

Return to the office for Mr. Sutcliffe

## **PHE – Swimming and Lifesaving 9-11**

### *Application Form 2026-2027*

**Prerequisite:** Swimming Proficiency is required - Students must be able to swim 100m continuously in less than 3 minutes prior to taking the course.

**Description:** The course will include a variety of Aquatic activities (swimming, water rescue, etc). This is a pre-employment program in partnership with the YMCA, and the course will be scheduled for 2-3 classes per week at the Cheam pool. Throughout the duration of the course, students will be given instruction towards attaining their Bronze Medallion, Bronze Cross, and Standard First Aid certifications (if they don't already have them). These are all the prerequisites for the National Lifeguard course.

**Credits:**

- PHE Swimming and Lifesaving 9 fulfills the requirements for PHE 9
- PHE Swimming and Lifesaving 10 fulfills the prescribed graduation requirement for PHE 10
- PHE Swimming and Lifesaving 11 fulfills a grade 11 elective course credit.

Name: \_\_\_\_\_ Grade Next Year: \_\_\_\_\_

Email Address: \_\_\_\_\_

This course is open to all levels of swimmers, but a basic level of proficiency is required for safety purposes.

**Please have someone watch you swim 100m (4 lengths) in the pool and record your time.**  
(Any combination of strokes is fine)

Under 3 minutes? Yes / No      Date: \_\_\_\_\_      Witness: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

This course will meet at Cheam Leisure Centre and may involve an earlier start time in the pool.

Are you able to arrive on time at the Cheam Leisure Centre in the morning (once a confirmed time schedule is provided)?

Yes / No

This course requires regular participation in the swimming pool and performing first aid. Do you have any issues that may affect your ability to participate in the course or that may require extra support? (ex. physical challenges, health concerns, etc.)

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Please write a short explanation of why you want to be in the Swimming/Lifesaving Program:

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