

# SWIM FOR LIFE LESSONS



**REGISTRATION BEGINS 9AM TUES DECEMBER 18**

REGISTRATION CAN BE MADE IN PERSON OR ONLINE AT **THERECC.CA**  
 ANNUAL FAMILY MEMBERS CAN REGISTER IN PERSON 24 HRS IN ADVANCE

		JAN 14 to MAR 4	JAN 15 to MAR 5	JAN 16 to MAR 6	JAN 17 to MAR 7	JAN 12 to MAR 9 No class Jan 19	JAN 13 to MAR 10 No class Jan 20	
		MON	TUE	WED	THU	FRI	SAT	SUN
<b>PRESCHOOL PROGRAMS</b>	<b>PARENT TOT 1/2</b>	5:30pm					9:00am	
	<b>PARENT TOT 3</b>		4:00pm				11:15am	5:55pm
	<b>PRESCHOOL 1</b>	3:15pm	5:30pm		4:45pm 6:15pm		9:00am 11:50am	5:10pm
	<b>PRESCHOOL 2</b>	4:45pm	4:45pm		5:30pm		9:45am	6:10pm
	<b>PRESCHOOL 3</b>		5:00pm		4:00pm		11:05am	
	<b>PRESCHOOL 4</b>		5:30pm				10:30am	
	<b>PRESCHOOL 5</b>						10:30am	
<b>SWIM FOR LIFE PROGRAMS: AGE 6+</b>	<b>SWIMMER 1 B</b>	4:00pm	5:45pm	4:45pm	5:30pm		9:00am	5:55pm
	<b>SWIMMER 1 A</b>	4:45pm			4:45pm		9:45am	6:10pm
	<b>SWIMMER 2</b>	4:00pm	6:15pm	5:00pm	5:45pm		10:30am	5:55pm
	<b>SWIMMER 3</b>		6:30pm		4:45pm		9:45am	6:40pm
	<b>SWIMMER 4</b>	4:00pm	4:00pm				11:15am	5:10pm
	<b>SWIMMER 5</b>	5:30pm		4:00pm	4:45pm		11:15am	
	<b>SWIMMER 6</b>			5:30pm	4:00pm		10:30am	6:40pm
	<b>SWIMMER 7</b>	5:00pm			6:30pm		9:45am	
	<b>SWIMMER 8</b>				6:30pm			5:10pm
	<b>SWIMMER 9</b>							5:10pm
<b>PRIVATE or SEMI-PRIVATE</b>	3:15pm	3:15pm	3:15pm	3:15pm		9:00am	5:10pm	
	4:00pm	4:00pm	4:00pm	4:00pm		9:45am	6:30pm	
	4:45pm	4:45pm	5:30pm	5:30pm		10:30am	6:55pm	
	5:30pm	5:30pm	5:45pm	6:15pm		11:15am		
		6:15pm	6:30pm		12:00pm			
					12:15pm			

**Cours de français**

PRIVATE LESSONS NOW AVAILABLE UPON REQUEST

<b>PRESCHOOL &amp; SWIMMER 1 to 3</b>	\$85
<b>SWIMMER 4 to 6</b>	\$95
<b>SWIMMER 7 to 9</b>	\$105
<b>PRIVATE LESSONS</b>	\$180
<b>PER CHILD SEMI-PRIVATE LESSONS</b>	\$100

**FAMILY ANNUAL MEMBERS:**

Group Lessons ..... 50% OFF  
 Private Lessons ..... 10% OFF  
 Semi-Private Lessons ... 10% OFF

# RECC SWIM FOR LIFE AQUATIC REGISTRATION

	IF YOUR CHILD...	REGISTER IN:	PREVIOUS RED CROSS:
<b>PRESCHOOL PROGRAMS</b>	Is <b>4-12 months</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 1</b>	Starfish
	Is <b>1-2 years</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 2</b>	Duck
	Is <b>2-3 years</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 3</b>	Sea Turtle (parented)
	Is <b>3-5 years</b> and just starting out on his/her own	<b>PRESCHOOL 1</b>	Sea Turtle (unparented) Sea Otter Incomplete
	Is <b>3-5 years</b> and comfortable getting face wet, blowing bubbles, floating and gliding with assistance	<b>PRESCHOOL 2</b>	Sea Otter Complete
	Is <b>3-5 years</b> and can jump into chest deep water, submerge w/exhale underwater, float on front & back assisted for 3 sec.	<b>PRESCHOOL 3</b>	Salamander (complete or not)
	Is <b>3-5 years</b> and can jump into deep water w/lifejacket, recover waist deep objects, hold breath underwater, float, glide, and kick on front and back for 5 metres.	<b>PRESCHOOL 4</b>	Sunfish or Incomplete Crocodile
Is <b>3-5 years</b> and can jump solo into deep water, swim front crawl 5m wearing lifejacket and flutter kick front/back/side	<b>PRESCHOOL 5</b>	Complete Crocodile or Whale	
<b>SWIM FOR LIFE PROGRAMS: AGE 6+</b>	Is <b>6-12 years</b> (or has started school) and is just starting out	<b>SWIMMER 1 B BEGINNER</b>	Swim Kids 1 (incomplete)
	Is <b>6-12 years</b> and was unsuccessful in completing Swimmer 1	<b>SWIMMER 1 A ADVANCED</b>	Swim Kids 1 (complete) Swim Kids 2 (incomplete)
	Is <b>6-12 years</b> and can jump solo into chest-deep water unassisted and into deep-water wearing lifejacket; open eyes, hold breath/exhale underwater, float/kick/glide front & back	<b>SWIMMER 2</b>	Swim Kids 2 (complete) Swim Kids 3 (incomplete)
	Is <b>6-12 years</b> and can jump into deep water, do sideways entry wearing lifejacket; support self at surface for 15 sec., do vertical whip kick and swim 10 metres front and back	<b>SWIMMER 3</b>	Swim Kids 3 (complete) Swim Kids 4 (incomplete)
	Is <b>6-12 years</b> and can tread water for 30 sec., do kneeling dives & front somersaults; 10 metre whip kick on back, and swim 15 metres front and back crawl	<b>SWIMMER 4</b>	Swim Kids 4 (complete) Swim Kids 5 (complete or not)
	Is <b>6-12 years</b> and can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 metres); dive, swim underwater, 15 metre whip kick on front; breast stroke arms w/breathing; and swim front/back crawl 25m	<b>SWIMMER 5</b>	Swim Kids 6 (complete or not) Swim Kids 7 (incomplete)
	Is <b>6-12 years</b> and can do shallow dives & cannonballs; egg beater & scissor kick; swim 50 metres front/back crawl; breaststroke for 25 metres; sprint 25 metres; interval training 4 x 50 metres.	<b>SWIMMER 6</b>	Swim Kids 7
	Is <b>6-12 years</b> and can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 metres breast stroke; swim 100 metres of front/back crawl and 300 metre workout	<b>SWIMMER 7</b>	Swim Kids 8
	Successful completion Swimmer 7	<b>SWIMMER 8</b>	Swim Kids 9
	Successful completion Swimmer 8	<b>SWIMMER 9</b>	Swim Kids 10