

SWIM FOR LIFE LESSONS



REGISTRATION BEGINS 9AM TUES DEC 10

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
		JAN 13 to MAR 2	JAN 14 to MAR 3	JAN 15 to MAR 4	JAN 16 to MAR 5	JAN 18 to MAR 7	JAN 12 to MAR 1
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	
	PRESCHOOL 2		4:45pm	5:00pm		9:45am	
	PRESCHOOL 3		4:45pm		4:00pm		6:30pm
	PRESCHOOL 4	4:45pm			5:30pm	11:30am	
	PRESCHOOL 5	4:45pm			5:30pm	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	4:45pm	9:45am	6:30pm
	SWIMMER 2	4:00pm	4:00pm	5:30pm	6:15pm	10:30am	6:30pm
	SWIMMER 3		6:30pm		6:05pm	11:30am	
	SWIMMER 4	4:00pm	5:30pm	4:00pm			
	SWIMMER 5	5:45pm		5:30pm		10:30am	
	SWIMMER 6	5:45pm				10:30am	
	SWIMMER 7				4:00pm		
	SWIMMER 8				4:00pm	10:30am	
	SWIMMER 9					10:30am	
PRIVATE or SEMI-PRIVATE	4:00pm	4:00pm	4:00pm	4:00pm	9:00am	6:30pm	
	5:30pm	5:30pm	4:45pm	5:20pm	9:45am		
	6:15pm	6:15pm	5:45pm	5:30pm	10:45am		
		6:30pm		6:15pm	11:50am		
					12:00pm		
					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



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