

# SWIM LESSONS

## FALL FULL SCHEDULE



**REGISTER ONLINE or IN PERSON: 9AM TUES. AUG 28**

★ ANNUAL FAMILY MEMBERS CAN REGISTER IN PERSON 24 HRS IN ADVANCE

	MONDAYS Sept 17 - Nov 12	TUESDAYS Sept 18 - Nov 6	WEDNESDAYS Sept 19 - Nov 14	THURSDAYS Sept 20 - Nov 8	FRI	SATURDAYS Sept 22 - Nov 10	SUN
	- no class Oct 8 -		- no class Oct 31 -				
STARFISH & DUCK		5:30 - 6:10 pm	4:00 - 4:40 pm			9:45 - 10:25 am	
SEA TURTLE	4:45 - 5:25 pm		3:15 - 3:55 pm	4:00 - 4:40 pm		9:45 - 10:25 am	
SEA OTTER	5:30 - 6:10 pm	4:45 - 5:25 pm		5:00 - 5:40 pm		9:45 - 10:25 am 11:15 - 11:55 am	
SALAMANDER	4:00 - 4:40 pm	5:30 - 6:10pm	4:45 - 5:25 pm	6:15 - 6:55 pm		9:00 - 9:40 am	
SUNFISH	4:45 - 5:25 pm		4:00 - 4:40 pm	5:30 - 6:10 pm		10:45 - 11:25 am	
CROCODILE & WHALE		4:00 - 4:40 pm				10:30 - 11:10 am	
SWIM KIDS 1	4:00 - 4:40 pm	5:00 - 5:40 pm	4:45 - 5:25 pm	5:45 - 6:25 pm		9:00 - 9:40 am	
SWIM KIDS 2	4:45 - 5:25 pm	6:15 - 6:55 pm	5:30 - 6:10 pm	4:00 - 4:40 pm		10:30 - 11:10 am	
SWIM KIDS 3		5:45 - 6:25 pm	5:30 - 6:10 pm	4:45 - 5:25 pm		10:30 - 11:10 am	
SWIM KIDS 4	6:15 - 6:55 pm	6:30 - 7:10 pm		4:45 - 5:25 pm		9:45 - 10:25 am	
SWIM KIDS 5/6	5:30 - 6:25 pm			5:45 - 6:40 pm		11:15 - 12:10 pm	
SWIM KIDS 7/8		4:00 - 4:55 pm		4:45 - 5:40 pm		11:15 - 12:10 pm	
SWIM KIDS 9/10		6:15 - 7:10 pm		4:00 - 4:55 pm		9:45 - 10:40 am	
ADULT LESSONS	7:30 - 8:30 pm						
PRIVATE & SEMI-PRIVATE LESSONS	4:00 - 4:40 pm 5:30 - 6:10pm	4:00 - 4:40 pm 4:45 - 5:25 pm	4:00 - 4:40 pm 4:45 - 5:25 pm 5:30 - 6:10 pm	3:15 - 3:55pm 4:00 - 4:40 pm 6:15 - 6:55 pm 6:30 - 7:10 pm 6:45 - 7:25 pm		9:00 - 9:40am 10:30 - 11:10 am 11:15 - 11:55 am 11:30 - 12:10 pm 12:00 - 12:40 pm 12:15 - 12:55 pm	

**FRENCH LANGUAGE**  
PRIVATE LESSONS  
NOW AVAILABLE  
UPON REQUEST

Preschool & Swim Kids 1 to 4 .....\$85  
Swim Kids 5 to 10 .....\$95  
Private Lessons .....\$180  
Semi-Private Lessons .....\$200 (\$100 per child)

Family Annual Members receive:  
Group Lessons ..... 50% OFF  
Private Lessons ..... 10% OFF  
Semi-Private Lessons ... 10% OFF

---

**Red Cross Preschool (Parent & Tot) | 4 months - 3 years & Caregiver | 8 lessons, 40 minutes/lesson | \$85.00**

---

Give your child the gift of aquatic fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Each level is built around an aquatic animal mascot, which makes lessons engaging and fun. The Instructor uses progressive teaching techniques adapted to each child, and provides constant feedback and encouragement. Parents will participate in the classes with their child for the first three levels. Children enter a level based on their age and abilities.

\*\* The Parent & Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. \*\*

**Starfish (4 -12 months)**

This level is an orientation to water for babies and their parent/caregiver. To enter the starfish level, babies must be able to hold their heads up on their own. The goals of this level are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation based only, without formal evaluation.

**Duck (12-24 months)**

This level is an orientation to the water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. This level is participation based only, without formal evaluation.

**Sea Turtle (24-36 months)**

This level is an orientation to the water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn through fun games and songs how to combine skills, how to kick with a buoyant object, and how to perform basic floats, glides, and kicks. This level is an orientation to the water for toddlers and their parent/caregiver. Age is the only condition for entering this level.

---

**Preschool | 3 - 5 years of age | 8 lessons, 40 minutes/lesson | \$85.00**

---

\*\* When your child is three years old, please register in the Preschool levels starting in Sea Otter. \*\*

**Sea Otter (3-5 years)**

This is a transitional level that transfers the preschoolers to the care of an instructor. Skills are assisted in this level and swimmers can enter this level at the age of 3 with or without experience in parent and tot levels. Using games and activities, swimmers learn to open their eyes under water, develop basic floats and glides, and swim 1 meter. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.

**Salamander (3-5 years)**

Swimmers enter this level once they have successfully completed Sea Otter. Swimmers learn to swim 2 meters, further develop basic floats, increase distance on front and back glides, and develop their front swim and roll over glides. Water safety skills such as how to jump into chest-deep water and how to use a PFD are also included. Safety skills include water orientation, safe entries and exits, and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been completed.

**Sunfish (3-5 years)**

Swimmers enter this level when they have successfully completed Salamander. Using games and activities swimmers learn to swim 5 meters, increase their distance using buoyant objects, increase distance for their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Water safety skills include: deep water skills and use of Personal Floatation Device (PFD), which include water orientation, safe entries and exits and always asking for permission before entering the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been completed.

**Crocodile (3-5 years)**

Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim 5 meters on their front and back, perform dolphin kick, and begin rhythmic breathing. They also progress with kicking drills, increasing their swimming distance to 10 meters. Safety skills include jumping into deep water and performing surface supports for 10 seconds, recognizing when a swimmer needs help, and using a Personal Floatation Device (PFD) in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been completed.

**Whale (3-5 years)**

Swimmers enter this level when they have successfully completed Crocodile. Through fun activities swimmers perform a front and back swim for 10 meters. Swimmers work on developing their flutter kick and perform a distance swim of 15 m. Water safety skills include identifying safe swimming areas, jumping into deep water, swimming 5 meters, surface support for 20 seconds a return to safety, throwing assists, and sitting dives. Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 5 years or older are ready for the appropriate level of Red Cross Swim Kids. Please see below.

---

**Red Cross Swim Kids | 5/6 years of age + older | 8 lessons, 40 minutes/lesson | \$85.00 Swim Kids 1-4 | \$95.00 Swim Kids 5-10**

---

When you choose the Red Cross Swim Kids program, you're getting:

► Research based programming ► Proven excellence ► Stroke & Safety skills – a life saving combination ► Focus on fitness + personal performance

Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success. The 10 levels allow for solid progression. Children learn competitive and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on, and around the water. In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed, please see chart below to ensure you register in the correct Level:

<b>If they took Red Cross Swim Preschool:</b>	<b>And the level was marked:</b>	<b>Then enroll them in Red Swim:</b>
Starfish / Duck / Sea Turtle / Sea Otter / Salamander	Complete or Incomplete	Swim Kids 1
Sunfish	Incomplete	Swim Kids 1
Sunfish	Complete	Swim Kids 2
Crocodile	Incomplete	Swim Kids 2
Crocodile	Complete	Swim Kids 3
Whale	Complete or Incomplete	Swim Kids 3

---

**Red Cross Swim Adults and Teens | 14 years of age and older | 8 lessons, 55 minutes | \$95.00 plus HST**

---

This program was created to give you the opportunity to gain knowledge and skills in swimming and water safety in a safe and enjoyable environment.

We offer two courses to meet your individual needs: **Red Cross Swim Basic & Red Cross Swim Strokes**. Through these courses, you will:

Develop swimming skills through participation in aquatic activities, according to your individual interests and goals

Learn water safety skills and knowledge, according to your interests and abilities

Learn in a positive environment that allows you to set and achieve personal goals

**Red Cross Swim Basics**

These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes you need to stay safe in, on, and around the water.

**Red Cross Swim Strokes**

Program aimed at swimmers who have mastered the basics of learning to swim and are ready to focus on developing and improving their strokes, and increasing the distance they can swim. This course builds swimmers' confidence and improves their performance in any of the strokes taught in the Red Cross Swim Kids program (front crawl, back crawl, elementary back stroke, breast stroke, and sidestroke).