

This is your map to discover the joy of swimming. The Swim City program takes you from splashing in the water to swimming on your own. Learn skills, make friends and develop a lifelong love of swimming. Collect stickers as you progress through the levels. Most of all, enjoy the journey!

Certification

Follow the Lifesaving Society's program to become a lifeguard and instructor. Get a job doing something you love and share the joy of swimming with others.

- Bronze Medallion (13+ years)
- Bronze Cross (14+ years)
- Standard First Aid and CPR C (12+ years)
 - Airway Management
- Lifesaving Swim Instructor
 - National Lifeguard

Swim Tots (4-35 months)

Toddlers make their entry into swimming with their caregiver. Together, they learn to have fun and be safe in the water.

- Little Dippers 1
4-11 months
- Little Splashers 2
12-23 months
- Little Jumpers 3
24-35 months

Adult and Youth (15+ years)

You can learn to swim at any age. Master the fundamentals of swimming and learn about water safety. Next, you'll be ready to refine your strokes in powerswim classes.

- Sw'introductory 1
- Sw'immersion 2
- Sw'improvement 3

Powerswim (8+ years)

Get into the world of pre-competitive swimming by working on your strokes while building speed and endurance.

- Powerswim Introduction
- Powerswim Intermediate
- Powerswim Advanced

Enter into one of the four streams according to your age on the first day of lessons. If you're unsure where to start, do a swim assessment during a public swim and a program supervisor will tell you which level best suits your ability.

What's next?

Once you learn to swim, the opportunities are endless. Continue into the lifesaving stream to find your first job or try competitive swimming. And keep swimming for your own enjoyment to stay active and healthy!

Swim Creatures (3-5 years)

The pre-school swimming levels are named after local creatures that swim in the Ottawa River. In partnership with Kitigan Zibi Anishinabeg Pimadjiwiniwogamig, the cultural centre in Kitigan Zibi Anishinabeg First Nation, the names are in the Anishinabemowin Algonquin language. The designs are by artist Dean Ottawa from Kitigan Zibi Anishinabeg First Nation. This special connection is intended to foster an appreciation of the culture and heritage of the Anishinabe Algonquin Nation.



Swim Colours (6-14 years)

Make your way through a spectrum of colours while learning to swim.

