

2024

# SWIM PATROL PROGRAM

Ready for something different from regular swim classes? Looking for a way to develop your swimming strength and efficiency? Rise to the challenge and get your Swim Patrol awards.

The Canadian Swim Patrol Program is the on-ramp to lifeguarding geared towards swimmers between eight and 12-years-old. Ability to swim is the only prerequisite! These awards prepare candidates for success in the Society's Bronze medal awards.

Session 4	One Week (Two lessons/day)	July 8 - 12
Session 5	One Week (Two lessons/day)	July 15 - 19
Session 6	One Week (Two lessons/day)	July 22 - 26
Session 7	Two Weeks (One lesson/day)	July 29 - August 9



## SESSIONS

4 5 6

Rookie: 8:00-9:00am & 3:00-4:00pm  
Ranger: 8:00-9:00am & 3:00-4:00pm  
Star: 8:00-9:00am & 3:00-4:00pm



Price: \$85.00

REGISTER ONLINE AT  
[NEEPAWARECREATION.CA](http://NEEPAWARECREATION.CA)

Refunds will only be given if notice is given at least one week prior to the start of the scheduled lesson.

Changes to online registrations, including cancellations or session transfers are subject to a \$10.00 administrative fee.

## SESSION

7

Rookie: 8:00-9:00am  
Ranger: 8:00-9:00am  
Star: 8:00-9:00am

Min. of 5 candidates needed in each session to run program.



Rookie Patrol features development of front crawl, back crawl, and breaststroke over 50 m each, timed 100 m swims, and 350 m workouts. A work-hard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility and Water Smart® behaviour.



Ranger Patrol features development of front crawl, back crawl, and breaststroke over 75 m each, a 100 m lifesaving medley, and timed 200 m swims.



Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, and breaststroke over 100 m each; and complete 600 m workouts and 300 m timed swims.

NEEPAWA SWIMMING POOL