



Swim Level Conversion Chart

Age Groups	Lifesaving Society Program	YMCA Program	Red Cross
4months-12months	Parent & Tot 1	Splashers	Starfish
12 months-24 months	Parent & Tot 2	Splashers	Duck
24m-36m	Parent & Tot 3**	Bubblers	Sea Turtle
2.5years to 4 years	Parent & Tot 4***	Parented Bobbers	Sea Turtle
3-5 years old on their own	Preschool 1	Bobbers	Sea Otter
	Preschool 2	Floaters	Salamander
	Preschool 2	Gliders	Sunfish
	Preschool 3	Divers	Crocodile
	Preschool 4	Surfers	Whale
6-10 years old	Swimmer 1	Otter	Swim Kids 1
	Swimmer 2	Seal	Swim Kids 2
	Swimmer 3	Dolphin	Swim Kids 2/3
	Swimmer 4	Swimmer	Swim Kids 3/4
	Swimmer 5-8	Star 1-3	SK 4-6

Now offering Lifesaving Society's Swim for Life Program! You can spot Water Smart® kids right away. They're the ones who know how to swim and behave safely around water.

Program Session Dates All sessions are 10 weeks	Swim Lesson Registration	Holiday's/ No lessons
Fall Session Sept. 17-Nov. 25	Aug. 27-Aug. 31	Monday Oct. 8
Winter Session Nov. 26-Feb. 17	Nov. 12-16	No lessons Dec. 24 -Jan. 6
SPRING ONE Feb. 18-April 28	Feb. 4-8	Monday Feb. 18 Friday April 19

Price Per Child is \$70

When you rent the pool at Spruce Lodge WE SUPPLY THE LIFEGUARD!
Rentals are available Saturdays after 1pm and Sundays times vary.

Swim Assistant is for persons with Bronze Cross or higher and are 14 years of age or older. This course requires practical teaching, assignments, and weekly attendance for 10 weeks. Classes running daily. Inquire at pool for schedule. **\$100 PLUS TAX**

Swim Instructor is for those who are 16 by the end of the course with Bronze Cross or higher certification. This course requires practical teaching, assignments, and weekly attendance for 10 weeks. This program enables you to teach swimming lessons to persons of all ages and abilities. Classes running daily. **\$200 PLUS TAX**

****Parent and Tot 3 adult will be in-water for first 4 classes:** Your child is 2-3 years old, **ready to follow basic safety rules** and ready for the transition of swimming without parent/guardian. When child passes please register in Preschool 1.

*****Parent and Tot 4 adult in water entire session.** Your child is 2.5-4 years old, **not ready to follow basic safety rules and/or is not ready for the transition of swimming without parent/guardian.** When child passes PT 4 you have option of going to PT 3 or Preschool 1.

Spruce Lodge Therapy Pool helping you achieve your swimming and water fitness goals since 1985