

HOW TO CHOOSE THE RIGHT SWIMMING LESSONS...

Pre-school level / Age 2-6

STARFISH

Age 2 & over
Parent-child program

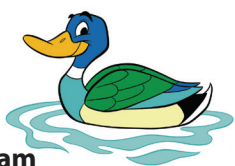
Introduction to swimming.



DUCK

Age 2 & over
Parent-child program

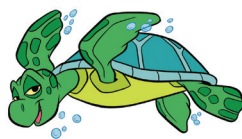
Children must be comfortable in the water.



SEA TURTLE

Age 3 & over
Parent-child program

Children must be able to put their head in the water.



SEA OTTER

Age 3-5
Parent-child program

Children must be able to put their head in the water, jump into the pool and flutter kick front and back, with assistance.



SALAMANDER

Age 3-5

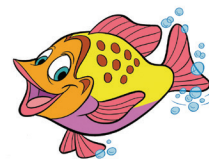
Children must have successfully completed *Sea Otter* level. They must be able to enter the pool without assistance, open their eyes in the water, float on front and back with assistance and flutter kick on their front and back with assistance.



SUNFISH

Age 3-6

Children must have successfully completed *Salamander* level. They must be able to open their eyes in the water, float on front and back, flutter kick on front and back as well as swim 2 metres continuously.



CROCODILE

Age 3-6

Children must have successfully completed *Sunfish* level. They must be able to jump into the water up to their chest, float on their front and back, flutter kick on their front and back as well as swim 5 metres continuously.



WHALE

Age 3-6

Children must have successfully completed *Crocodile* level. They must be able to jump into deep water, swim with an alternating flutter kick and swim 5 metres on their front and back as well as swim 10 metres continuously.



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