

SQUAMISH
RECREATION AND CULTURE

SUMMER AQUATICS MINI-GUIDE 2026

REGISTRATION BEGINS
8 AM, TUESDAY, APRIL 14




SQUAMISH

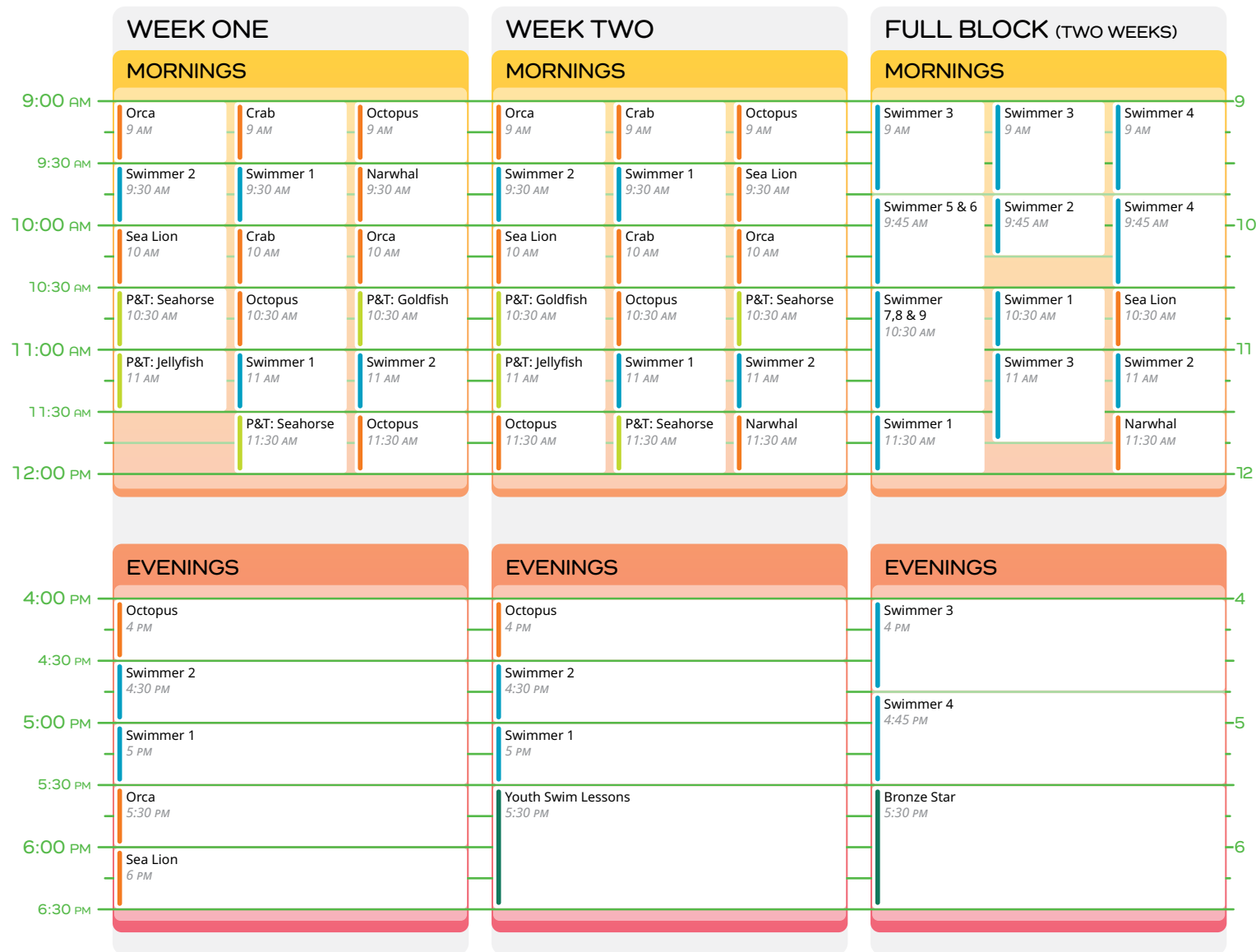
BLOCK ONE: June 29 – July 10

WEEK ONE
June 29– July 3
Five sessions

No Lessons
July 1

WEEK TWO
July 6–10
Five sessions

FULL BLOCK (TWO WEEKS)
June 29 – July 10
Ten sessions



LEGEND

- 0-2 YEARS
- 3-5 YEARS
- 6-12 YEARS
- 12+ YEARS

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



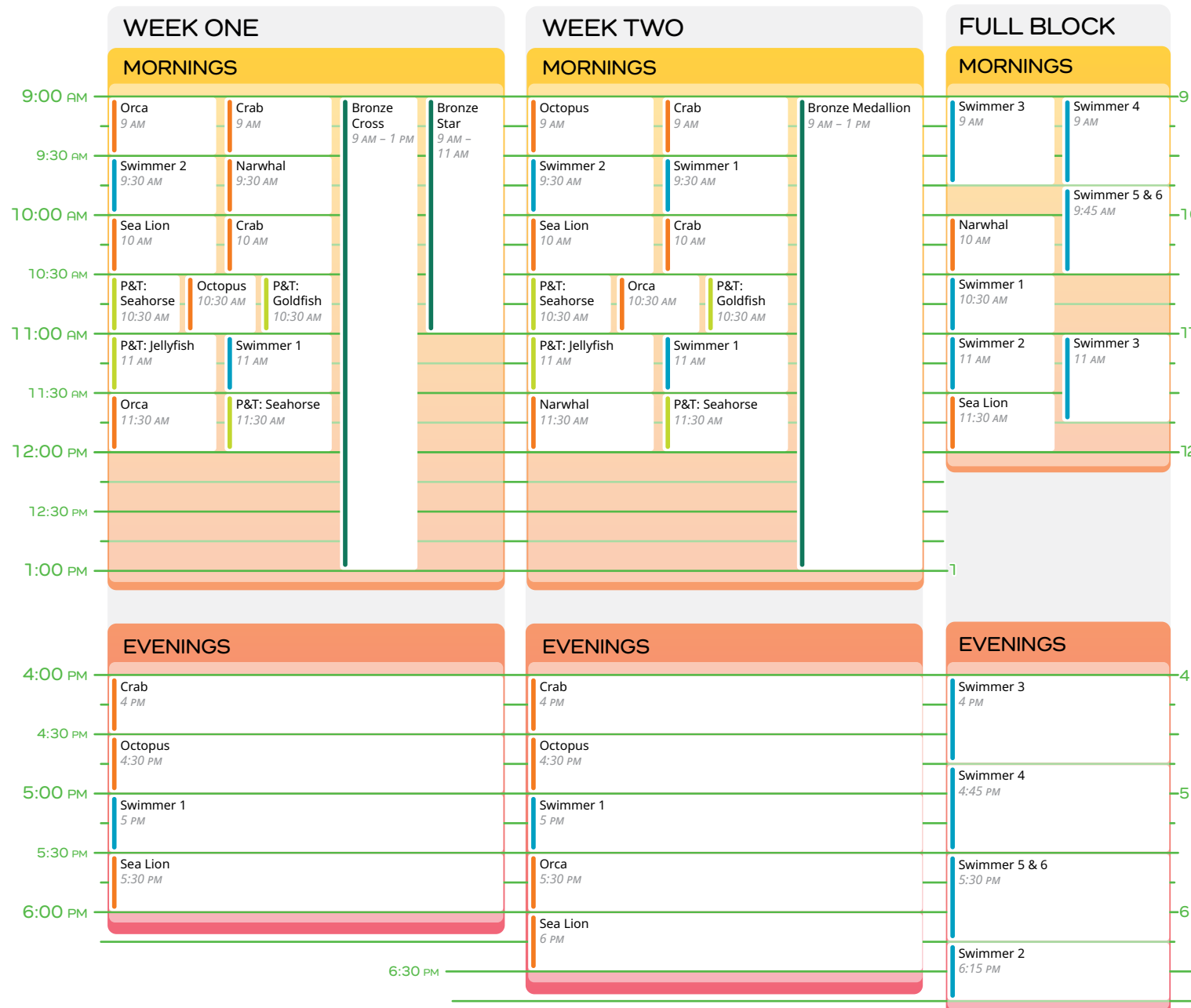
SWIMMING LESSONS AT A GLANCE

BLOCK TWO: July 13–24

WEEK ONE
July 13–17
Five sessions

WEEK TWO
July 20–24
Five sessions

FULL BLOCK (2 WEEKS)
July 13–24
Ten sessions



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3 and have not completed Swimmer 2), one of our supervisors will speak with the caregiver and the child will have to be withdrawn from lessons.

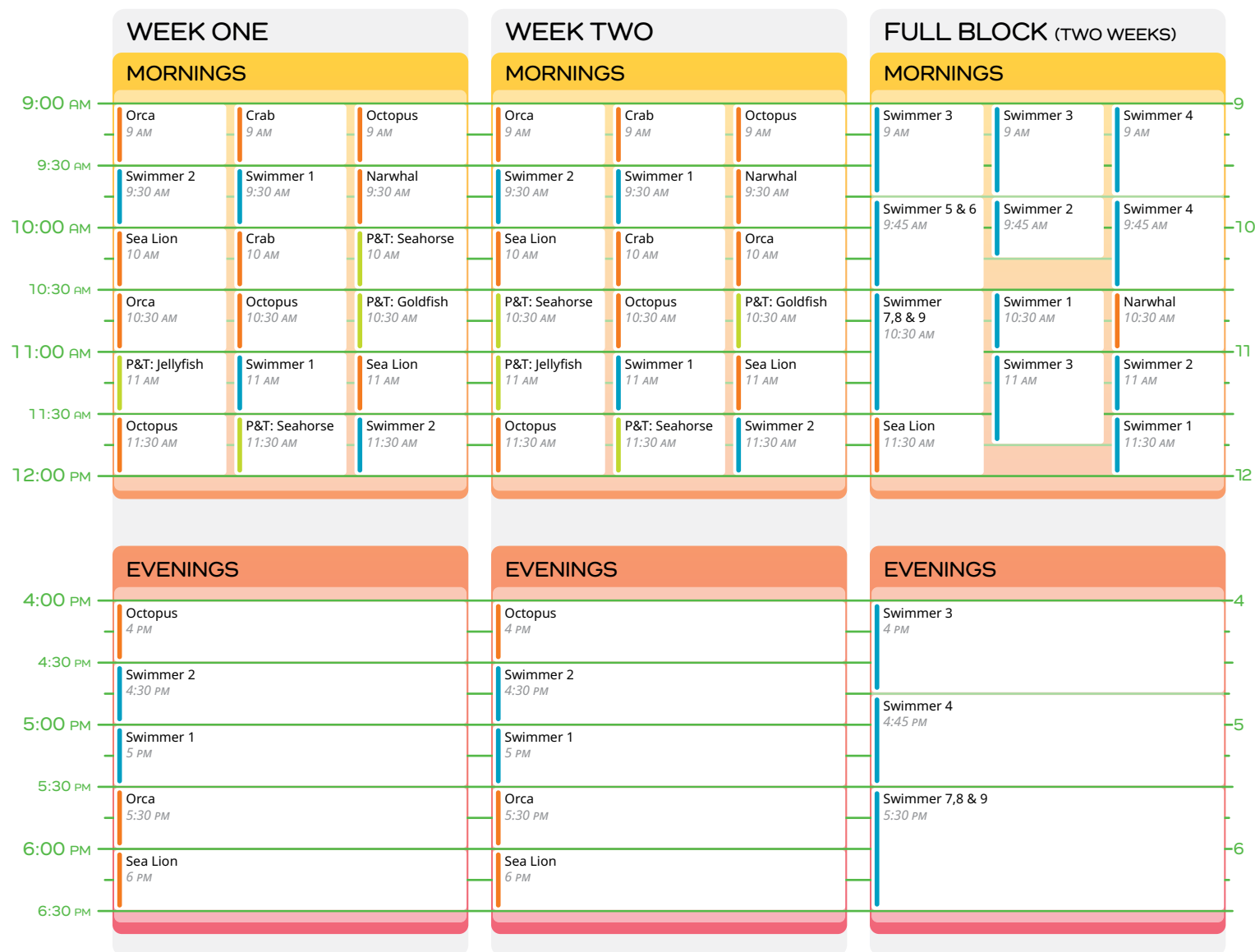
BLOCK THREE: July 27 – August 7

WEEK ONE
July 27–31
Five sessions

WEEK TWO
August 4–7
Five sessions

No Lessons
August 3

FULL BLOCK (TWO WEEKS)
July 27 – August 7
Ten sessions

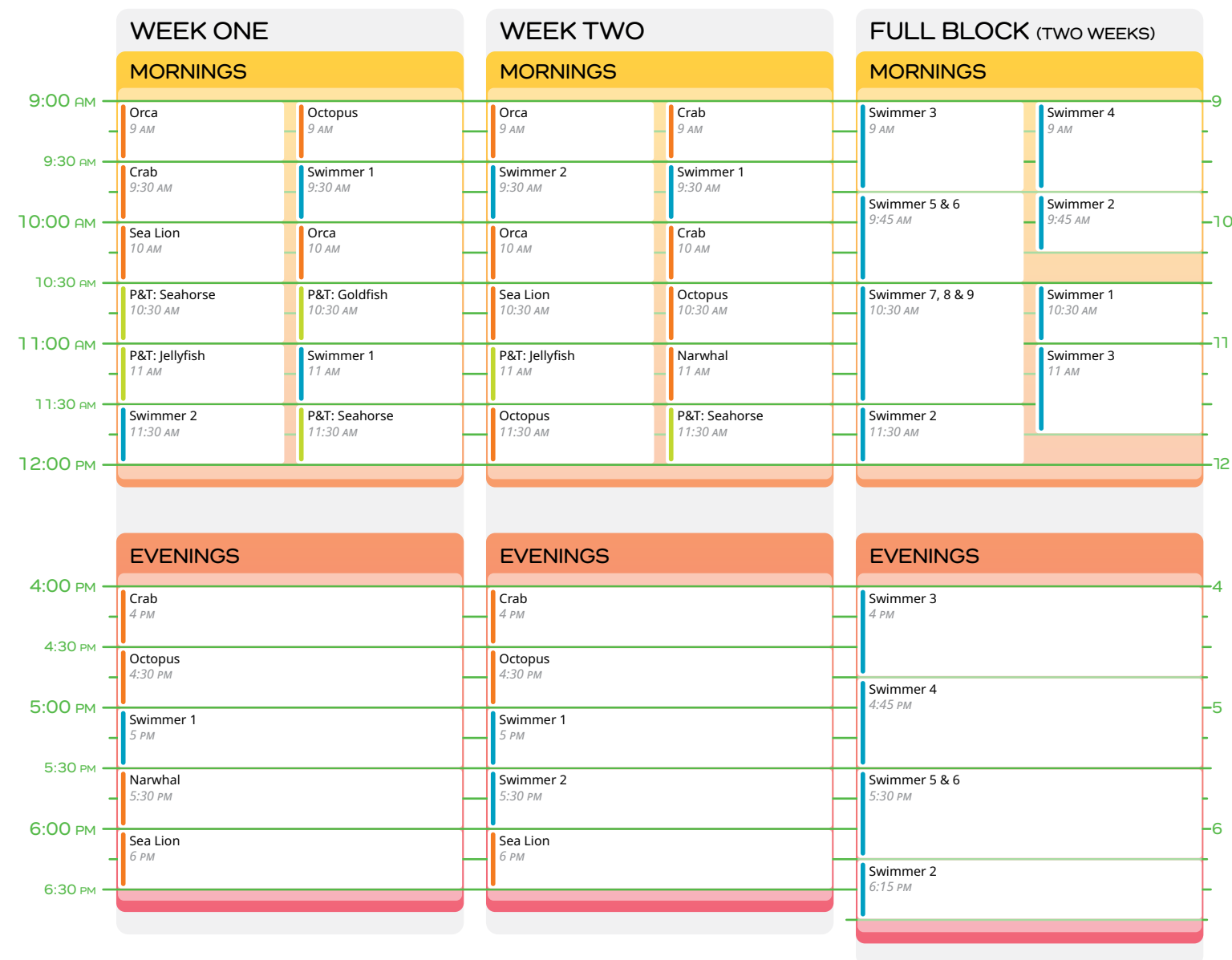


BLOCK FOUR: August 10–21

WEEK ONE
August 10–14
Five sessions

WEEK TWO
August 17–21
Five sessions

FULL BLOCK (TWO WEEKS)
August 10–21
Ten sessions



LEGEND

- 0-2 YEARS
- 3-5 YEARS
- 6-12 YEARS
- 12+ YEARS

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3 and have not completed Swimmer 2), one of our supervisors will speak with the caregiver and the child will have to be withdrawn from lessons.



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

BLOCK FIVE: August 24 – September 4

	WEEK ONE August 24–28 Five sessions	WEEK TWO August 31 – September 4 Five sessions	FULL BLOCK (TWO WEEKS) August 24 – September 4 Ten sessions
	WEEK ONE	WEEK TWO	FULL BLOCK (TWO WEEKS)
	MORNINGS	MORNINGS	MORNINGS
9:00 AM	Orca 9 AM	Orca 9 AM	Swimmer 3 9 AM
9:30 AM	Crab 9:30 AM	Crab 9:30 AM	Swimmer 4 9 AM
10:00 AM	Sea Lion 10 AM	Orca 10 AM	Swimmer 5 & 6 9:45 AM
10:30 AM	P&T: Seahorse 10:30 AM	P&T: Goldfish 10:30 AM	Swimmer 2 9:45 AM
11:00 AM	P&T: Jellyfish 11 AM	Swimmer 1 11 AM	Swimmer 7, 8 & 9 10:30 AM
11:30 AM	Swimmer 2 11:30 AM	Octopus 11:30 AM	Swimmer 1 10:30 AM
12:00 PM			Swimmer 3 11 AM
	EVENINGS	EVENINGS	EVENINGS
4:00 PM	Crab 4 PM	Crab 4 PM	Swimmer 3 4 PM
4:30 PM	Octopus 4:30 PM	Octopus 4:30 PM	Swimmer 4 4:45 PM
5:00 PM	Swimmer 1 5 PM	Swimmer 1 5 PM	Swimmer 5 & 6 5:30 PM
5:30 PM	Narwhal 5:30 PM	Crab 5:30 PM	Swimmer 2 6:15 PM
6:00 PM	Sea Lion 6 PM	Sea Lion 6 PM	
6:30 PM			

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

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 parent/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.

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 100m distance increases each level. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives.

12+ YEARS

YOUTH SWIM LESSONS

For swimmers aged 12-15 who didn't have a chance to become a strong swimmer sooner.



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