

Summer 2025 Youth Programs

Ages 13-17 years old

Contact us!

780-727-3947

aquatics@parklandcounty.com

Swimming Lessons

Cost: \$50



Youth 101 - Learn to Swim

This program is designed for beginner youth swimmers who are interested in learning the basics of swimming. Program content includes comfortability in water, floats, glides, and kicking.

Youth 102 - Recreational Swimming

This program is designed for intermediate swimmers who are interested in developing strokes and deep water skills.

Youth 103 - Technique and Endurance

This program is designed for swimmers who are interested in improving strength, endurance, and technique in the water. Program content is specific to each individual. Can be used as preparation for Bronze courses.

Dates

	June 3 -26	July 3- 24	July 29- Aug 21
Online Registration Closes	June 1	June 29	July 27
Youth 101	6:10pm - 6:40pm	4:00pm - 4:30pm	4:00pm - 4:45pm
Youth 102	5:35pm - 6:05pm	4:35pm - 5:05pm	4:45pm - 5:30pm
Youth 103	5:00pm - 5:30pm	4:35pm - 5:05pm	5:30pm - 6:15pm

Leadership and Lifesaving Courses

Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Swimmers work to refine stroke mechanics, learn self-rescue skills, and improve physical literacy. *Offers preparation for success in Bronze Medallion.*

Bronze Medallion focuses on judgement, knowledge, skill, and fitness. Swimmers acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. *Bronze Medallion is a prerequisite for Bronze Cross.*

Bronze Cross allows swimmers to strengthen and expand their lifesaving skills, including principles and techniques of active surveillance. This course emphasizes the importance of teamwork and communication in aquatic emergencies. *Bronze Cross is a prerequisite for National Lifeguard and Swim Instructor Courses.*

National Lifeguard develops basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

Lifesaving Swim Instructor

The Swim Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

Did you know?

Bronze Cross, National Lifeguard, Swim Instructor, and Intermediate First Aid/CPR are all Provincially Authorized for Senior High Credits.