

2024 Session 1

July 1st - July 12th

	Nadia	Vada	Amy	Michael	Laura
9:00 AM	Swimmer 5 9:00 - 9:45	Swimmer 3 9:00 - 9:45	Swim Patrol 9:00 - 10:00	Swimmer 2 9:00 - 9:30	Swimmer 1 9:00 - 9:30
9:05 AM					
9:10 AM					
9:15 AM					
9:20 AM					
9:25 AM					
9:30 AM					
9:35 AM					
9:40 AM					
9:45 AM					
9:50 AM	Swimmer 1 9:50 - 10:20	Swimmer 2 9:50 - 10:20		Preschool 9:35 - 10:05	Swimmer 4 9:35 - 10:20
9:55 AM					
10:00 AM					
10:05 AM					
10:10 AM					
10:15 AM					
10:20 AM					
10:25 AM	Bronze Star/ Basic First Aid 10:25 - 11:25	Swimmer 5 10:25 - 11:10	Swimmer 1 10:05 - 10:35	Swimmer 6 10:10 - 10:55	Preschool 10:25 - 10:55
10:30 AM					
10:35 AM					
10:40 AM					
10:45 AM					
10:50 AM					
10:55 AM					
11:00 AM					
11:05 AM					
11:10 AM					
11:15 AM	Swimmer 1 11:15 - 11:45			Swimmer 4 11:00 - 11:45	Swimmer 3 11:00 - 11:45
11:20 AM					
11:25 AM					
11:30 AM					
11:35 AM					
11:40 AM					
11:45 AM					
11:50 AM					
11:55 AM					

* Private Lessons are available on Monday's, Wednesday's, and Friday's starting at 12pm.

Session 2

July 15th - July 26th

	Nadia	Vada	Amy	Gwyn	Michael
9:00 AM	Swimmer 1 9:00 - 9:30	Preschool 9:00 - 9:30	Swimmer 2 9:00 - 9:30	Swim Patrol 9:00 - 10:00	Swimmer 3 9:00 - 9:45
9:05 AM					
9:10 AM					
9:15 AM					
9:20 AM					
9:25 AM					
9:30 AM	Bronze Medallion/ Emergency First Aid 9:35 - 11:35	Swimmer 4 9:35 - 10:20	Preschool 9:35 - 10:05		
9:35 AM					
9:40 AM					
9:45 AM					
9:50 AM					
9:55 AM					
10:00 AM					
10:05 AM					
10:10 AM					
10:15 AM					
10:20 AM					
10:25 AM					
10:30 AM					
10:35 AM					
10:40 AM					
10:45 AM					
10:50 AM					
10:55 AM					
11:00 AM					
11:05 AM					
11:10 AM					
11:15 AM					
11:20 AM					
11:25 AM					
11:30 AM					
11:35 AM					
11:40 AM					
11:45 AM					
11:50 AM					
11:55 AM					

* Private Lessons are available on Monday's, Wednesday's, and Friday's starting at 12pm.

* Note that for the Bronze Medallion and Bronze Cross courses, a final exam outside of the class time is also required.

2024 Session 3

July 29th - August 9th

	Nadia	Vada	Amy	Gwyn	Laura
9:00 AM	Bronze Cross/ Standard First Aid 9:00 - 12:00	Swim Patrol 9:00 - 10:00	Swimmer 3 9:00 - 9:45	Swimmer 1 9:00 - 9:30	Swimmer 2 9:00 - 9:30
9:05 AM					
9:10 AM					
9:15 AM					
9:20 AM					
9:25 AM					
9:30 AM					
9:35 AM					
9:40 AM					
9:45 AM					
9:50 AM		Swimmer 1 10:05 - 10:35	Swimmer 2 9:50 - 10:20	Swimmer 4 9:35 - 10:20	Preschool 9:35 - 10:05
9:55 AM					
10:00 AM					
10:05 AM					
10:10 AM					
10:15 AM					
10:20 AM					
10:25 AM					
10:30 AM					
10:35 AM					
10:40 AM		Swimmer 2 10:40 - 11:10	Swimmer 5 10:25 - 11:10	Preschool 10:25 - 10:55	Swimmer 6 10:10 - 10:55
10:45 AM					
10:50 AM					
10:55 AM					
11:00 AM					
11:05 AM					
11:10 AM					
11:15 AM					
11:20 AM					
11:25 AM					
11:30 AM	Preschool 11:15 - 11:45	Swimmer 1 11:15 - 11:45	Swimmer 3 11:00 - 11:45	Swimmer 4 11:00 - 11:45	
11:35 AM					
11:40 AM					
11:45 AM					
11:50 AM					
11:55 AM					

* Private Lessons are available on Monday's, Wednesday's, and Friday's starting at 12pm.

* Note that for the Bronze Medallion and Bronze Cross courses, a final exam outside of the class time is also required.

2024 Session 4

August 12th - August 23rd

	Nadia	Gwyn	Michael	Ryleigh	Zach
9:00 AM	Swimmer 2 9:00 - 9:30	Swimmer 3 9:00 - 9:45	Swim Patrol 9:00 - 10:00	Swimmer 5 9:00 - 9:45	Swimmer 1 9:00 - 9:30
9:05 AM					
9:10 AM					
9:15 AM					
9:20 AM					
9:25 AM					
9:30 AM					
9:35 AM	Preschool 9:35 - 10:05	Swimmer 2 9:50 - 10:20	Swimmer 1 10:05 - 10:35	Swimmer 3 9:50 - 10:35	Swimmer 4 9:35 - 10:20
9:40 AM					
9:45 AM					
9:50 AM					
9:55 AM					
10:00 AM					
10:05 AM					
10:10 AM	Swimmer 6 10:10 - 10:55	Swimmer 5 10:25 - 11:10	Swimmer 2 10:40 - 11:10	Swimmer 1 10:40 - 11:10	Preschool 10:25 - 10:55
10:15 AM					
10:20 AM					
10:25 AM					
10:30 AM					
10:35 AM					
10:40 AM					
10:45 AM	Swimmer 4 11:00 - 11:45	Swimmer 1 11:15 - 11:45	Preschool 11:15 - 11:45	Parent & Tot Wading Pool 11:15 - 11:45	Swimmer 3 11:00 - 11:45
10:50 AM					
10:55 AM					
11:00 AM					
11:05 AM					
11:10 AM					
11:15 AM					
11:20 AM					
11:25 AM					
11:30 AM					
11:35 AM					
11:40 AM					
11:45 AM					
11:50 AM					
11:55 AM					

* Private Lessons are available on Monday's, Wednesday's, and Friday's starting at 12pm.

According to the NS Lifesaving Society Guidelines:

Level	Time Allotment Per Day	Max. Number of Candidates	LDSP Max. Number of Candidates
Parent & Tot (levels 1-3)	30 minutes	12 candidates	10 candidates
Preschool (levels 1-5)	30 minutes	6 candidates	6 candidates
Swimmer 1	30 minutes	8 candidates	6 candidates
Swimmer 2	30 minutes	8 candidates	6 candidates
Swimmer 3	45 minutes	10 candidates	8 candidates
Swimmer 4	45 minutes	10 candidates	8 candidates
Swimmer 5	45 minutes	12 candidates	8 candidates
Swimmer 6	45 minutes	12 candidates	10 candidates
Swim Patrol (Rookie, Ranger, Star)	1 hour	12 candidates	12 candidates
Bronze Star	1 hour	12 candidates	12 candidates
Bronze Medallion	2 hours	12 candidates	12 candidates
Bronze Cross	3 hours	12 candidates	12 candidates