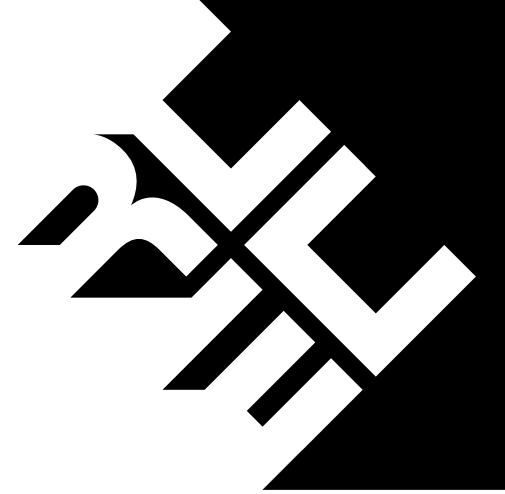


# SWIM FOR LIFE

## LESSONS

### SPRING 2025

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## APRIL 29 - JUNE 15 (6 WEEKS)

NO CLASSES MAY 17 & 18

REGISTRATION OPENS TUESDAY APRIL 15TH AT 12PM FOR MEMBERS

(IN-PERSON REGISTRATION ONLY AT THE RECC - 625 ABENAKI RD)

PUBLIC ONLINE REGISTRATION OPENS APRIL 16TH AT 12PM

ONLINE REGISTRATION: [www.ratheastlinkcommunitycentre.ca/programs/swim-lessons](http://www.ratheastlinkcommunitycentre.ca/programs/swim-lessons)

	Tuesday April 29 - June 3	Thursday May 1 - June 5	Saturday May 3 - June 14 <i>No classes May 17</i>
Parent & Tot 1			9:45-10:15
Parent & Tot 1/2	3:45-4:15		
Parent & Tot 3		3:45-4:15	
Preschool 1		5:30-6:00	11:45-12:15
Preschool 2		3:55-4:25	9:35-10:05
Preschool 3	4:55-5:35	5:15-5:45	10:00-10:30
Preschool 4			10:20-11:00
Preschool 4/5	3:35-4:15		
Preschool 5		4:45-5:25	

Swimmer 1 Beg	5:40-6:20	5:30-6:10	
Swimmer 1 Adv	4:45-5:25	6:05-6:45	10:10-10:50
Swimmer 2		4:00-4:40	11:15-11:55
Swimmer 3	4:00-4:40	6:15-6:55	
Swimmer 4			9:00-9:55
Swimmer 5/6	5:30-6:25		10:20-11:15
Swimmer 7/8/9			11:30-12:45

See back page for information on Junior Lifeguards ages 8 - 12 & 12 - 15 years old

Adult 1			
Adult 2/3			9:00-9:40
<b>*HST applicable for adult lessons 16+</b>			

Private 1 person Semi-private Max 2 registrants no more than one level apart. Not recommended for Levels 7,8,9. Must be age 4 yrs & up	4:20-5:00pm	4:00-4:40 4:45-5:25 4:30-5:10 5:50-6:30	9:35-10:15 10:35-11:15 10:55-11:35 11:30-12:10 12:00-12:40 12:15-12:55 12:20-1:00
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	ANNUAL FAMILY MEMBERSHIPS*	GENERAL
PARENT & TOT	\$28.13	\$56.25
PRESCHOOL 1 to 3	\$28.13	\$56.25
PRESCHOOL 4 to 5	\$35.63	\$71.25
SWIMMER 1 to 3	\$35.63	\$71.25
SWIMMER 4 to 6	\$39.38	\$78.75
SWIMMER 7 to 9	\$43.13	\$86.25

ADULT (GROUP) \$35.63 + Tax \$71.25 + Tax

PRIVATE LESSONS\* \$131.63 \$146.25

SEMI-PRIVATE LESSONS (per child) \$75.94 \$84.37

\*Private lesson registration is in-person only

\*Private lessons can have up to two registrations that are no more than one level apart

\*Must be 4 years old by the end of the session to register for private lessons

\*Not recommended for Levels 7,8,9

\*Waitlists are not available. Please check online for openings if a class is full.

### \*FAMILY ANNUAL MEMBERS:

(INCLUDING RECC LIFE FAMILY MEMBERSHIPS)

Group Lessons ..... 50% OFF

Private Lessons ..... 10% OFF

Semi-Private Lessons ... 10% OFF

### Cours de français

Cours privés disponibles sur demande.  
Contactez Megan à [mmcculloch@therecc.ca](mailto:mmcculloch@therecc.ca)

## JR LIFEGUARDS NIPPERS (UNDER 12 YRS)



Nippers are the kids nipping at the heels of their local idols, and want to do the cool lifeguard thing. This program is for kids aged 8-12 who have a strong swimming background and want to learn new lifesaving and lifesaving sport related skills. The program has no set criteria for evaluation, instead a waterlog is used to track participants personal bests and show their progress with skills. Skills include, swimming strokes, general first aid and rescue knowledge, water safety, team building, basic teaching principles, and physical strength. Many kids come back for multiple sessions to stay involved with their friends and continually get stronger in the water.

**Members \$48.75, Non-Members \$54.38**

**THURSDAYS  
MAY 1 - JUNE 5  
6:00 - 7:00 PM**

## JR LIFEGUARDS GROMMS (12 YRS & OLDER\*)



Gromms are the up and comers, the soon to be the real deal, and in the lifesaving world these are the kids working on their path to be a lifeguard. This program is for kids aged 12-15 with a strong swimming background and either Bronze experience or previous junior guard experience. The Gromms work the same as the nippers with a log book tracking personal bests. This program gives the kids a bit more responsibility with a more communal teaching environment, long time kids helping newcomers, passing on skills and sharing knowledge. There are also opportunities with this program for shadow guarding and teaching with facility staff to learn more about the role lifeguards have on the pool deck beyond watching people swim.

**Members \$48.75, Non-Members \$54.38**

**THURSDAYS  
MAY 1 - JUNE 5  
7:00 - 8:00 PM**

\*Gromms are the up and comers, the soon to be the real deal, and \*participants who are under the age of twelve may register for this program with the approval of the instructor. Contact the Aquatics and Youth Programming Supervisor at [mmcculloch@ratheastlinkcc.ca](mailto:mmcculloch@ratheastlinkcc.ca) for further inquiries.

## AQUAGO! LEVELS 1/2 (NOVICE: AGES 6-9 YRS)



AquaGO! Will introduce young swimmers to the exciting world of synchronized swimming! Swimmers in this class will enjoy aquatic games and activities, as well as learning basic synchronized swimming skills, and physical fitness. This level is for new, and returning AquaGO! participants who are comfortable in the water.

**Members \$60, Non-Members \$74**

**Prerequisites:** Swimmers must be 6-9 years old, and be able to float comfortably unassisted on their front and back. Completion of Preschool 4 or Swimmer 1 is strongly recommended.

**WEDNESDAYS  
APRIL 30 - JUNE 4  
5:00 - 5:40PM**