



Lifesaving Society Levels	Age	Available Times
Parent & Tot 1	Under 3	9:30 – 10:00am 11:00 – 11:30am 5:00 – 5:30pm
Preschool 1	3-5	8:30 – 9:00am 5:30 – 6:00pm
Preschool 2		9:00 – 9:30am 11:00 – 11:30am 11:30am – 12:00pm 4:30 – 5:00pm
Swimmer 1	5-6	8:30 – 9:00am 9:00 – 9:30am 11:30am – 12:00pm 4:30 – 5:00pm 5:00 – 5:30pm
Swimmer 2	7	9:00 – 9:30am 11:00 – 11:30am 11:30am – 12:00pm 5:30 – 6:00pm 6:15 – 6:45pm
Swimmer 3	8	9:30 – 10:00am 11:00 – 11:30am 11:30am – 12:00pm 6:15 – 6:45pm
Swimmer 4	9	9:15 – 10:00am 6:00 – 6:45pm
Swimmer 5/6	10-11	8:30 – 9:15am 5:30 – 6:15pm
Rookie	11-13	11:00 – 11:45am (Sessions 1 and 3)
Ranger/Star		11:00 – 11:45am (Sessions 2 and 4)
Rookie/Ranger/Star		5:30 – 6:15pm
Bronze Medallion	13-14	8:00 – 11:00am
Bronze Cross	14	8:00 – 11:00am (Sessions 1 and 3)

## Session 1

July 6-17

## Session 2

July 20-31

## Session 3

August 3-14

\*includes Civic Holiday

## Session 4

August 17-28

## What level should I put my child in?

- How old are they?  
Refer to this chart
- How confident are they in deep water?
- If they need a lifejacket:  
Under level 3 regardless of age
- If you're unsure (and the pool is already open), call the pool and set up a time to get tested for the correct level.

## Questions?

519-245-1070

[pool@strathroy-caradoc.ca](mailto:pool@strathroy-caradoc.ca)

[www.strathroy-caradoc.ca/aquatics](http://www.strathroy-caradoc.ca/aquatics)