

SWIM FOR LIFE LESSONS



REGISTRATION BEGINS 9AM TUESDAY MARCH 12

REGISTRATION CAN BE MADE IN PERSON OR ONLINE AT **THERECC.CA**

PAID-IN-FULL/CONTINUOUS FAMILY MEMBERS CAN REGISTER IN PERSON 24 HRS IN ADVANCE

		APRIL 1 to MAY 20	APRIL 2 to MAY 21	APRIL 3 to MAY 22	APRIL 4 to MAY 23	MARCH 30 to MAY 18	MARCH 31 to MAY 26 (no class Apr 21)	
		MON	TUE	WED	THU	FRI	SAT	SUN
PRESCHOOL PROGRAMS	PARENT TOT 1/2	5:30pm					9:00am	
	PARENT TOT 3		4:00pm	4:00pm			11:15am	5:45pm
	PRESCHOOL 1	3:15pm	5:30pm		4:45pm		9:00am 11:50am	
	PRESCHOOL 2	4:45pm	4:45pm		5:30pm		9:45am	5:45pm
	PRESCHOOL 3	4:00pm	5:30pm	5:45pm	4:00pm		11:05am	5:45pm
	PRESCHOOL 4		4:00pm	4:45pm	6:15pm		10:30am	5:45pm
	PRESCHOOL 5		4:00pm	4:45pm	6:15pm		10:30am	
SWIM FOR LIFE PROGRAMS: AGE 6+	SWIMMER 1 B	4:00pm	5:45pm	4:45pm	5:45pm		9:00am	6:30pm
	SWIMMER 1 A	4:45pm	6:15pm	5:30pm	4:45pm		9:45am	6:30pm
	SWIMMER 2	4:00pm	6:15pm	5:30pm	4:00pm 5:45pm		10:30am	6:30pm
	SWIMMER 3		6:30pm		4:45pm		9:45am	5:45pm
	SWIMMER 4		4:45pm				11:30am	6:30pm
	SWIMMER 5	4:45pm		4:00pm	4:45pm		11:30am	
	SWIMMER 6	4:45pm		4:00pm	4:45pm		10:30am	
	SWIMMER 7				6:30pm		9:45am	
	SWIMMER 8	5:30pm		4:00pm	6:30pm		9:45am	5:45pm
	SWIMMER 9	5:30pm		4:00pm				5:45pm
PRIVATE or SEMI-PRIVATE	3:15pm	3:15pm	3:15pm	3:15pm		9:00am	5:45pm	
	4:00pm	4:00pm	4:00pm	4:00pm		9:45am	6:30pm	
	4:45pm	4:45pm	5:00pm	5:45pm		10:30am	7:00pm	
	5:30pm	5:30pm		6:15pm		11:15am		
	5:45pm	6:15pm		6:30pm		12:00pm		

Cours de français

PRIVATE LESSONS NOW AVAILABLE UPON REQUEST

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

PAID-IN-FULL / CONTINUOUS FAMILY MEMBER DISCOUNTS:

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:
PRESCHOOL PROGRAMS	Is 4-12 months and ready to learn/enjoy water w/parent	PARENT TOT 1	Starfish
	Is 1-2 years and ready to learn/enjoy water w/parent	PARENT TOT 2	Duck
	Is 2-3 years and ready to learn/enjoy water w/parent	PARENT TOT 3	Sea Turtle (parented)
	Is 3-5 years and just starting out on his/her own	PRESCHOOL 1	Sea Turtle (unparented) Sea Otter Incomplete
	Is 3-5 years and comfortable getting face wet, blowing bubbles, floating and gliding with assistance	PRESCHOOL 2	Sea Otter Complete
	Is 3-5 years and can jump into chest deep water, submerge w/exhale underwater, float on front & back assisted for 3 sec.	PRESCHOOL 3	Salamander (complete or not)
	Is 3-5 years 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.	PRESCHOOL 4	Sunfish or Incomplete Crocodile
Is 3-5 years and can jump solo into deep water, swim front crawl 5m wearing lifejacket and flutter kick front/back/side	PRESCHOOL 5	Complete Crocodile or Whale	
SWIM FOR LIFE PROGRAMS: AGE 6+	Is 6-12 years (or has started school) and is just starting out	SWIMMER 1 B BEGINNER	Swim Kids 1
	Is 6-12 years and was unsuccessful in completing Swimmer 1	SWIMMER 1 A ADVANCED	Swim Kids 2 (incomplete)
	Is 6-12 years and can jump solo into chest-deep water un-assisted and into deep-water wearing lifejacket; open eyes, hold breath/exhale underwater, float/kick/glide front & back	SWIMMER 2	Swim Kids 2 (complete) Swim Kids 3 (incomplete)
	Is 6-12 years 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	SWIMMER 3	Swim Kids 3 (complete) Swim Kids 4 (incomplete)
	Is 6-12 years 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	SWIMMER 4	Swim Kids 4 (complete) Swim Kids 5 (complete or not)
	Is 6-12 years 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	SWIMMER 5	Swim Kids 6 (complete or not) Swim Kids 7 (incomplete)
	Is 6-12 years 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.	SWIMMER 6	Swim Kids 7
	Is 6-12 years 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	SWIMMER 7	Swim Kids 8
	Successful completion Swimmer 7	SWIMMER 8	Swim Kids 9
	Successful completion Swimmer 8	SWIMMER 9	Swim Kids 10