

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	Sunday Thursday	7:15-8:00pm 7:15-8:00 pm	SWIM KIDS 1	Saturday Sunday Tuesday Thursday	9:00-9:30am 4:00-4:30 5:00-5:30pm 5:00-5:30pm	PRIVATE LESSONS	Saturday Sunday	11:00-11:30am 11:00-11:30am 11:30am -12:00pm 11:30am-12:00pm
ADULT INTERMEDIATE	Sunday Thursday	7:15-8:00pm 7:15-8:00 pm	SWIM KIDS 2	Saturday Tuesday Thursday	9:30-10:00 am 5:30-6:00pm 5:30-6:00pm	PRIVATE LESSONS	Sunday	4:30-5:00pm 6:30-7:00pm
PARENT & TOT	Monday Tuesday	9:30-10:00 am 4:30-5:00 pm	SWIM KIDS 3	Saturday Tuesday Thursday	10:30-11:00am 6:30-7:00pm 6:00-6:30pm	POWER SWIM	Friday	4:30-5:30pm
SEA OTTER	Saturday Sunday Tuesday Thursday	9:30-10:00 am 4:00-4:30 / 6:00-6:30pm 5:00-5:30pm 4:30-5:00pm	SWIM KIDS 4	Saturday Sunday Tuesday Thursday	10:30-11:00am 5:30-6:00pm 6:30-7:00pm 6:30-7:00pm	WOMENS SWIM LESSON	Saturday	12:15-1:00pm
SALAMANDER	Saturday Sunday Tuesday Thursday	9:00-9:30am 4:30-5:00/5:30-6:00pm 5:30-6:00pm 4:30-5:00pm	SWIM KIDS 5	Tuesday	7:30 - 8:00 pm	SEA OTTER	Wednesday	9:30-10:00am
SUNFISH	Saturday Sunday Tuesday	10:00-10:30am 5:00-5:30pm 4:30-5:00pm	SWIM KIDS 6	Tuesday	7:00 - 7:45pm			
CROCODILE / WHALE	Saturday Sunday Tuesday	10:00-10:30am 6:30-7:00pm 7:00-7:30pm	SWIM KIDS 5/6	Thursday Sunday	5:00-5:45pm 5:00-5:45pm			
			SWIM KIDS 7/8	Thursday Sunday	5:45-6:30pm 5:45-6:30pm			
			SWIM KIDS 9/10	Thursday Sunday	6:30 -7:15pm 6:30-7:15pm			

PRICING

Adult Swimming Lessons	\$75 / session
Preschool Swimming Lessons	\$50 / session
Swim Kids 1-4	\$50 / session
Swim Kids 5-10 & Power swim	\$75 / session
Private Swimming Lessons	\$100 / session

SESSION DATES

	SESSION #1	SESSION #2	SESSION #3	SESSION #4
SATURDAY	*September 15 – November 17 No class October 6	November 24 – February 2 No class December 22 & 29	February 9 – April 13	April 27– June 29
SUNDAY	*September 16 – November 18 No class October 7	November 25 – February 3 No class December 23 & 30	February 10 – April 14	April 28 – June 30
MONDAY	*September 10 - November 12 No class October 8	November 19-February 4 No class December 24 & 31	February 11 – April 15	April 22 – June 24
TUESDAY	September 11 – November 13	November 20 – February 5 No class on Dec 25 & January 1	February 12– April 16	April 23– June 25
WEDNESDAY	September 12 – November 14	November 21 - February 6 No class Dec 26 & January 2	February 13– April 17	April 24– June 26
THURSDAY	September 13 – November 15	November 22 – February 7 No class on Dec 27 & Jan 3	February 14 – April 18	April 25 – June 27
FRIDAY	September 14 – November 16	November 23 – February 8 No class on Dec 28 & Jan 4	*February 15 – April 12	April 25 – June 27

* Session is 9 classes.