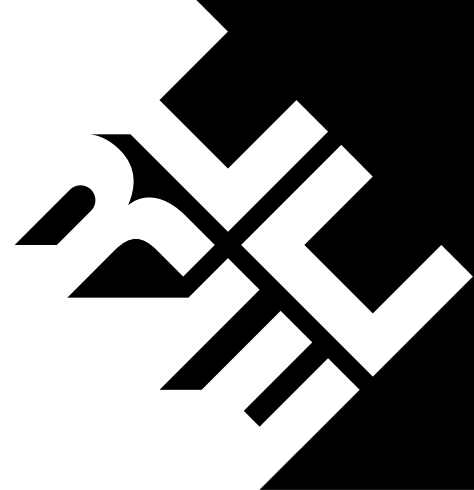


# SWIM FOR LIFE LESSONS

## SPRING 2024



**MAY 4TH - JUNE 27TH (8 LESSONS)**

**REGISTRATION OPENS WEDNESDAY APRIL 24TH AT 12PM FOR MEMBERS**

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

**PUBLIC ONLINE REGISTRATION OPENS THURSDAY APRIL 25TH AT 12PM**

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

	Saturdays May 4th to June 22nd	Tuesdays May 7th to June 25th	Wednesdays May 8th to June 26th	Thursdays May 9th to June 27th
Parent & Tot 1	8:45-9:15	3:45-4:15		
Parent & Tot 2	9:20-9:50			3:45-4:15
Parent & Tot 3	11:25-11:55		4:00-4:30	4:45-5:15
Preschool 1	9:00-9:30, 12:30-1:00	3:45-4:15	5:25-5:55	
Preschool 2	9:30-10:00 9:55-10:25	5:30-6:00	4:15-4:45	5:20-5:50
Preschool 3	10:00-10:30 12:10-12:40	5:15-5:45	4:50-5:20	
Preschool 4	10:05-10:45			5:30-6:10
Preschool 5	11:30-12:10			5:05-5:45

Swimmer 1Beg	10:35-11:15	5:50-6:30		5:15-5:55, 5:50-6:30
Swimmer 1Adv	12:15-12:55	5:05-5:45		6:15-6:55
Swimmer 2	11:30-12:10 12:00-12:40	4:20-5:00	5:20-6:00	4:30-5:10
Swimmer 3	11:00-11:40	4:00-4:40		4:00-4:40
Swimmer 4	9:00-9:55		6:05-7:00	
Swimmer 5/6	10:20-11:15	6:05-7:00		
Swimmer 7/8/9		4:45-6:00		

Adult 1				6:00-6:40
Adult 2				6:45-7:25

Private lessons (max 2 registrants no more than one level apart)	8:45-9:25, 9:00-9:40 9:35-10:15, 9:45-10:25 10:30-11:10, 10:30-11:10 11:25-12:05, 11:45-12:25 12:15-12:55	3:45-4:25, 4:20-5:00, 4:30-5:10 4:45-5:25, 5:05-5:45, 5:50-6:30 5:50-6:30	4:35-5:15	4:00-4:40 4:20-5:00 4:45-5:25 5:55-6:35
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	GENERAL	ANNUAL FAMILY MEMBERSHIPS*
<b>PARENT &amp; TOT</b>	\$75	\$37.50
<b>PRESCHOOL 1 to 3</b>	\$75	\$37.50
<b>PRESCHOOL 4 to 5</b>	\$95	\$47.50
<b>SWIMMER 1 to 3</b>	\$95	\$52.50
<b>SWIMMER 4 to 6</b>	\$105	\$52.50
<b>SWIMMER 7 to 9</b>	\$115	\$57.50
<b>PRIVATE LESSONS*</b>	\$195	\$175.50
<b>SEMI-PRIVATE LESSONS</b> (per child)	\$112.50	\$101.25
<b>ADULT</b>	\$95 + Tax	\$47.50 + Tax

\*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

**\*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

# 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 \$65, Non-Members \$72**

**THURSDAYS  
MAY 9 - JUN 22  
6:00 - 6:45 PM**

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# 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 \$65, Non-Members \$72**

**THURSDAYS  
MAY 9 - JUN 22  
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 [jphillips@therecc.ca](mailto:jphillips@therecc.ca) for further inquiries.