

# SWIMMING

RED CROSS LEVELS

## SWIM PRE-SCHOOL AGES 3 MOS. TO 6 YRS.

### PARENT & TOT | AGES 3 MOS. TO 3 YRS.

This refreshing class will introduce your little ones to the joys of swimming. They'll be taught submersion techniques, front and back floats and glides, front kicking, and front swim. Tots will also learn how to hop into chest-deep water, with the help and safety provided by their caregivers.

### SEA OTTER | AGES 3 TO 6

Little swimmers will kick their legs with the help of an instructor, and work on their front and back floats and blasting off the wall to learn front and back glides. When they finish these lessons, they'll be able to swim one metre unassisted.

### SALAMANDER

Get your kick on with the front and back glide, improve your front and back float, and take an unassisted jump into the water! Swimmers will complete two metres of continuous swim all by themselves.

### SUNFISH

Kick, glide, float, and swim! Swimmers become little fish as they perform front and back glides, float in deep water, and swim five metres. They'll also learn how to safely enter deep water and swim with a personal flotation device.

### CROCODILE

Swimmers perform the front and back glide, further developing the move with kicking. They'll learn front and back swim and take a leap into the deep end, swimming in these depths with the help of a personal flotation device. Watch them take off as they swim 10 metres continuously.

### WHALE

Swimmers will kick to greater distances with the front and back glide, go even further with their front and back swim, and perform 15 metres of continuous swim.

## SWIM KIDS AGES 6+

### LEVEL 1 | AGES 6+

Little experience is needed to learn these basics. Includes assistance with front and back glides, front and back floats, flutter kick, entering and exiting from shallow waters, and swimming up to 5 metres.

### LEVEL 2

When the basics are covered, continue to improve the distance on your front and back glide by adding the flutter kick to the mix. You'll learn the front swim, perform assisted deep-water activities, and reach new swimming milestones by completing the 10 metre distance.

### LEVEL 3

Swim even further using front and back glides with the flutter kick. We'll introduce you to the importance of using a personal flotation device and floating in the deep end, and bring your swimming distance up to 15 metres.

### LEVEL 4

Continue your swimming progress with new water moves like the back swim with shoulder roll and front crawl. You'll learn how to flutter kick on your back, and be introduced to the kneeling dive and sculling, all while achieving a new swimming distance of 25 metres.

### LEVEL 5

Swimmers dive into deeper skill-building as they further develop their front crawl, and improve their back skills into full back crawl, going as far as 15 metres. Learn how to whip kick on your back, stride dive, and tread water. Perform head-first sculling while on your back, while doubling up on your distance by reaching 50 metres.

### LEVEL 6

Increase your distance to 25 metres with front and back crawls. Swim 15 metres once you learn the elementary backstroke, and learn to dolphin kick and tread deep water.

### LEVEL 7

Swim longer distances as you build your water skills. Swim 50 metres with the front and back crawl, 25 metres with the elementary backstroke, and 150 metres of continuous swim. Learn the front scull, stride entry, and perform the front whip and dolphin kicks.

### LEVEL 8

Swim further with the front and back crawl (75 metres), the elementary backstroke (25 metres), and continuously swim up to 300 metres. You'll be taught how to swim 15 metres of breaststroke, learn eggbeater, and perform a feet-first surface dive.

### LEVEL 9

Go the distance! Complete 100 metres of front and back crawl, 50 metres of elementary backstroke, 25 metres of breaststroke, and 400 metres of continuous swim. Learn sidestroke kick, and master the head-first surface dive.

### LEVEL 10

In the final level, swimmers will reach longer distances in their front and back crawl (100 metres), elementary backstroke (50 metres), breaststroke (50 metres), sidestroke (25 metres), and reach 500 metres in continuous swim. Learn how to perform the vertical dolphin kick and graduate your surface diving with underwater swim.

# SWIMMING

## SWIMMING LESSONS

### LESSON TIMES

ADULT BEGINNER	TUESDAY	7:20-8:05 p.m.	SWIM KIDS 3	WEEKDAYS	10:20-10:50 a.m.
				TUESDAY	6:10-6:40 p.m.
ADULT INTERMEDIATE	TUESDAY	7:20-8:05 p.m.		THURSDAY	6:10-6:40 p.m.
SEA OTTER	WEEKDAYS	10:20-10:50 a.m.	SWIM KIDS 4	WEEKDAYS	10:55-11:25 a.m.
	TUESDAY	5:00-5:30 p.m.		TUESDAY	6:45-7:15 p.m.
		6:10-6:40 p.m.		THURSDAY	6:45-7:15 p.m.
	THURSDAY	5:00-5:30 p.m.			
		6:10-6:40 p.m.			
SALAMANDER	WEEKDAYS	9:45-10:15 a.m.	SWIM KIDS 5	WEEKDAYS	11:30-12:00 a.m.
	TUESDAY	5:00-5:30 p.m.			
		6:10-6:40 p.m.		TUESDAY	5:35-6:05 p.m.
	THURSDAY	5:00-5:30 p.m.		THURSDAY	5:35-6:05 p.m.
		6:10-6:40 p.m.			
SUNFISH	WEEKDAYS	10:55-11:25 a.m.	SWIM KIDS 5/6	TUESDAY	7:20-8:05 p.m.
	TUESDAY	5:35-6:05 p.m.		THURSDAY	7:20-8:05 p.m.
	THURSDAY	5:35-6:05 p.m.			
CROCODILE / WHALE	WEEKDAYS	9:10-9:40 a.m.	SWIM KIDS 7/8	TUESDAY	7:20-8:05 p.m.
	TUESDAY	6:45-7:15 p.m.		THURSDAY	7:20-8:05 p.m.
	THURSDAY	6:45-7:15 p.m.			
SWIM KIDS 1	WEEKDAYS	9:10-9:40 a.m.	SWIM KIDS 9/10	THURSDAY	7:20-8:05 p.m.
	TUESDAY	5:00-5:30 p.m.			
		6:45-7:15 p.m.			
	THURSDAY	5:00-5:30 p.m.			
		6:45-7:15 p.m.			
SWIM KIDS 2	WEEKDAYS	9:45-10:15 a.m.	PRIVATE LESSONS	TUESDAY	5:00-5:30 p.m.
	TUESDAY	5:35-6:05 p.m.			5:35-6:05 p.m.
	THURSDAY	5:35-6:05 p.m.			6:10-6:40 p.m.
					6:45-7:15 p.m.
				THURSDAY	5:00-5:30 p.m.
					5:35-6:05 p.m.
					6:10-6:40 p.m.
					6:45-7:15 p.m.
					7:20-7:50 p.m.

### SESSION DATES

#### DAILY LESSONS

\*SESSION #1 JULY 3 - JULY 13  
 SESSION #2 JULY 16 - JULY 27  
 \*SESSION #3 JULY 30 - AUGUST 10  
 SESSION #4 AUGUST 13 - 24

#### TUESDAY LESSONS

SESSION #1 JULY 3 - SEPTEMBER 4

#### THURSDAY LESSONS

SESSION #1 JULY 5 - SEPTEMBER 6

\* SESSION IS 9 CLASSES, PRICES ARE ADJUSTED ACCORDINGLY

### GROUP LESSON PRICING

45 MIN CLASSES \$75 / SESSION  
 30 MIN CLASSES \$50 / SESSION

### PRIVATE LESSON PRICING

PRIVATE CLASS \$100 SESSION  
 SEMI-PRIVATE \$70/ SESSION

# RENTALS

## PARTY ROOM

Are you looking for a space to host a party or get-together? Our party room is available for renting and comfortably fits up to 75 guests. With a full kitchenette, tables and chairs, the party room is a convenient place for your next event. Visit the Accora Centre to book!

## GYMNASIUM

Our gymnasium is available for rent to residents who would like to use the facility for sports and activities. We have plenty of equipment for use, but we cannot guarantee the availability of specialized equipment. To ensure all residents have equal access to bookings, we do not accommodate recurring events.

## INDOOR & OUTDOOR POOL

Host a pool party any time of the year! Have your guests join in one of our open swim times. Admission standards apply.

FACILITY	DATES & TIMES		RATE	DAMAGE DEPOSIT
PARTY ROOM: WITH ALCOHOL	Monday to Thursday	4:00–10:00pm	\$40/hour	\$250
	Friday	4:00–11:00pm		
	Saturday & Sunday	8:30am–11:00pm		
PARTY ROOM: WITHOUT ALCOHOL	Monday to Thursday	4:00–10:00pm	\$30/hour	\$150
	Friday	4:00–11:00pm		
	Saturday & Sunday	8:30am–11:00pm		
GYMNASIUM	Saturday	12:00-1:00pm & 4:00-7:00pm	\$40/hour	\$250
	Sunday	12:00-4:00pm		
	Monday, Wednesday, Friday	7:00-8:00pm		
INDOOR & OUTDOOR POOL	JUNE 2-30 Saturday	12:00 - 7:00 pm	\$40/hour	\$150
	JUNE 2-30 Sunday	12:00 - 4:00 pm		
	JULY 3 - AUGUST 31 Daily	12:00 - 7:00 pm		

Note: The indoor pool is not available for rental on Tuesday & Thursday 5:00-8:00 p.m.