

# SWIMMING LESSONS

SWIM FOR LIFE SWIM EDUCATION by LIFESAVING SOCIETY



REGISTRATION BEGINS 9AM, JUNE 22. (ONLINE OR IN PERSON)

MEMBER-ONLY EARLY REGISTRATION 9AM JUNE 21. (IN PERSON ONLY)

Semi-Private registrations  
are made In-Person ONLY  
at RECC Welcome Desk.

## SUMMER 2021 - MORNING SESSION SCHEDULE

All morning lessons are held Monday to Thursday with the exception of Session 3 which includes Friday August 6th  
(No Monday lessons on Natal Day, Aug 2nd)

Time	Session 1 July 5th-15th	Session 2 July 19th-29th	Session 3 August 3rd-6th, 9th-12th (No lessons on Aug 2)	Session 4 August 16th-26th
9:30-10:45		Swimmer 7/8		Swimmer 8/9
9:45-10:40	Swimmer 5/6	Swimmer 4	Swimmer 5/6	Swimmer 4
11:00-11:40	Private	Private	Private	Private
	Preschool 2	Swimmer 1B	Preschool 3	Preschool 2
	Swimmer 1A	Preschool 2	Swimmer 1A	Swimmer 3
11:50-12:30	Parent Tot 1/2	Private	Parent Tot 1/2	Private
	Private	Preschool 3	Private	Preschool 1
	Swimmer 3	Swimmer 2	Swimmer 3	Swimmer 2
12:40-1:20	Private	Private	Private	Private
	Swimmer 2	Parent Tot 3	Preschool 1	Parent Tot 3
	Preschool 1	Preschool 4/5	Preschool 4/5	Preschool 3

<b>PRESCHOOL &amp; SWIMMER 1 to 3</b>	\$85
<b>SWIMMER 4 to 6</b>	\$95
<b>SWIMMER 7 to 9</b>	\$105
<b>PRIVATE LESSONS</b>	\$180
<b>PER CHILD SEMI-PRIVATE LESSONS</b>	\$100

Each participant for a semi-private must be within two swimming levels of each other.

### FAMILY ANNUAL MEMBERS:

Group Lessons .....	50% OFF	Parent Tot 1 to Swimmer 3 - 40min
Private Lessons .....	10% OFF	Swimmer 4 to Swimmer 6 - 55min
Semi-Private Lessons ...	10% OFF	Swimmer 7 to Swimmer 9 - 75min
		All Private Lessons - 40min

Classes may not run with less than 3 registered participants. All schedules are weather permitting and are subject to change or cancellation. Please check our website at [therecc.ca](http://therecc.ca) or call our Welcome Desk at 902-893-2224 for schedule confirmation.

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## SUMMER 2021 - EVENING SESSION SCHEDULE

All evening lessons are held weekly at the same time

Tuesdays July 6th - August 24th  
 Wednesdays July 7th - August 25th  
 Thursdays July 8th - August 26th

LESSON NAME		Tuesday	Wednesday	Thursday
Preschool Programs	Parent Tot 1/2	4:00 - 4:40		
	Parent Tot 3			5:40 - 6:20
	Preschool 1		4:50 - 5:30	4:00 - 4:40
	Preschool 2	4:50 - 5:30	4:00 - 4:40	
	Preschool 3	5:40 - 6:20		
	Preschool 4/5		4:00 - 4:40	
Swim for Life Programs (Age 6+)	Swimmer 1 A			5:05 - 5:45
	Swimmer 1 B		4:50 - 5:30	
	Swimmer 2		5:40 - 6:20	4:50 - 5:30
	Swimmer 3	5:40 - 6:20	4:00 - 4:40	
	Swimmer 4	4:00 - 4:55		4:00 - 4:55
	Swimmer 5/6		5:40 - 6:35	
	Swimmer 7/8/9	6:00 - 7:15		
Privates		4:00 - 4:40 4:50 - 5:30	4:50 - 5:30 5:40 - 6:20	4:00 - 4:40 4:50 - 5:30 5:40 - 6:20 (x2)
Adult Beginner		5:05 - 5:45		

<b>PRESCHOOL &amp; SWIMMER 1 to 3</b>	\$85
<b>SWIMMER 4 to 6</b>	\$95
<b>SWIMMER 7 to 9</b>	\$105
<b>PRIVATE LESSONS</b>	\$180
<b>PER CHILD SEMI-PRIVATE LESSONS</b>	\$100

### FAMILY ANNUAL MEMBERS:

Group Lessons ..... 50% OFF Parent Tot 1 to Swimmer 3 - 40min  
 Private Lessons ..... 10% OFF Swimmer 4 to Swimmer 6 - 55min  
 Semi-Private Lessons ... 10% OFF Swimmer 7 to Swimmer 9 - 75min  
 All Private Lessons - 40min

Each participant for a semi-private must be within two swimming levels of each other.

Classes may not run with less than 3 registered participants. All schedules are weather permitting and are subject to change or cancellation. Please check our website at [therecc.ca](http://therecc.ca) or call our Welcome Desk at 902-893-2224 for schedule confirmation.

# REGISTRATION GUIDE & INFO

## REGISTRATION GUIDE

1) Visit [www.therecc.ca](http://www.therecc.ca) then click on "Registration", near the top left side of the page

2) If you have done any activity, had a membership or a rental at the RECC in the past please contact the Welcome Desk to assist you with creating your account to avoid duplicate entries.

(There is also the option to "reset password" if you have accessed the online options before and just can't remember your password)

If you have never registered for an activity, had a membership or done a rental at the RECC, please proceed with the "create account" at the bottom of the page.

3) Once you are logged in, or the account is created, Click on the "Registration" tab

4) On the left hand side, you will see a list of activities that are listed by type and time.

(Activities on the hour are week days, the activities on the half hour are weekends)

\*You can use the arrows beside the activity name to expand the options if you are looking for particular days, or you can click on the activity itself to look at the available dates and times.

\*You can also use the "search activities" bar at the top of the list.

\*The "Advanced Search" option at the bottom of the activity list can be used by checking the box and using the date sections, and search text to filter the activities to a specific date and type.

5) Click the green "Register" button on the activity. Please pay close attention to the date and the time listed on the activity to ensure you are enrolling for the correct spot. If the activity is full it will show a yellow "waitlist" button instead of the green "register" button. If you add to the waitlist, the Welcome Desk will contact you if a space opens up.

6) Use the drop down menu beside the "name of registrant" field to select the person you wish to register. If the person you would like to register is not on your list, you will need to add them to your account. To do this:

-click the "My Account" button on the top right side of the page and select "Edit Account".

-Scroll to the bottom of the page and select "Add Member"

(this button is just below the list of existing members on your account)

-Complete all fields with a red star and click "continue" at the bottom of the page.

(If you need to add additional family members, repeat the process for each one)

-Once you are done adding members, make sure you scroll down to the bottom of the page and click "submit" otherwise it won't save your changes.

7) Proceed with enrolling all individuals who are attending the swim by selecting their name from the drop down list, clicking "add to cart" and then "continue shopping", until you have everyone added to your cart.

8) Once everyone has been added to your cart and you've registered for all of the activities you were looking for, click "check out" and then "continue". If successful, it will say "Order Complete" and you will receive a confirmation email.

9) If you do not receive a confirmation email, please call the Welcome Desk to ensure your spot(s) have been reserved.

# REGISTRATION GUIDE & INFO

## GENERAL AQUATICS INFORMATION

- Please review your confirmation email to ensure the booking type, date and time are correct. And to become familiar with the policies outlined in the activity description
- You can review your registrations by clicking "My account" and "Account History". Click the blue icons beside each name to see the details of the registration.
- If you need to cancel a swim time, please call the Welcome Desk as soon as possible so that the space can be released!
- If you are partway through enrolling and the activity fills, please call the Welcome Desk.
- Please arrive 20 minutes prior to your swim time and enter the pool deck prior to your scheduled time. DO NOT ENTER THE POOL UNTIL THE LIFEGUARDS INDICATE IT IS TIME TO DO SO.
- No towels/personal belongings on deck
- Lockers are allowed to be used while you're swimming but must be unlocked and emptied when you leave. Any locks left overnight will be cut for disinfecting.
- You must remain in the correct area of the pool that matches your registration. You cannot switch between activities or pools.
  - Lane Swim** – Swimming laps in the competitive pool only
  - Family Swim** – A swim in our leisure pool, you do not need to have kids or family with you
  - Open Swim** – A swim in our leisure pool and a designated area of the competitive pool – slide will be available when possible during these swims.
  - Parent & Tot** – A swim in our leisure pool strictly for parents and young children
- All children under 8 must have a parent/guardian (16+) in the pool within arm's reach at all times. Kids 8-12 must have an adult inside the facility. Kids 13+ can swim alone.
- Every activity is entered at \$0.00, as the online registration is only for booking your spot. When you arrive at the facility you will either scan your membership card or pay any applicable drop in fees. (The swim type does not affect the fees – fees are based on ages and numbers of people)
- Drop in rates:
  - \$6.50 Student/Senior
  - \$8.50 Adult
  - \$19.00 Family (Two adults & any number of dependents under 19 in the same household)

We are here to help!  
If you have any questions about registration or programming  
Contact us at (902) 893-2224  
[www.therecc.ca](http://www.therecc.ca)  
@RathEastlinkCC on Facebook



# RECC SWIM FOR LIFE AQUATIC REGISTRATION

IF YOUR CHILD...

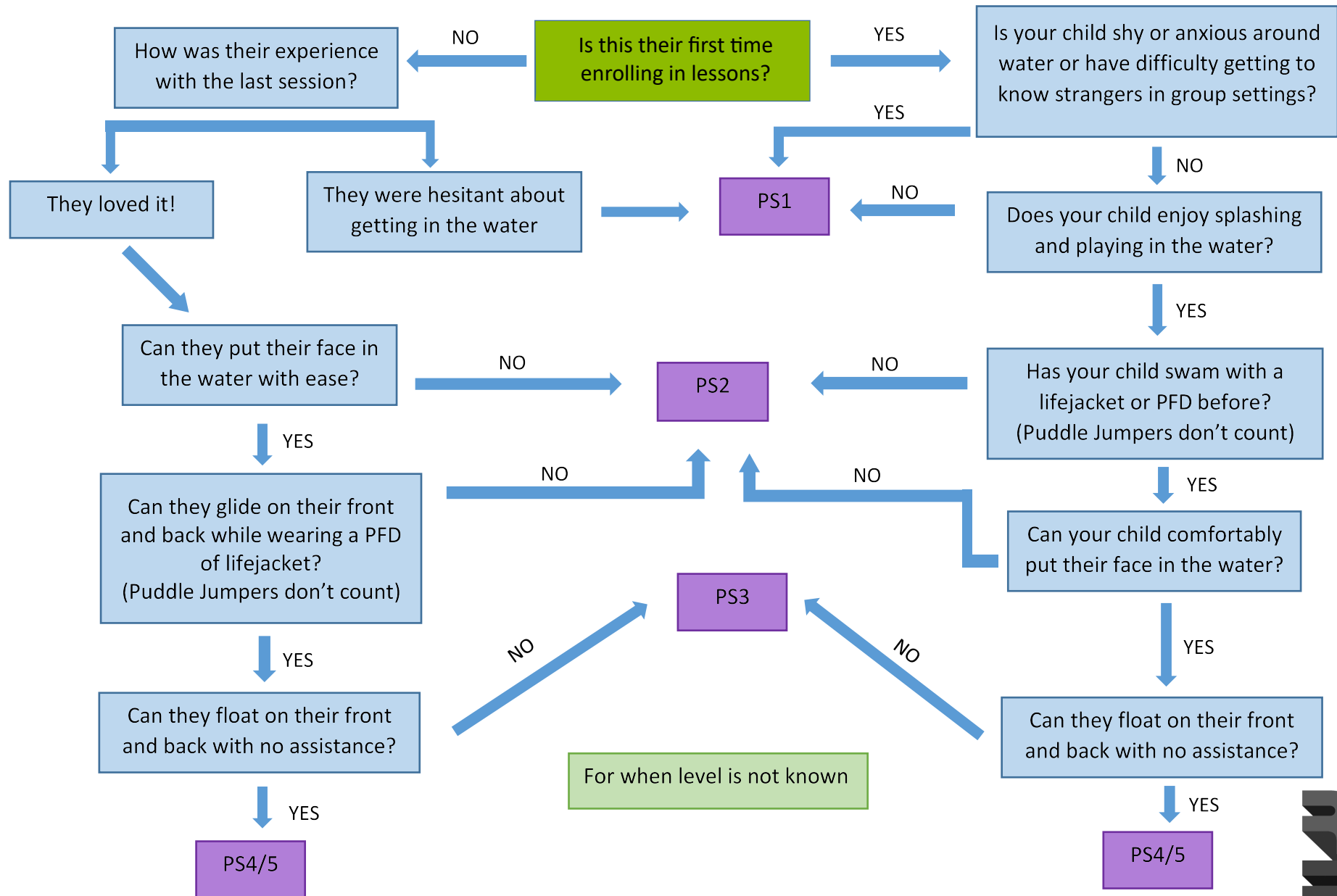
REGISTER IN:

PREVIOUS RED CROSS:

PRESCHOOL PROGRAMS	Is <b>4-12 months</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 1</b>	Starfish
	Is <b>1-2 years</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 2</b>	Duck
	Is <b>2-3 years</b> and ready to learn/enjoy water w/parent	<b>PARENT TOT 3</b>	Sea Turtle (parented)
	Is <b>3-5 years</b> and just starting out on his/her own	<b>PRESCHOOL 1</b>	Sea Turtle (unparented) Sea Otter Incomplete
	Is <b>3-5 years</b> and comfortable getting face wet, blowing bubbles, floating and gliding with assistance	<b>PRESCHOOL 2</b>	Sea Otter Complete
	Is <b>3-5 years</b> and can jump into chest deep water, submerge w/exhale underwater, float on front & back assisted for 3 sec.	<b>PRESCHOOL 3</b>	Salamander (complete or not)
	Is <b>3-5 years</b> 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.	<b>PRESCHOOL 4</b>	Sunfish or Incomplete Crocodile
	Is <b>3-5 years</b> and can jump solo into deep water, swim front crawl 5m wearing lifejacket and flutter kick front/back/side	<b>PRESCHOOL 5</b>	Complete Crocodile or Whale

SWIM FOR LIFE PROGRAMS: AGE 6+	Is <b>6-12 years</b> (or has started school) and is just starting out	<b>SWIMMER 1 B BEGINNER</b>	Swim Kids 1
	Is <b>6-12 years</b> and was unsuccessful in completing Swimmer 1	<b>SWIMMER 1 A ADVANCED</b>	Swim Kids 2 (incomplete)
	Is <b>6-12 years</b> 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	<b>SWIMMER 2</b>	Swim Kids 2 (complete) Swim Kids 3 (incomplete)
	Is <b>6-12 years</b> 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	<b>SWIMMER 3</b>	Swim Kids 3 (complete) Swim Kids 4 (incomplete)
	Is <b>6-12 years</b> 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	<b>SWIMMER 4</b>	Swim Kids 4 (complete) Swim Kids 5 (complete or not)
	Is <b>6-12 years</b> 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	<b>SWIMMER 5</b>	Swim Kids 6 (complete or not) Swim Kids 7 (incomplete)
	Is <b>6-12 years</b> 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.	<b>SWIMMER 6</b>	Swim Kids 7
	Is <b>6-12 years</b> 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	<b>SWIMMER 7</b>	Swim Kids 8
	Successful completion Swimmer 7	<b>SWIMMER 8</b>	Swim Kids 9
	Successful completion Swimmer 8	<b>SWIMMER 9</b>	Swim Kids 10

# PRESCHOOL REGISTRATION FLOW CHART



# SWIMMING LESSONS

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## SWIMMING LESSONS 2021 FAQ

### **What is the difference between Swimmer 1A and Swimmer 1B?**

Swimmer 1 Beginner is for participants who have never completed a session of swimming lessons, or are timid in the water. Swimmer 1 Advanced is for participants who have confidence in the water, but need more practice on skills. Both Swimmer 1A&B follow the same lesson criteria, just with slightly different focuses.

### **My child was last in Preschool 3 or 4, but is now aged out of the program. What level should they register for?**

They should be registered in Swimmer 1A.

### **My child completed Preschool 5. What level should they register in next?**

They should register in Swimmer 2.

### **I don't remember what level my child last completed. How can I find out?**

When a child completes a session of swimming lessons, their instructor indicates on their progress card which level to register for in the next session. Alternatively, you may call our Welcome Desk at 902-893-2224.

### **My child hasn't taken lessons for years and they are now too old to participate in the level last recommendation. How do I know which level to register for?**

Our Welcome Desk Staff are able to assist you in choosing the correct level to register by providing a general summary of our programs. For more specific inquiries, reach out to our Aquatics Supervisor at [jphillips@therecc.ca](mailto:jphillips@therecc.ca).

### **When will you be running any Lifeguard or Bronze courses?**

We hope to be able to offer courses in the near future. Any updates for courses will be advertised on our website and social media pages as soon as they are available.

### **Can I watch my child's swimming lesson?**

Children under the age of 8 are permitted to have one guardian on the pool deck. All other parents and spectators are asked to use the viewing area upstairs. We kindly ask that all lesson participants limit the amount of spectators per child. Masks must be worn at all times within the viewing area.

### **Do you offer lessons for Adults?**

Yes we do! Check out the evening summer 2021 schedule for our beginner adult swim lesson times. Also - Have you heard about our Masters Swim Club? Masters is a drop in lane swim club for adults who are already able to swim one full length (25m) of the pool. On Tuesday and Thursday evening 8:00-9:00, join Coach Jess for a swim workout. Workouts are designed for advanced, intermediate, and athlon swimmers. There is also a workout designed for those who have little to no experience with swim workouts, or are returning from a prolonged break.

**Questions regarding adult swimming lessons may be directed to our Aquatics Supervisor**  
[jphillips@therecc.ca](mailto:jphillips@therecc.ca)