pm
Swimmer 4	\$65.00	Not Offered	6:05pm – 6:50pm
Swimmer 5	\$70.00	Not Offered	6:05pm – 7:05pm
Swimmer 6	\$70.00	Not Offered	6:05pm – 7:05pm
Rookie Patrol	\$75.00	Not Offered	5:30pm – 6:30pm
Ranger Patrol	\$75.00	Not Offered	6:05pm – 7:05pm
Star Patrol	\$75.00	Not Offered	6:05pm – 7:05pm
Adult Swimmer	\$75.00	Not Offered	Not Offered

Morning Lessons: July 1st – 5th, July 8th – 12th, July 15th – 19th, July 22nd – 26th, July 29th - August 2nd, August 5th – 9th, August 12th – 16th, August 19th – 23rd.

Evening Lessons: July 1st – 12th, July 15th – 26th, July 29th – August 9th, August 12th - 23rd

Program Level	Cost	Weekday MORNING	Cost	Weekday EVENING
Parent & Tot 1,2,3	\$55.00	10:40am – 11:10am	N/A	Not Offered
Preschool 1	\$55.00	9:00am – 9:30am	\$110.00	6:15pm – 6:45pm Preschool 1/2
Preschool 2	\$55.00	9:50am – 10:20am	\$110.00	6:15pm – 6:45pm Preschool 1/2
Preschool 3	\$55.00	11:00am – 11:30am	N/A	Not Offered
Preschool 4	\$55.00	10:05am – 10:35am	N/A	Not Offered
Preschool 5	\$55.00	10:05am – 10:35am	N/A	Not Offered
Swimmer 1	\$55.00	10:25am – 10:55am	\$110.00	6:15pm – 6:45pm
Swimmer 2	\$55.00	9:00am – 9:30am	\$110.00	6:15pm – 6:45pm
Swimmer 3	\$65.00	9:00am – 9:45am	\$110.00	6:50pm – 7:35pm Swimmer 3/4
Swimmer 4	\$65.00	9:35am – 10:20am	\$130.00	6:50pm – 7:35pm Swimmer 3/4
Swimmer 5	\$70.00	10:25am – 11:10am	\$140.00	6:50pm – 7:50pm Swimmer 5/6
Swimmer 6	\$70.00	9:35am – 10:35am	\$140.00	6:50pm – 7:50pm Swimmer 5/6
Rookie Patrol	\$75.00	9:00am – 10:00am	\$150.00	6:50pm – 7:50pm *See Notes
Ranger Patrol	\$75.00	10:40am – 11:40am	\$150.00	6:50pm – 7:50pm *See Notes
Star Patrol	\$75.00	10:40am – 11:40am	\$150.00	6:50pm – 7:50pm *See Notes
Adult Swimmer	\$75.00	Not Offered	\$75.00	6:50pm – 7:50pm *See Notes

- *Adult Swimmer offered: July 1st – 5th, July 22nd – 26th & August 12th – 16th
- Due to Leadership Courses, MORNING LESSONS:
 - Preschool 2 NOT OFFERED: July 22nd – 26th and August 12th – 16th.
 - Swimmer 6 NOT OFFERED: July 22nd – 26th and August 12th – 16th.
 - Ranger/Star Patrol NOT OFFERED: July 22nd – 26th and August 12th – 16th.
- Swim lessons will still run **ALL** statutory holiday.

PRIVATE SWIM LESSONS:

Date	Weekday MORNING	Weekday EVENING
June 17 - 21	10:00am – 10:30am	5:30pm – 6:00pm
	10:30am – 11:00am	
June 24 - 28	10:00am – 10:30am	5:30pm – 6:00pm
	10:30am – 11:00am	
July 1 - 5	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm
July 8 - 12	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm
July 15 - 19	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm
July 22 - 26	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm
July 29 – August 2	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm
August 5 - 9	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm

August 12 - 16	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm
August 19 - 23	8:25am – 8:55am	6:15pm – 6:45pm
	11:15am – 11:45am	6:50pm – 7:20pm
	11:35am – 12:05pm	7:20pm – 7:50pm

Private Lessons are offered weekly Monday to Friday.

Private Lessons are \$160.00.

Semi-Private Lessons are \$160.00, an additional \$80 per swimmer; up to 3 swimmers in one semi-private lesson.

Instruction covers stroke improvement & water safety.

Private Lessons can be booked here: <https://app.amilia.com/store/en/hasca/shop/programs>

Participants in Semi-Private lessons must pre-arrange their own groups before registering; they are not arranged by BOP staff. It is recommended that participants are not more than one level apart.

For more information, please email bowviewmanager@hsca.ca.

Leadership Programs:

Program:	Dates:	Times:	Cost:
<p style="text-align: center;">Bronze Medallion and CPR-C & AED</p> <p>Pre-requisite(s): 13 years of age (or Bronze Star). The ability to swim 500m in 15 minutes.</p> <p>The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, 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.</p> <p>Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.</p>	July 22 nd – 26 th , 2024	8:00am – 12:00pm	\$200
<p style="text-align: center;">Bronze Cross</p> <p>Pre-requisite(s): 14 years of age, Bronze Medallion, Intermediate First Aid CPR-C/AED, and the ability to swim 600m.</p> <p>The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. 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.</p> <p>Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.</p>	August 12 th – 16 th , 2024	7:30am – 12:00pm	\$220
<p style="text-align: center;">Intermediate First Aid CPR-C & AED</p> <p>Intermediate First Aid Level C CPR & AED is a two-day certification course designed for anyone who might be a first-on-scene responder to an emergency. This course can increase your confidence in providing basic CPR or using an AED to respond to emergencies at work and even at home. It is designed to give students the knowledge and ability to perform basic medical skills required to respond during an emergency.</p> <p>This course is a requirement for the Bronze Cross and National Lifeguard courses. All lifeguards must hold a current IFA certification.</p> <p>Upon completion, this certification will be valid for 3 years.</p>	TBA	8:00am – 4:00pm	\$130