

SWIMMING LESSONS

SWIM FOR LIFE SWIM EDUCATION by LIFESAVING SOCIETY



REGISTRATION BEGINS 9AM TUES MARCH 10

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

NOTE: 24 hour Advance for Members as well as Semi-Private registrations are In-Person ONLY at RECC Welcome Desk.

**SPRING
2020**

No classes
APR 13 or MAY 18

MON	TUE	WED	THU	SAT	SUN
MAR 23 to MAY 25	MAR 31 to MAY 19	APR 1 to MAY 20	APR 2 to MAY 21	APR 4 to MAY 23	APR 5 to JUN 7

PRESCHOOL PROGRAMS	PARENT TOT 1/2	5:00pm				9:00am	
	PARENT TOT 3		4:45pm		4:45pm	11:15am	
	PRESCHOOL 1	5:30pm	5:15pm		4:45pm	9:00am	
	PRESCHOOL 2		4:45pm	5:00pm		9:45am	
	PRESCHOOL 3		4:00pm 4:25pm		4:00pm		6:30pm
	PRESCHOOL 4	4:00pm			4:00pm	11:30am	
	PRESCHOOL 5	4:45pm			4:00pm	11:30am	
	SWIM FOR LIFE PROGRAMS: AGE 6+						
SWIMMER 1 B		4:45pm	4:45pm	5:30pm			
SWIMMER 1 A	4:45pm	5:30pm	4:00pm		9:45am	6:30pm	
SWIMMER 2	4:00pm	5:55pm	5:30pm	6:15pm	10:30am	6:30pm	
SWIMMER 3		6:30pm		4:45pm 5:30pm	11:30am		
SWIMMER 4	4:00pm	5:10pm	4:00pm			6:25pm	
SWIMMER 5	5:30pm		5:30pm		10:30am		
SWIMMER 6	5:30pm				10:30am		
SWIMMER 7				5:30pm			
SWIMMER 8				5:30pm	10:30am		
SWIMMER 9					10:30am		
PRIVATE or SEMI-PRIVATE	4:00pm	4:00pm	4:00pm	4:00pm	9:00am	6:30pm	
	4:45pm	4:00pm	4:00pm	4:45pm	9:45am	6:30pm	
	5:30pm	4:25pm	4:45pm	5:30pm	10:30am		
	5:45pm	5:30pm	4:45pm	6:15pm	11:50am		
	6:15pm	6:10pm	5:45pm		12:00pm		
		6:15pm	5:45pm		12:15pm		

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

PLUS!
24 HOUR
ADVANCE
REGISTRATION!

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 unassisted 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