

Level	Age Category & Time	Age Requirement	Skill Requirement
Squirts	9 yrs & under 45 min	Must be between 6 and 9 as of June 21, 2025. There are no exceptions for age.	Must have a minimum of Swimmer 2 or higher experience.
Development for Squirts	9 yrs & under 45 min	Must be between 6 and 9 as of June 21, 2025. There are no exceptions for age.	Must have completed Squirts.
Fundamentals	10 & 11 yrs 45 min	Must be between 10 and 11 as of June 21, 2025. There are no exceptions for age.	Must have a minimum of Swimmer 3 or higher experience.
Development for Fundamentals	10 & 11 yrs 45 min	Must be between 10 and 11 as of June 21, 2025. There are no exceptions for age.	Must have completed Fundamentals.
Intermediate	12 & 13 yrs 60 Min	Must be between 12 and 13 as of June 21, 2025. There are no exceptions for age.	Must have a minimum of Swimmer 4 or higher experience.
Development for Intermediate	12 & 13 yrs 60 Min	Must be between 12 and 13 as of June 21, 2025. There are no exceptions for age.	Must have completed Intermediate.
Advanced	14 & 15 yrs 60 min	Must be between 14 and 15 as of June 21, 2025. There are no exceptions for age.	Must have a minimum of Swimmer 5 or higher experience.
Development for Advanced	14 & 15 yrs 60 min	Must be between 14 and 15 as of June 21, 2025. There are no exceptions for age.	Must have completed Advanced.
Pre Seniors	16 yrs 60 min	Must be 16 as of June 21, 2025. There are no exceptions for age.	Must have a minimum of Swimmer 6 or higher experience.
RHLC Games	All ages up to maximum 16 years max. 1 day	Must be between 6 and 16 as of June 21, 2025. There are no exceptions for age.	This is an in-house mini-competition for all RHLC athletes. Athletes currently registered in RHLC are FREE. Athletes who are not registered may register with registration fee.
Competitive Team	All ages up to maximum 16 years max. 3 days	Must be between 6 and 16 as of June 21, 2025. There are no exceptions for age.	Must be a currently registered RHLC athlete in the 2024-2025 season. Will attend Ontario Junior Lifesaving Championships on June 21 & 22, 2025. Competition location to be confirmed.
RHLC Try Something New	6-16 years 60 min.	Must be between 6 and 16 as of June 21, 2025. There are no exceptions for age.	Try Something New will allow participants unfamiliar with RHLC to try a number of events, use lifesaving sport equipment and experience a coaching environment.
Seniors	RH Aquatic Staff Only TBC	15+	Must be a current RH Aquatic Staff member.

RHLC programs are only offered at Richvale Pool. If you require further information or have questions regarding the program age groups, please contact Richvale Aquatic Staff at 905-884-0855.