

## 2024 Mooredale Pool Club – Swimming Lesson Registration and Information

Mooredale Pool Club offers group and private swim lessons to active Pool Club members and Mooredale House members during the pool season.

Group lessons can be registered online through [CampBrain](#).

For private lessons, please complete the [2024 Mooredale Private Swim Lesson Request Form](#). Please submit one online private lesson request form for each individual and indicate if siblings are also enrolled.

<b>2024 Fees</b>	<b>Pool Club Members</b>	<b>Mooredale House Members</b>
<b>Private Lessons</b> (30 minutes)	\$50 per swimmer	\$60 per swimmer
<b>Semi-Private Lessons</b> (30 minutes)	\$40 per swimmer	\$50 per swimmer
<b>Group Lessons</b> Parent & Tot, Preschool and Swimmer, Swim Patrol Levels (10-lesson session)	\$170 per swimmer	\$195 per swimmer
<b>Bronze Star</b>	\$335 per candidate	\$360 per candidate
<b>Bronze Medallion</b>	\$360 per candidate	\$385 per candidate
<b>Bronze Cross</b>	\$360 per candidate	\$385 per candidate
<b>Emergency First Aid</b>	\$105 per candidate	\$110 per candidate
<b>Standard First Aid</b>	\$135 per candidate	\$140 per candidate

To renew/register for a Pool Club membership and/or a Mooredale House membership, please contact Catherine Loeffler by email at [cloeffler@mooredale.on.ca](mailto:cloeffler@mooredale.on.ca) or by phone at 416-922-3714 ext 102.

For more information on the available programs at the pool in the 2024 season, please continue reading below. You may contact the Pool Office by email at [poolclub@mooredale.on.ca](mailto:poolclub@mooredale.on.ca) or by phone at 416-922-3714 ext 121.

## **Group Swimming Lessons (Ages 6 months to 18 years)**

Group lessons are 25 minutes in length and run Monday to Friday (excluding July 1st and August 5th) between 9:00am – 11:30am in two-week sessions. Group lesson registration is available until maximum capacity is reached. Registration is open on [CampBrain](#) for Parent and Tot, Preschool and Swimmer Levels. Group lessons run rain or shine.

### **Group Lesson Sessions:**

- **Pre-Session:** June 17 – 28
- **Session 1:** July 2 – 12
- **Session 2:** July 15 – 26
- **Session 3:** July 29 - August 9 (omit August 5 for Civic Holiday)
- **Session 4:** August 12 – 23

During registration, there will be a form on CampBrain where you are asked to list your preferred lesson time ranges. A confirmation email will be sent to parents on the confirmed lesson time one week before the session begins, along with your instructor for the session.



### **SWIM LESSON PROGRAMS**

If you would like any help with registering your child in the appropriate level, please email [poolclub@mooredale.on.ca](mailto:poolclub@mooredale.on.ca) or call the **Pool Office at 416-922-3714 ext 121.**

In order to ensure that classes begin on time, and that instructors have the opportunity to record swimmer progress, prepare for the next lesson, and deliver children to their caregivers, please arrive 5 minutes early for your scheduled lesson.

## **LIFESAVING SOCIETY SWIM PROGRAM**

Continuing in 2024, Mooredale will deliver the swim curriculum designed by the Lifesaving Society. The Lifesaving Society Swim for Life program allows children to progress at their own rate based on ability. All children who have participated in the previous curriculum will continue their progress in an equivalent level in the Swim For Life curriculum.



### **SWIM FOR LIFE PARENT AND TOT**

The [Swim for Life Parent and Tot](#) program is designed for **parents and children aged 4 months to 3 years** (birth years 2021 to 2024). Parents should register their child in the level appropriate for their age. **A parent or caregiver must participate in the water with their child in Parent and Tot lessons.** Parents do not have to be able to swim themselves, but they must feel comfortable in shallow water. The importance of play is valued to develop water-positive attitudes and skills.

### **SWIM FOR LIFE PRESCHOOL**

The [Swim for Life Preschool](#) program is designed for **children aged 3-5 years old** (birth years 2019 to 2021), **without the assistance of a parent or caregiver.** Children enter levels based on age and progress based on ability. Preschool 1-5 provides a fun environment for children to get comfortable in the water and develop a foundation of water skills.

### **SWIM FOR LIFE SWIMMER**

The [Swim for Life Swimmer](#) program is designed for **children five years and older.** Swimmer 1 – 6 allows children to progress at their own rate, while developing knowledge and skills based on water safety and swimming skills.

### **CANADIAN SWIM PATROL**

The Canadian Swim Patrol program is designed for **children who have successfully completed Swimmer 6.** Canadian Swim Patrol (Rookie, Ranger and Star Patrol levels) continues to develop individuals' swim strokes and provides the skill foundation that prepares participants for the Lifesaving Society's Bronze medal awards.

### **GROUP LESSON REFUND POLICY**

Refunds of 60% will be given for emailed cancellation requests (stating the reason) submitted at least 2 weeks before the lesson start date. No refunds will be given after this date.

No pro-rated refunds, credits or make-up classes will be given when classes are cancelled due to severe weather, pool fouling, or other emergency pool situations.

**Session Transfer Fee** – A \$25 administrative fee will be charged to transfer from one session to another within 2 weeks of the start date for the original lessons.

## Private & Semi-Private Swimming Lessons (Available for All Ages)



**Important: Full payment (ONLY accepting credit card) is required before each lesson is taught.** Private lessons can be scheduled based on instructor availability from:

- Monday-Friday (excluding holidays)
  - 9:00am – 11:30am (beginning June 17th)
  - 2:00pm – 3:15pm
  - 3:30pm – 6:00pm
  - 7:30pm – 9:00pm
- Saturdays and Sundays (excluding holidays)
  - 10:30am – 12:15pm
  - 2:00pm – 3:15pm
  - 3:30pm – 6:00pm
  - 7:30pm – 9:00pm

Members who wish to arrange for private lessons should complete the [2024 Mooredale Private Swim Lesson Request Form](#). For more information, members can call the Pool Office and/or email [poolclub@mooredale.on.ca](mailto:poolclub@mooredale.on.ca) or [jhui@mooredale.on.ca](mailto:jhui@mooredale.on.ca).

For private lesson payment, we will be charging the credit card on file at the end of the week, and an invoice will be sent after the charges are processed.

### **IMPORTANT – Cancellation Fee Policy for Private/Semi-Private Lessons:**

Cancel 24 hours or more in advance – No Fee  
Cancel less than 24 hours in advance – Full Lesson Fee  
No Show – Full Lesson Fee

Private/semi-private lessons take place rain or shine.

### **PRIVATE LESSON REFUND POLICY**

In the event of thunderstorms, severe weather, pool fouling or emergency situations, the pool may be closed and lessons may be cancelled. The full lesson fee will be charged if more than 15 minutes of the 30-minute lesson has been taught. There will be no charge for lessons shorter than 15 minutes.

## LIFESAVING SOCIETY AWARDS

Participants in the Lifesaving Society awards program **must be available for the required examination** on the last day of classes (determined by their instructor) to have the opportunity to receive their qualification.



### **Bronze Star** (Minimum age 10)

- June 17 – 28 @ 10:00am – 11:30am
- August 12 – 23 @ 10:00am – 11:30am

Bronze Star provides excellent preparation prior to Bronze Medallion. There are no prerequisites for Bronze Star, however it is strongly recommended that they have completed Canadian Swim Patrol. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

A few items that will be taught:

- Drowning resuscitation (on a manikin): single-rescuer for adult and child situations
- Rescue drill: 25-meter head-up swim to a partner and tow to starting position
- Fitness challenge: 400-meter fitness training workout
- And many more!!!

For a full list of items in the Bronze Star course, please visit online at the following link: [Bronze Star - At A Glance](#).

### **Bronze Medallion and Emergency First Aid** (Minimum age 13, or Bronze Star)

- June 17 – 28 @ 9:00am – 11:30am
- August 12 – 23 @ 9:00am – 11:30am

Bronze Medallion and Emergency First Aid challenges candidates in their water rescue judgment, knowledge, skill and fitness necessary for aquatic environments. Candidates must be at least 13 years old or have a Bronze Star certificate. Bronze Medallion is a prerequisite for Bronze Cross.

A few items that will be taught:

- Rescue Process: Ladder Approach and Rescuer's Checklist
- Submerged Victim Recovery: recover an unconscious victim from deep water
- Endurance Challenge: Swim 400 metres within 12 minutes
- And many more!!!

For a full list of items in the Bronze Medallion course, please visit online at the following link: [Bronze Medallion - At A Glance](#).



## **Bronze Cross** (Pre-requisite: Bronze Medallion and Emergency First Aid)

- June 17 – 28 @ 9:00am – 11:30am
- August 12 – 23 @ 9:00am – 11:30am

Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills, and the importance of teamwork and communication are emphasized. Bronze Cross is a prerequisite for National Lifeguard.

A few items that will be taught:

- Two-rescuer drowning resuscitation: for adult, child and infant situations
- Spinal Injury Management: respond to breathing or non-breathing suspected spinal-injured victim in shallow water or on land
- Object recovery: Swim 15 m, recover 4.5 kg (10 lb.) object, surface & carry for 5 m
- And many more!!!

For a full list of items in the Bronze Cross course, please visit online at the following link: [Bronze Cross - At A Glance](#).

## **FIRST AID COURSES**

### **Emergency First Aid with CPR-B**

- Saturday July 20 @ 11:00am – 7:00pm

Emergency First Aid provides general knowledge of first aid principles and treatment of injuries (includes victim assessment, CPR, choking, external bleeding, heart attack, stroke, wounds and burns). Emergency First Aid is a prerequisite to Bronze Cross.

A few items that will be taught:

- Primary and secondary assessment of a victim
- One-rescuer adult, child & infant cardiopulmonary resuscitation and how to use AED
- Recognition and care of a victim suffering from hyperventilation, asthma, external bleeding, heart attack, angina, stroke, abdominal injury, burn injury, etc.
- And many more!!!

For a full list of items in the Emergency First Aid course, please visit online at the following link: [Emergency First Aid - At A Glance](#).

### **Standard First Aid with CPR-C**

- Saturday-Sunday August 10-11 @ 11:00am – 7:00pm

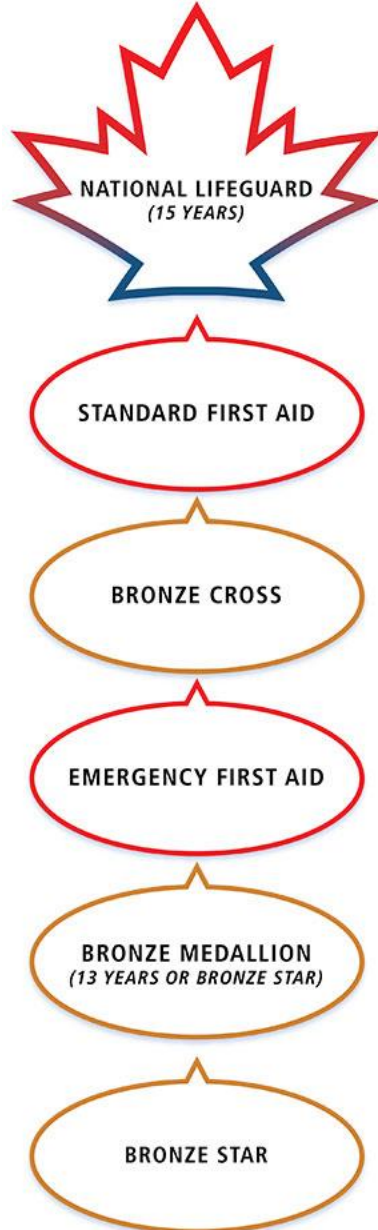
Standard First Aid provides comprehensive first aid training (includes Emergency First Aid, legal implications of first aid treatment, heat or cold injuries, bone and joint injuries, and medical emergencies). Standard First Aid is a prerequisite to National Lifeguard.

A few items that will be taught:

- Two-rescuer adult, child and infant cardiopulmonary resuscitation
- Recognition and care of a victim suffering from heat cramps, heat exhaustion, heat stroke, hypothermia, frostbite, bone or joint injury, seizure victim, spinal injury, head injury, chest injury, diabetic emergency, etc.
- And many more!!!

For a full list of items in the Standard First Aid course, please visit online at the following link: [Standard First Aid - At A Glance](#).

## How to Become a Lifeguard



Please note that Mooredale typically looks for individuals who can fill both the swim instructor and lifeguard positions. If you would be interested in a Swim Instructor-Lifeguard position, please send your resume, cover letter and qualifications to [poolclub@mooredale.on.ca](mailto:poolclub@mooredale.on.ca) around December 2024/January 2025.

For more information on how to become a swim instructor and where courses may be offered, please visit: [Lifesaving Society Swim Instructor Information](#).