

FALL Aquatics

SWIM LESSONS

This new swim program features new and challenging skills in the preschool and swimmer levels. Note, children ages 6+ years will need to move down one number level, but there are several new and challenging skills taught in these levels.



		SAT	WED	TUE/THU	TUE/THU	MON OR FRI
NEW LEVELS!	<i>Ages & ability</i>	Oct 1 – Dec 3 10 classes	Sep 28 – Nov 30 10 classes	Sep 27 – Oct 27 10 classes	Nov 8 – Dec 8 10 classes	Mondays x 5 Fridays x 8
Tot 1 – Jellyfish <i>with Adult</i>	4-12 months	x	x	5 Tuesdays 5:45 pm	5 Tuesdays 5:45 pm	5 Mondays 9:30 am
Tot 2 – Goldfish <i>with Adult</i>	12-24 months	x	x	5 Tuesdays 5:45pm	5 Tuesdays 5:45pm	5 Mondays 9:30 am
Tot 3 – Seahorse <i>with Adult</i>	2-3 years	9:30 am	6:00 pm	x	x	x
Preschool 1 Octopus	3-6 yr Sea Otter	10:00 am 11:00 am	4:00 pm 4:30 pm 5:30 pm	4:00 pm 4:30 pm	4:00 pm 5:30 pm	8 Fridays 9:30 am
Preschool 2 Crab	3-6 yr Salamander	10:00 am 10:30 am	4:00 pm 5:00 pm	4:00 pm 5:00 pm	4:00 pm 5:00 pm	8 Fridays 10:00 am
Preschool 3 Orca	3-6 yr Sunfish	10:30 am	4:30 pm	4:30 pm	4:30 pm	x
Preschool 4 Sea Lion	3-6 yr Crocodile	11:00 am	4:00 pm	4:00 pm	x	x
Preschool 5 Narwhal	3-6 yr Whale Swimmer 2	11:00 am	4:00 pm	4:00 pm	x	x
Swimmer 1	6-12 yr Beginner or Red Cross Level 2	9:30 am 10:30 am	5:00 pm 5:45 pm	5:00 pm	5:00 pm	x
Swimmer 2	6-12 yr Red Cross Level 3	10:30 am	4:30 pm 5:15 pm	4:00 pm	4:00 pm	x
Swimmer 3	6-12 yr Red Cross Level 4	9:30 am	5:30 pm	4:30 pm	4:30 pm	x
Swimmer 4	Red Cross Levels 5	10:00 am	5:30 pm	4:30 pm	4:30 pm	x
Swimmer 5	Red Cross Level 6	9:30 am	4:45 pm	5:00 pm	5:00 pm	x
Swimmer 6	Red Cross Level 7	10:00 am	4:45 pm	5:45 pm	5:45 pm	x
Rookie Patrol	Red Cross Level 8	11:00 am	4:00 pm	5:45 pm	5:45 pm	x
Ranger Patrol	Red Cross Level 9	11:00 am	4:00 pm	5:45 pm	5:45 pm	x
Star Patrol	Red Cross Level 10	x	4:00 pm	5:45 pm	5:45 pm	x
Bronze Star	10-12yr	10:45 am	Jan-Mar	<i>For those who have completed Red Cross Level 10 and are under 13 years of age. See page 17 for more information.</i>		

5 classes x 30 minutes: \$32
8 classes x 30 minutes: \$50.40

10 classes x 30 minutes: \$63
10 classes x 45 minutes: \$80.50 (Swimmer 5+)

Swimming is like a craft, sometimes the project takes more time to complete. Please register as recommended

Level	If your child...
Jellyfish 	<ul style="list-style-type: none"> Is 4 to 12 months old, can hold their head up and is ready to learn to enjoy the water
Goldfish 	<ul style="list-style-type: none"> Is 12 to 24 months old and ready to learn to enjoy the water
Seahorse 	<ul style="list-style-type: none"> Is 2-3 years old and ready to learn to enjoy the water
Octopus 	<ul style="list-style-type: none"> Is 3 to 6 years and just starting out their own
Crab 	<ul style="list-style-type: none"> Is 3 to 6 years and can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet has mastered all RC Sea Otter or LS Octopus skills and is recommended by an instructor for the next level
Orca 	<ul style="list-style-type: none"> Is 3 to 6 years and can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec has mastered all RC Salamander or LS Crab skills and is recommended by an instructor for the next level
Sea Lion 	<ul style="list-style-type: none"> Is 3 to 6 years and can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back has mastered all RC Sunfish or LS Orca skills and is recommended by an instructor for the next level
Narwhal 	<ul style="list-style-type: none"> Is 3 to 6 years and can do solo jumps into deep water; swim front crawl 5 m; flutter kick on front, back and side with-out assistance or buoyant aids has mastered all the RC Crocodile or LS Sea Lion skills and is recommended by an instructor for the next level

Register for levels as recommended by an instructor, or by these guidelines below.



Level	If your child...
Swimmer 1	is 6 to 12 years and just starting out,
Swimmer 2	Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back, OR has completed the Preschool program OR Red Cross level 2
Swimmer 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back, OR has completed Red Cross level 3
Swimmer 4	Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl, OR has completed Red Cross level 4
Swimmer 5	Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m, OR has completed Red Cross level 5
Swimmer 6	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m, OR has completed Red Cross level 6
Rookie Patrol	Can do stride entries and compact jumps; legs only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout, or has completed Red Cross level 7
Ranger Patrol	Preferred successful completion of Red Cross level 8 or Rookie Patrol
Star Patrol	Preferred successful completion of Red Cross level 9 or Ranger Patrol
Bronze Star	Preferred successful completion of Red Cross level 10 or Star Patrol and is the between the ages of 10-12 years old.

Free assessments can be arranged if you are not sure what level to register in. Contact 604-485-8908 for more information or to set up an assessment.