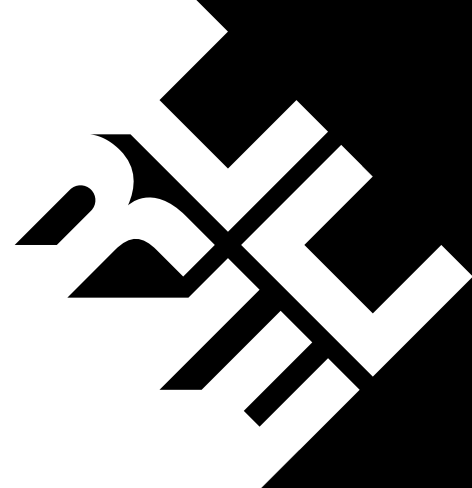


SWIM FOR LIFE LESSONS

SPRING 2022



REGISTRATION OPENS TUESDAY APRIL 19 AT 9AM FOR MEMBERS

PUBLIC REGISTRATION OPENS ON WEDNESDAY APRIL 20 AT 9AM

DUE TO DEMAND, ALL REGISTRATION WILL BE IN PERSON THIS SESSION.

	MON	TUE	WED	THU	FRI	SAT	SUN
PRESCHOOL PROGRAMS	PARENT TOT 1/2	4:00 PM				9:00 AM	
	PARENT TOT 3			4:00 PM		11:00 AM	
	PRESCHOOL 1	4:45 PM	5:30 PM	5:30 PM		9:45 AM	
	PRESCHOOL 2		4:00 PM	5:30 PM			
	PRESCHOOL 3	5:25 PM				9:45 AM	
	PRESCHOOL 4/5	5:00 PM		5:00 PM			
SWIM FOR LIFE PROGRAMS: AGE 6+	SWIMMER 1 B	5:20 PM				10:20 AM	
	SWIMMER 1 A		5:20 PM		4:45 PM		
	SWIMMER 2		4:35 PM		4:00 PM	10:20 AM	
	SWIMMER 3	4:35 PM		4:45 PM		9:00 AM	
	SWIMMER 4	4:00 PM		4:00 PM		11:00 AM	
	SWIMMER 5/6		4:45 PM			9:45 AM	
	SWIMMER 7/8					11:20 AM	
	SWIMMER 8/9				4:00 PM		
	PRIVATE or SEMI-PRIVATE	4:00 PM 5:45 PM	4:00 PM 4:00 PM 4:45 PM 5:45 PM	4:00 PM 4:35 PM 5:45 PM	5:20 PM 5:30 PM		9:00 AM 9:00 AM 9:35 AM 11:20 AM 11:20 AM 12:00 PM

Cours de français

PRIVATE LESSONS
NOW AVAILABLE
UPON REQUEST

PARENT & TOT & PRESCHOOL 1 to 3	\$65
PRESCHOOL 4 to 5 & 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