



Program Details

Last revised summer 2014



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1. About 400 Swim

400 Swim is an aquatic school based in the greater Toronto area. We strive to bring excellent service by tailoring our swim program's skills and progressions to the individual needs of our students'. With over 10 years teaching Red Cross and Lifesaving Society programming, our goal is to give high quality teaching and delivering student satisfaction.

**Every program at 400 Swim is recognized by Lifesaving Society and Red Cross.

Contact information:

400 Swim
info@400swim.com
416 400 -SWIM (7946)

Mailing address:

25 Eddy Green crt, suite 201
Thornhill, On
L4J 2S5

2. Class Structure

a) 3: 1 Classes

400 Swim offers smaller class sizes and more individual attention

400 Swim 3 on 1 program is a fantastic Red Cross program, with proven results. Qualified and experience instructors work students in a small class sizes of no more than a 3:1 ratio, to maximize more 1-on-1 attention. Lesson plans are geared towards each student and what students most need to work on, focusing on progressions, teachers demonstrate, use verbal cues, and use a variety of equipment and approaches that will best suit each student. Smaller class sizes means more practice time with the instructor, keeping students motivated, active, in a fun and safe environment. Students will learn a variety of skills, in including stroke development, endurance, and water safety. The 3-on-1 program will turn any students into a well rounded and confident swimmer.

3:1 classes come in Half hour and Full hour.

The programs that are available in the 3:1 ratio includes:

Red Cross Parent and Tot
Starfish, Duck, Sea Turtle
Red Cross Preschool
Sea Otter, Salamander, Sunfish, Crocodile, Whale
Red Cross Swim Kids
Level 1 , 2 , 3, 4, 5, 6, 7, 8, 9, 10
Red Cross Adult program
Adult 1, 2, and 3

At 400 Swim we know that great learning environment needs to be fun and interactive. A maximum of 5:1 ratio has been created for the Parent and Tot programs and Patrol levels that still keep small class feeling but with more interaction and connectivity between students to create a fun way to learn new skills.

b) Private Classes

For your convenience we offer the following programs in a private class format:

- Parent and Tot ,
- Preschool,
- Swim Kids
- Adult (Beginner, Intermediate, Advanced)
- Advanced (Patrol: Rookie, Ranger, Star, Bronze Star)
- First Aid (Basic, Emergency first aid, Standard first aid, CPR A /B /or C with AED)

Private classes are either half hour or full hour in length. Contact 400 Swim for availability.

c) NEW Group Lessons

400 Swim offers high quality and affordable swim lessons

400 Swim provides a unique program that uses specific skill progressions for each stroke. Following Red Cross Swimming specifications, qualified and experienced instructors are teaching students within a 1 hour time frame. Students will experience teachers that will motivate and keep student's actively swimming throughout the class. Not only will student's become a well developed and skilled swimmer, but student's will also learn water safety skills that they will be able to apply in life and apply to furthering their development if wanting to become a swim instructor or lifeguard in later levels. We care at 400 Swim. We want all of our students to be successful and we work hard to provide an excellent environment for our students to learn in.

One Hour Swim Lessons to Maximize Learning

All group lessons are one hour long at 400 Swim. Levels start from Swim Kids Level 1 to Patrol (Rookie, Ranger, Star). Instructors create unique lesson plans, using progressions, specialized equipment that will develop any student's skills and abilities. Within the hour students will experience skill development, endurance challenges, creative games, and water safety. The lesson structure at 400 Swim keeps students moving in quick pace that is fun, challenging and interactive; a creative program, ensuring students are challenged and never bored.

Group lesson rates:

400 Swim's Group Lessons offers competitive rates that are slightly higher than those of City of Toronto.

d) In Home- Private Classes

Have the convenience of having a qualified and experienced swim instructor come to your swimming pool

Get certified, receive report cards, badges! Enjoy the convenience of having a highly qualified, friendly and enthusiastic staff member of 400 Swim come to your own pool, in the comfort of your own home, to teach any program and level.

For as little as \$10.00/ per person, In –Home Private classes is a affordable and convenient option for anyone.

Please see brochure for more information.

http://www.400swim.com/brochure_summer_outdoor_pool.pdf

4. Programs

a) Parent and Tot

Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide water safety tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

Because activities and progressions are based on child development, you register in the level appropriate for your child's age: Starfish 6–12 months, Duck 12–24 months, or Sea Turtle 2–3 years.

b) Preschool Swim Program

The Red Cross Preschool swim program is fun and interactive program that introduces children to swimming and water safety. The preschool swim program (Sea Otter, Salamander, Sunfish, Crocodile, Whale) is suitable for ages 3 to 5 years.

c) Swim Kids program (levels 1 to 10)

Red Cross Swim Kids program (levels 1 to 10) teaches water safety and swimming techniques. With several formats to choose from (semi private, group or group) we maximize skill development and swimming performance.

Swimmer program (levels 1 to 10) is suitable for 5 years and up.

d) Adult Swimmer program

Build your endurance and beat the clock! Learn how to improve any stroke or even how to swim for the first time! From beginner to advanced swimmers, **Adult Swim Program (Beginner, Intermediate, Advanced)** is tailored programming for anyone who wants to be a better swimmer.

Adult swim program is suitable for those ages 16 years and up

Adult Beginner): You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult Intermediate: Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes, and showing off your handstands in shallow water.

Adult Advance: No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300m workout and sprinting 25–50 m. You'll master your front crawl, back crawl and breaststroke. Whew!

e) Patrol levels (Rookie, Ranger, Star)

The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels –Rookie, Ranger, and Star- continue to develop participant's swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.

Rookie Patrol: Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

Ranger Patrol: Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Star Patrol: Swimmers are challenged with 600 m workouts, 300m timed swims and a 25 m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

f) Bronze Star:

Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners.

Candidates learn CPR and develop lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim.

Prerequisite: None (Swim Patrol experience recommended)

g) Bronze Medallion

Bronze Medallion: teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education-judgement, knowledge, skills and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Emergency First Aid is included with Bronze Medallion course.

Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current)

g) Bronze Cross

Bronze Cross : designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and instructor certification. Includes a timed 600 m swim.

Bronze Cross is recognized as an assistant lifeguard certificate in Ontario Regulation 565 governing public swimming pools.

Prerequisite: Bronze Medallion and Emergency First Aid (need not be current)

h) Advanced courses (NLS, Swim Instructor , Lifesaving Instructor, First Aid courses)

400 Swim will be offering all advanced courses (Swim Instructor/Lifesaving Instructor/ NLS/ Standard First Aid and CPR C and AED) upon request. Please contact 400 Swim to book an Advanced course.

i) Lane Swim

During regular operating hours we offer a private lane designated for lane swim for the general public and guardians of students to make use of. This uninstructed swim allows swimmers to independently work on their own fitness and at their own pace.

During regular operating hours stay for as little or as much time as you like, there is not time limit for to use the pool. Please contact 400 Swim for scheduling.

**Please note that swimming programs are first priority and lane swim may be cancelled if space cannot be accommodated.

Cost: \$5.00 / per entry

5. Registration:

a.) Flexible scheduling

400 Swim works with your busy scheduling when creating class scheduling.

What does that mean for you?? You tell us when is best for you to have a class during our scheduled hours and we will do our best to accommodate your request. For example if you have two children who you would like to be placed in the same time slot but in different classes , we will do our utmost to provide with the scheduled time(s) you request

b. How to register:

There are 5 steps to complete registration. The following will guide you to complete the registration process:

Step 1: Pick a location (Earl Grey /SATEC/ 88 Erskine/ In-Home program)

Step 2: Pick a day/time/group or private class

(Contact 400 Swim for availability and schedule information)

Step 3: Complete registration form

[Click here for registration form](#)

**Step 4: Complete registration:
In person/online/or by mail.**

In person: Go to any of our locations during regular operating hours.
Payment can be made my cash or cheque in person only.

Online:

- a. Registration form can be completed online.
- b. Save registration form to your computer and email form as an attachment
- c. Send registration form to info@400swim.com
([Click Here](#))

Mail:

Print completed registration form and send to:
400 Swim
25 Eddy Green crt., Suite 201
Thornhill On
L4J 2S5

Step 5: Complete Payment.

**Payment Options:
Cash/Cheque/Credit**

Cash

Payment with cash can be made in person only. Go to any of our locations during regular operating hours.

Cheque:

Payment with cheque can be made in person or by sending it by mail.
Postdated cheques no later than 3 weeks prior to the start date.
Cheques payable to Erin Marton.

Mailing address:

400 Swim
25 Eddy Green crt., Suite 201
Thornhill On
L4J 2S5

Credit card:

Payment with credit card can only be made online via Paypal.
Place email address on registration form. You will receive an invoice and instructions for payment to the specified email address.

Do not write your credit card information on registration form or call 400 Swim with credit card payment.

All Steps are complete...

1 week before classes begin you will receive a confirmation email, ensuring that all information is correct, and welcoming you to our program.

Please ensure you place an email address on the registration form as most of 400 Swim's correspondence is by email.

6. Evaluation and Awards

Verbal and written report cards given to each student, outlining exactly what skills that have been accomplished and skills that need more focus.

Awards will be given to all levels from Preschool, Swim Kids to advanced programs.

**** (Some exceptions may apply) ****