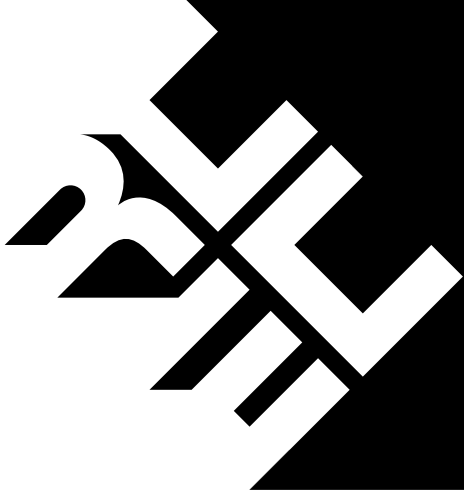


SWIM FOR LIFE LESSONS

FALL 2023



OCTOBER 2nd - NOVEMBER 27th (8 LESSONS)

No lessons, Mon Oct 9, Tue Oct 31, & Sat Nov 11

REGISTRATION OPENS WEDNESDAY SEPT 20th AT 12PM FOR MEMBERS

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

PUBLIC ONLINE REGISTRATION OPENS THURSDAY SEPT 21st AT 12PM



ONLINE REGISTRATION: www.ratheastlinkcommunitycentre.ca/programs/swim-lessons

		MON	TUE	WED	THU	FRI	SAT	SUN
PRESCHOOL PROGRAMS	PARENT TOT 1/2	3:30 - 4:00 PM					9:35 - 10:05 AM	
	PARENT TOT 3		4:00 - 4:30 PM				9:00 - 9:30 AM	
	PRESCHOOL 1	4:45 - 5:15 PM	4:35 - 5:05 PM				9:35 - 10:05 AM 11:05 - 11:35 AM	
	PRESCHOOL 2	4:45 - 5:15 PM			4:45 - 5:15 PM		9:00 - 9:30 AM 12:00 - 12:30 PM	
	PRESCHOOL 3	4:45 - 5:15 PM	4:15 - 4:45 PM		4:30 - 5:00 PM		10:30 - 11:00 AM 12:30 - 1:00 PM	
	PRESCHOOL 4	4:00 - 4:40 PM			5:50 - 6:30 PM		10:10 - 10:50 AM	
	PRESCHOOL 5	5:20 - 6:00 PM					10:30 - 11:10 AM	
SWIM FOR LIFE PROGRAMS: AGE 6+	SWIMMER 1 B	4:00 - 4:40 PM			5:20 - 6:00 PM		11:40 - 12:20 PM	
	SWIMMER 1 A		4:30 - 5:10 PM				11:15 - 11:55 AM	
	SWIMMER 2		4:50 - 5:30 PM 5:10 - 5:50 PM		5:05 - 5:45 PM		10:10 - 10:50 AM 11:25 - 12:05 PM	
	SWIMMER 3		5:15 - 5:55 PM		4:00 - 4:40 PM		9:45 - 10:25 AM	
	SWIMMER 4				6:05 - 7:00 PM			
	SWIMMER 5/6		6:45 - 7:40 PM				12:35 - 1:30 PM	
	SWIMMER 7/8/9				4:30 - 5:45 PM			
	ADULT 1				6:30 - 7:10 PM			
	ADULT 2							
	ADULT 3							
	SWIMFIT							
	PRIVATE or SEMI-PRIVATE	4:00 - 4:40 PM 5:20 - 6:00 PM 5:20 - 6:00 PM	6:00 - 6:40 PM 5:35 - 6:15 PM 5:55 - 6:35 PM 6:20 - 7:00 PM				9:00 - 9:40 AM 9:00 - 9:40 AM 9:45 - 10:25 AM 11:05 - 11:45 AM 11:50 - 12:30 PM 12:10 - 12:50 PM 12:20 - 1:00 PM	
	PLEASE NOTE: PRIVATE & SEMI-PRIVATE LESSONS REGISTRATION ARE IN-PERSON ONLY - VISIT THE RECC 625 ABENAKI RD.							

Cours de français

PRIVATE LESSONS NOW AVAILABLE UPON REQUEST

PARENT & TOT & PRESCHOOL 1 to 3	\$75
PRESCHOOL 4 to 5 & SWIMMER 1 to 3	\$95
SWIMMER 4 to 6	\$105
SWIMMER 7/8/9	\$115
PRIVATE LESSONS	\$195
PER CHILD SEMI-PRIVATE LESSONS	\$112.50
ADULT	\$95 + Tax

FAMILY ANNUAL MEMBERS:

Group Lessons 50% OFF

Private Lessons 10% OFF

Semi-Private Lessons ... 10% OFF

RECC BRONZE STAR



The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Prerequisite: Swimmer 7-9 and minimum age 10+ is recommended

Members \$99 +Tax, Non-Members \$110 +Tax *includes books

JULY 10 - 9:00 - 11:30 AM

JULY 11 - 9:00 - 11:30 AM

JULY 12 - 9:00 - 11:30 AM

JULY 13 - 9:00 - 11:30 AM

RECC BRONZE MEDALLION



Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite: Bronze Star **OR** 13+years of age on or before exam date

Members \$121.50 +Tax, Non-Members \$135 +Tax *books not included

**JULY 17 - JULY 20
9:00 - 12:00**

**JULY 24 - JULY 27
9:00 - 12:00**

RECC BRONZE CROSS



The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: Bronze Medallion - YOUTH/ADULTS (13+)

Members \$153 +Tax, Non-Members \$170 +Tax *books not included

For Lifeguard Course: New minimum age is (15)

**JULY 31 - AUGUST 4
9:00 - 1:00**

**AUGUST 8 - AUGUST 11
9:00 - 1:00**