



Recreation Program Description Reference Guide

UPDATED: WINTER 2024



HALIFAX

Program Descriptions

Parent & Tot	01
Preschool	02
Child/Youth	04
Adult	11
Dance	12
Yoga	15
Aquatic Programs	19
The Swim Patrol.....	22
Swim Level Chart - recommendations.....	24
Skating	26
Skating Level Descriptions	26
Power Skating Level Descriptions	28
Sportball Programs offered in Partnership with Sportball Atlantic	29



Parent & Tot

PARENT & TOT

This program offers parents/caregivers a safe, non-structured 'free play' environment where they can participate with their little ones. Toys and equipment are provided. The program provides opportunity for motor skill development, social interaction and lasting friendships.

PARENT & TOT DANCE

Parents/caregivers and their little ones can dance together in a relaxed environment. This program encourages movement and strengthens bonds while you move, learn and dance together.

NATURE PLAY: PARENT & TOT

Parents and young children will enjoy play time spent outdoors exploring, discovering and learning. Nature crafts, activities and games. Scavenger hunts, painting trees with water, loose parts play and nature walks!

PARENT & TOT YOGA

This program is for parents and young children to explore the world of yoga together. An adult must participate with their child.

Preschool

Unparented - Drop off format, child participates independently. Parents/care givers wait in viewing area.

PRESCHOOLER ARTS & CRAFTS

Preschoolers can dabble in arts & crafts activities and explore their creative side while sharing and socializing.

PRESCHOOLER PLAY (KIDDIE CAPERS / ABC & ME)

During this play and socialization program for preschoolers, participants will partake in activities such as arts and crafts, music and games. Classes incorporate outdoor play (weather permitting).

PRESCHOOLER SPORT (GYM DANDY / LITTLE SPORTS)

Join us for games, active play and lots of energy burning fun! We'll bring out the sports equipment and the little ones will have a blast!

CREATIVE MOVEMENT

Introduce your preschooler to the wonders of movement in a safe and fun environment. Children will engage their creative side through a variety of music and dance. An opportunity to enhance coordination and gross motor skills.

MUSIC KIDS

Introduce your preschooler to the world of music which helps the body and mind to work together. This program provides a space for children to engage their musical side through a variety of instruments, songs and rhythm.



BASKETBALL

With age-appropriate balls and nets this program is perfect for preschoolers. Play, learn and move in a fun & active learning environment.

TUMBLEBUGS

Tumblebugs is an introductory program for preschoolers of basic movement and modified gymnastics that is fun, safe, inclusive and developmentally appropriate. Directed and exploratory learning is fostered through both active and quiet play. Tumblebugs is about fundamental movement skills that support healthy growth and development and improve physical literacy.

SOCCER - ACTIVE START

The preschool Active Start Soccer program focuses on developing fundamental movement skills. It provides players with an opportunity to practice their soccer skills, make friends, be healthy and gain life skills. Each session contains skills development, fun activities and mini games.

NATURE PRESCHOOL

Children participate in nature-based themes, stories, crafts and activities outside in the park. Group meets outdoors and explores the woods together.

LOOSE PARTS PLAY

Loose parts provides outdoor unstructured play. Participants will create, explore and play in the woods. Participants will be encouraged to play, build, and create using different materials.

Child/Youth

ART

Learn the basics of art through a variety of mediums. This program introduces concepts which will encourage creativity and imagination.

BABYSITTER BASICS

This course teaches youth the fundamental skills necessary to care for younger children. This includes basic first aid skills, managing challenging behaviours and encourages confidence and responsibility.

BALLET

This introductory program focuses on teaching kids the basic skills of ballet such as positioning, across the floor movements and small routines in a recreational environment. The emphasis of this program is on fun and participation.

COOKING (KIDS IN THE KITCHEN)

Students will have fun in the kitchen while making some tasty snacks! A great opportunity to learn about healthy selections and kitchen safety. Recipe reading and measuring will be introduced.

CHESS

Students will learn the fundamentals of the game and work on improving their concentration and strategic thinking.

DAY CAMP (INSERVICE / HOLIDAY / MARCH BREAK)

Campers will participate in a variety of age-appropriate activities, including active and cooperative games, sports, crafts, outdoor play and special events.

DRAMA

Participants will enjoy a variety of improv-based games and scenes. A class for any child who wants to explore their creative side with emphasis on fun and participation.

GUITAR

Children will learn the basics of guitar in a recreational environment. This introductory course will meet the child at their current skill level with an emphasis on fun and participation. No previous experience is required. **Guitars will not be provided at majority of program locations. A limited number of loan guitars will be available at a few program locations - please inquire before registering.**

HOME ALONE SAFETY

This program is designed to provide students ages 9-12 years with skills and knowledge to be safe and responsible while home alone for short periods of time.

HIP HOP

This introductory program focuses on teaching children the basic skills of hip hop dance such as positioning, contemporary and free movements and small routines in a recreational environment. The emphasis of this program is on fun and participation.

JAZZ DANCE

This introductory program focuses on teaching the basic skills of jazz such as positioning, across the floor movements and small routines in a recreational environment. The emphasis of this program is on fun and participation.

HIGHLAND DANCE

This introductory program focuses on teaching the basic skills of highland dance, a form of solo dancing, including the combination of steps and some integral upper body, arm and hand movements. The emphasis of this program is on fun and participation.

PIANO

Children will learn the basics of piano in a recreational environment. This introductory course will meet the child at their current skill level with an emphasis on fun and participation. No previous experience is required.

TAE KWON DO

Tae Kwon Do is a Korean martial art focusing on punching and kicking techniques. Children will learn the basics of tae kwon do with an emphasis on building confidence, flexibility, balance and strength. No previous experience is required.

YOGA

Yoga encourages balance, flexibility and strength in mind and body with basic postures, breathing exercises and meditation. No previous experience is required.

ZUMBA

This Latin-inspired dance workout is a popular group exercise class. The high-energy classes are set to upbeat music and feature dance moves that are sure to get your heart pumping and your feet moving. No previous experience is required.

JR. SCIENTISTS

Children will explore and discover various aspects of science, through discovery and experiments.

ARCHERY

This introductory program focuses on teaching children the basic skills of archery such as proper posturing, patience and aiming in a recreational environment. The emphasis of this program is on safety, fun and participation.

BADMINTON

This introductory program will teach children the basic skills of badminton with an emphasis on fun and teamwork. This racket sport is played as singles or doubles and the pace depends on the skill of fellow players.

BASKETBALL

This program focuses on teaching children the basic skills of basketball such as dribbling, passing and shooting in a recreational environment. The emphasis of this program is on fun and participation.

CHEERLEADING

This program focuses on teaching children the basic skills of cheerleading such as jumps, movements and dances in a safe, recreational environment. The emphasis of this program is on fun and participation.

DUNGEONS AND DRAGONS

Youth will join a group of players in this fantasy tabletop role playing game. Together they will tell a collective story, guide heroes through dangerous quests to search for treasure, battle deadly foes and even carry out daring rescues.

FLOOR HOCKEY

This program focuses on teaching children the basic skills of floor hockey such as ball handling, passing and shooting in a recreational environment. The emphasis of this program is on fun and participation. All equipment will be provided for use during the program.

GYMNASTICS

This program focuses on teaching children the basic skills of gymnastics, including: somersaults, handstands, cartwheels, etc. in a recreational environment. The emphasis of this program is on safety, fun and participation.

JUGGER

Jugger is a fun and competitive sci-fi inspired sport that combines rugby and fencing.

SOCCER

This program focuses on teaching children the basic skills of soccer such as dribbling, passing and shooting in a recreational environment. The emphasis of this program is on fun and participation.

TENNIS

This program focuses on teaching children the basic skills of tennis such as serving, returning and proper holds in a recreational environment. The emphasis of this program is on fun and participation.

VOLLEYBALL

This program focuses on teaching children the basic skills of volleyball such as serving, volleying and bumping in a recreational environment. The emphasis of this program is on fun and participation.

3D SCULPTING AND PRINTING

Dive into 3D printing! In this program we'll teach you how to design and print your own custom items!

ANIMATION COLLABORATION

Explore the world of animation with us! Participants will work in groups to make short, animated films, learn how to storyboard and work with traditional and digital animation. Ends with one final collective short film project.

TABLETOP ROLE PLAYING GAME (TTRPG)

Join us for a single session of rules-light, easy to pick up tabletop roleplaying games. Be a crew of bears pulling a heist to steal a payload of honey! A food wizard! A funny little guy! The multiverse is weird and the worlds within infinitely varied! Adventure awaits!

YOUTH PADDLE NIGHTS

Join our trained kayak staff for an evening of paddling along the Northwest Arm in Halifax. The group will be taught basic safety and paddle strokes before exploring the coastline. This session is recommended for anyone who is new to kayaking or likes to paddle at an easy pace.

ROLLER SKATING

This program is designed for beginners with little or no roller-skating experience. The program will focus on the fundamentals of roller skating with an emphasis on fun and participation. Skills include falling and getting up unassisted, balance, posture and turning.

Note: Approved multi-impact hockey/skating helmet mandatory for all participants. If required, roller Skates, helmets and protective gear can be provided.

SKATEBOARDING – BEGINNER

This program focuses on teaching the basic skills of skateboarding such as balancing, pushing and stopping in a recreational environment. Emphasis of this program is on fun and participation.

Note: Approved multi-impact hockey/skating helmet mandatory for all participants. If required, skateboard, helmet and protective gear can be provided.

SKATEBOARDING – RAMPS & RAILS

This program focuses on teaching participants how to balance push and stop using skateboarding ramps and rails in a recreational environment. Emphasis of this program is on fun and participation. Previous skateboarding experience required.

Note: Approved multi-impact hockey/skating helmet mandatory for all participants. If required, skateboard, helmet and protective gear can be provided.

KNIT & KNOT

Participants will be given weekly tutorials on basic knitting and crochet techniques, patterns for simple one-hour projects and/or support with their current projects. The emphasis of this program is on fostering creativity, self-expression and practical skill-building.

SEWING – BEGINNER

This intro to sewing course will teach the fundamentals of sewing while having fun, including machine safety, basic sewing stitches and hand stitching. Participants will complete a sewing project at the end of the program. Sewing equipment and supplies will be supplied to all participants.

SEWING – PATTERN DRAFTING

The course will teach the beginning phases of how to create and understand the components of fitting a basic block. Participants will pair off taking measurements and implementing them onto a paper pattern. Basic sewing knowledge and skills will be a pre-requisite in this program or completion of beginner sewing. Sewing equipment and supplies will be supplied to all participants.

YOUTH DANCE – STOMPING

This introductory STOMP dance class will present an opportunity for youth to learn African heritage through music and dance. STOMP provides a meeting place for youth to dance and have fun each week. Emphasis of this program is on fun and participation.

YOUTH DANCE – TIKTOK

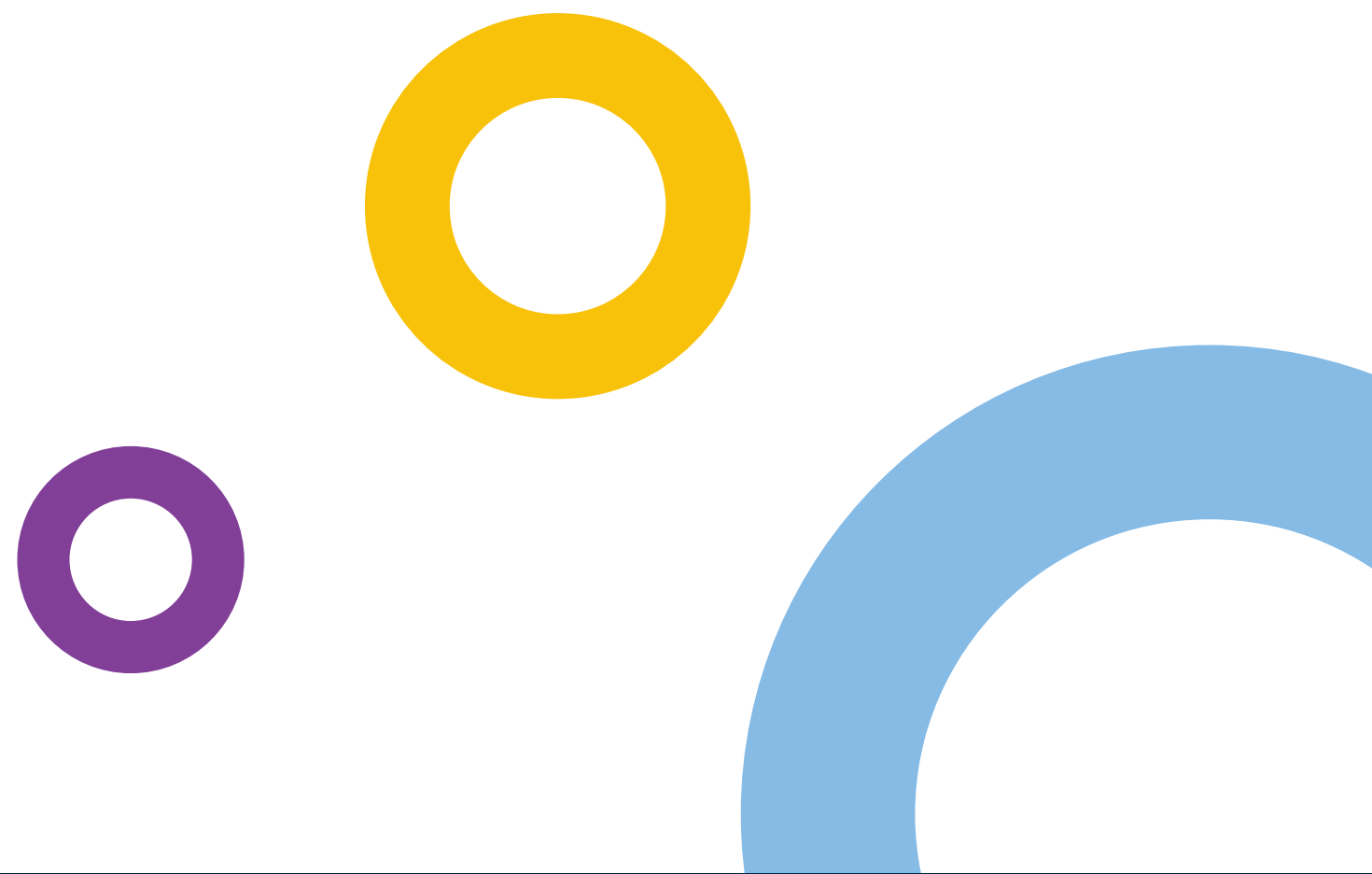
This introductory class will teach age appropriate TikTok dance routines to your favourite songs. Emphasis is on fun and participation.

AFTER SCHOOL DROP-IN PROGRAM

This after school program is for elementary students. Participants will engage in a variety of age-appropriate activities, including active games, sports, cooperative games, crafts and outdoor play. Emphasis of this program is on fun and participation.

LEARN TO BOX

Participants will learn foundational skills of boxing including bodyweight training, basic punches and combos. Participants will have the chance to practice on heavy bags and training mitts. There will be no sparring in this course. Participants are encouraged to bring their own hand wraps and gloves, if possible. If you require equipment, please contact your preferred Rec Centre before registering.



Adult

ACRYLIC PAINTING

Adults will learn how to paint in the versatile medium of acrylics. Acrylic paints are water-based and quick-drying so they can be used on a variety of surfaces, plus they are the preferred medium for those learning to paint. **Supplies required.**

BRIDGE

Adults will learn how to play Bridge, a classic card game of strategy played in teams of two. Participants will learn and practice the basics of this card game – also great for those who need a refresher.

COOKING

Are you looking for a fun and informative culinary experience? This program provides adults with great tips and techniques to help make cooking more fun and less work.

DRAWING/SKETCH & DRAW

Adults will learn the basics of drawing such as shape, shading form etc. using pencil, charcoal and pastels. Supplies can be purchased at local art supply stores.

BASIC WORKPLACE FIRST AID

This basic one-day course offers lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home.

FITNESS CLASSES

A variety of styles are offered with the goal of being active in a fun and comfortable environment. Most classes involve a combination of cardio, strength, resistance and stretching exercises.

Dance

BALLROOM

Adults will learn dances such as the Salsa, Bachata, Merengue and Jive. Basic patterns of each dance will be taught and will cover rhythm count, lead and follow. **Register both partners.**

TANGO

Classes will focus on Argentine tango fundamentals such as walking, embrace, posture, balance, leading and following using open and close embrace and navigation on the dancing floor. **Register both partners.**

LINE DANCING – CARDIO FITNESS

This introductory CARDIO Line Dance class will blast your cardio endurance through the roof, as we perform a total body cardio-workout to the beat of '90s R&B, Hip Hop and current hits. Burn up to 500 calories through repetition and fun upper/lower body and core movements. Emphasis of this program is on fun and participation.

LINE DANCING – COUNTRY

This introductory Country Line Dance class will blast your cardio endurance through the roof, as we perform a total body cardio-workout to the beat of today's country hits. Burn up to 500 calories through repetition and fun upper/lower body and core movements. Emphasis of this program is on fun and participation.

BACHATA DANCE

This class will outline the basic body movements, steps, postures and rhythms for this dance style.

SOMATICS

This program involves a series of specific exercises that reconnect the brain with the muscles so you can let go of tightness in the body. The movements are slow and mindful and are preferably performed on the floor but can also be done sitting in a chair or standing up.

GUITAR

This program is for adults that are brand new to guitar. The basics are covered for both acoustic and electric guitars. **Guitars will not be provided at most program locations. A limited number of loan guitars will be available at some locations, please inquire before registering.**

MIXED MEDIA

Looking for an outlet for your creative energy? Students will choose their medium of interest (i.e., acrylics, charcoal, watercolours and pastels) and receive guidance and inspiration from the instructor. **Supplies required.**

MINDFUL ART

This class offers you a time and place to explore your creativity through art, as well as techniques to undo creative blocks. The activities explore drawing and painting abstractly, from observation, from imagination, and collage. The instructions include lots of options for adapting to your own needs. **Supplies required.**

OIL PAINTING

Oil paint is slow drying and versatile, allowing you to easily manipulate it on the canvas and perhaps cover up a mistake! Learn about mixing, blending, scraping and proper brush technique in this beginner class. **Supplies required.**

SALSA DANCE

This class will outline the basic body movements, steps, postures and rhythms for this dance style.

MULTI-DANCE

This program will touch on all different styles of dance including Ballet, Jazz, Hip Hop and more!

PAINT NIGHT

Whether you think you are artistic or not, you're bound to have fun at this event. Materials and instruction provided. A fun filled night where you get to be an artist and go home with your masterpiece!

PHOTOGRAPHY

Instruction focuses on how to take better photos through composition and how to adjust your camera to photograph different styles (portrait, landscape, action, etc.) Curriculum will be adjusted based on the questions and requests of the students. **Bring your own DSLR camera.**

POTTERY

Explores the basics of forming and shaping clay. This course introduces glazing, firing and designing.

WATERCOLOURS

This class provides basic understanding of how to paint successfully with watercolours. Learn to mix and apply pigment to paper. **Supplies required.**

PILATES

Concentrates on posture, balance and flexibility. Each class will work to strengthen your body with an emphasis on core strength.

ZUMBA

This Latin-inspired dance workout is a popular group exercise class. The high-energy classes are set to upbeat music and feature dance moves that are sure to get your heart pumping and your feet moving. No previous experience is required.

TAI CHI

Originally developed for self-defence, Tai Chi has evolved into a graceful form of exercise that is often described as meditation in motion. Tai Chi promotes serenity through gentle, flowing movements, often resulting in enhanced flexibility, balance and agility.

Yoga

Yoga encourages balance, flexibility and strength in mind and body with basic postures, breathing exercises and meditation. *Yoga mats will not be provided. Participants must bring their own mat.*

KRIPALU YOGA

a great option for those who want to work at a slower, gentler pace.

CHAIR YOGA

an adapted yoga practice that allows participants to stay seated while practicing yoga focused poses.

YIN YANG YOGA

blends two styles of yoga into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

FLOW YOGA

involves moving dynamically from one posture immediately into another, following the breath.

RESTORATIVE YOGA

Restorative yoga encourages physical, mental and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing.

QI GONG

A system of coordinated body-postures and movement, breathing and meditation used for the purposes of health, spirituality and martial-arts training.

NORDIC POLE WALKING

Nordic Pole Walking is a low-impact fitness activity that offers benefits for health, fitness and wellness. This form of exercise enables you to incorporate both upper and lower body activity.

BASKETBALL

Join others to play a pick-up game of basketball. This program is non-instructional and the pace will depend on the skill of fellow players. An opportunity for some fun and exercise.

BADMINTON

This racket sport is played as singles or doubles and the pace depends on the skill of fellow players. This program is non-instructional, though more experienced players may share some tips to improve your skill level. **Badminton rackets will not be provided. Participants must bring their own racket.**

OPEN GYM

Open Gym offers free access to the gymnasium for recreational activities that will help you stay active and have fun. Play badminton, walk laps around the gym, or join a game of basketball. It's up to you!

PICKLEBALL

Pickleball is a racket/paddle sport that incorporates elements of tennis, badminton and ping-pong and is played by people of all ages and skill levels. The game is easy for beginners to learn and as your skills progress, the game picks up speed and action. **Pickleball rackets will not be provided. Participants must bring their own racket.**

TENNIS

This racket sport is played as singles or doubles and the pace depends on the skill of fellow players. This program is non-instructional, though more experienced players may share some tips to improve your skill level. **Tennis rackets will not be provided. Participants must bring their own racket.**

VOLLEYBALL

This team sport consists of two teams of six players. This program is non-instructional, though more experienced players may share some tips to improve your skill level. The pace will depend on the skill of fellow players.

KAYAKING - BEGINNER

Join our trained kayak staff for an evening of paddling along the Northwest Arm in Halifax. The group will be taught basic safety and paddle strokes before exploring the coastline. This session is recommended for anyone who is new to kayaking or likes to paddle at an easy pace.

KAYAKING - INTERMEDIATE

Join our trained kayak staff for an evening paddling along the Northwest Arm in Halifax. The group will run through some safety requirements before exploring the coastline. This session is an opportunity to explore a larger area and is recommended for those already comfortable in a kayak.

ADULT LEARN TO CANOE - BEGINNER

The session provides a safety overview of canoeing and the opportunity to practice paddle strokes on land. The group will then explore the Northwest Arm giving participants the chance to practice and grow their skills with certified staff. Please sign up individually.

ADULT LEARN TO CANOE - INTERMEDIATE

This program is for anyone that loves canoeing but may not have access to a boat or somewhere to paddle. During this program our certified staff lead a safety brief then take the group on a longer paddle around the Northwest Arm. Previous canoeing experience is required. Please sign up individually.

FAMILY LEARN TO CANOE

Learn how to be safe on the water in a canoe as a family. Only one person needs to register for this class. Each canoe can hold two adults and two children or three adults. Join us for a fun introduction to canoeing. Learn basic canoe safety and paddling techniques. Emphasis will be on fun and participation. All equipment will be provided. We recommend bringing your own PFD.

ADULT LEARN TO STAND UP PADDLEBOARD

Join our trained kayak staff for an evening of paddling along the Northwest Arm in Halifax. The group will be taught basic safety and paddle strokes before exploring the coastline. This session is recommended for anyone that is new to stand up paddleboarding.

WOMEN'S OUTDOOR PROGRAM

This program is for women who want to improve their outdoor adventure skills and knowledge through activities such as fire building, hiking, outdoor cooking, leave no trace principles and shelter building. The group will focus on building confidence in the outdoors and building a strong female outdoor community.

EXPLORE YOUR TRAILS

Explore some of the best trails and parks around the municipality with Adventure Earth Centre Leaders and meet a community of hikers. These sessions give people an introduction to their local trail systems. The difficulty and distance of each hike will be communicated before the program.

VOCAL LESSON - BEGINNER

This introductory vocal class will teach warm-up routines, breathing techniques and use vocal exercises to improve your vocal range. Emphasis of this program is on fun and participation.

SENIORS - DARTS

Drop in and have fun playing darts while making new friends in a fun and exciting environment. Emphasis of this program is on fun and participation.

Aquatic Programs

PARENT & TOT 1

Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, emphasis on the importance of play in developing water-positive attitudes and skills. For children 4-12 months old.

PARENT & TOT 2

Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, emphasis on the importance of play in developing water-positive attitudes and skills. For children 12-24 months old.

PARENT & TOT 3

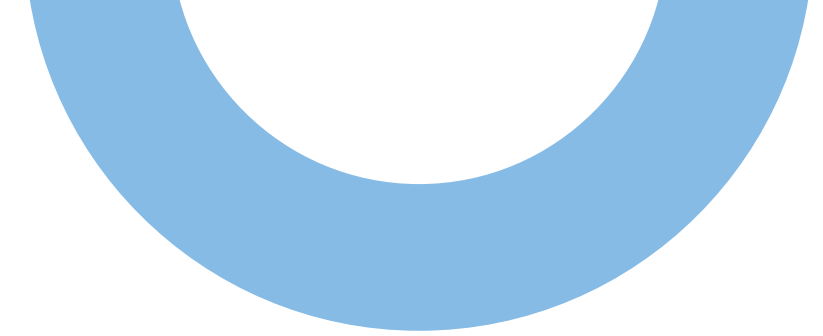
Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, emphasis on the importance of play in developing water-positive attitudes and skills. For children 2-3 years old.

PRESCHOOL 1

In this class, preschoolers will have fun learning to get in and out of the water & with help, jump into chest deep water while assisted by an instructor. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater. For children 3-5 years old.

PRESCHOOL 2

In this level preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back. For children 3-5 years old.



PRESCHOOL 3

In this program, preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. For children 3-5 years old.

PRESCHOOL 4

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side. For children 3-5 years old.

PRESCHOOL 5

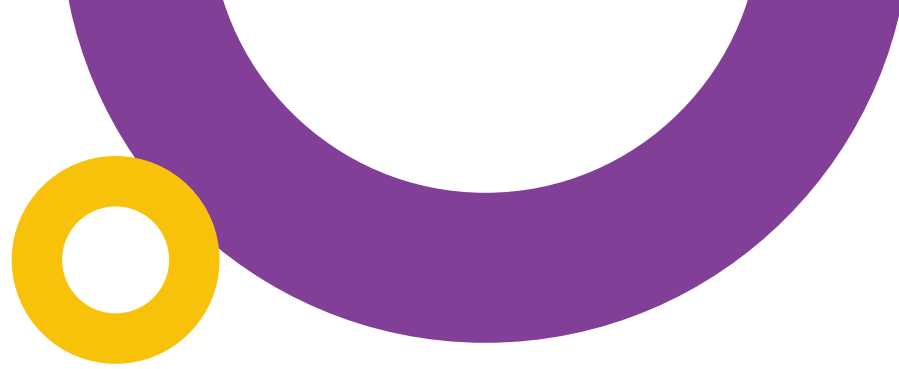
In this class, preschoolers will become more adventurous with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. For children 3-5 years old.

SWIMMER 1

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. For children 5 years and older.

SWIMMER 2

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back and be introduced to flutter kick interval training (4 x 5 m). For children 5 years and older.



The Swim Patrol

SWIMMER 3

These junior swimmers will dive and do in-water somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. For children 5 years and older.

SWIMMER 4

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick and breaststroke arms with breathing. Their new bag of tricks will include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. For children 5 years and older.

SWIMMER 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke. For children 5 years and older.

SWIMMER 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl and breaststroke and they'll complain about the 300 m workout. For children 5 years and older.

Provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels - Rookie, Ranger and Star - continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze medal awards. The Canadian Swim Patrol program is the on-ramp to lifeguarding. Ability is the only prerequisite.

SWIMMER 7: ROOKIE PATROL

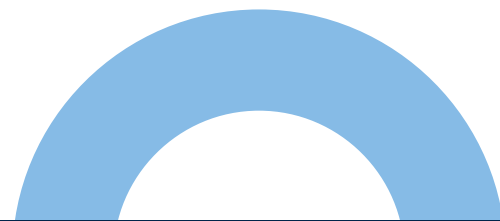
Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

SWIMMER 8: RANGER PATROL

Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

SWIMMER 9: STAR PATROL

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.



BRONZE STAR

Participants develop swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

BRONZE MEDALLION

This level challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

BRONZE CROSS

This program begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

NATIONAL LIFEGUARD

This is training for participants to become certified as a lifeguard. Participants must be a minimum of 15 years of age, have Bronze Cross and Intermediate Workplace First Aid from the Lifesaving Society or an approved agency.



Swim Level Chart – recommendations

If your child...	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
- is 4 to 12 months old and - ready to learn to enjoy the water with parent	Parent & Tot 1	Starfish	Splashers
- is 12 to 24 months old - ready to learn to enjoy the water with parent	Parent & Tot 2	Duck	Bubblers
- is 2 to 3 years old - ready to learn to enjoy the water with a parent	Parent & Tot 3	Turtle	Bobbers
- is 3 to 5 years and - just starting out on his or her own	Preschool 1	Sea Turtle	Bobbers
- if 5 years+	Swimmer 1		
- can get in and out and jump into chest-deep water assisted - float and glide on front and back - blow bubbles and get face wet	Preschool 2	Salamander	Floaters
- if 5 years+	Swimmer 1		
- can jump into chest-deep water - submerge and exhale underwater - float on front and back assisted for 3 seconds	Preschool 3	Sunfish	Gliders Divers
- if 5 years+	Swimmer 1		
- can jump into deep water wearing lifejacket - recover objects from the bottom - hold breath underwater, float, glide and kick on front and back	Preschool 4	Crocodile	Surfers
- If 5 years+	Swimmer 1		
- can do solo jumps into deep water - swim front crawl 5 m wearing a lifejacket - flutter kick on front, back and side	Preschool 5	Whale	Dippers
- If 5 years+	Swimmer 2		

If your child...	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
- is 5 to 12 years - just starting out	Swimmer 1	Swim Kids 1	Otter
- can jump into chest-deep water by themselves and into deep-water wearing a lifejacket - open eyes, hold breath and exhale underwater - float, kick and glide on front and back	Swimmer 2	Swim Kids 2	Seal
- can jump into deep water and do a sideways entry wearing a lifejacket - support self at the surface for 15 seconds - do whip kick in vertical position - swim 10 m on front and back	Swimmer 3	Swim Kids 3	Dolphin/ Swimmer
- can tread water for 30 seconds - do kneeling water dives and front somersaults - 10 m whip kick on back - swim 15 m - front crawl and back crawl	Swimmer 4	Swim Kids 4	Star 1
		Swim Kids 5	
Can complete the <i>Canadian Swim to Survive Standard</i> : - roll – tread (1 min.) - swim (50 m) - dive - swim underwater - 15 m whip kick on front – breaststroke arms with breathing - swim front and back crawl (25 m)	Swimmer 5	Swim Kids 6	Star 2
- can do shallow dives and cannonballs - eggbeater and scissor kick - swim 50 m front and back crawl - breaststroke for 25 m - sprint 25 m - interval training 4 x 50 m	Swimmer 6	Swim Kids 7	Star 3
- can do stride entries and compact jumps, legs only surface support for 45 seconds - sprint 25 m breaststroke - swim 100 m of front crawl and back crawl and 300 m workout	Swimmer 7 / Rookie Patrol	Swim Kids 8	Star 4
- preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9	Star 5
- preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10	Star 6
- preferred successful completion – Swimmer 9 / Star Patrol	Bronze Star		Master Swimmer

Skating Level Descriptions

All participants on the ice are required to wear a CSA approved multi-impact helmet. Gloves/mittens are strongly recommended. You are required to bring your own equipment (skates, helmet, gloves/mittens) as equipment is NOT provided (with the exception of the Emera Oval, which offers free rentals of skates and helmets).

LEARN TO SKATE – PARENTED

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants, parents included. Face shields and neck guards are strongly recommended. This program will guide the parent/guardian and skater, using games and activities, through a series of skills to develop confidence on the ice. Skills include falling, getting up, balance and marching.

LEARN TO SKATE – LEVEL 1

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Face shields and neck guards are strongly recommended. This program is designed for new skaters, with little or no skating experience, which will provide the new skater with the basic skating skills required to become an independent skater. Skills include falling and getting up unassisted, balance and posture, turning, two-foot jump and walking backwards.

LEARN TO SKATE – LEVEL 2

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet & gloves/mittens mandatory for all participants. Face shields and neck guards are strongly recommended. Children can walk & march on skates unassisted. Skills include: gliding, push offs, snowplows, backward skating and double sculling.

LEARN TO SKATE – LEVEL 3

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Face shields and neck guards are strongly recommended. Skills Include: push offs, circle thrusts, inside edge, backward skating and two-foot turns forward to backward.

LEARN TO SKATE – LEVEL 4

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Face shields and neck guards are strongly recommended. Skills include forward crosscut, backward crosscut, outside edge, double sculling and one-foot glide.

LEARN TO SKATE – LEVEL 5

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Face shields and neck guards are strongly recommended. Skills Include: three turns, transitions, backward circle thrusts, forward cross cuts and sequence of skills with speed, timing and coordination.

ADULT LESSONS

Students will be assessed during the first class, grouped and instructed according to skill level.

Power Skating Level Descriptions

LEARN TO SKATE – POWER – BEGINNER

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Full Gear, face shields and neck guards are strongly recommended. This course focuses on body position/posture, edge work and balance to improve speed, agility and efficiency in your movement.

LEARN TO SKATE – POWER – INTERMEDIATE

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Full Gear, face shields and neck guards are strongly recommended. This course focuses on body position/posture, edge work and balance to improve speed, agility and efficiency in your movement. **Must have successfully completed Power – Beginner.**

LEARN TO SKATE – POWER – ADVANCED

C.S.A (Z262.1) Approved multi-impact hockey/skating helmet and gloves/mittens mandatory for all participants. Full Gear, face shields and neck guards are strongly recommended. This course focuses on body position/posture, edge work and balance to improve speed, agility and efficiency in your movement. **Must have successfully completed Power – Intermediate.**

Sportball Programs Offered in Partnership with Sportball Atlantic

PARENT PARTICIPATION - MULTI-SPORT – AGES 16 MONTHS - 3 YEARS

Sportball parented classes for children 16 months to 3 years of age, are structured around a play-based curriculum. Classes are taught through imaginative storylines and age-appropriate language that kids can understand and respond to. Our parented programs integrate sport & social skills development through activities that feel just like daily play. In addition to parents and kids being active together in class, parents also come away from our programs inspired and full of ideas that can be used at home to form the foundation of a shared active lifestyle with their growing athletes. Soccer, baseball, basketball, football, hockey, volleyball, golf and tennis are included.

Please note, a parent or caregiver is required to participate with their child throughout the program with a 1:1 parent to child ratio. Due to space limitations, most facilities do not allow for additional spectators.

MULTI-SPORT - AGES 3-4 YEARS

At Sportball, Multi-Sport classes provide an amazing foundation for a lifetime of active living. Sportball kids are kept moving and engaged, learning a new skill from a different sport each class. We bundle 8 sports – soccer, baseball, basketball, football, hockey, volleyball, golf and tennis into one registration. By introducing your child to a variety of sports they will have the opportunity to find out which one feels right for specialization in later years.

Please note, this is a drop off format program where children participate independently. Due to space limitations, most facilities do not allow spectators.

SPORTBALL SOCCER

Programs begin when children are two years old and continue until they are ready to enter leagues. Classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of drills and games to keep things rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie skills, without being discouraged by the demands of competition or differing levels of natural ability. We introduce the simple rules of fair play and the ethics of sport so that kids can have fun and feel safe while they learn to play soccer.

For 2-3 years – please note, parents are required to participate with their children throughout the program with a 1:1 parent to child ratio. Spectators are welcome at the field. Price includes a soccer jersey, socks and ball.

For 3-4 years – please note, this is a drop off format program where children participate independently. However, due to safety considerations, we ask caregivers to remain at the field and accessible to cheer your child on and be available for washroom breaks if needed. Spectators are welcome at the field. Price includes a soccer jersey, socks and ball.

SOCCER & T-BALL

Research has shown that kids who play multiple sports through childhood will stay active longer and are more likely to find success later in competitive sports. Sportball soccer and t-ball blended programs offer children the opportunity to register into one program and play two sports. The first part of the session focuses on soccer skills such as passing, throw-ins, dribbling and goalie skills and non-competitive game play. Midway through the season we switch to baseball skills such as throwing, catching, batting, running bases and fielding before playing an actual game.

For 2-3 years – Please note, parents are required to participate with their children throughout the program with a 1:1 parent to child ratio. Spectators are welcome at the field. Price includes a soccer jersey, socks and ball.

For 3-4 years – Please note, this is a drop off format program where children participate independently. However, due to safety considerations, we ask caregivers to remain at the field and accessible to cheer your child on and be available for washroom breaks if needed. Spectators are welcome at the field. Price includes a soccer jersey, socks and ball.

SOCCER & T-BALL – SPEED PASS (AVAILABLE ONCE A YEAR IN SEPTEMBER)

Sportball's Soccer and T-Ball Speed Pass is a high energy sport class that kids can take part in twice a week! A shorter commitment to play with passion but with **twice the fun**. A perfect start to the fall season as kids are settling into a new school routine.

Price does not include the required Sportball outdoor soccer equipment and is a mandatory purchase to participate, once per calendar year. If you did not attend during the months of July and August, please follow the merchandise link to make your outdoor soccer equipment purchase. This equipment will be provided at your first class. For programs that include T-ball, a ball glove is not provided but required.

