

# SUMMER Aquatics

## SWIM LESSONS

MON - FRI July 11 - 22 10 classes	MON - FRI July 25 - Aug 5 9 classes	MON - FRI Aug 8 - 19 10 classes	TUE/THU July 12 - Aug 11 10 classes	WEDS July 13 - Aug 10 5 classes
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Starfish & Duck with parent	<i>4-24 months</i>	X	X	X	X	6:00pm
Sea Turtle with parent	<i>2-3 yrs intro</i>	X	X	X	X	5:30pm
Sea Otter	<i>3-6 yrs dunks</i>	9:45 10:30	9:45 10:30	9:45 10:30 11:15	5:30pm	X
Salamander	<i>3-6 yrs 2m swim</i>	9:15 10:00 10:45	9:15 10:00 10:45	9:15 10:00 10:45	X	X
Sunfish	<i>3-6 yrs 5m swim</i>	9:30 10:15	9:30 10:15	9:30 10:15	X	X
Crocodile & Whale	<i>3-6 yrs Back swim</i>	11:00	11:00	11:00	X	X
Level 1	<i>6+ Intro/5m</i>	9:15 10:15	9:15 10:15	9:15 10:15	6:00pm	X
Level 2	<i>6+ 10m swim</i>	9:45 11:15	9:45	9:45	X	X
Level 3	<i>6+ 15m swim</i>	9:30 11:00	9:30 11:00	9:30 11:00	X	X
Level 4	<i>6+ 25m swim</i>	10:45	10:45 11:15	10:45	X	X
Level 5 (45 min)	<i>6+ 50m swim</i>	10:15	10:15	10:15	X	X
Level 6 (45 min)	<i>6+ 75m swim</i>	9:15	9:15	9:15	X	X
Level 7 & 8 (45 min)	<i>6+ 150 metres</i>	10:00	10:00	10:00	X	X
Level 9 & 10 (45 min)	<i>6+ 500 metres</i>	11:00	11:00	11:00	X	X

LESSON FEES	30 minutes	45 minutes (levels 5-10)
5 classes	\$32.00	X
9 classes	\$56.70	\$72.45
10 classes	\$63.00	\$80.50

Unsure which level your child should be in?  
Please see the Red Cross Swim levels  
found on [www.powellriverprc.ca](http://www.powellriverprc.ca) or  
call 604 485-8908  
to book a free swim assessment.

# SUMMER Aquatics

## SWIM LESSONS



### Parents, YOU are your child's lifeguard

- Enroll your children in swimming lessons. At a minimum, they should be able to achieve the Lifesaving Society's Swim to Survive standard – roll into deep water, tread for 1 minute and swim 50 m.
- Swim in areas supervised by lifeguards.
- Always have an adult watching children in areas without lifeguards. In the backyard pool, designate an adult to be "on guard".
- Insist your children always swim with a buddy, never alone.
- Make weak or non-swimmers wear lifejackets.
- Get the training. Ensure that family members learn lifesaving skills.

**ALL children should learn to swim.  
We can teach them.**



For more information visit  
[www.lifesavingsociety.com](http://www.lifesavingsociety.com)  
or contact your local pool

® Water Smart is a registered trademark of the Royal Life Saving Society Canada.

### Adult Swim Lessons

**Ages: 16 and up**

For those of you who are not quite up to swimming laps yet, with a desire to do so - sign up for these classes where you will learn skills to be comfortable and relaxed in the water. Floats, glides, basic kicking, and breathing techniques will be encouraged in a shallow water environment. Deep water skills will be introduced to those who are ready for it.

**Fridays from 6:00 - 6:30pm \$50/6 classes**

July 8 - Aug 19 (no class July 29)

Instructor: TBD

Location: Aquatic Centre



### Private Swim Lessons

**Ages: 8 and up**

Register for private lessons by the week. These sessions offer 5 x 30 minute lessons in the mornings between 9:30 - 11:30am. Your time slot will be assigned a few days before the start of the week. Please ensure your up to date contact information is on file.

**Monday - Friday between 9:30 - 11:30am**

Dates available:

July 11 - 15, July 18 - 22, July 25 - 29, August 8 - 12, or August 15 - 19

\$115/5 classes

Aug 2 - 9

\$100/4 classes