

SQUAMISH
RECREATION AND CULTURE

SPRING AQUATICS MINI-GUIDE 2026

REGISTRATION BEGINS
8 AM, TUESDAY, MARCH 10



MONDAY

SET 1 Apr 13-May 11
SET 2 May 25-Jun 22

MORNING	
9:00 AM	P&T: Jellyfish 9 AM
9:15 AM	
9:30 AM	Orca 9:30 AM
9:45 AM	
10:00 AM	P&T: Seahorse 10 AM
10:15 AM	
10:30 AM	Crab 10:30 AM
10:45 AM	
11:00 AM	

TUESDAY

SET 1 Apr 7-May 12
SET 2 May 19-Jun 23

MORNING	
9:00 AM	Crab 9 AM
9:15 AM	
9:30 AM	P&T: Goldfish 9:30 AM
9:45 AM	
10:00 AM	Sea Lion 10 AM
10:15 AM	
10:30 AM	Octopus 10:30 AM
10:45 AM	
11:00 AM	

WEDNESDAY

SET 1 Apr 8-May 13
SET 2 May 20-Jun 24

MORNING	
9:00 AM	P&T: Jellyfish 9 AM
9:15 AM	
9:30 AM	Orca 9:30 AM
9:45 AM	
10:00 AM	P&T: Seahorse 10 AM
10:15 AM	
10:30 AM	Crab 10:30 AM
10:45 AM	
11:00 AM	

THURSDAY

SET 1 Apr 9-May 14
SET 2 May 21-Jun 18

MORNING	
9:00 AM	Crab 9 AM
9:15 AM	
9:30 AM	P&T: Goldfish 9:30 AM
9:45 AM	
10:00 AM	Sea Lion 10 AM
10:15 AM	
10:30 AM	Octopus 10:30 AM
10:45 AM	
11:00 AM	

BEFORE REGISTRATION DAY

If you've never taken lessons with us before, ask a lifeguard how to get your child assessed.

AFTERNOON

4:00 PM	Swimmer 4 4 PM	Octopus 4 PM	Crab 4 PM
4:15 PM			
4:30 PM		Orca 4:30 PM	Swimmer 2 4:30 PM
4:45 PM	Swimmer 3 4:45 PM		
5:00 PM		Swimmer 2 5 PM	Swimmer 1 5 PM
5:15 PM			
5:30 PM	Swimmer 7 to 9 5:30 PM	Crab 5:30 PM	Orca 5:30 PM
5:45 PM			
6:00 PM		Sea Lion 6 PM	Octopus 6 PM
6:15 PM			
6:30 PM			
6:45 PM			

AFTERNOON

4:00 PM	Swimmer 3 4 PM	Octopus 4 PM	Crab 4 PM
4:15 PM			
4:30 PM		Orca 4:30 PM	Swimmer 2 4:30 PM
4:45 PM	Swimmer 4 4:45 PM		
5:00 PM		Swimmer 2 5 PM	Swimmer 1 5 PM
5:15 PM			
5:30 PM	Swimmer 5 & 6 5:30 PM	Swimmer 1 5:30 PM	Orca 5:30 PM
5:45 PM			
6:00 PM		Octopus 6 PM	Crab 6 PM
6:15 PM			
6:30 PM	Swimmer 2 6:15 PM		
6:45 PM			

AFTERNOON

4:00 PM	Swimmer 3 4 PM	Octopus 4 PM	Narwhal 4 PM
4:15 PM			
4:30 PM		Orca 4:30 PM	Sea Lion 4:30 PM
4:45 PM	Swimmer 4 4:45 PM		
5:00 PM		Swimmer 1 5 PM	Sea Lion 5 PM
5:15 PM			
5:30 PM	Swimmer 5 & 6 5:30 PM	Swimmer 3 5:30 PM	Crab 5:30 PM
5:45 PM			
6:00 PM			Sea Lion 6 PM
6:15 PM			
6:30 PM	Swimmer 2 6:15 PM		
6:45 PM			

AFTERNOON

4:00 PM	Swimmer 4 4 PM	Crab 4 PM	Octopus 4 PM
4:15 PM			
4:30 PM		Orca 4:30 PM	Swimmer 2 4:30 PM
4:45 PM	Swimmer 3 4:45 PM		
5:00 PM		Swimmer 2 5 PM	Swimmer 1 5 PM
5:15 PM			
5:30 PM	Swimmer 7 to 9 5:30 PM	Swimmer 1 5:30 PM	Orca 5:30 PM
5:45 PM			
6:00 PM		Sea Lion 6 PM	Crab 6 PM
6:15 PM			
6:30 PM			
6:45 PM			

PLEASE NOTE:

If it becomes apparent on Day 1 that a child has been registered in a swim level they are not ready for (ie: registered in Swimmer 3 and have not completed Swimmer 2), one of our supervisors will speak with the parent and the child will have to be withdrawn from lessons.

FRIDAY

SET 1 Apr 10-May 15
SET 2 May 22-Jun 19

MORNING	
9:00 AM	P&T: Jellyfish 9 AM
9:15 AM	
9:30 AM	Orca 9:30 AM
9:45 AM	
10:00 AM	P&T: Seahorse 10 AM
10:15 AM	
10:30 AM	Crab 10:30 AM
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
12:00 PM	

SATURDAY

SET 1 Apr 11-May 16

MORNING					
9:00 AM	Swimmer 5 & 6 9 AM	Swimmer 4 9 AM	Swimmer 3 9 AM	P&T: Seahorse 9 AM	Narwhal 9 AM
9:15 AM					
9:30 AM				Octopus 9:30 AM	Octopus 9:30 AM
9:45 AM					
10:00 AM	Swimmer 2 9:45 AM	Swimmer 3 9:45 AM	Swimmer 4 9:45 AM	Crab 10 AM	Crab 10 AM
10:15 AM					
10:30 AM	P&T: Jellyfish 10:30 AM	Swimmer 2 10:30 AM	Swimmer 5 & 6 10:30 AM	Orca 10:30 AM	Orca 10:30 AM
10:45 AM					
11:00 AM	Swimmer 7 to 9 11 AM	P&T: Goldfish 11 AM		Swimmer 1 11 AM	Swimmer 1 11 AM
11:15 AM					
11:30 AM		Swimmer 2 11:30 AM	P&T: Seahorse 11:30 AM	Sea Lion 11:30 AM	Sea Lion 11:30 AM
11:45 AM					
12:00 PM					

and SPRING BREAK

SET 1 Mar 16-20
SET 2 Mar 23-27

AFTERNOON	
4:00 PM	Swimmer 2 4 PM
4:15 PM	Swimmer 4 4 PM
4:30 PM	Sea Lion 4:30 PM
4:45 PM	Swimmer 1 4:45 PM
5:00 PM	Swimmer 1 5 PM
5:15 PM	Orca 5:15 PM
5:30 PM	Crab 5:30 PM
5:45 PM	Swimmer 5/6/ 5:45 PM
6:00 PM	Octopus 6 PM
6:15 PM	
6:30 PM	

SUNDAY

SET 1 Apr 12 - May 10
SET 2 May 24 - Jun 21

AFTERNOON	
5:00 PM	Youth Swim Lessons 5 PM
6:15 PM	Adult Swim Lessons 6:15 PM
6:45 PM	
7:00 PM	Adult Swim Lessons 7 PM
7:15 PM	
7:30 PM	
7:45 PM	

LEGEND

- 0-2 YEARS
- 3-5 YEARS
- 6-12 YEARS
- YOUTH & ADULT

The schedule is colour coded by age group!

PLEASE NOTE:
To ensure fair access, each child may register for only one lesson set this spring.





SWIMMING LESSONS AT A GLANCE

0-2 YEARS (PARENT & TOT)

JELLYFISH: 3-12 MONTHS

Infants will be getting their face wet, blowing bubbles and floating with the help of their caregiver.

GOLDFISH: 12-24 MONTHS

Toddlers learn how to enter and exit the water with help from their parent/caregiver, and will play games to encourage them to get their face wet and blow bubbles.

SEAHORSE: 24-36 MONTHS

With help from their parent/caregiver, toddlers will develop skills such as submersion and opening their eyes underwater. Floats and kicks are learnt through games.

3-5 YEARS

OCTOPUS

Octopus is a transitional level which transfers the preschooler to the care of the instructor.

CRAB

Preschoolers will learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

ORCA

Preschoolers will learn how to submerge and exhale underwater, retrieve objects, and will continue developing their floating, gliding and kicking skills.

SEA LION

Preschoolers will become skilled at retrieving objects from the bottom in chest-deep water and performing front and side glide. Front crawl with a PFD is introduced.

NARWHAL

Front and back crawls are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid.

NOTE: Jellyfish, Goldfish and Seahorse have mandatory parent/caregiver participation.

6-12 YEARS

SWIMMER 1

These beginners will learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

SWIMMER 2

These swimmers will learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.

SWIMMER 3

These swimmers will learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.

SWIMMER 4

These swimmers will learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

SWIMMER 5 & 6

Swimmer 5 will further their Swim to Survive® skills and start to develop eggbeater kick. Swimmer 6 will master eggbeater and scissor kick. Breaststroke, front crawl, and back crawl distances are developed specific to each level.

SWIMMER 7, 8, & 9

Swimmers refine stroke techniques and add 100 m distance increases each level. Water proficiency skills include swimming in clothes, ready position, and feet-first/head-first surface dives.

CERTIFICATION COURSES

Head to squamish.ca/rec/programs and click on the certifications section to view what is on offer!