

Program Registration Chart/Learn to Swim Progression Chart

Program Registration Chart

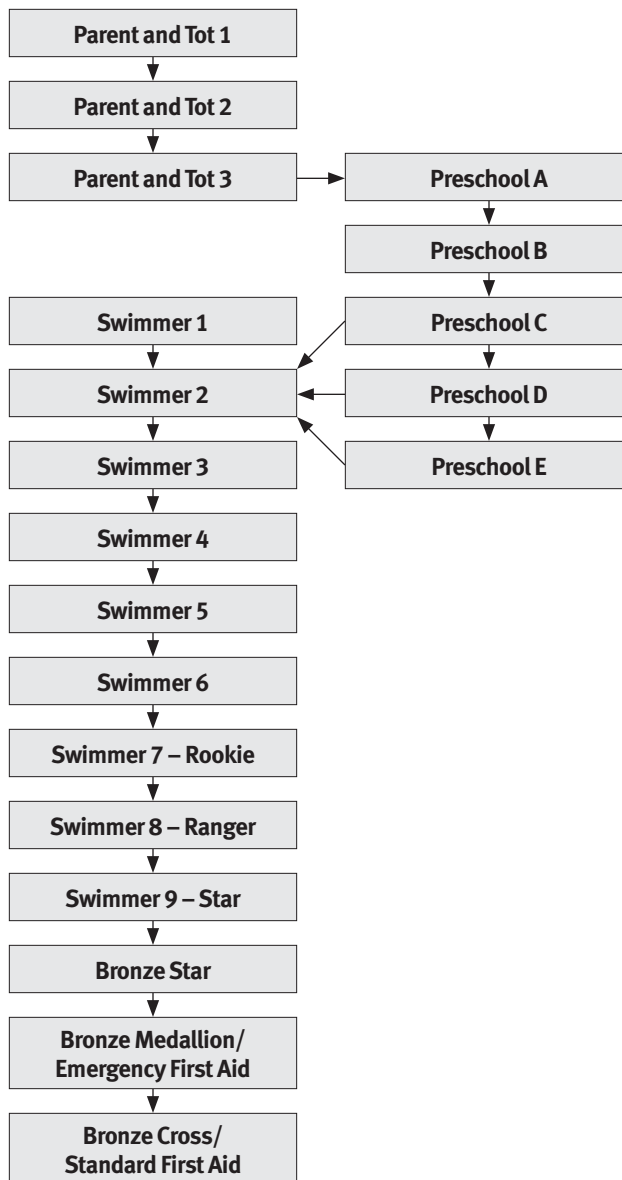
To help you register for Spring and Summer 2007 lessons please refer to the following chart. Refer to the last level your child has completed to find the corresponding Swim Program level.

If your child...	Register In:
Is 3 to 12 months old	Parent & Tot 1
Is 12 to 24 months old	Parent & Tot 2
Is 2 to 3 years old	Parent & Tot 3
If your child is 3 to 5 years and ...	Register In:
Is new to lessons or participated in AquaTots	Preschool A
Completed Preschool 1	Preschool B
Completed Preschool 2	Preschool C
Completed Preschool 3	Preschool D
Completed Preschool D	Preschool E
If your child is 5 to 13 and ...	Register In:
Is new to lessons or completed PS1 or PS2	Swimmer 1
Completed AquaQuest 2 or PS3	Swimmer 2
Completed AquaQuest 3	Swimmer 2
Completed AquaQuest 4	Swimmer 3
Completed AquaQuest 5	Swimmer 4
Completed AquaQuest 6	Swimmer 4
Completed AquaQuest 7	Swimmer 5
Completed AquaQuest 8	Swimmer 6
Completed AquaQuest 9	Swimmer 7 – Rookie
Completed AquaQuest 10	Swimmer 8 – Ranger
Completed AquaQuest 11	Swimmer 9 – Star
Completed AquaQuest 12	Bronze Star
If 13 years or older and ...	Register In:
Is new to lessons or completed Adult & Teen Level 1	Adult 101
Completed Adult & Teen Level 2	Adult 201
Completed Adult & Teen Level 3	Adult 301
Completed Adult & Teen Level 4	Adult 301
Completed Adult & Teen Level 5	Advanced Leadership

Learn to Swim Progression Chart

The Lifesaving Society Swim Program!

The best place to learn how to swim is in the water! That's just one of the many reasons we're running the Life Saving Society's in-depth Swim Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And it incorporates valuable Water Smart® education that will last a lifetime.



Swimming Activity Description Chart

Activity	Age	Description
Aquatic Children's Programs To ensure registering in the correct level see the Registration Chart on page 27 Customer safety and comfort are our primary concern. Should there be an issue with the potential safety or comfort of your child in our program, we may be required to make adjustments to your registration.		
Parent and Tot 1	3 months to 12 months	Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 3 to 12-month-old to learn to enjoy the water with the parent. Class Length: 30 min
Parent and Tot 2	12 months to 24 months	Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 12 to 24 –month – old to learn to enjoy the water with the parent. Class Length: 30 min
Parent and Tot 3	2 years to 3 years	Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Class Length: 30 min
Preschool A	3 years to 5 years	We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into shallow water. They'll try floats and glides on their front and back, wearing a Personal Flotation Device. They'll learn to get their face wet and blow bubbles underwater. Recommended: New to lessons or participated in Parent and Tot Class Length: 30 min.
Preschool B	3 years to 5 years	These preschoolers learn to jump into shallow water by themselves and get in and get out wearing a Personal Flotation Device. They'll submerge and exhale underwater. With a buoyant aid, they'll work on moving through the water kicking on their front and back. Recommended completed Preschool A Class Length: 30 min
Preschool C	3 years to 5 years	These preschoolers will try jumping into chest-deep water and into deep water wearing a Personal Flotation Device. They'll recover objects from the bottom. They'll work on moving efficiently through the water on their front and back and while wearing a PFD. Recommended completed Preschool B Class Length: 30 min
Preschool D	3 years to 5 years	Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll learn to support themselves at the surface, open their eyes underwater and recover objects from the bottom in deeper water. They'll master short (3-5m) swims on their front and back. Recommended completed Preschool C Class Length: 30 min
Preschool E	3 years to 5 years	These youngsters get more adventuresome with sideways entries wearing a PFD; front and back floats with rollovers; and holding their breath underwater for up to 5 sec. They'll work on longer (5-10m) front and back crawl swims and get a giggle out of whip kick. Recommended completed Preschool D Class Length: 30 min
Swimmer 1	5 years to 13 years	These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom. They'll work on floats and moving through the water on their front and back. Recommended: non swimmer or completed Preschool A or B Class Length: 30 min.
Swimmer 2	5 years to 13 years	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick and swim 10-15m on their front and back. Recommended completed swimmer 1 or completed Preschool C, D or E. Class Length: 30 min.
Swimmer 3	5 years to 13 years	These junior swimmers will cannonball, dive and roll into the water. New bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They'll work on front crawl and back crawl over short distances and endurance swims of 25 to 50m. Recommended completed Swimmer 2. Class Length: 45 min.
Swimmer 4	5 years to 13 years	These intermediate swimmers will refine dives and stride entries. They'll learn eggbeater kick, master foot-first surface dives and in-water back somersaults. They'll learn to scull and swim lengths of front crawl, back crawl, whip kick and breaststroke arms with breathing. They'll finish with endurance swims of 50-100m. Recommended completed Swimmer 3 Class Length: 45 min.
Swimmer 5	5 years to 13 years	These swimmers will master shallow dive entries, eggbeater kick and foot-first sculling. Surface dives will take them down to underwater swims. They'll refine their front crawl, back crawl and breaststroke over 50m swims of each. Then they'll pick up the pace in 25m sprints and endurance swims of 100-200m. Recommended completed Swimmer 4 Class Length: 45 min.
Swimmer 6	5 years to 13 years	These advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries and eggbeater kick for 1 min. while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl and breaststroke, and concentrate on the 4 x 25m sprints in interval training, ending with the 200 to 300m endurance swim. Recommended completed Swimmer 5 Class Length: 45 min.

Swimming Activity Description Chart

Activity	Age	Description
Swim All Year (Sept to June)	5 years to 13 years	Same time, same place, same swimming instructor. Register once and attend lessons from September to June. No need to worry about reregistering, getting the same instructor or time slot again. Learn at your own pace. Candidates learn and move through the Lifesaving Society Swim Program at their own pace in a comfortable, consistent environment. Select the starting level and we will take care of the rest! Scheduled payments are available.
Swim All Summer	5 years to 13 years	Same time, same place, same instructional team. Register once and attend lessons all summer. No need to worry about reregistering, getting the same instructor or time slot. Learn at your own pace. Candidates learn and move through the Lifesaving Society Swim Program at their own pace in a comfortable consistent environment. Register and we take care of the rest-no need to even select the level – We take care of it all. Scheduled payments are available.
Swimmer 7 Rookie	5 years to 13 years	Rookie Patrol features a timed 100m swim, 350m workouts and swims with clothes. A work-hard, play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour. Recommended completed Swimmer 6. Class Length: 60 min
Swimmer 8 Ranger	5 years to 13 years	Ranger Patrol features a timed 200m swim, 100m fitness medley and support/carrying a 5-lb weight. Content is challenging but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue. Recommended completed Swimmer 7 Rookie Patrol. Class Length: 60 min
Swimmer 9 Star	5 years to 13 years	Star Patrol features a timed 300m swim, 3 x 600m workouts, swim with clothes, defense methods, support & carry 10-lb weight. Scene assessment and a towing rescue are introduced. Recommended completed Swimmer 8 Ranger Patrol. Class Length: 60 min
Semi-Private (all levels)	3 years to 13 years	Classes are designed for children who require special assistance in stroke correction or a specific skill or those looking for smaller class sizes. The classes will include all of the skills, strokes and safety content of regular classes. Instructor to student ratio is 1:3 per class Class Length: 30 min
Private Lessons	All ages	One-on-one instruction is available for children and adults. Classes are designed to work on specific skills or activities. Lessons are generally booked in groups of 5 or 10 classes. Class Length: 30 min
Bronze Star	8 years to 15 years	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 lifesaving skills needed to be their own lifesaver. Includes a timed 400m swim. Recommended completed Swim Patrol. Course Length: 10 hrs.
Lifesaving Society Bronze Medallion/ Emergency First Aid/CPR B	13 years by exam day OR hold Bronze Star Award	Candidate will learn rescue techniques, resuscitation and the history of the Lifesaving Society. The Emergency First Aid/CPR B provides technical knowledge and practical experience in rescue breathing, CPR and emergency care. Materials can be purchased at the pool on the first day (approx. cost \$35). Exam date to be confirmed at the pool. Prerequisite: 13 years of age by the end of the course or hold Bronze Star award. Course Length: 22.50 hrs.
Aquatic Leadership Programs		
Bronze Cross/ Standard First Aid/CPR C	Must have Bronze Medallion/ Emergency First Aid/ CPRB	Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim. Standard First Aid/CPR C certifications are recognized by WSIB. Materials can be purchased at the pool on the first day (approx. cost \$11) Prerequisites: Emergency First Aid/CPR B and Bronze Medallion. Bronze Cross is the prerequisite for the National Lifeguard Service Award. Exam date to be confirmed at the pool. Course Length: 27.5 hrs.
Lifesaving Society Assistant Instructors	14 years by last day	Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. The course provides an introduction to swimming instruction and some of the key competencies required in successful teaching. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. 100% participation required. Prerequisites: a minimum of 14 years as of the last day of the course, and current Bronze Cross (or higher) certification. Course Length: 15 hrs.
Distinction	Must have Bronze Cross	Encourages a maturity of response to demanding aquatic emergency situations and is designed to develop advanced water rescue skill and knowledge, and an understanding of the principles of fitness training. Distinction challenges include implications of assuming responsibility in an emergency, how to deal with two victims at once, and rescue of a non-breathing spinal-injured victim. Inherent in the name of the award, lifesavers must perform every item with distinction. Prerequisite: Bronze Cross certification (need not be current). Course Length: 20 hrs.
Lifesaving Society NLS Pool/AED Responder	16 years by last day	This award is recognized as the elite lifeguarding certificate. Candidates are trained in many specialized lifeguarding techniques, as well as training in the use of Automatic External Defibrillation. Materials can be purchased at the pool on the first day (approx cost \$45). Exam date to be confirmed at the pool–100% participation strongly recommended. Prerequisites: Must have current Standard First Aid/CPR C and have had completed Bronze Cross. Course Length: 45 hrs.

Swimming Activity Description Chart

Activity	Age	Description
Lifesaving Society Swim/ Lifesaving Instructor	16 years by last day	The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods; learning strategies and activities; a variety of stroke and skill drills; effective correction techniques; and evaluation criteria. Practice teaching is emphasized throughout. Materials can be purchased at the pool on the first day (approx. \$65). 100% participation required. Prerequisite: 16 years of age by the end of the course, and current Bronze Cross (or higher) certification. Course Length: 40 hrs
The Complete Lifeguard	16 years & up	Earn all the awards you need to be a certified lifeguard in one course. This course includes Bronze Medallion, Emergency First Aid, Bronze Cross, Standard First Aid, CPR B and C, National Lifeguard Service and Automatic External Defibrillation. Exam dates to be confirmed by pool. Course Length: 60 hrs
Aquatic Supervisor Training	16 years & up	In order to take this course a person must have worked at least 100 hours as an Instructor or Lifeguard, hold a current NLS and have a written recommendation from their Supervisor. Course Length: 12 hrs
Lifesaving Society Emergency First Aid CPR B	all ages	This program is for people who want a general knowledge of first aid principles and emergency treatment of injuries. Skills include: victim assessment, rescue breathing and CPR for adults and children, choking and what to do for external bleeding, heart attack, and stroke. Course Length: 6.5 hrs
Lifesaving Society Standard First Aid CPR C	16 years & up	This program provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Course Length: 16 hrs
Lifesaving Society Standard First Aid CPR C Instructor	16 years & up	Candidates must have a current Standard First Aid award and completed Advanced Instructor Clinic prior to taking the Standard First Aid Instructor Course. This course certifies the candidate to teach Emergency First Aid, Standard First Aid, and CPR (all levels). There is a pre-course assignment to be completed prior to the first day of the course. Contact the Aquatics Office for information at 905-615-3200 Ext 5349. Course Length: 10 hrs
Lifesaving Society AED Course and Recertification	16 years & up	Automatic External Defibrillation Training. This course is designed to provide individuals with the skills required to operate an Automatic External Defibrillator only. Candidates must hold a current CPR C Basic Rescuer certification, and be 16 years of age or older. **This course is for both first time candidates as well as those in need of a recertification** Course Length: 3 hrs
Advanced Instructor And Examiner Clinic	16 years & up	This course certifies candidates to be examiners to Bronze Cross level and is the prerequisite to take NLS Instructors, Standard First Aid Instructors and Airway Management Instructors. Candidates must have a current LSS Lifesaving Instructor award as well as awards they wish to be appointed to examine. Candidates must bring their Bronze Medals Award Guide, bathing suit and paper with pen. Course Length: 8 hrs
Lifesaving Society AED Instructor	16 years & up	Candidates must hold a current AED certificate and LSS Standard First Aid Examiner Certification. This course as well as a monitoring session will enable successful candidates to train in the use of Automatic External Defibrillators. Course Length: 7 hrs
NLS And AED Instructor	16 years & up	Must have a current NLS award and have completed Advanced Instructor Clinic, and First Aid Examiner appointment and current AED Provider, prior to N.L.S./AED Instructor course. A pre-course assignment is required for this course; please contact the Aquatic Office for details at 905-615-3200 Ext. 5349. Materials extra can be purchased at the pool.
Lifesaving Society Airway Management Course	16 years & up	Provides senior and experienced lifeguards with additional airway management training. Airway Management provides knowledge on the use of oxygen, suction devices, oral airways, and mask/bag valves mask (BVM) Candidates must have a current Standard First Aid certification. Proof of Standard First Aid certification and the Canadian First Aid Manual must be brought to the course. Course Length: 5 hrs
Lifesaving Society Airway Management Instructor Course	16 year & up	Candidates must have a current Airway Management certification, completed Advanced Instructor Clinic and Lifesaving Society Standard First Aid Examiner Appointment prior to taking the Airway Management Instructor Course. This course certifies the candidate to teach Airway Management. Course Length: 7 hrs
For Aquatic Fitness Instructor Programs See the Aquatic Exercise Program Section		

Swimming Activity Description Chart

Activity	Age	Description
Aquatic Specialty Programs		
Junior Aquatic Endurance	6 years to 10 years	Having trouble finishing the last few metres of your endurance swim? This class is designed for you! Participants will work on completing their first full length (25 metres), focusing on proper swim mechanics relating to arms, kicking and breathing. Please note: This course is in addition to the Swimmer Program and will not cover all the components of a normal Swim level but will aid in the completion of the endurance portion allowing candidates to safely continue on to higher levels.
Aquatic Endurance And Stroke Improvement	10 years & up	Do you want to get stronger and prepare for the Bronze Medal programs or just become a stronger swimmer? This program is designed for people who want to improve endurance and work on stroke mechanics. Classes will be designed with drills and techniques that will create a workout to meet the needs of the individual. You must be able to swim 200 meters. Course Length: 60 min
Boat Operator Accredited Training Clinic	10 years & up	This clinic is designed for persons with solid boating experience. The B.O.A.T. clinic is the fast track to the B.O.A.T. course. Everyone operating small powerboats must have the card. By 2009, the regulation affects all powerboat operators regardless of their age and size of craft. The Canadian Coast Guard Pleasure Craft Operator Card (PCO) is earned by scoring 75% on a test of basic boating safety knowledge. This program is a classroom program that reviews boater responsibilities, the 'rules of the road' and how to prevent and respond in a boating emergency. You will be provided with an opportunity to write the test. (Test fee included within course fee) Course Length: 2.50 hours
Boat Operator Accredited Training Course	10 years & up	This clinic is designed for persons with solid boating experience. The B.O.A.T. clinic is the fast track to the B.O.A.T. course. Everyone operating small powerboats must have the card. By 2009, the regulation affects all powerboat operators regardless of their age and size of craft. The Canadian Coast Guard Pleasure Craft Operator Card (PCO) is earned by scoring 75% on a test of basic boating safety knowledge. This program is a classroom program that reviews boater responsibilities, the 'rules of the road' and how to prevent and respond in a boating emergency. You will be provided with an opportunity to write the test. (Test fee included within course fee) Course Length: 10 hours
Children with Special Needs	5 years to 18 years	This program is designed for children with learning, physical or intellectual difficulties. It focuses on developing sound water safety habits and basic swimming skills. To participate in this program, each child must be accompanied in the water by their own caregiver/volunteer. This individual must be at least 14 years of age and comfortable in a water environment. They should be familiar with the child's physical and emotional needs and be capable of managing their general progress in a safe manner. Class Length: 45 min.
Inner Tube Wave Water Polo	7 years to 15 years	A new way to play Water Polo! In the WAVES while floating on an Inner Tube at Terry Fox Pool (inside Mississauga Valley Community Centre). This program focuses on the basic components in water polo: swimming, ball handling, shooting and of course playing the game. Participants will be educated on the game and the knowledge of Water polo basics while having the added fun and challenge of the WAVES. Participants must be able to swim one length of the pool. Class Length: 60 min.
Junior Lifeguard Club	8 years to 15 years	Serious fun—that's the Junior Lifeguard Club in a nutshell. The club is a place for kids to learn about lifesaving and lifeguarding, take part in friendly competition and special events, and challenge themselves to aim for personal bests, hang out, get fit, make friends and have a good time. Participants must be able to swim at least 50m and tread water for 1 minute. Class Length: 60 min.
Junior Lifeguard Club/Swim and Stroke	8 years to 15 years	This is a fun program that combines Junior Lifeguard Club skills with stroke and endurance. Participants will be able to earn Rookie, Ranger and Star Patrols, which focuses on H2O Proficiency, First Aid and Rescue Skills. The coach will also work on developing efficient swimming strokes, teaching stroke mechanics, drills and endurance training. Students will have the opportunity to train for upcoming Lifeguard Competitions at the same time. Class Length: varies – see specific pool
Spring Board Diving Level 1	8 years & up	Dive Ontario's Learn-to-Dive program is a nationally recognized award for all age groups. The purpose of the program is to teach progressive diving skills, poise, confidence and safety to participants. The program has two skill levels. Each incorporates Bronze, Silver and Gold achievement stages. Participants should have Swimmer 4 level swimming ability. Class Length: 60 min
Spring Board Diving Level 2	8 years & up	For those who have completed Level 1 Spring Board Diving Program and looking for more challenges. Participants will be able to work at their own pace on the next levels of the Dive Ontario's Learn-to-Dive program. Class Length: 60 min.
Kids Triathlon Training	6 years to 14 years	Most kids enjoy swimming, riding a bike and running. When you put them together you have a triathlon. A Triathlon is an individual sport that gives kids the opportunity to challenge themselves and have fun while promoting a healthy lifestyle. This program will introduce participants to the basics of the 3 sports of triathlon and will focus on preparing the kids to complete the annual Mississauga event. For more information on Mississauga's Kids Triathlon please contact our Customer Service staff at 905-615-4750. Class Length: 2hrs
Triathlon Swimming for Kids	6 years to 14 years	Erin Meadows Community Centre is the home of the Mississauga Triathlon and Cross Training Club. The club offers a coached weekly swim workout for kids who are interested in the sport of triathlon and leading a healthy and active lifestyle. Participants should be able to swim a minimum of one length (25 metres) of the pool. Goggles and a swim cap are recommended. www.mississauga.ca/portal/residents/erinmeadows Class Length: 60 mins.

Swimming Activity Description Chart

Activity	Age	Description
Triathlon Wave Training	12 years & up	Terry Fox Pool offers the only indoor Open Water Swim Training in the area. This program provides an opportunity for the Triathlete to practice their open water/wave swimming techniques all year round. Coached workout will provide feedback on technique, motivation and tips to swimming in open water. Whether you are an experienced athlete, or want to participate in your first endurance event this program is for you. Class Length: 1 hr and 45 mins.
Water Polo	7 years to 15 years	This program focuses on the three basic components in Water Polo: swimming - ball handling - shooting. Participants will be educated on the game and the knowledge of the Water polo basics. Participants must be able to swim one length of the pool. Class Length: 60 min.
Adult Learn to Swim Programs – see page 38 for course availability		
Fear Free Adult Semi-Private & Private Lessons	13 years & up	Small steps for success. You want to swim but your fear of the water stops you. Don't feel left out any longer. Take lessons in Huron Park's warm Therapy Pool. Begin feeling more comfortable in the water today. Instructor to student ratio is 1:3 per class for semi-private classes and 1:1 for private classes. Class Length: 30 min
Adult Teen Swimmer 101	13 years & up	You will work towards completing a 15 to 25m swim on your front and back. Learn to do jump entries from the side and support yourself at the surface for 10 – 20 sec. You'll be able to recover an object from the bottom of chest-deep water. Seniors fee available. Prerequisite: 13 years, beginner non-swimmer. Class Length: varies – see specific pool
Adult Teen Swimmer 201	13 years & up	You will work towards completing a 50 to 100m swim. Learn to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skill and strengths over 10m, and show off your handstands in shallow water. Seniors fee available. Prerequisite: 13 years, Adult 101 skill level recommended Class Length: varies – see specific pool
Adult Teen Swimmer 301	13 years & up	You will work towards completing a 200 to 300m continuous swims and sprinting 25m. Learn front crawl, back crawl and breaststroke over 100m, as well as sculling feet first and swimming 25m head-up. Seniors fee available. Prerequisite: 13 years, Adult 201 skill level recommended Class Length: varies – see specific pool
Adult Teen Semi Private (all levels)	13 years & up	Smaller class size allows for personal attention to be given on required components as needed by participants. Instructor to student ratio is 1:3 per class. Prerequisite: 13 years Class Length: 30 min.
Aquatic Exercise Programs see page 41 for course availability		
Aquafitness	15 years & up	This program is designed for non-swimmers and swimmers alike. The program is ideal for individuals who want to reduce the amount of stress placed on joints or for those who are interested in cross-training options from land based activities. Seniors fee available. Class Length: varies – see specific pool
Aqua Body Blast!	15 years & up	Looking for a challenge? Try this deep water workout that includes fat burning aerobics with strengthening, stretching, and toning components. A total body workout! Class Length: 45 min.
Aqua Yoga Tone	15 years & up	This class will blend the benefits of water yoga and utilize the power of water to tone and strengthen your body. This program is offered in Huron Park's therapy pool. Class Length: 60 min.
Aquafit and Preschool Splash N'Play	15 years & up	Would you like to take a daytime Aquafit class but have a preschooler at home? Why not bring him/her along? Register for Aquafit and Preschool Splash N'Play and enjoy a workout while your preschooler enjoys supervised learning through play in Huron Park's new warm Therapy pool. You can still see your little one while exercising uninterrupted. Adult registers for Aquafit (main pool) and each child registers separately. (therapy pool) Class Length: 45 min.
Deep End Aquafit	15 years & up	Classes are held in deep water using the buoyant belts for added support. Class design will include warm- up, cardio, muscle endurance and stretching. Seniors fee available. Class Length: varies – see specific pool
Deep End H2O Cardio, Guts & Butts	15 years & up	This program will contain a cardio H2O component and focus on toning and strengthening your back, hips and abdominal muscles. Class Length: 45 min.
Diaper Fit	16 years & up	Enjoy participating in an Aquafit class with your little one right beside you! This course is designed to provide an opportunity for the adult to participate in the exercise class, and involve the child as much as possible, for a fun and different workout. It is strongly recommended children be comfortable going in the water and be able to sit up on their own. Children must be between the ages of 6 months and 2 years. Class Length: 45 min.
Gentle Aquafit	15 years & up	This class is designed especially for people with physical limitations who want to keep fit. The class consists of a long warm-up, a short cardio component, a long muscle endurance segment and a long stretching component. Seniors fee available. Class Length: varies – see specific pool
H2O Cardio Guts and Butts	15 years & up	This program is offered for swimmers and non swimmers alike. Options will be given for shallow and deep water at the same time. The class will contain a cardio component and focus on toning and strengthening of your back, hips and abdominal muscles. SUMMER ONLY Class Length: 45 mins.

Swimming Activity Description Chart

Activity	Age	Description
H2O WAVE Workout	15 years & up	Take the WAVE challenge and experience the power of the water. This workout will be done the Terry Fox WAVE pool. Workouts will focus on fat burning, strengthening, stretching and toning in the shallow and deep ends of the pool with the resistance of the WAVE. While in the deep end you will use buoyant belts for support. Class Length: 45 min.
Tri-Splash N'Dash	18 years & up	Designed as a cardiovascular workout for participants, who want to get fit, are just getting into triathlons or who are seasoned athletes looking for pool space. Participants swim twice a week in this program. Class Length: 60 min.
Warm Water Aqua Guts & Butts	15 years & up	A workout in the warm Therapy Pool that focuses on toning and strengthening your back, hip and abdominal muscles. The perfect compliment to your high energy water workout. Class Length: 60 min.
Warm Water Gentle Aquafit	15 years & up	Offered only in Huron Park's Therapy pool. This class is designed especially for people who wish to stay fit and exercise in warmer water. This class consists of a long warm- up, safe movements, and a stretching component. Note: This is the only class offered in the therapy pool that has a senior rate attached. The rate is higher than that of regular Aquafit due to being in the therapy pool. Class Length: 45 min.
Water Running	15 years & up	Enhance your cross training program by joining a Water Running class. This invigorating class will challenge your cardiovascular workout, enhance your stamina, strength and improve your running techniques. Floatation belts and water gloves may be provided. This class is suitable for all fitness levels. Do not miss this opportunity to participate in a complete workout. This class takes place in the deep end. Class Length: 45 min.
Water Works	15 years & up	Enjoy the benefits of a workout in the water and experience a program designed to provide the opportunity to work on muscle toning using water weights with a limited amount of cardio. Whether you are a swimmer or a non-swimmer this program is sure to provide you with an energetic workout for a stronger, firmer you! Class Length: 45 min.
Yoga Tai-lates Water Combo	15 years & up	A whole new Aqua experience! Combining moves from Thai Chi, Yoga & Pilates in our Huron Park Therapy Pool makes this warm workout an ideal class for improving range of motion, balance and mobility. Class Length: 60 min.
Aquatic Post Rehabilitation Instructor: CALA Healing Waters Program	17 years & up	The City of Mississauga sponsors the CALA Healing Waters Program for prospective Aquatic Post Rehabilitation Instructors. This program is designed to provide high quality, current, research based training and certification in aquatic post rehabilitation and water exercise for specialized courses. This course will include the CALA Aquatic Post Rehabilitation prep course and CALA Aquatic Arthritis and Joint Replacement Course. The program provides 22 hours of applied leadership training including theory and practical components. This course provides the necessary skills to enable you to instruct a safe and effective class for participants who have arthritis or are completing a rehabilitation program. Prerequisites: An approved basic aquatic exercise instructor certification. Experience in the rehabilitation field is an asset. Course fee includes all course materials, certification costs and cost of membership with the Canadian Aquafitness Leaders Alliance. Course Length: 22 hours.
CALA Aquatic Fitness Instructor Courses		The City of Mississauga sponsors these courses for prospective Aquatic Fitness Instructors. The program is 40 hours in length. Upon successful completion of the certification requirements you will become knowledgeable and certified as a Canadian Aquafitness Leaders Alliance (CALA) Instructor. These courses provide the leader with the tools necessary to facilitate safe, productive and innovative classes. The courses are based on practical application of the theory using an integrative approach to learning. The course content meets the needs of experienced aqua fitness leaders as well as lifeguards, aerobic instructors, rehabilitation specialists, personal trainers, coaches, participants and aspiring leaders.
Part One: Vertical Water Training – The Kopansky Method	17 years & up	Part One: Vertical Water Training – The Kopansky Method This course will focus on the holistic leadership approach; principles of training and components of fitness as related to water, magical properties of water (aqua physics), a comprehensive movement bank; risk management; applied anatomy and applied physiology for water training. You will also learn how to modify a variety of aquatic exercise moves to suit a diverse population. Course fee includes all course materials, certification opportunity and membership fees with the Canadian Aquafitness Leaders Alliance. Course Length: 24 hours
Part Two: Group Aqua Fitness	17 years & up	Part Two: Group Aqua Fitness This course will expand on the movement bank, fine tune your group teaching and communication skills and give you lots of practical experience to help prepare you for teaching group recreational aqua fitness classes. Course fee includes all course materials, certification costs and cost of membership with the Canadian Aquafitness Leaders Alliance. Course Length: 16 hours
Aquatic Therapy Programs– see page 44 for course availability		
Aquatic Personal Training	15 years & up	Aquatic personal training provides a customized workout program utilizing the weightlessness of water. Whether you need hydrotherapy, fitness related exercise or sport specific training; our qualified aquatic trainers can help you reach your goals. You will receive a laminated workout card detailing your specific exercise inventory. Training sessions are suitable for people requiring hydrotherapy as per doctor's instructions. Class Length: varies

Swimming Activity Description Chart

Activity	Age	Description
Back Rehab and Functional Movement	15 years & up	This program features exercise progressions for chronic back pain and orthopaedic conditions. This program will address muscle imbalance, improve core stability, increase muscle strength, range of motion, and functional movement patterns. This class will start each week in the chest deep water of the main pool with functional walking patterns and move to the warm waters of Huron Park's Therapy Pool for muscle conditioning and stretching. This program is suitable for participants with chronic back pain, Parkinson's, pool balance, or for anyone who has challenges walking after surgery or an injury. Class Length: varies
Hip Knee and Back	15 years & up	For people who are coping with hip and knee joint degeneration. The program will focus on range of motion for the joints, muscle conditioning, balance and postural training. Recommended for Pre and Post operative conditions. This class is held in the Therapy Pool. Class Length: 60 min
Moving Waters for M.S. and Strokes	15 years & up	This program is in our main pool at a temperature of 84 degrees to prevent overheating while exercising. The program is designed to improve mobility, flexibility, balance, coordination and endurance. Participating in exercise programs has been proven to help improve quality of life for M.S. and stroke survivors. The Huron Park program will be focusing on M.S. participants and the Terry Fox program will be focusing on Stroke Survivors. Please register accordingly. Class Length: varies
"Oh My Aching Body" Arthritis Workout	15 years & up	Recommended for people who suffer from arthritis, fibro myalgia and osteoporosis conditions and need to exercise in warm water. Movements are taught with consideration and education of safe moves. This class is held in the Therapy Pool. Also suitable for people who suffer from Parkinson's disease. Class Length: 60 min.
Open Therapy Program (O.T.P.)	13 years & up	A daily drop in program for individuals who require space and time in the therapy pool to work through prescribed exercises. Participants may be bringing their personal therapist or work independently. There is no instructor for this pool time. A qualified lifeguard and specialty equipment will be available for your use. Pay-as-you go daily drop-in rates apply or Therapy Pool Membership is required to access this program. See page 44 for details.
Therapy 'Sauga Stroke Breakers	13 years & up	A therapeutic recreation day program which consists of a swim session, Tai Chi and a choice of arts and crafts, cards, board games, bowling, golf, table tennis and shuffleboard. Please note: all participants are required to provide a doctor's referral and new participants are required to have an interview/assessment prior to acceptance. Call 905-615-4670 for more information. Class Length: 4 hrs 15 mins.
Warm Water Stroke Rehab Therapy	15 years & up	Recovering from a stroke? This class will focus on range of motion, muscle conditioning, balance, gait and postural training. Also suitable for people who suffer from Parkinson's disease. Class Length: 60 min.

Aquatic Community Groups		
Introduction to Synchronized Swimming		Developed by the Canadian Amateur Synchronized Swimming Association (CaSSA) See Community Groups page 260.
Introduction to Competitive Swimming		Mississauga Wave Program run by the Mississauga Swimming Development Club (MSDC) See Community Groups page 260.
Masters Swimming		Mississauga Masters Swim Club offers adults a coached swim practice; three times per week. See Community Groups page 260.



JERRY LOVE
CHILDREN'S FUND

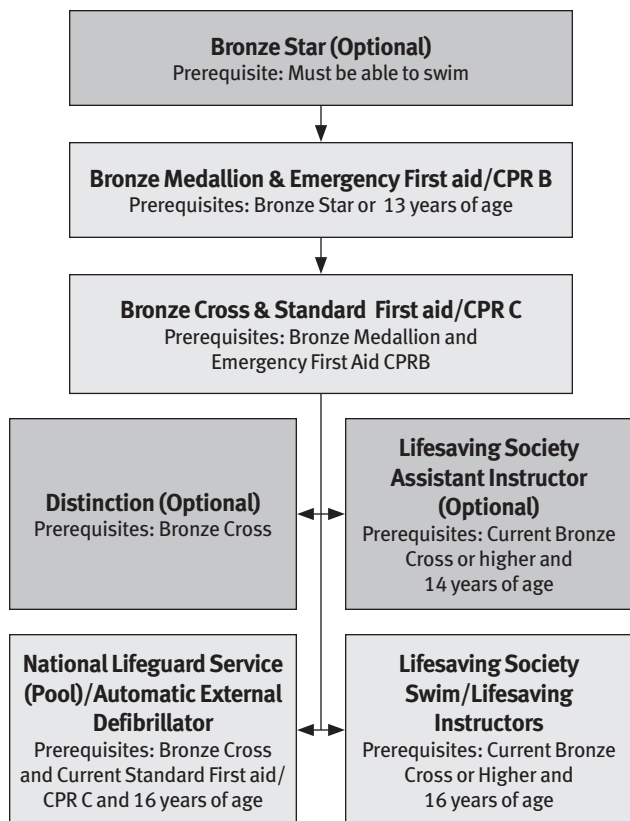
Your Contribution is Appreciated

Mississauga Recreation and Parks invites interested businesses, service clubs and individuals to participate in the Jerry Love Children's Fund by making a donation to the fund at any community center or at the Civic Centre, 2nd floor.

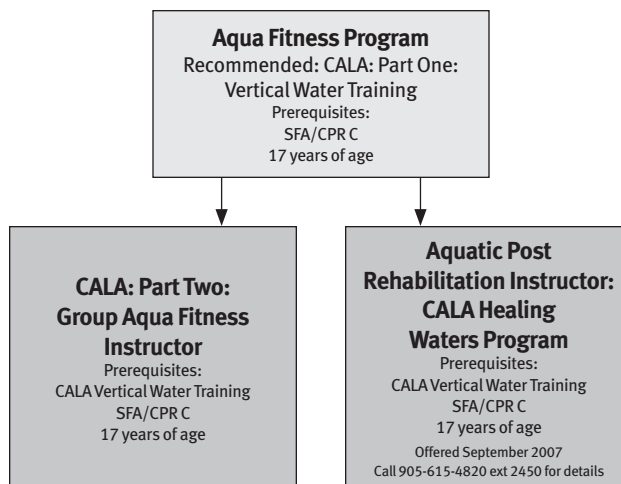
Donations are tax deductible and go to support recreation program fees for needy children 15 years of age and under. Families access the fund through a variety of social service agencies including the Region of Peel Social Assistance, the Children's Aid Society, and the Board of Education Social Workers. The fund operates without municipal tax dollars. For more information on making a contribution or receiving a subsidy, call 905-896-5322.

Lifesaving Society Leadership Program/Aquatic Fitness Leadership Program

Lifesaving Society Leadership Program



Aquatic Fitness Leadership Program



For Course Information, please see the Aquatic Exercise programs on page 41.

To be considered for employment as an Aquafitness Instructor by the City of Mississauga you need to be a graduate of a recognized Aquafitness Instructor Program and working towards certification.



Give the Gift of Recreation

Looking for that ideal birthday present? Mother's Day got you stumped? Would Dad not love the chance to stay fit? How about the gift of recreation for your graduate?

Gift certificates are available for registered programs, fitness memberships, personal training and swim/skate passes. Give the gift of recreation.

To learn more about these gift giving ideas consult the Active Mississauga brochure. Visit us online at www.mississauga.ca/rec&parcs, speak to a Customer Service Representative in person or call 905-615-4100.