

# SWIM FOR LIFE LESSONS



**REGISTRATION BEGINS 9AM TUES AUGUST 20**

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

MON	TUE	WED	THU	SAT	SUN
SEPT 23 to NOV 18	SEPT 24 to NOV 12	SEPT 25 to NOV 13	SEPT 26 to NOV 21	SEPT 28 to NOV 16	SEPT 22 to NOV 17
no class OCT 14			no class OCT 31		no class OCT 13

PROGRAMS	SCHEDULE						
	MON	TUE	WED	THU	FRI	SAT	SUN
PRESCHOOL PROGRAMS	PARENT TOT 1/2	5:00pm			4:00pm		9:00am
	PARENT TOT 3		4:45pm		4:45pm		11:15am
	PRESCHOOL 1	5:30pm	5:30pm		4:45pm		9:00am 6:30pm
	PRESCHOOL 2		4:45pm	5:00pm			9:45am
	PRESCHOOL 3		4:45pm		4:00pm		
	PRESCHOOL 4				5:30pm		11:30am
	PRESCHOOL 5				5:30pm		11:30am
SWIM FOR LIFE PROGRAMS: AGE 6+	SWIMMER 1 B	4:00pm	4:45pm	4:45pm	5:30pm		
	SWIMMER 1 A	4:45pm	5:30pm	4:00pm	4:45pm		9:00am
	SWIMMER 2	4:00pm	4:00pm	5:30pm	6:15pm		9:45am 6:30pm
	SWIMMER 3		6:30pm		6:20pm		10:30am 6:30pm
	SWIMMER 4	4:00pm	5:30pm	4:00pm			11:30am
	SWIMMER 5	5:45pm		5:30pm	4:00pm		9:45am
	SWIMMER 6		5:30pm		4:00pm		10:30am
	SWIMMER 7	4:45pm			5:00pm		10:30am
	SWIMMER 8	4:45pm			5:00pm 6:15pm		10:30am
	SWIMMER 9						
PRIVATE or SEMI-PRIVATE	3:15pm 6:05pm	3:15pm 4:00pm 6:15pm 6:30pm	3:15pm 4:00pm 4:45pm 5:45pm	3:15pm 4:00pm 5:30pm 6:15pm		9:00am 9:45am 10:45am 11:50am 12:00pm 12:15pm	6:30pm

PRESCHOOL & SWIMMER 1 to 3	\$85
SWIMMER 4 to 6	\$95
SWIMMER 7 to 9	\$105
PRIVATE LESSONS	\$180
PER CHILD SEMI-PRIVATE LESSONS	\$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
	Is <b>6-12 years</b> and was unsuccessful in completing Swimmer 1	<b>SWIMMER 1 A ADVANCED</b>	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