



**Swimming Lessons  
Spring 2024  
April 1<sup>st</sup> – June 18<sup>th</sup>, 2024**



**123 Doncaster Street | 204.477.7510 | [www.radyjcc.com](http://www.radyjcc.com)**

## **Registration Dates:**

- **March 12<sup>th</sup>, 2024, 9:00 am – For Members**
- **March 14<sup>th</sup>, 2024, 9:00 am – For Non-Members**

## **Refund Policy:**

All refunds are subject to a **20% admin fee**. Refunds will only be issued up to **7 days prior to start date of program** unless the withdrawal is for medical reasons. Refunds will be issued in the form of a Rady JCC gift card to be used for a future program.

***There are no make-up classes for missed classes due to the participant.** If we need to cancel lessons for any unexpected reason, you will be refunded by gift card for the missed class or if possible, we will extend the session by a week. If we extend the session, we will notify you by phone or email that is on file. We may be able to accommodate make-up classes for Semi-Private or Private classes on a case-by-case basis.*

**The Rady JCC reserves the right to cancel any course at any time, should the course not meet the minimum number of participants registered.**

## **\*No Swimming Lessons on the following days\***

- *Monday, April 22<sup>nd</sup>, 2024 – erev Passover*
- *Tuesday, April 23<sup>rd</sup>, 2024 – Passover Day I*
- *Wednesday, April 24<sup>th</sup>, 2024 – Passover Day II*
- *Wednesday, May 14<sup>th</sup>, 2024 – Yom Ha'atzmaut*
- *Monday, May 20<sup>th</sup>, 2024 – Victoria Day*

***You can also stay up to date by following us on Facebook & Instagram for any updates and reminders.***

## **Dear Parents, Guardians & Swimmers – Please Read**

It is that time of the year again! Registration season is upon us! To ensure you are ready to have a successful and smooth registration process here are a few steps you should take **at least one week before registration**.

### **1. Set up an online account/review your online account to ensure it is correct, up to date, and all family members are on the appropriate accounts.**

- a. If you have never registered for a program here at the Rady, create a guest profile [here](#). **For a successful registration, please ensure all of your family's information, your information, your spouse's/partners information, and your child's/dependents information are all linked to the account you are using to register including all their account details.**
- b. If you have registered with us before, please ensure you are able to successfully log on to your account and that any participant you want to register is included on your account. Please click [here](#) to find the log in page.
  - i. If you are unable to, please contact us at 204.477.7510 to get your password reset and gain access to your online account. Please do not create a duplicate account.
  - ii. Ensure your account information is correct. It is essential your children are on your account with the correct birth date as there are age restrictions for certain courses. Please also ensure your email is correct as this is how we communicate with our program participants. You will need to contact us at 204.477.7510 to update your account.
- c. **Contacting us the day of registration via phone will be challenging for you to get through as we receive extremely high call volumes. It's best to plan ahead and register online to ensure you get into the class you want.**

### **2. Find out what class you wish to register for.**

- a. If you are currently registered in a program, discuss with your instructor what class they recommend for the next session. You can access all past report cards completed at the Rady JCC starting from Winter 2023 session at <https://swimgen.net/search/radyjcc>. To access your reports on SwimGen, you will need to know your Rady Account #. This can be found by logging on to your account and clicking "account Info". Please keep in mind that when entering in JCC, it does need to be capitalized.
- b. If you are not currently in a program, look at past report cards to see what level the instructor recommended registering in next.
- c. Is it your first time registering for a program here? Or has it been over a year since you were last in a program? Please look at our program descriptions in this guide that will assist you in figuring out which program is best suited for your needs.
- d. Once you know what course to register for, please browse through the different course dates and times found in this guide. Give yourself multiple options for course dates & times as classes do fill up quickly!

### **3. Find your gift card or gift card code!**

- a. If you have a gift card for the Rady JCC, ensure you know where it is and what the 4-digit code is.

#### 4. To ensure the safety of all Rady JCC guests, swim lessons will have the following safety measures in place:

- **Please arrive 10 minutes early & know the name of the person registered, the level and time.**
  - A Supervisor will greet you on pool deck and direct you to your meeting location (under the sign labeled for your level).
- **If you or your child is sick – please stay home!**
  - To protect yourself and those around you, we ask that if you or your child are feeling unwell, that you refrain from attending swim lessons so that we can continue to ensure a safe environment for those of all ages who use our community's facilities.
  - We do not credit or extend your lesson if you are unable to attend a lesson. If you can no longer attend the remainder of the class due to ill/injury, we would ask for a doctor note and would reimburse the remainder of the classes in the form of a Rady JCC gift card.
- **Please touch base with your instructor**
  - Discuss with instructors the progress of the swimmer. **Let the instructor or Deck Supervisor know of any issues as soon as they arise. Deck Supervisors are readily available to assist you with any issues you or your participant may be having during swimming lessons. They will be wearing a black tank top with white writing that says "Deck Supervisor".**
  - If you are wanting to know the progress on a participant, please talk to a Deck Supervisor who will be able to give you all the information you need. We encourage open communication between parents and Instructors, so please touch base with Instructors as you need as well.
- **Please note our stance on behavioural issues in class**
  - *We want to ensure that all participants have the attention that they require in class. Behavioural issues can cause setbacks and delays in delivering the curriculum. If a participant is being disruptive during the class, they will be given direction to correct their behaviour. If the disruptive behaviour continues, they will be asked to sit on the side. If the behaviour continues, we will ask that the parent/caregiver step in to deal with the participants behavior.*
  - *We value safety for our Instructors and Participants. Violent behaviour towards our Instructors or other participants will not be tolerated. If a participant is being violent, they will not be allowed to join the class until the behaviour stops. It is the parents/caregivers responsibility to manage this type of behaviour.*
  - *A Deck Supervisor and/or Instructor will approach you if they have any concerns.*
- **Your feedback is valued.**
  - Please provide feedback to a Rady JCC member to allow us to adapt and adjust to our communities' needs while still providing a safe environment for all.

We thank you for taking the time to ensure registration goes smoothly for you and your family. If you have any further questions or concerns, please contact us at **204-477-7510**.

**Sarah Dyck**

Aquatics Manager

Rady Jewish Community Centre

B100-123 Doncaster Street

Winnipeg, Manitoba R3N 2B3

Ph: 204.477.7541



## PRICES FOR SPRING 2024 SWIMMING LESSONS

<u>Course</u>	<u>Member Price</u>	<u>Non-Member Price</u>	<u>Course Length</u>	<u>Number of Classes</u>
<b>Parent &amp; Tot</b>	\$90.00	\$112.50	30 minutes	10
<b>Preschool 1 – 5</b>	\$132.50	\$165.60	30 minutes	10
<b>Swimmers' Level 1 – 3</b>	\$125.00	\$156.20	30 minutes	10
<b>Swimmers' Level 4 – 6</b>	\$132.50	\$165.60	45 minutes	10
<b>Lap Pool Private Swim Lessons</b>	\$340.00	\$425.00	30 minutes	10
<b>Lap Pool Semi-Private Swim Lessons</b>	\$220.00	\$275.00	30 minutes	10
<b>Kiddie Pool Private Swim Lessons</b>	\$340.00	\$425.00	30 minutes	10
<b>Kiddie Pool Semi-Private Swim Lessons</b>	\$220.00	\$275.00	30 minutes	10
<b>Adult/Teen Lessons</b>	\$119.25	\$141.30	30 minutes	10

**> Register Here**

## Parent & Tot Program Overview:

Age 4 months – 3 years | Lessons take place in the Kiddie Pool – **Parents are required in water.**

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 Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting.

This class includes Parent and Tot 1, Parent & Tot 2, and Parent & Tot 3. Your child will be evaluated in Parent & Tot 1, 2, or 3 based on age. Certified instructors provide guidance and answers to your questions.

**\*When registering for a Parent & Tot class, you must register under the child's name.**

***This class is designed for ages 4 months up to 3 years old.***

***Participant Min: 3 | Max: 10***

***Cost per 10 classes: Members: \$90.00 | Non-members: \$112.50***

***Prices are pro-rated depending on the length of the session.***



Parent & Tot			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 10:30a - 11:00a	320-3100	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 11:00a - 11:30a	320-3101	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:00p	320-3102	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 11:00a - 11:30a	320-3103	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:30p - 6:00p	320-3104	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 1:30p - 2:00p	320-3105	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 3:00p - 3:30p	320-3106	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:30p - 6:00p	320-3107	10 Classes
April 4th - June 6th	Thu 11:00a - 11:30a	320-3108	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-3109	10 Classes

April 4th - June 6th	Thu 6:00p - 6:30p	320-3110	10 Classes
April 6th - June 8th	Sat 10:15a - 10:45a	320-3111	10 Classes
April 6th - June 8th	Sat 10:45a - 11:15a	320-3112	10 Classes
April 6th - June 8th	Sat 11:15a - 11:45a	320-3113	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-3114	10 Classes
April 7th - June 9th	Sun 9:00a - 9:30a	320-3115	10 Classes
April 7th - June 9th	Sun 9:30a - 10:00a	320-3116	10 Classes
April 7th - June 9th	Sun 10:00a - 10:30a	320-3117	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-3118	10 Classes
April 7th - June 9th	Sun 11:00a - 11:30a	320-3119	10 Classes
April 7th - June 9th	Sun 11:30a - 12:00p	320-3120	10 Classes

**> Register Here**

## Lifesaving Society Swim for Life Preschool Program Overview

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep. In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

**These classes are designed for children who are 3 to 6 years old within the session. Once they have turned 6, they should transfer into the Swimmers program.**

***Participant Min: 2 | Max: 4***

***Cost per 10 classes: Members: \$132.50| Non-members: \$165.60***



### Preschool 1:

We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll floats and glide on their front and back and learn to get their face wet and blow bubbles underwater.

*This is a transitional level all items are assisted with parent or instructor. The goal is to have no parents in the water by the end of the lessons.*

Preschool 1			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 10:30a - 11:00a	320-3200	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-3201	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-3202	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:00p - 6:30p	320-3203	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:30p - 7:00p	320-3204	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-3205	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:00p - 5:30p	320-3206	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:00p - 6:30p	320-3207	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:30p - 7:00p	320-3208	10 Classes



April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:30p - 7:00p	320-3209	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-3210	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:00p - 5:30p	320-3211	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 6:30p	320-3212	10 Classes
April 4th - June 6th	Thu 4:30p - 5:00p	320-3213	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-3214	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-3215	10 Classes
April 5th - June 7th	Fri 4:30p - 5:00p	320-3216	10 Classes
April 6th - June 8th	Sat 10:15a - 10:45a	320-3217	10 Classes
April 6th - June 8th	Sat 10:45a - 11:15a	320-3218	10 Classes
April 6th - June 8th	Sat 11:15a - 11:45a	320-3219	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-3220	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-3221	10 Classes
April 6th - June 8th	Sat 12:45p - 1:15p	320-3222	10 Classes
April 7th - June 9th	Sun 9:00a - 9:30a	320-3223	10 Classes
April 7th - June 9th	Sun 9:30a - 10:00a	320-3224	10 Classes
April 7th - June 9th	Sun 10:00a - 10:30	320-3225	10 Classes
April 7th - June 9th	Sun 11:00a - 11:30a	320-3226	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-3227	10 Classes

**> Register Here**

## **Preschool 2:**

These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.

*To register for this class child must be comfortable in a swim lesson without a parent in the water.*

Preschool 2			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 11:00a - 11:30a	320-3300	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-3301	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-3302	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:00p - 6:30p	320-3303	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:30p - 7:00p	320-3304	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-3305	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:00p - 5:30p	320-3306	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:00p - 6:30p	320-3307	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:00p - 6:30p	320-3308	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-3309	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:00p - 5:30p	320-3310	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:30p - 6:00p	320-3311	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:30p - 7:00p	320-3312	10 Classes
April 4th - June 6th	Thu 4:30p - 5:00p	320-3313	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-3314	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-3315	10 Classes
April 4th - June 6th	Thu 6:00p - 6:30p	320-3316	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-3317	10 Classes
April 5th - June 7th	Fri 4:30p - 5:00p	320-3318	10 Classes

April 6th - June 8th	Sat 10:15a - 10:45a	320-3319	10 Classes
April 6th - June 8th	Sat 11:15a - 11:45a	320-3320	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-3321	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-3322	10 Classes
April 6th - June 8th	Sat 12:45p - 1:15p	320-3323	10 Classes
April 7th - June 9th	Sun 9:00a - 9:30a	320-3324	10 Classes
April 7th - June 9th	Sun 10:00a - 10:30a	320-3325	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-3326	10 Classes
April 7th - June 9th	Sun 11:00a - 11:30a	320-3327	10 Classes
April 7th - June 9th	Sun 11:30p - 12:00p	320-3328	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-3329	10 Classes

**> Register Here**

### **Preschool 3:**

In this level participants will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

*To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 3x, float on front and back comfortably in a lifejacket, glide on front and back for 3m comfortably in a lifejacket and be able to do flutter kick on back with a kick board for 5m.*

Preschool 3			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-3400	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-3401	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:00p	320-3402	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:30p - 7:00p	320-3403	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-3404	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:30p - 6:00p	320-3405	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 1:30p - 2:00p	320-3406	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-3407	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:30p - 6:00p	320-3408	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 6:30p	320-3409	10 Classes
April 4th - June 6th	Thu 4:30p - 5:00p	320-3410	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-3411	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-3412	10 Classes
April 6th - June 8th	Sat 11:15a - 11:45a	320-3413	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-3414	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-3415	10 Classes
April 6th - June 8th	Sat 12:45p - 1:15p	320-3416	10 Classes

April 7th - June 9th	Sun 9:00a - 9:30a	320-3417	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-3418	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-3419	10 Classes

**> Register Here**

## **Preschool 4:**

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) front crawl swim on their front wearing a lifejacket and gliding and kicking on their side.

*To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 5x, hold breath underwater for 3 seconds, float on front and back unassisted for 5 seconds, glide on front and back for 3m unassisted, roll laterally front to back and back to front unassisted, and be able to do flutter kick on back and front unassisted for 5m.*

Preschool 4			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:00p	320-3500	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-3501	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:00p - 5:30p	320-3502	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:30p - 7:00p	320-3503	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 7:00p - 7:30p	320-3504	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 3:00p - 3:30p	320-3505	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-3506	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:30p - 7:00p	320-3507	10 Classes
April 4th - June 6th	Thu 4:30p - 5:00p	320-3508	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-3509	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-3510	10 Classes
April 7th - June 9th	Sun 11:30a - 12:00p	320-3511	10 Classes

**> Register Here**

## **Preschool 5:**

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and work on whip kick.

*To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles with eyes open 5x, glide on side with kick for 5m, flutter kick on front and back for 7m, and be able to do front crawl with a PFD for 5m.*

*The swimmer must also have completed the swim to survive challenge for preschool level 4, wearing a PFD complete the following skills sequentially: tread water for 15 seconds, complete a roll-over float from front to back and swim 5m.*

Preschool 5			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:00p	320-3600	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 7:00p - 7:30p	320-3601	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:30p - 6:00p	320-3602	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 7:00p - 7:30p	320-3603	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:00p - 5:30p	320-3604	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 6:30p	320-3605	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-3606	10 Classes
April 6th - June 8th	Sat 10:15a - 10:45a	320-3607	10 Classes
April 7th - June 9th	Sun 10:00a - 10:30a	320-3608	10 Classes

**> Register Here**

## Lifesaving Society Swim for Life Swimmer Program Overview

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 6 years and older including beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

*This class is designed for ages 6 years to 12 years old.*



### Level Description

#### **Swimmer 1:**

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

**Participant Min: 2 | Max: 5**

**Cost per 10 classes: Members: \$125.00 | Non-members: \$156.20**

Swimmer 1			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:00p - 4:30p	320-4100	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-4101	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-4102	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:00p - 6:30p	320-4103	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:30p - 7:00p	320-4104	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-4105	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:15p - 5:45p	320-4106	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:30p - 6:00p	320-4107	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:30p - 6:00p	320-4108	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:15p - 6:45p	320-4109	10 Classes



April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:30p - 7:00p	320-4110	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:00p - 4:30p	320-4111	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-4112	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:00p - 5:30p	320-4113	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:30p - 6:00p	320-4114	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 6:30p	320-4115	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:30p - 7:00p	320-4116	10 Classes
April 4th - June 6th	Thu 4:30p - 5:00p	320-4117	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-4118	10 Classes
April 4th - June 6th	Thu 6:00p - 6:30p	320-4119	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-4120	10 Classes
April 5th - June 7th	Fri 4:00p - 4:30p	320-4121	10 Classes
April 6th - June 8th	Sat 10:15a - 10:45a	320-4122	10 Classes
April 6th - June 8th	Sat 10:15a - 10:45a	320-4123	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-4124	10 Classes
April 6th - June 8th	Sat 12:30p - 1:00p	320-4125	10 Classes
April 7th - June 9th	Sun 9:00a - 9:30a	320-4126	10 Classes
April 7th - June 9th	Sun 9:30a - 10:00a	320-4127	10 Classes
April 7th - June 9th	Sun 10:00a - 10:30a	320-4128	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-4129	10 Classes
April 7th - June 9th	Sun 11:00a - 11:30a	320-4130	10 Classes
April 7th - June 9th	Sun 11:30a - 12:00p	320-4131	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-4132	10 Classes

## > Register Here

### Swimmer 2:

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

*To register for this class the child must be able to successfully complete the following skills: tread water with PFD for 30 seconds, hold breath underwater for 5 seconds, submerge and blow bubbles 5x with eyes open, front and back float unassisted for 5 seconds, glide on front, back and side for 3m, flutter kick with a kick board on front and back for 5m each and front crawl for 5m with a PFD.*

**Participant Min: 2 | Max: 5**

**Cost per 10 classes: Members: \$125.00 | Non-members: \$156.20**

Swimmer 2			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-4200	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-4201	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:00p - 6:30p	320-4202	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-4203	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:00p - 5:30p	320-4204	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:15p - 5:45p	320-4205	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:45p - 6:15p	320-4206	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:00p - 6:30p	320-4207	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:30p - 7:00p	320-4208	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 7:00p - 7:30p	320-4209	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-4210	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:00p - 5:30p	320-4211	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:30p - 6:00p	320-4212	10 Classes

April 4th - June 6th	Thu 4:30p - 5:00p	320-4213	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-4214	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-4215	10 Classes
April 4th - June 6th	Thu 6:00p - 6:30p	320-4216	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-4217	10 Classes
April 5th - June 7th	Fri 4:00p - 4:30p	320-4218	10 Classes
April 6th - June 8th	Sat 10:15a - 10:45a	320-4219	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-4220	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-4221	10 Classes
April 6th - June 8th	Sat 12:30p - 1:00p	320-4222	10 Classes
April 7th - June 9th	Sun 9:30a - 10:00a	320-4223	10 Classes
April 7th - June 9th	Sun 10:00a - 10:30a	320-4224	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-4225	10 Classes
April 7th - June 9th	Sun 11:30a - 12:00p	320-4226	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-4227	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-4228	10 Classes

**> Register Here**

### **Swimmer 3:**

These junior swimmers will work on distance, do front somersaults, and handstands in water. They'll work on 15m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to (4 x 15 m).

*To register for this class the child must be able to successfully complete the following skills: tread water for 15 seconds, recover object from bottom in chest deep water, front, back and side kick for 10m each, front and back crawl for 10m each and vertical whip kick for 30 seconds with an aid.*

**Participant Min: 2 | Max: 5**

**Cost per 10 classes: Members: \$125.00 | Non-members: \$156.20**

Swimmer 3			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-4300	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-4301	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-4302	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-4303	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:30p - 7:00p	320-4304	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:30p - 6:00p	320-4305	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:45p - 6:15p	320-4306	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:15p - 6:45p	320-4307	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:00p	320-4308	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:00p - 5:30p	320-4309	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:30p - 7:00p	320-4310	10 Classes
April 4th - June 6th	Thu 4:30p - 5:00p	320-4311	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-4312	10 Classes
April 4th - June 6th	Thu 6:00p - 6:30p	320-4313	10 Classes
April 6th - June 8th	Sat 11:15a - 11:45a	320-4314	10 Classes
April 6th - June 8th	Sat 12:45p - 1:15p	320-4315	10 Classes

April 7th - June 9th	Sun 10:00a - 10:30a	320-4316	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-4317	10 Classes
April 7th - June 9th	Sun 11:00a - 11:30a	320-4318	10 Classes

**> Register Here**

## **Swimmer 4:**

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

*To register for this class the child must be able to successfully complete the following skills: tread water for 30 seconds, front, back and side kick for 5m each and be able to change directions without stopping, front and back crawl for 15m each and whip kick on back for 10m.*

**Participant Min: 3 | Max: 6**

**Cost per 10 classes: Members: \$132.50 | Non-members: \$165.60**

Swimmer 4			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:15p	320-4400	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:15p - 7:00p	320-4401	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:15p	320-4402	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:15p	320-4403	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:15p	320-4404	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:15p - 6:00p	320-4405	10 Classes
April 4th - June 6th	Thu 4:30p - 5:15p	320-4406	10 Classes
April 6th - June 8th	Sat 10:15a - 11:00a	320-4407	10 Classes
April 6th - June 8th	Sat 11:00a - 11:45a	320-4408	10 Classes
April 7th - June 9th	Sun 9:00a - 9:45a	320-4409	10 Classes
April 7th - June 9th	Sun 10:30a - 11:15a	320-4410	10 Classes
April 7th - June 9th	Sun 10:30a - 11:15a	320-4411	10 Classes

**> Register Here**

## **Swimmer 5:**

These swimmers will master cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

*To register for this class the child must be able to successfully complete the following skills: tread water for 1 minute, swim underwater for 5m, front and back crawl for 25m each and whip kick on back for 15m.*

**Participant Min: 3 | Max: 6**

**Cost per 10 classes: Members: \$132.50 | Non-members: \$165.60**

Swimmer 5			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:15p	320-4500	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 7:00p - 7:45p	320-4501	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:45p - 7:30p	320-4502	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 4:30p - 5:15p	320-4503	10 Classes
April 4th - June 6th	Thu 5:15p - 6:00p	320-4504	10 Classes
April 6th - June 8th	Sat 10:15a - 11:00a	320-4505	10 Classes
April 6th - June 8th	Sat 11:45a - 12:30p	320-4506	10 Classes
April 7th - June 9th	Sun 9:00a - 9:45a	320-4507	10 Classes
April 7th - June 9th	Sun 9:45a - 10:30a	320-4508	10 Classes
April 7th - June 9th	Sun 11:15a - 12:00p	320-4509	10 Classes

**> Register Here**

## **Swimmer 6:**

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke.

*To register for this class the child must be able to successfully complete the following skills: tread water for 2 minutes, roll into water, front and back crawl for 50m each and breaststroke for 25m.*

**Participant Min: 3 | Max: 6**

**Cost per 10 classes: Members: \$132.50 | Non-members: \$165.60**

Swimmer 6			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:30p - 6:15p	320-4600	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 7:00p - 7:45p	320-4601	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:45p - 7:30p	320-4602	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:15p - 6:00p	320-4603	10 Classes
April 4th - June 6th	Thu 4:30p - 5:15p	320-4604	10 Classes
April 6th - June 8th	Sat 11:00a - 11:45a	320-4605	10 Classes
April 6th - June 8th	Sat 11:45a - 12:30p	320-4606	10 Classes
April 7th - June 9th	Sun 9:45a - 10:30a	320-4607	10 Classes
April 7th - June 9th	Sun 11:15a - 12:00p	320-4608	10 Classes

**> Register Here**



## Private Lesson Program Overview

Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **All private lessons can be booked online.**

**WE CANNOT ADJUST A PRIVATE TO A SEMI-PRIVATE CLASS – PLEASE REGISTER FOR SEMI-PRIVATE IF YOU NEED MORE THAN 1 PARTICIPANT IN A CLASS.**

**Cost per 10 classes: Member Price: \$340.00 / Non-Member: \$425.00**

### Kiddie Pool Private Swim Lessons:

**Restricted to the leisure pool.** Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Preschool Swimmer Levels or focus on specific swimming skills. **Individual private lessons can be booked online.**

Kiddie Pool Private			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-1100	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-1101	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:00p - 6:30p	320-1102	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:00p - 5:30p	320-1103	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 5:30p - 6:00p	320-1104	10 Classes
April 5th - June 7th	Fri 6:00p - 6:30p	320-1105	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-1106	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-1107	10 Classes
April 7th - June 9th	Sun 12:30p - 1:00p	320-1108	10 Classes

## Lap Pool Private Swim Lessons:

**Restricted to the lap pool.** Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **Individual private lessons can be booked online.**

Lap Pool Private			
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 4:30p - 5:00p	320-2100	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 5:00p - 5:30p	320-2101	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:30p - 7:00p	320-2102	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 7:00p - 7:30p	320-2103	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 7:00p - 7:30p	320-2104	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 4:30p - 5:00p	320-2105	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 5:00p - 5:30p	320-2106	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:00p - 6:30p	320-2107	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:00p - 6:30p	320-2108	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 6:30p - 7:00p	320-2109	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 7:00p - 7:30p	320-2110	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	Tue 7:00p - 7:30p	320-2111	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 6:30p	320-2112	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:30p - 7:00p	320-2113	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:30p - 7:00p	320-2114	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-2115	10 Classes
April 4th - June 6th	Thu 5:00p - 5:30p	320-2116	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-2117	10 Classes
April 4th - June 6th	Thu 5:30p - 6:00p	320-2118	10 Classes
April 4th - June 6th	Thu 6:00p - 6:30p	320-2119	10 Classes

April 4th - June 6th	Thu 6:30p - 7:00p	320-2120	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-2121	10 Classes
April 4th - June 6th	Thu 6:30p - 7:00p	320-2122	10 Classes
April 5th - June 7th	Fri 5:00p - 5:30p	320-2123	10 Classes
April 5th - June 7th	Fri 5:00p - 5:30p	320-2124	10 Classes
April 5th - June 7th	Fri 5:30p - 6:00p	320-2125	10 Classes
April 6th - June 8th	Sat 10:45a - 11:15a	320-2126	10 Classes
April 6th - June 8th	Sat 10:45a - 11:15a	320-2127	10 Classes
April 6th - June 8th	Sat 10:45a - 11:15a	320-2128	10 Classes
April 6th - June 8th	Sat 11:45a - 12:15p	320-2129	10 Classes
April 6th - June 8th	Sat 12:15p - 12:45p	320-2130	10 Classes
April 7th - June 9th	Sun 9:00a - 9:30a	320-2131	10 Classes
April 7th - June 9th	Sun 9:00a - 9:30a	320-2132	10 Classes
April 7th - June 9th	Sun 9:30a - 10:00	320-2133	10 Classes
April 7th - June 9th	Sun 10:30a - 11:00a	320-2134	10 Classes
April 7th - June 9th	Sun 11:00a - 11:30a	320-2135	10 Classes
April 7th - June 9th	Sun 12:00p - 12:30p	320-2136	10 Classes
April 7th - June 9th	Sun 12:30p - 1:00p	320-2137	10 Classes
April 7th - June 9th	Sun 12:30p - 1:00p	320-2138	10 Classes

## Semi-Private Lesson Program Overview

Participants learn to swim with two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **All semi-private lessons can be booked online.**

Class size will be max 2 participants.

Cost per 10 classes: Member Price: \$220.00 / Non-Member: \$275.00

With semi-private swim lessons, both participants must be in a similar level. The options are:

- Preschool 1-2 Semi-Private.
- Preschool 3-5 Semi-Private.
- Swimmer 1-3 Semi-Private.
- Swimmer 4-6 Semi-Private.

*If the two participants you are wanting to register for semi-private fall into different level categories by 1 level (ex: Preschool 5 and Swimmer 1), please place them according to if you would like them in the Kiddie pool (Preschool) or Lap Pool (Swimmer 1-3). If you have a participant in Swimmer 3 and Swimmer 4 that you would like registered together, please pick date and times that suit best, instructors will be able to accommodate.*

### Kiddie Pool Semi-Private Swim Lessons:

**Restricted to the leisure pool.** Participants learn to swim with two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Preschool Swimmer Levels or focus on specific swimming skills. **Swimmers must be in a similar level. The options for classes using the Kiddie Pool include: Preschool 1-2 Semi-Private and Preschool 3-5 Semi-Private. Semi-Private lessons can be booked online.**

Kiddie Pool Semi-Private				
April 1st - June 17th NO CLASS April 22nd & May 20th	<b>Preschool 3-5</b>	Mon 6:00p - 6:30p	320-1200	10 Classes
April 2nd - June 18th NO CLASS April 23rd	<b>Preschool 1-2</b>	Tue 5:30p - 6:00p	320-1201	10 Classes
April 3rd - June 12th NO CLASS April 24th	<b>Preschool 1-2</b>	Wed 5:00p - 5:30p	320-1202	10 Classes
April 5th - June 7th	<b>Preschool 1-2</b>	Fri 4:00p - 4:30p	320-1203	10 Classes
April 5th - June 7th	<b>Preschool 3-5</b>	Fri 5:30p - 6:00p	320-1204	10 Classes
April 6th - June 8th	<b>Preschool 1-2</b>	Sat 10:45a - 11:15a	320-1205	10 Classes
April 7th - June 9th	<b>Preschool 1-2</b>	Sun 9:30a - 10:00a	320-1206	10 Classes
April 7th - June 9th	<b>Preschool 3-5</b>	Sun 9:30a - 10:00a	320-1207	10 Classes
April 7th - June 9th	<b>Preschool 1-2</b>	Sun 11:00a - 11:30a	320-1208	10 Classes
April 7th - June 9th	<b>Preschool 1-2</b>	Sun 11:30a - 12:00p	320-1209	10 Classes

## Lap Pool Semi-Private Swim Lessons:

**Restricted to the lap pool.** Participants learn to swim with two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. ***Swimmers must be in a similar level. The options for classes using the Lap Pool include: Swimmer 1-3 Semi-Private and Swimmer 4-6 Semi Private. Semi-Private lessons can be booked online.***

Lap Pool Semi-Private				
April 1st - June 17th NO CLASS April 22nd & May 20th	<b>Swimmer 1-3</b>	Mon 5:30p - 6:00p	320-2200	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	<b>Swimmer 4-6</b>	Mon 5:30p - 6:00p	320-2201	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	<b>Swimmer 1-3</b>	Mon 7:00p - 7:30p	320-2202	10 Classes
April 1st - June 17th NO CLASS April 22nd & May 20th	<b>Swimmer 4-6</b>	Mon 7:00p - 7:30p	320-2203	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	<b>Swimmer 1-3</b>	Tue 5:00p - 5:30p	320-2204	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	<b>Swimmer 1-3</b>	Tue 6:00p - 6:30p	320-2205	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	<b>Swimmer 4-6</b>	Tue 6:30p - 7:00p	320-2206	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	<b>Swimmer 1-3</b>	Tue 7:00p - 7:30p	320-2207	10 Classes
April 2nd - June 18th NO CLASS April 23rd & May 14th	<b>Swimmer 4-6</b>	Tue 7:00p - 7:30p	320-2208	10 Classes
April 3rd - June 12th NO CLASS April 24th	<b>Swimmer 1-3</b>	Wed 5:30p - 6:00p	320-2209	10 Classes
April 3rd - June 12th NO CLASS April 24th	<b>Swimmer 4-6</b>	Wed 6:00p - 6:30p	320-2210	10 Classes
April 3rd - June 12th NO CLASS April 24th	<b>Swimmer 1-3</b>	Wed 7:00p - 7:30p	320-2211	10 Classes
April 3rd - June 12th NO CLASS April 24th	<b>Swimmer 4-6</b>	Wed 7:00p - 7:30p	320-2212	10 Classes
April 4th - June 6th	<b>Swimmer 1-3</b>	Thu 6:00p - 6:30p	320-2213	10 Classes
April 4th - June 6th	<b>Swimmer 4-6</b>	Thu 6:00p - 6:30p	320-2214	10 Classes
April 5th - June 7th	<b>Swimmer 1-3</b>	Fri 4:30p - 5:00p	320-2215	10 Classes
April 5th - June 7th	<b>Swimmer 1-3</b>	Fri 5:00p - 5:30p	320-2216	10 Classes
April 5th - June 7th	<b>Swimmer 4-6</b>	Fri 5:30p - 6:00p	320-2217	10 Classes
April 6th - June 8th	<b>Swimmer 4-6</b>	Sat 10:45a - 11:15a	320-2218	10 Classes

April 6th - June 8th	<b>Swimmer 1-3</b>	Sat 11:15a - 11:45a	320-2219	10 Classes
April 6th - June 8th	<b>Swimmer 4 - 6</b>	Sat 11:15a - 11:45a	320-2220	10 Classes
April 7th - June 9th	<b>Swimmer 1-3</b>	Sun 11:30a - 12:00p	320-2221	10 Classes
April 7th - June 9th	<b>Swimmer 4-6</b>	Sun 12:00p - 12:30p	320-2222	10 Classes
April 7th - June 9th	<b>Swimmer 1-3</b>	Sun 12:30p - 1:00p	320-2223	10 Classes
April 7th - June 9th	<b>Swimmer 4-6</b>	Sun 12:30p - 1:00p	320-2224	10 Classes

**> Register Here**

## Swim Patrol Overview

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment.

*To register for these classes the child must be able to successfully complete Swimmer 6 or the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.*

**Participant Min: 4 | Max: 10**

**Members: \$123.50 | Non-members: \$154.38**



**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.

*To register for this class the child must have passed Swimmers 6 or be able to successfully complete the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.*

April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:15p - 7:15p	320-6100	10 Classes
April 4th - June 6th	Thu 5:30p - 6:30p	320-6101	10 Classes

## Ranger Patrol:

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m 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.

*To register for this class the child must be able have passed Ranger Patrol*

April 1st - June 17th NO CLASS April 22nd & May 20th	Mon 6:15p - 7:15p	320-6200	10 Classes
April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 7:00p	320-6201	10 Classes

## **Star Patrol:**

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m 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.

*To register for this class the child must be able have passed Ranger Patrol*

April 3rd - June 12th NO CLASS April 24th	Wed 6:00p - 7:00p	320-6300	10 Classes
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**> Register Here**



## Adult/Teen Program Overview

Whether you're just starting out or just want help with your strokes, our Adult/Teen program is the place for you! Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes for lane swimming and fitness. We incorporate Lifesaving Society Water Smart® education in all Adult/Teen levels.

*This class is designed for ages 13 years older.*

*Participant Min: 2 | Max: 6*

*Cost per 10 classes: Members: \$132.50 | Non-members: \$165.60*



### **Adult/Teen 1:**

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/Teen 2:**

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 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/Teen 3:**

You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl, and breaststroke.

If you are a strong Adult/Teen 1 but a weak **Adult/Teen 2**, consider taking the Adult/Teen 1 & 2 Combined class.

Adult/Teen				
April 3rd - June 12th NO CLASS April 24th & May 14th	<b>Adult/Teen 1 &amp; 2</b>	Wed 7:00p - 7:30p	320-5000	10 Classes
April 5th - June 7th	<b>Adult/Teen 1</b>	Fri 6:00p - 6:30p	320-5100	10 Classes
April 5th - June 7th	<b>Adult/Teen 2</b>	Fri 6:00p - 6:30p	320-5200	10 Classes
April 4th - June 6th	<b>Adult/Teen 3</b>	Thu 7:00p - 7:30p	320-5300	10 Classes

**> Register Here**

## Fitness Swimmer

The Fitness Swimmer Program is for swimmers of any age who want to improve their overall physical fitness in the water. Participants learn and experience safe training principles and practices including the highly effective technique of interval training. Participants set their own fitness goals.

***Participant Min: 2 | Max: 6***

***Cost per 10 classes: Members: \$132.50 | Non-members: \$165.60***

April 4th - June 6th	Thu 7:00p - 7:30p	320-8000	10 Classes
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**> Register Here**

## Bronze Medal Awards

The Canadian Lifesaving Program's Bronze Medal Awards provides swimmers with a fun and exciting opportunity to learn valuable lifesaving, first aid, and Water Smart® skills and knowledge. Bronze Star, Bronze Medallion, and Bronze Cross are designed for swimmers ages 8-15, but it's never too late to learn these valuable skills!



### Bronze Star

**Participant Min: 4 | Max: 12**

**Members: \$190.00 | Non-members: \$237.50**

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. *Prerequisites:* None.

April 3rd - June 12th NO CLASS April 24th	Bronze Star	Wed 6:00p - 7:00p	320-6400	10 Classes
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**> Register Here**

## Bronze Medallion

**Participant Min: 4 | Max: 12**

**Members: \$231.00 | Non-members: \$288.75**

**5 WEEKS EACH**

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. *Prerequisite:* minimum 13 years of age or Bronze Star.

We will be offering 2 Bronze Medallion courses during the Spring 2024 session. Please see dates below.

April 6th - May 4th	Bronze Medallion	Sat 1:00p - 4:00p	320-6500	5 Classes
May 11th - June 8th	Bronze Medallion	Sat 1:00p - 4:00p	320-6501	5 Classes

**> Register Here**

## Bronze Cross and Standard First Aid & CPR-C

**Participant Min: 4 | Max: 12**

**Members: \$360.00 | Non-members: \$450.00**

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. *Prerequisite:* Bronze Medallion. The Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. It includes all the content for Emergency first Aid and the following: spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, poisonings, and medical emergencies. CPR-C is included.

April 7th - June 9th	Bronze Cross & SFA	Sun 1:00p - 4:30p	320-6600	10 Classes
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**> Register Here**

## Emergency First Aid and CPR – C

*Participant Min: 4 | Max: 12*

*Members: \$88.00 | Non-members: \$110.00*

The 7.5 hour Emergency First Aid course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, AED use, choking, respiratory and circulatory emergencies such as heart attack and stroke, bone & joint injuries, burns, medical/legal aspects and how to deal with external bleeding. *CPR-C is included.*

EFA & CPRC	<b>Tuesday</b> May 7 <sup>th</sup> & <b>Thursday</b> May 9 <sup>th</sup>	4:30p - 8:30p	320-2911
EFA & CPRC	Sunday June 9th	9:00a - 4:30p	320-4911

## Emergency First Aid and CPR – C Recertification

*Participant Min: 4 | Max: 12*

*Members: \$63.75 | Non-members: \$85.00*

Candidates wishing to recertify their Emergency First Aid and CPR - C certification must bring their current/most recent Emergency First Aid and CPR - C certification to the recert.

EFA & CPRC <b>Recert</b>	Thursday May 16th	5:00p - 9:00p	320-1911
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**> Register Here**

## Standard First Aid and CPR – C

*Participant Min: 4 | Max: 12*

**Members: \$160.00 | Non-members: \$200.00**

The 14-hour Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid. It includes all the content for Emergency first Aid and the following: spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, poisonings, and medical emergencies. CPR-C is included.

SFA & CPRC	<b>Saturday</b> June 1 <sup>st</sup> & <b>Sunday</b> June 2 <sup>nd</sup>	9:00a - 4:00p	320-3911
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## Standard First Aid and CPR – C Recertification

*Participant Min: 4 | Max: 12*

**Members: \$105.00 | Non-members: \$140.00**

Candidates wishing to recertify their Standard First Aid and CPR – C certification must bring their current/most recent Standard First Aid and CPR – C certification to the recert.

SFA & CPRC <b>Recert</b>	Sunday April 14th	9:00a - 4:00p	320-0911
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**> Register Here**

## National Lifeguard

*Participant Min: 4 | Max: 12*

*Members: \$331.00 | Non-members: \$413.75*

National Lifeguard is the industry standard for professional lifeguards in Canada.

National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. The Lifesaving Society trains all of Canada's National Lifeguards.



**Prerequisites:** minimum 15 years of age by start of the course, Bronze Cross, and Standard First Aid or Aquatic Emergency Care.

April 6th - June 8th	Sat 1:00p - 5:30p	320-6700
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## National Lifeguard Recertification

*Participant Min: 4 | Max: 12*

*Members: \$51.00 | Non-members: \$63.75*

Candidates wishing to recertify their National Lifeguard certification must bring their current/most recent National Lifeguard certification to the recert.

June 15th	Sat 1:00p – 5:00p	320-9000
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**> Register Here**

## Swim Club \*NEW\*

### Barracuda Swim Club

*Participant Max: 8 per Day*

*Age requirements: 10 – 99 years old*

*Skill requirements: Must have completed Swimmer 5 or be able to: tread water for 2 minutes, roll into water, front and back crawl for 50m each and breaststroke for 25m.*

Barracudas Swim Club is run by our certified trainer, Elizabeth Gendron who holds certifications in aquatic training with over 10 years experience coaching, first aid, and CPR. Elizabeth is also a former national competitive swimming athlete.

Swim Club is focused on delivering quality swimming instruction to participants. Elizabeth is working towards building a competitive team while fostering a love of sport as well as helping you master your physique and technique in the pool.

#### **Program Highlights:**

- 1. Comprehensive Curriculum:** The program covers a wide range of swimming skills, from basic stroke technique fundamentals to advanced techniques such as butterfly, freestyle, breaststroke, and backstroke.
- 2. Customized Instruction:** Participants will receive personalized attention based on their skill levels and goals, ensuring an effective learning experience.
- 3. Progress Tracking:** regular progress reports to both participants and parents/guardians, allowing them to monitor skill development and set achievable goals.

**Barracuda Swim Club will run from April 2<sup>nd</sup> – June 18<sup>th</sup>**

Tuesdays 6:15a – 7:15a
Wednesdays 8:00p – 9:00p
Thursdays 6:15a – 7:15a

**If you have classes left from previously purchased packs, you may use them for this session.**

#### **1x Week Pack (10 classes):**

Member: \$255.00

Non-Member: **\$340.00**

#### **2X Week Pack (20 classes):**

Member: \$450.00

Non-Member: \$600.00

#### **3X Week Pack (30 classes):**

Member: \$675.00

Non-Member: \$900.00

#### **Single Class Pass:**

Member: \$30.00

Non-Member: \$40.00