

Aquatics

Swimming Lessons

Red Cross Swim Program

The Red Cross Swim program is designed to progressively develop a child's swimming skills and to educate them about water safety. If your child has never taken swimming lessons before, book a level assessment by contacting the Rady JCC Aquatics Department at (204) 477-7541.

Preschool Levels

The new eight-level preschool program allows your children to enter levels based on their age and abilities. Star Fish and Duck (6 months – 2 years old) and Sea Turtle (2–3 years old) are introduced with a parent or caregiver, then move to the preschool levels of Sea Otter, Salamander, Sunfish, Crocodile and Whale (3–6 years old) where the students are learning from the Instructor in small classes with a maximum of four students.

Red Cross Swim (Ages 6+)

Participants learn water safety, swimming and fitness skills in small class sizes (5 students/1 instructor Level 1–5 and 6 students/1 instructor Levels 6–10). Front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly are taught progressively from Red Cross Swim Levels 1–10.

Spring Session

(Please refer to chart for days and times)

30-Minute Lessons (Preschool & Levels 1–5)

\$77 M/\$90 NM (9 weeks)

\$68 M/\$80 NM (8 weeks)

45-Minute Lessons (Levels 6–10)

\$90 M/\$126 NM (9 weeks)

\$80 M/\$112 NM (8 weeks)

SUNDAY Apr. 12 – June 14 (9 weeks)*

MONDAY Apr. 13 – June 15 (8 weeks)**

TUESDAY Apr. 14 – June 9 (9 weeks)

WEDNESDAY Apr. 15 – June 10 (9 weeks)

THURSDAY Apr. 16 – June 18 (9 weeks)***

FRIDAY Apr. 17 – June 12 (9 weeks)

SATURDAY .. Apr. 18 – June 13 (9 weeks)

*NO CLASS MAY 24

**NO CLASS MAY 18 & MAY 25

***NO CLASS APR. 23

Stroke Correction Classes

30-Minute Lessons

\$77 M/\$90 NM (9 weeks)

Stroke correction 1 is designed for those swimmers having difficulty passing Red Cross Swim 4 and 5 where the focus is on the development of front and back crawl. Stroke correction 2 is designed for swimmers in Red Cross Swim 6 and up who are having difficulty with the higher level strokes. Swimmers will have the opportunity to complete the swimming requirement if they have completed the water safety component during their last session of Red Cross lessons. Please bring the child's last progress card to the start of the class.

SUNDAY Apr. 12 – June 14 (9 weeks)*

TUESDAY Apr. 14 – June 9 (9 weeks)

THURSDAY Apr. 16 – June 18 (9 weeks)***

*NO CLASS MAY 24 ***NO CLASS APR. 23

Private/Semi-Private Lessons

Private Lessons Price (per 30-minute lesson)

\$24 M/\$32 NM

Semi-Private Lessons Price

(per 30-minute lesson, per individual)

\$16 M/\$21 NM

Private and semi-private swimming lessons are available for individuals who prefer personalized instruction. Private and semi-private lessons are offered during the same time and days as group lessons but are dependent on instructor availability. A semi-private lesson is for two participants of approximately the same ability. It is the responsibility of the participants to find the person they would like to swim with. For more information or to book a private or semi-private lesson, please call Jayelle at (204) 477-7541 or email jmorris@radyjcc.com

Swimming Lessons Schedule

COURSE NAME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Star Fish/Duck (Ages 6 months – 24 months) (320-2)	009) 9:30 – 10:00 a.m. 003) 10:00 – 10:30 a.m.	005) 10:30 – 11:00 a.m.		007) 1:30 – 2:00 p.m. 008) 5:30 – 6:00 p.m.			555) 9:15 – 9:45 a.m.
Sea Turtle (Ages 2–3 years) (320-2)	260) 10:30 – 11:00 a.m. 261) 1:00 – 1:30 p.m.	262) 5:00 – 5:30 p.m. 263) 6:30 – 7:00 p.m.	264) 11:00 – 11:30 a.m. 265) 1:30 – 2:00 p.m. 266) 4:00 – 4:30 p.m. 267) 6:00 – 6:30 p.m.	268) 6:00 – 6:30 p.m. 269) 6:30 – 7:00 p.m.	270) 10:30 – 11:00 a.m. 271) 4:30 – 5:00 p.m. 272) 6:00 – 6:30 p.m.		556) 10:15 – 10:45 a.m.
Sea Otter (Ages 3+) (320-2)	010) 10:00 – 10:30 a.m. 023) 10:30 – 11:00 a.m. 011) 12:00 – 12:30 p.m. 022) 1:00 – 1:30 p.m.	012) 10:00 – 10:30 a.m. 013) 1:30 – 2:00 p.m. 014) 5:00 – 5:30 p.m. 021) 6:00 – 6:30 p.m.	015) 4:30 – 5:00 p.m. 300) 2:00 – 2:30 p.m.	016) 5:00 – 5:30 p.m.	301) 11:00 – 11:30 a.m. 017) 1:00 – 1:30 p.m. 018) 5:00 – 5:30 p.m. 019) 6:30 – 7:00 p.m.	020) 4:30 – 5:00 p.m.	557) 9:45 – 10:15 a.m. 558) 11:15 – 11:45 a.m.
Salamander (Ages 3+ who have completed Sea Otter or Sea Turtle) (320-2)	039) 9:30 – 10:00 a.m. 025) 11:00 – 11:30 a.m. 038) 11:30 – 12:00 p.m. 026) 12:30 – 1:00 p.m.	027) 2:00 – 2:30 p.m. 028) 4:30 – 5:00 p.m. 060) 6:45 – 7:15 p.m.	029) 4:30 – 5:00 p.m. 030) 5:00 – 5:30 p.m.	031) 11:00 – 11:30 a.m. 032) 6:30 – 7:00 p.m.	033) 2:00 – 2:30 p.m. 034) 5:30 – 6:00 p.m. 035) 6:00 – 6:30 p.m.	036) 5:00 – 5:30 p.m. 037) 10:00 – 10:30 a.m.	559) 9:15 – 9:45 a.m. 560) 10:45 – 11:15 a.m.
Sunfish Ages 3+ who have completed Salamander) (320-2)	048) 9:30 – 10:00 a.m. 040) 11:30 – 12:00 p.m. 049) 12:30 – 1:00 p.m.	061) 1:00 – 1:30 p.m. 062) 5:30 – 6:00 p.m. 063) 6:45 – 7:15 p.m.	041) 10:30 – 11:00 a.m. 064) 6:30 – 7:00 p.m.	042) 10:30 – 11:00 a.m. 043) 5:00 – 5:30 p.m.	044) 2:30 – 3:00 p.m. 045) 6:30 – 7:00 p.m.	046) 5:30 – 6:00 p.m. 047) 1:00 – 1:30 p.m.	561) 9:45 – 10:15 a.m. 562) 11:30 – 12:00 p.m.
Crocodile (Ages 3+ who have completed Sunfish) (320-2)	222) 11:00 – 11:30 a.m. 223) 12:45 – 1:15 p.m.	224) 4:30 – 5:00 p.m. 225) 6:30 – 7:00 p.m.	226) 4:30 – 5:00 p.m. 227) 5:30 – 6:00 p.m.	228) 1:00 – 1:30 p.m. 229) 5:30 – 6:00 p.m. 230) 6:00 – 6:30 p.m.	231) 5:00 – 5:30 p.m. 232) 6:30 – 7:00 p.m.	233) 5:00 – 5:30 p.m. 234) 1:30 – 2:00 p.m.	563) 10:45 – 11:15 a.m.
Whale (Ages 3+ who have completed Crocodile) (320-2)	240) 10:00 – 10:30 a.m. 241) 12:00 – 12:30 p.m.	242) 5:00 – 5:30 p.m. 243) 6:30 – 7:00 p.m.	244) 5:00 – 5:30 p.m. 245) 6:00 – 6:30 p.m.	246) 5:30 – 6:00 p.m. 247) 6:00 – 6:30 p.m.	248) 1:30 – 2:00 p.m. 249) 6:00 – 6:30 p.m.	250) 4:30 – 5:00 p.m. 251) 10:30 – 11:00 a.m.	564) 11:15 – 11:45 a.m.
Level 1 (320-2)	050) 11:00 – 11:30 a.m. 051) 11:30 – 12:00 p.m. 052) 12:00 – 12:30 p.m.	053) 5:00 – 5:30 p.m. 054) 6:00 – 6:30 p.m.	055) 5:00 – 5:30 p.m. 056) 5:30 – 6:00 p.m.	057) 4:30 – 5:00 p.m.	058) 6:00 – 6:30 p.m.	059) 5:30 – 6:00 p.m.	565) 10:45 – 11:15 a.m. 566) 11:15 – 11:45 a.m.
Level 2 (320-2)	080) 10:30 – 11:00 a.m. 081) 12:30 – 1:00 p.m.	082) 4:30 – 5:00 p.m. 083) 5:30 – 6:00 p.m.	084) 4:00 – 4:30 p.m. 085) 5:30 – 6:00 p.m. 086) 6:00 – 6:30 p.m.	087) 4:30 – 5:00 p.m.	088) 4:30 – 5:00 p.m. 089) 5:00 – 5:30 p.m.	090) 4:00 – 4:30 p.m.	567) 10:15 – 10:45 a.m.
Level 3 (320-2)	095) 10:00 – 10:30 a.m. 096) 10:30 – 11:00 a.m. 097) 11:00 – 11:30 a.m. 098) 11:30 – 12:00 p.m.	099) 4:30 – 5:00 p.m. 100) 6:00 – 6:30 p.m.	101) 4:30 – 5:00 p.m. 102) 5:30 – 6:00 p.m.	103) 4:30 – 5:00 p.m. 108) 6:30 – 7:00 p.m.	104) 4:30 – 5:00 p.m. 105) 6:00 – 6:30 p.m.	106) 4:30 – 5:00 p.m. 107) 6:00 – 6:30 p.m.	568) 9:45 – 10:15 a.m. 569) 10:15 – 10:45 a.m.
Level 4 (320-2)	115) 10:00 – 10:30 a.m. 116) 10:30 – 11:00 a.m. 117) 11:00 – 11:30 a.m. 118) 12:45 – 1:15 p.m.	119) 4:00 – 4:30 p.m. 120) 5:00 – 5:30 p.m. 121) 5:30 – 6:00 p.m. 122) 6:00 – 6:30 p.m.	123) 4:00 – 4:30 p.m. 124) 5:00 – 5:30 p.m. 125) 6:00 – 6:30 p.m.	126) 6:00 – 6:30 p.m.	127) 4:30 – 5:00 p.m. 128) 5:30 – 6:00 p.m.	129) 4:00 – 4:30 p.m.	570) 9:15 – 9:45 a.m. 571) 10:15 – 10:45 a.m.
Level 5 (320-2)	134) 9:30 – 10:00 a.m. 135) 10:00 – 10:30 a.m. 136) 11:30 – 12:00 p.m.	137) 4:00 – 4:30 p.m. 138) 5:30 – 6:00 p.m.	139) 4:30 – 5:00 p.m. 140) 6:00 – 6:30 p.m. 141) 6:30 – 7:00 p.m.	142) 4:30 – 5:00 p.m. 143) 5:30 – 6:00 p.m.	144) 5:00 – 5:30 p.m. 145) 5:30 – 6:00 p.m.	146) 4:00 – 4:30 p.m. 147) 6:00 – 6:30 p.m.	572) 9:45 – 10:15 a.m. 573) 11:15 – 11:45 a.m.
Level 6 (320-2)	150) 10:30 – 11:15 a.m. 161) 12:30 – 1:15 p.m.	151) 4:30 – 5:15 p.m. 152) 6:00 – 6:45 p.m.	153) 4:30 – 5:15 p.m. 154) 6:30 – 7:15 p.m.	155) 4:00 – 4:45 p.m. 156) 5:00 – 5:45 p.m. 157) 5:45 – 6:30 p.m.	158) 4:30 – 5:15 p.m. 159) 6:30 – 7:15 p.m.	160) 5:00 – 5:45 p.m.	574) 10:15 – 11:00 a.m.
Level 7 (320-2)	165) 12:00 – 12:45 a.m.	166) 4:30 – 5:15 p.m. 167) 6:00 – 6:45 p.m.	168) 5:45 – 6:30 p.m.	169) 5:00 – 5:45 p.m.	170) 5:15 – 6:00 p.m.	171) 4:45 – 5:30 p.m.	575) 10:00 – 10:45 a.m.
Level 8 (320-2)	175) 12:00 – 12:45 p.m.	176) 5:15 – 6:00 p.m.	177) 5:00 – 5:45 p.m.	178) 4:45 – 5:30 p.m.	179) 6:00 – 6:45 p.m.	180) 5:45 – 6:30 p.m.	576) 10:45 – 11:30 a.m.
Level 9 (320-2)	185) 12:30 – 1:15 p.m.	186) 5:15 – 6:00 p.m.	187) 5:15 – 6:00 p.m.			188) 4:00 – 4:45 p.m.	577) 9:15 – 10:00 a.m.
Level 10 (320-2)	195) 11:15 – 12:00 p.m.	197) 6:00 – 6:45 p.m.	198) 6:30 – 7:15 p.m.	199) 6:30 – 7:15 p.m.			578) 11:00 – 11:45 a.m.
Stroke Correction 1 (320-2)	210) 11:00 – 11:30 a.m.		211) 4:30 – 5:00 p.m.		212) 6:30 – 7:00 p.m.		
Stroke Correction 2 (320-2)	215) 12:30 – 1:00 p.m.		216) 5:00 – 5:30 p.m.				

Visit www.radyjcc.com for current pool schedules and class time schedules.

Lifesaving Programs - *Spring & Summer Sessions*

PROGRAM	DATES	TIME	DAY	FEE	COURSE CODE
Lifesaving Fitness	Apr. 13 – June 15 (8 weeks)*	7:00 p.m. – 8:00 p.m.	Mondays	\$100 M/\$120 NM	320-2385
Bronze Star	Apr. 14 – June 9 (9 weeks)	6:00 p.m. – 7:30 p.m.	Tuesdays	\$170 M/\$190 NM	320-2320
Bronze Medallion (Prerequisite: Bronze Star or 13 years of age)	Apr. 15 – June 10 (9 weeks)	6:00 p.m. – 8:30 p.m.	Wednesdays	\$295 M/\$325 NM	320-2330
	Mar. 30 – Apr. 2 (4 classes)	10:00 a.m. – 4:30 p.m.	Mon.–Thu.	\$295 M/\$325 NM	320-2332
	July 6 – 9 (4 classes)	10:00 a.m. – 4:30 p.m.	Mon.–Thu.	\$295 M/\$325 NM	320-2330
	Aug. 17 – 20 (4 classes)	10:00 a.m. – 4:30 p.m.	Mon.–Thu.	\$295 M/\$325 NM	320-2332
Bronze Cross (Prerequisite: Bronze Medallion)	Apr. 16 – June 18 (9 weeks)**	6:00 p.m. – 8:30 p.m.	Thursdays	\$315 M/\$355 NM	320-2340
	Mar. 30 – Apr. 2 (4 classes)	10:00 a.m. – 4:30 p.m.	Mon.–Thu.	\$315 M/\$355 NM	320-2342
	July 6 – 9 (4 classes)	10:00 a.m. – 4:30 p.m.	Mon.–Thu.	\$315 M/\$355 NM	320-2340
	Aug. 17 – 20 (4 classes)	10:00 a.m. – 4:30 p.m.	Mon.–Thu.	\$315 M/\$355 NM	320-2342
National Lifeguard Service (NLS) Standard First Aid (SFA) Cardiopulmonary Resuscitation (CPR) (Prerequisite: Bronze Cross and 16 years of age) Includes Manuals	May 9 – June 27 (7 classes)***	9:00 a.m. – 6:00 p.m.	Saturdays	\$390 M/\$415 NM	320-2350
	Dates: (6 classes) July 8, 9 July 13-16	Times: 12:00 p.m. – 9:30 p.m. 12:00 p.m. – 9:30 p.m.	Multi-Day	\$390 M/\$415 NM	320-2350
	Dates: (6 classes) July 23, 24 July 27 – 30	Times: 9:00 a.m. – 6:00 p.m. 12:00 p.m. – 9:30 p.m.	Multi-Day	\$390 M/\$415 NM	320-2351
	Dates: (6 classes) Aug. 24 – 27 Friday, Aug. 28 Monday, Aug. 31	Times: 12:00 p.m. – 9:30 p.m. 9:00 a.m. – 6:00 p.m. 1:30 p.m. – 9:30 p.m.	Multi-Day	\$390 M/\$415 NM	320-2352
Lifesaving Instructor (Prerequisite: Bronze Cross, SFA and 16 years of age) Includes Manuals	Dates: (10 classes) Mondays, Apr. 13, 20, 27 Mondays, May 4, 11 Tuesday, May 26 Mondays, June 1, 8, 15, 22	Times: 5:00 p.m. – 9:30 p.m. 5:00 p.m. – 9:30 p.m. 5:00 p.m. – 9:30 p.m. 5:00 p.m. – 9:30 p.m.	Multi-Day	\$460 M/\$490 NM	320-2377
	Aug. 10 – 14 (5 classes)	8:00 a.m. – 5:00 p.m.	Mon.–Fri.	\$460 M/\$490 NM	320-2377
Red Cross Assistant Water Safety Instructor Course (Ages 15+) 100% attendance is required	May 31 – June 14 (3 weeks)	8:30 a.m. – 6:00 p.m.	Sundays	\$275 M/\$295 NM	320-2360
	Dates: (4 classes) July 2, 3 July 6, 7	Varied Schedule 9:00 a.m. – 5:00 p.m. 1:30 p.m. – 9:30 p.m.	Multi-Day	\$275 M/\$295 NM	320-2360
	Aug. 4-6 (3 classes)	9:00 a.m. – 7:30 p.m.	Tue.–Thu.	\$275 M/\$295 NM	320-2361
Red Cross Water Safety Instructor Course (WSI) (Ages 15+) (Prerequisite: Red Cross Assistant Water Safety Instructor Course) 100% attendance is required	Dates: (3 classes) Sunday, May 3 Wednesday, May 6 Sunday, May 10	Varied Schedule 8:30 a.m. – 6:00 p.m. 5:30 p.m. – 9:30 p.m. 8:30 a.m. – 6:00 p.m.	Multi-Day	\$210 M/\$230 NM	320-2365
	Dates: (3 classes) Sunday, June 21 Wednesday, June 24 Sunday, June 28	Varied Schedule 8:30 a.m. – 6:00 p.m. 5:30 p.m. – 9:30 p.m. 8:30 a.m. – 6:00 p.m.	Multi-Day	\$210 M/\$230 NM	320-2366
	July 20 – 22 (3 classes)	1:00 p.m. – 9:30 p.m.	Mon.–Wed.	\$210 M/\$230 NM	320-2365
	Aug. 17 – 19 (3 classes)	1:00 p.m. – 9:30 p.m.	Mon.–Wed.	\$210 M/\$230 NM	320-2366

*No class May 18 (Victoria Day), May 25 (Shavuot)

**No class Apr. 23 (Yom Ha'atzmaut)

***No class May 16 (Victoria Day Weekend)

Specialty Programs

PROGRAM	DAY	TIME	DATES	FEE	COURSE CODE
Aqua Teens/Adults <i>The Aqua Teens/Adults program is specially designed for those looking to gain water comfort or excel in their swimming ability. The instructors will help you in attaining your goal, whether it is water comfort, stroke improvement or endurance.</i>	Mon.	7:00 p.m. – 7:30 p.m.	Apr. 13 – June 15 (8 weeks)*	\$68 M/\$80 NM	320-2390
	Wed.	7:00 p.m. – 7:30 p.m.	Apr. 15 – June 10 (9 weeks)	\$77 M/\$90 NM	320-2391
	Fri.	11:00 a.m. – 11:30 a.m.	Apr. 17 – June 12 (9 weeks)	\$77 M/\$90 NM	320-2392

*No class Mon. May 18 (Victoria Day), May 25 (Shavuot)

Red Cross Swim Programs - Summer Sessions

Registration: Members June 15 / Non-Members June 18

SESSION DATES

SESSION 1 Mornings Jul. 13 – Jul. 24 Mon. – Fri. (10 lessons)	SESSION 1 Evenings Jul. 13 – Jul. 23 Mon. – Thu. (8 Lessons)
SESSION 2 Mornings Jul. 27 – Aug. 7* Mon. – Fri. (9 lessons) *No class August 3	SESSION 2 Evenings Jul. 27 – Aug. 6* Mon. – Thu. (7 lessons) *No class August 3
SESSION 3 NO MORNINGS SESSIONS	SESSION 3 Evenings Aug. 10 – Aug. 20 Mon. – Thu. (8 lessons)
SESSION 4 Mornings Aug. 24 – Sept. 4 Mon. – Fri. (10 lessons)	SESSION 4 Evenings Aug. 24 – Sept. 3 Mon. – Thu. (8 lessons)

PRICING/FEEES

30-MINUTES	10 Lessons	\$86 M/\$100 NM
	9 Lessons	\$77 M/\$90 NM
	8 Lessons	\$68 M/\$80 NM
	7 Lessons	\$59 M/\$70 NM
45-MINUTES	10 Lessons	\$100 M/\$140 NM
	9 Lessons	\$90 M/\$126 NM
	8 Lessons	\$80 M/\$112 NM
	7 Lessons	\$70 M/\$98 NM

Mornings 30 MINUTE LESSONS 10:00 a.m. Sea Otter 10:00 a.m. Sunfish/Crocodile* 10:00 a.m. Level 5 10:30 a.m. Whale 10:30 a.m. Level 1 10:30 a.m. Level 3 11:00 a.m. Level 4 11:00 a.m. Salamander 11:30 a.m. Level 2 45 MINUTE LESSONS 10:00 a.m. Level 6 10:45 a.m. Level 7 11:00 a.m. Level 8 11:30 a.m. Level 9/10*	Evenings 30 MINUTE LESSONS 4:00 p.m. Whale 4:00 p.m. Level 1/2* 4:00 p.m. Sea Otter 4:30 p.m. Level 3 4:30 p.m. Level 4 5:00 p.m. Salamander 5:00 p.m. Level 5 5:30 p.m. Sunfish/Crocodile* 5:30 p.m. Level 4 6:00 p.m. Level 3 6:00 p.m. Level 5 6:00 p.m. Level 1/2* 45 MINUTE LESSONS 4:00 p.m. Level 7/8* 4:45 p.m. Level 6 5:30 p.m. Level 9/10*
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* Split Level Class