



Summer Swim Lessons

June - August, 2010

Registration – May 4, 2010

Revised: April 21/10

SWIM REGISTRATION

502.8566

529.8320





JUNE 2010

Set One – Evening Programs

May 31 - June 10, 2010 (8 Lessons)
Two Weeks: Monday – Thursday

Swim Kids 2	6:30-7:00pm	#16577
Swim Kids 3	6:00-6:30pm	#16578
Swim Kids 9/10	6:00-7:00pm	#16579

Set Two – Evening Programs

June 14 – 24, 2010 (8 Lessons)
Two Weeks: Monday - Thursday

Swim Kids 3	6:00-6:30pm	#16581
Swim Kids 4	6:30-7:00pm	#16582
Swim Kids 6	6:00-6:45pm	#16583

JULY 2010

Set One – Morning Programs

July 6 – 16, 2010 (8 Lessons)
Two Weeks: Tuesday - Friday

Swim Kids 1	11:30-12:00pm	#16584
Swim Kids 2	10:00-10:30am	#16585
Swim Kids 3	10:00-10:30am	#16586
Swim Kids 4	11:15-11:45am	#16587
Swim Kids 5	10:30-11:15am	#16588
Swim Kids 7	10:30-11:30am	#16589

Set One – Evening Programs

July 6 – 16, 2010 (8 Lessons)
Two Weeks: Tuesday – Friday

Duck	5:00-5:30pm	#16590
Swim Kids 2	5:30-6:00pm	#16591
Swim Kids 3	6:15-6:45pm	#16592
Swim Kids 4	5:00-5:30pm	#16593
Swim Kids 6	5:30-6:15pm	#16594
Swim Kids 8	6:00-7:00pm	#16595

Set Two – Morning Programs

July 20 – 30, 2010 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday, Wednesday, Friday
(Excluding July 29, 2010)

Duck	11:10-11:45am	#16596
Swim Kids 1	10:00-10:35am	#16597
Swim Kids 2	10:35-11:10am	#16598
Swim Kids 3	11:25-12:00pm	#16599
Swim Kids 4	10:00-10:35am	#16600
Swim Kids 6	10:35-11:25am	#16601

Set Two: Evening Programs

July 20 – 30, 2010 (8 Lessons)
Two Weeks: Tuesday – Friday

Swim Kids 1	5:00-5:30pm	#16602
Swim Kids 2	6:00-6:30pm	#16603
Swim Kids 3	6:30-7:00pm	#16604
Swim Kids 4	5:30-6:00pm	#16605
Swim Kids 5	6:00-6:45pm	#16606
Swim Kids 8	5:00-6:00pm	#16607

AUGUST 2010

Set One: Morning Programs

August 3 – 13, 2010 (8 Lessons)

Two Weeks: Tuesday – Friday

Swim Kids 1	10:00-10:30am	#16608
Swim Kids 2	11:15-11:45am	#16609
Swim Kids 3	10:00-10:30am	#16610
Swim Kids 4	10:30-11:00am	#16611
Swim Kids 5	10:30-11:15am	#16612
Swim Kids 7	11:00-12:00pm	#16613

Set One: Evening Programs

August 3 – 13, 2010 (8 Lessons)

Two Weeks: Tuesday – Friday

Duck	6:00-6:30pm	#16614
Swim Kids 2	5:00-5:30pm	#16615
Swim Kids 3	5:30-6:00pm	#16616
Swim Kids 4	6:30-7:00pm	#16617
Swim Kids 5	6:00-6:45pm	#16618
Swim Kids 7	5:00-6:00pm	#16619

SWIM REGISTRATION

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Set Two: Morning Programs

August 17 – 27, 2010

Two Weeks: Tuesday – Friday

(8 Lessons)

Swim Kids 1	10:00-10:30am	#16620
Swim Kids 2	10:45-11:15am	#16621
Swim Kids 3	10:30-11:00am	#16622
Swim Kids 4	11:15-11:45am	#16623
Swim Kids 6	10:00-10:45am	#16624
Swim Kids 8	11:00-12:00pm	#16625

Set Two: Evening Programs

August 17 – 27, 2010

Two Weeks: Tuesday – Friday

(8 Lessons)

Swim Kids 1	5:00-5:30pm	#16626
Swim Kids 2	5:30-6:00pm	#16627
Swim Kids 3	6:15-6:45pm	#16628
Swim Kids 4	5:45-6:15pm	#16629
Swim Kids 5	5:00-5:45pm	#16630
Swim Kids 6	6:00-6:45pm	#16631

How Does the Wait List Work?

- If the class you want is full, ask to be put on the wait list.
- If a space becomes available, we call families on the wait list first.
- You're asked to respond within 24 hours.
- Wait lists do **not** carry over into the next session.
- Our maximum on any wait lists is 10 children.

Private Lessons

Tailored to your child's individual needs:

FLC - Phone 403 502-8564

CRC - Phone 403 529-8366

\$21.00 per half hour lesson

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JUNE 2010

RED CROSS LESSONS

Set One:
June 7 - 17, 2010 (8 Lessons)
Two Weeks: Monday to Thursday

Sea Turtle	8:30-9:00am	#16461
Salamander	9:00-9:30am	#16462
Sunfish	9:30-10:00am	#16463

JULY 2010

Morning Programs
Set One:
July 5 - 15, 2010 (8 lessons)
Two Weeks: Monday to Thursday

RED CROSS PRESCHOOL

Duck	9:30-10:00am	#16464
Sea Turtle	8:30-9:00am	#16465
Sea Turtle	9:30-10:00am	#16466
Salamander	8:30-9:00am	#16467
Salamander	9:00-9:30am	#16468
Salamander	11:40-12:10pm	#16469
Sunfish	9:00-9:30am	#16470
Sunfish	11:10-11:40am	#16471
Sunfish	12:00-12:30pm	#16472
Crocodile	11:05-11:35am	#16473
Whale	11:45-12:15pm	#16474

RED CROSS SWIM KIDS

Swim Kids 1	10:00-10:30am	#16475
Swim Kids 2	10:00-10:30am	#16476
Swim Kids 3	10:35-11:05am	#16477
Swim Kids 4	10:35-11:05am	#16478
Swim Kids 5	11:10-11:55am	#16479
Swim Kids 7	10:00-11:00am	#16480

Evening Programs
Set One:
July 5 - 15, 2010 (8 lessons)
Two Weeks: Monday to Thursday

RED CROSS PRESCHOOL

Starfish	5:00-5:30pm	#16481
Sea Turtle	4:00-4:30pm	#16482
Sea Turtle	5:00-5:30pm	#16483
Salamander	4:00-4:30pm	#16484
Salamander	6:40-7:10pm	#16485
Sunfish	4:30-5:00pm	#16486
Crocodile	4:30-5:00pm	#16487
Whale	6:40-7:10pm	#16488

RED CROSS SWIM KIDS

Swim Kids 1	6:10-6:40pm	#16489
Swim Kids 2	5:35-6:05pm	#16490
Swim Kids 3	5:35-6:05pm	#16491
Swim Kids 4	6:05-6:35pm	#16492
Swim Kids 6	6:10-6:55pm	#16493
Swim Kids 8	5:00-6:00pm	#16494

Morning Programs
Set Two:
July 19 - 29, 2010 (7 lessons)
Week One: Monday to Thursday
Week Two: Monday to Wednesday

RED CROSS PRESCHOOL

Starfish	9:40-10:15am	#16495
Sea Turtle	9:05-9:40am	#16496
Sea Turtle	11:20-11:55am	#16497
Salamander	8:30-9:05am	#16498
Sunfish	8:30-9:05am	#16499
Sunfish	11:55-12:30pm	#16500
Crocodile	9:10-9:45am	#16501
Crocodile	12:00-12:35pm	#16502
Whale	11:15-11:50am	#16503

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RED CROSS SWIM KIDS

Swim Kids 1	10:40-11:15am	#16504
Swim Kids 2	10:40-11:15am	#16505
Swim Kids 3	10:00-10:35am	#16506
Swim Kids 4	10:15-10:40am	#16507
Swim Kids 6	11:20-12:10pm	#16508
Swim Kids 9/10	10:00-11:10am	#16509

Evening Programs

Set Two:

July 19 – 29, 2010

Two Weeks: Monday to Thursday

(8 lessons)

RED CROSS PRESCHOOL

Duck	5:00-5:30pm	#16510
Sea Turtle	4:00-4:30pm	#16511
Salamander	4:30-5:00pm	#16512
Sunfish	4:30-5:00pm	#16513
Sunfish	5:35-6:05pm	#16514
Crocodile	6:10-6:40pm	#16515

RED CROSS SWIM KIDS

Swim Kids 1	4:00-4:30pm	#16516
Swim Kids 1	5:00-5:30pm	#16517
Swim Kids 2	6:10-6:40pm	#16518
Swim Kids 3	6:45-7:15pm	#16519
Swim Kids 4	5:35-6:05pm	#16520
Swim Kids 5	6:05-6:50pm	#16521
Swim Kids 7	5:00-6:00pm	#16522

AUGUST 2010

Morning Programs

Set Three:

August 3 – 12, 2010

(7 lessons)

Week One: Tuesday to Thursday

Week Two: Monday to Thursday

RED CROSS PRESCHOOL

Duck	9:05-9:40am	#16523
Sea Turtle	9:05-9:40am	#16524
Sea Turtle	9:40-10:15am	#16525
Salamander	10:40-11:15am	#16526
Salamander	12:00-12:35pm	#16527
Sunfish	8:30-9:05am	#16528
Crocodile	10:40-11:15am	#16529

RED CROSS SWIM KIDS

Swim Kids 1	8:30-9:05am	#16530
Swim Kids 1	10:00-10:35am	#16531
Swim Kids 2	10:00-10:35am	#16532
Swim Kids 3	11:20-11:55am	#16533
Swim Kids 4	11:20-11:55pm	#16534
Swim Kids 5	10:30-11:20am	#16535

Evening Programs

Set Three:

August 3 – 12, 2010

(7 lessons)

Week One: Tuesday to Thursday

Week Two: Monday to Thursday

RED CROSS PRESCHOOL

Starfish	5:10-5:45pm	#16536
Sea Turtle	5:40-6:15pm	#16537
Salamander	5:40-6:15pm	#16538
Sunfish	4:00-4:35pm	#16539
Crocodile	4:35-5:10pm	#16540

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RED CROSS SWIM KIDS

Swim Kids 1	5:00-5:35pm	#16541
Swim Kids 2	4:20-4:55pm	#16542
Swim Kids 2	5:00-5:35pm	#16543
Swim Kids 3	6:20-6:55pm	#16544
Swim Kids 4	6:20-6:55pm	#16545
Swim Kids 9/10	5:50-7:00pm	#16546

Morning Programs

Set Four:

August 16 – 26, 2010

Two Weeks: Monday to Thursday

(8 lessons)

RED CROSS PRESCHOOL

Starfish	9:30-10:00am	#16547
Sea Turtle	9:00-9:30am	#16548
Salamander	8:30-9:00am	#16549
Salamander	11:45-12:15pm	#16550
Sunfish	10:00-10:30am	#16551
Sunfish	11:45-12:15pm	#16552
Crocodile	11:10-11:40am	#16553
Whale	10:35-11:05am	#16554

RED CROSS SWIM KIDS

Swim Kids 1	10:50-11:20am	#16555
Swim Kids 1	11:10-11:45am	#16556
Swim Kids 2	10:35-11:05am	#16557
Swim Kids 3	10:00-10:30am	#16558
Swim Kids 3	12:20-12:50pm	#16559
Swim Kids 4	9:30-10:00am	#16560
Swim Kids 5	8:45-9:30am	#16561
Swim Kids 6	10:00-10:45am	#16562

Evening Programs

Set Four:

August 16 – 26, 2010

Two Weeks: Monday to Thursday

(8 lessons)

RED CROSS PRESCHOOL

Duck	4:50-5:20pm	#16563
Sea Turtle	4:30-5:00pm	#16564
Sea Turtle	6:30-7:00pm	#16565
Salamander	4:00-4:30pm	#16566
Sunfish	4:00-4:30pm	#16567
Sunfish	5:25-5:55pm	#16568
Crocodile	6:00-6:30pm	#16569

RED CROSS SWIM KIDS

Swim Kids 1	4:30-5:00pm	#16570
Swim Kids 1	5:35-6:05pm	#16571
Swim Kids 2	5:35-6:05pm	#16572
Swim Kids 3	5:00-5:30pm	#16573
Swim Kids 4	5:00-5:30pm	#16574
Swim Kids 5	6:10-6:55pm	#16575
Swim Kids 6	6:10-6:55pm	#16576

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HEIGHTS POOL

JUNE 2010

Set One - Evening Programs

June 15 - 25, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	3:00-3:30pm	#16262
Salamander	3:00-3:30pm	#16263
Salamander	3:30-4:00pm	#16264
Sunfish	4:00-4:30pm	#16265
Swim Kids 1	4:00-4:30pm	#16266
Swim Kids 2	3:30-4:00pm	#16267

JULY 2010

Set One - Morning Programs

July 6 - 16, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	10:00-10:30am	#16200
Salamander	10:30-11:00am	#16201
Salamander	11:15-11:45am	#16202
Sunfish	11:00-11:30am	#16203
Swim Kids 2	11:30-12:00pm	#16204
Swim Kids 4	10:00-10:30am	#16205
Swim Kids 5	10:30-11:15am	#16206

Set One - Evening Programs

July 6 - 16, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	4:00-4:30pm	#16207
Salamander	4:30-5:00pm	#16208
Sunfish	5:00-5:30pm	#16209
Swim Kids 1	4:00-4:30pm	#16210
Swim Kids 2	4:30-5:00pm	#16211
Swim Kids 3	5:30-6:00pm	#16212
Swim Kids 6	5:00-5:45pm	#16213

Set Two - Morning Programs

July 20 - 30, 2010 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday, Wednesday, Friday
(Excluding July 29, 2010)

Sea Turtle	11:10-11:45am	#16214
Salamander	10:35-11:10am	#16215
Sunfish	10:00-10:35am	#16216
Crocodile	11:10-11:45am	#16217
Swim Kids 3	10:35-11:10am	#16218
Swim Kids 4	10:00-10:35am	#16219

Set Two - Evening Programs

July 20 - 30, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	4:00-4:30pm	#16220
Salamander	4:30-5:00pm	#16221
Sunfish	5:00-5:30pm	#16222
Swim Kids 1	5:30-6:00pm	#16223
Swim Kids 2	4:30-5:00pm	#16224
Swim Kids 3	4:00-4:30pm	#16225
Swim Kids 5	5:00-5:45pm	#16226

AUGUST 2010

Set One - Morning Programs

August 3 - 13, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	10:00-10:30am	#16227
Sea Turtle	11:00-11:30am	#16228
Salamander	10:30-11:00am	#16229
Sunfish	11:30-12:00pm	#16230
Swim Kids 1	10:30-11:00am	#16231
Swim Kids 2	11:00-11:30am	#16232
Swim Kids 3	11:30-12:00pm	#16233
Swim Kids 4	10:00-10:30am	#16234

Set One - Evening Programs

August 3 - 13, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	4:00-4:30pm	#16235
Sea Turtle	5:30-6:00pm	#16236
Salamander	4:30-5:00pm	#16237
Swim Kids 1	4:45-5:15pm	#16238
Swim Kids 2	5:00-5:30pm	#16239
Swim Kids 3	5:15-5:45pm	#16240
Swim Kids 6	4:00-4:45pm	#16241

SWIM REGISTRATION

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HEIGHTS POOL CONT'D

Set Two - Morning Programs

August 17 - 27, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	10:30-11:00am	#16242
Salamander	10:45-11:15am	#16243
Salamander	11:30-12:00pm	#16244
Sunfish	11:15-11:45am	#16245
Swim Kids 2	11:00-11:30am	#16246
Swim Kids 3	10:00-10:30am	#16247
Swim Kids 6	10:00-10:45am	#16248

Set Two - Evening Programs

August 17 - 27, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	5:00-5:30pm	#16249
Salamander	5:30-6:00pm	#16250
Sunfish	4:00-4:30pm	#16251
Crocodile	4:30-5:00pm	#16252
Swim Kids 3	4:00-4:30pm	#16253
Swim Kids 4	4:30-5:00pm	#16254
Swim Kids 5	5:00-5:45pm	#16255

HEALD POOL

AUGUST 2010

Set One - Evening Programs

August 3 - 13, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 3	5:15-5:45pm	#16256
Swim Kids 4	4:00-4:30pm	#16257
Swim Kids 5	4:30-5:15pm	#16258

Set Two - Evening Programs

August 17 - 27, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 6	4:00-4:45pm	#16259
Swim Kids 7	4:45-5:45pm	#16260

LIFESAVING SOCIETY PROGRAMS

Bronze Medallion

August 3 - 20, 2010 (12 Lessons)

Three Weeks: Tuesday - Friday

4:00 - 6:00 pm #16261

Bronze Medallion

Bronze Medallion opens the door to the world of Aquatic Leadership including lifeguarding and teaching. Swimmers develop lifesaving and leadership skills including good decision-making. They improve their swimming efficiency and endurance over increased distance.

Prerequisite: 13 years of age

SWIM REGISTRATION

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HILL POOL

JUNE 2010

Set One - Evening Programs

June 14 - 24, 2010

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	4:30-5:00pm	#16271
Sea Turtle	6:00-6:30pm	#16272
Salamander	5:00-5:30pm	#16273
Salamander	5:30-6:00pm	#16274
Sunfish	5:30-6:00pm	#16275
Crocodile	4:00-4:30pm	#16276
Whale	4:00-4:30pm	#16277
Swim Kids 1	6:00-6:30pm	#16278
Swim Kids 2	4:30-5:00pm	#16279
Swim Kids 3	5:00-5:30pm	#16280
Swim Kids 4	4:00-4:30pm	#16281
Swim Kids 5	4:30-5:15pm	#16282
Swim Kids 6	5:15-6:00pm	#16283

JULY 2010

Set One - Morning Programs

July 5 - 15, 2010

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	10:30-11:00am	#16284
Sea Turtle	11:15-11:45am	#16285
Salamander	10:00-10:30am	#16286
Salamander	11:00-11:30am	#16287
Sunfish	10:00-10:30am	#16288
Swim Kids 1	11:00-11:30am	#16289
Swim Kids 2	11:30-12:00pm	#16290
Swim Kids 3	11:30-12:00pm	#16291
Swim Kids 5	10:30-11:15am	#16292
Swim Kids 9/10	10:00-11:00am	#16293

Set One - Evening Programs

July 5 - 15, 2010

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	5:30-6:00pm	#16294
Sea Turtle	6:30-7:00pm	#16295
Salamander	6:00-6:30pm	#16296
Sunfish	6:00-6:30pm	#16297
Sunfish	6:30-7:00pm	#16298
Swim Kids 1	5:00-5:30pm	#16299
Swim Kids 2	5:30-6:00pm	#16300
Swim Kids 3	5:00-5:30pm	#16301
Swim Kids 4	5:00-5:30pm	#16302
Swim Kids 7	5:30-6:30pm	#16303

Set Two - Morning Programs

July 19 - 28, 2010

Week One: Monday - Thursday

Week Two: Monday - Wednesday

(7 Lessons)

Sea Turtle	10:00-10:35am	#16304
Salamander	11:10-11:45am	#16305
Sunfish	10:35-11:10am	#16306
Swim Kids 1	11:10-11:45am	#16307
Swim Kids 2	10:35-11:10am	#16308
Swim Kids 3	10:00-10:35am	#16309
Swim Kids 4	11:10-11:45am	#16310
Swim Kids 8	10:00-11:10am	#16311

Set Two - Evening Programs

July 19 - 29, 2010

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	5:30-6:00pm	#16312
Salamander	5:00-5:30pm	#16313
Crocodile	6:30-7:00pm	#16314
Swim Kids 1	5:00-5:30pm	#16315
Swim Kids 1	5:30-6:00pm	#16316
Swim Kids 2	6:00-6:30pm	#16317
Swim Kids 3	5:00-5:30pm	#16318
Swim Kids 4	6:00-6:30pm	#16319
Swim Kids 5	5:30-6:15pm	#16320
Swim Kids 6	6:15-7:00pm	#16321

AUGUST 2009

Set One - Morning Programs

August 3 - 12, 2010

Week One: Tuesday - Thursday

Week Two: Monday - Thursday

(7 Lessons)

Sea Turtle	10:00-10:35am	#16322
Salamander	10:35-11:10am	#16323
Sunfish	10:50-11:25am	#16324
Whale	11:10-11:45am	#16325
Swim Kids 1	11:25-12:00pm	#16326
Swim Kids 2	11:10-11:45am	#16327
Swim Kids 3	10:00-10:35am	#16328
Swim Kids 4	10:35-11:10am	#16329
Swim Kids 5	10:00-10:50am	#16330

SWIM REGISTRATION

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HILL POOL CONT'D

Set One - Evening Programs

August 3 - 12, 2010

Week One: Tuesday - Thursday

Week Two: Monday - Thursday

Sea Turtle	5:00-5:35pm	#16331
Salamander	6:10-6:45pm	#16332
Whale	5:35-6:10pm	#16333
Swim Kids 1	6:10-6:45pm	#16334
Swim Kids 2	5:35-6:10pm	#16335
Swim Kids 3	6:10-6:45pm	#16336
Swim Kids 4	5:00-5:35pm	#16337
Swim Kids 9/10	5:00-6:10pm	#16338

Set Two - Morning Programs

August 16 - 26, 2010

Two Weeks: Monday - Thursday

Duck	11:30-12:00pm	#16339
Sea Turtle	11:00-11:30am	#16340
Salamander	10:00-10:30am	#16341
Sunfish	11:00-11:30am	#16342
Crocodile	11:30-12:00pm	#16343
Swim Kids 1	10:00-10:30am	#16344
Swim Kids 2	10:45-11:15am	#16345
Swim Kids 3	10:30-11:00am	#16346
Swim Kids 4	10:30-11:00am	#16347
Swim Kids 5	10:00-10:45am	#16348
Swim Kids 6	11:15-12:00pm	#16349

Set Two - Evening Programs

August 16 - 26, 2010

Two Weeks: Monday - Thursday

Sea Turtle	5:00-5:30pm	#16350
Salamander	6:30-7:00pm	#16351
Sunfish	5:30-6:00pm	#16352
Swim Kids 1	5:30-6:00pm	#16353
Swim Kids 2	5:00-5:30pm	#16354
Swim Kids 3	6:00-6:30pm	#16355
Swim Kids 4	6:00-6:30pm	#16356
Swim Kids 7	5:00-6:00pm	#16357
Swim Kids 8	6:00-7:00pm	#16358

STRATHCONA POOL

JUNE 2010

Set One - Evening Programs

June 15 - 25, 2010

(8 Lessons)

Two Weeks: Tuesday - Friday

Duck	5:30-6:00pm	#16359
Sea Turtle	4:30-5:00pm	#16360
Sea Turtle	6:30-7:00pm	#16361
Salamander	4:30-5:00pm	#16362
Salamander	5:00-5:30pm	#16363
Sunfish	6:00-6:30pm	#16364
Sunfish	6:30-7:00pm	#16365
Crocodile	6:00-6:30pm	#16366
Swim Kids 1	5:00-5:30pm	#16367
Swim Kids 2	5:30-6:00pm	#16368

JULY 2010

Set One - Morning Programs

July 6 - 16, 2010

(8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	11:00-11:30am	#16369
Duck	11:30-12:00pm	#16370
Sea Turtle	9:30-10:00am	#16371
Sea Turtle	10:00-10:30am	#16372
Sea Turtle	12:00-12:30pm	#16373
Salamander	10:30-11:00am	#16374
Salamander	11:30-12:00pm	#16375
Salamander	12:00-12:30pm	#16376
Sunfish	9:30-10:00am	#16377
Sunfish	10:00-10:30am	#16378
Sunfish	11:00-11:30am	#16379
Crocodile	12:00-12:30pm	#16380
Swim Kids 1	9:30-10:00am	#16381
Swim Kids 1	10:30-11:00am	#16382
Swim Kids 2	10:00-10:30am	#16383

Set One - Evening Programs

July 6 - 16, 2010

(8 Lessons)

Two Weeks: Tuesday - Friday

Duck	4:30-5:00pm	#16384
Sea Turtle	5:00-5:30pm	#16385
Sea Turtle	5:30-6:00pm	#16386
Salamander	5:00-5:30pm	#16388
Salamander	6:00-6:30pm	#16387
Sunfish	4:30-5:00pm	#16389
Crocodile	6:00-6:30pm	#16390
Swim Kids 1	5:30-6:00pm	#16391

SWIM REGISTRATION

502.8566

529.8320

STRATHCONA POOL CONT'D

Set Two - Morning Programs

July 20- 30, 2010 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday, Wednesday & Friday

(Excluding July 29, 2010)

Starfish	11:50-12:25pm	#16395
Duck	10:05-10:40am	#16396
Sea Turtle	9:30-10:05am	#16397
Sea Turtle	10:40-11:15am	#16398
Salamander	11:15-11:50am	#16399
Salamander	11:50-12:25pm	#16400
Sunfish	10:40-11:15am	#16401
Sunfish	11:15-11:50am	#16402
Crocodile	10:05-10:40am	#16403
Whale	11:50-12:25pm	#16404
Swim Kids 1	9:30-10:05am	#16405
Swim Kids 2	9:30-10:05am	#16406

Set Two - Evening Programs

July 20 - 30, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	4:30-5:00pm	#16407
Duck	5:30-6:00pm	#16408
Sea Turtle	5:00-5:30pm	#16409
Sea Turtle	6:00-6:30pm	#16410
Salamander	4:30-5:00pm	#16411
Sunfish	5:30-6:00pm	#16412
Crocodile	6:00-6:30pm	#16413
Swim Kids 1	5:00-5:30pm	#16414

AUGUST 2010

Set One - Morning Programs

August 3 - 13, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	10:00-10:30am	#16415
Duck	12:00-12:30pm	#16416
Sea Turtle	9:30-10:00am	#16417
Sea Turtle	10:30-11:00am	#16418
Sea Turtle	11:30-12:00pm	#16419
Salamander	10:00-10:30am	#16420
Salamander	10:30-11:00am	#16421
Salamander	11:00-11:30am	#16422
Sunfish	10:00-10:30am	#16423
Sunfish	12:00-12:30pm	#16424
Crocodile	9:30-10:00am	#16425
Crocodile	12:00-12:30pm	#16426
Swim Kids 1	11:00-11:30am	#16427
Swim Kids 1	11:30-12:00pm	#16428
Swim Kids 2	9:30-10:00am	#16429

Set One - Evening Programs

August 3 - 13, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Duck	5:30-6:00pm	#16430
Sea Turtle	5:00-5:30pm	#16431
Salamander	4:30-5:00pm	#16432
Salamander	6:00-6:30pm	#16433
Sunfish	6:00-6:30pm	#16434
Crocodile	4:30-5:00pm	#16435
Whale	5:00-5:30pm	#16436
Swim Kids 1	5:30-6:00pm	#16437

Set Two - Morning Programs

August 17 - 27, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Duck	11:00-11:30am	#16438
Sea Turtle	9:30-10:00am	#16439
Sea Turtle	10:30-11:00am	#16440
Sea Turtle	11:30-12:00pm	#16441
Sea Turtle	12:00-12:30pm	#16442
Salamander	10:00-10:30am	#16443
Salamander	10:30-11:00am	#16444
Salamander	11:00-11:30am	#16445
Salamander	12:00-12:30pm	#16446
Sunfish	10:00-10:30am	#16447
Sunfish	11:30-12:00pm	#16448
Crocodile	12:00-12:30pm	#16449
Swim Kids 1	9:30-10:00am	#16450
Swim Kids 1	10:00-10:30am	#16451
Swim Kids 2	9:30-10:00am	#16452

SWIM REGISTRATION

502.8566

529.8320

STRATHCONA POOL CONT'D

Set Two - Evening Programs

August 17 - 27, 2010 (8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	6:00-6:30pm	#16453
Duck	5:30-6:00pm	#16454
Sea Turtle	5:30-6:00pm	#16455
Salamander	4:30-5:00pm	#16456
Sunfish	5:00-5:30pm	#16457
Crocodile	4:30-5:00pm	#16458
Swim Kids 1	5:00-5:30pm	#16459
Swim Kids 2	6:00-6:30pm	#16460

MOVING FROM PRESCHOOL TO SWIM KIDS AT AGE 6

Red Cross Swim Preschool	Red Cross Swim Kids
Starfish	Level 1
Duck	Level 1
Sea Turtle	Level 1
Salamander	Level 1
Sunfish	Level 2
Crocodile	(Incompleted) Level 2 (Completed) Level 3
Whale	Level 3

SWIM REGISTRATION

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529.8320

PROGRAM DESCRIPTIONS

Red Cross Swim Preschool Programs (4 mo – 5 years)



Starfish – (4 to 18 months) Orientation to water for babies & their parent/caregiver. The babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.



Duck – (18 months of age or older) Orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support through games, songs and active water play. The parent/caregiver also learns age-specific water safety.



Sea Turtle – (3 years of age or older) A transitional level for preschoolers. Swimmers learn, through fun games and songs, the basics of the front swim, how to kick, jump into chest-deep water, hold breath and blow bubbles under water. Safety skills include awareness of deep water and safe entries.



Salamander – (3-5 years of age) Swimmers learn to swim 2 metres, stay afloat for 5 seconds, open eyes under water, float without assistance and jump into chest-deep water. Safety skills include choosing floating objects for assistance, and using a PFD. Games and songs enhance the fun of the class.



Sunfish – (3-5 years of age) Swimmers learn to swim 5 metres, float without assistance in deep water, and jump into chest-deep water while maintaining surface support for 5 seconds. Safety skills include deep-water skills and use of a PFD. Games and songs are part of the class.



Crocodile – (3-5 years of age) Swimmers learn, through songs and other fun activities, to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. Safety skills include recognizing when a swimmer needs help.



Whale – (3-5 years of age) Swimmers learn, through fun activities, to swim 10 metres, jump into chest-deep water while maintaining surface support for 20 seconds, and perform a front and back crawl for 7 metres. Safety skills include identifying safe swimming areas, jumping into and changing direction in deep water.

SWIM REGISTRATION

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PROGRAM DESCRIPTIONS

Red Cross Swim Kids Programs (6 years +)

Level 1 – Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. **Minimum 6 years.**

Level 2 – Swimmers work on propulsion skills to move through the water and to remain at the surface. Work on front swim (3 x 5m) and back swims, and create awareness about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the flutter kick 15m and a distance swim 10m. **Minimum 6 years.**

Level 3 - This level provides an introduction to the front crawl (3 x 5m) and diving, and teaches making wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim. **Minimum 6 years.**

Level 4 – This level further develops the front crawl (3 x 10m) and back glide with shoulder roll for back crawl. Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.

Level 5 – This level introduces the back crawl (3 x 5m), sculling skills, whip kick on the back and stride dives. Front crawl focus is on the hand entry and the distance is increased to 3 x 15m. An introduction to safe boating skills is also included. Endurance is developed through the dolphin kick and a 50-meter swim.

Level 6 – This level refines front crawl with a focus on body roll and breathing (3 x 25m), back crawl with a focus on arm positions (3 x 25m) and introduces elementary backstrokes (3 x 15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate their ability to tread water in deep water for 1 ½ minutes and the front dive. Endurance is built through a 75-metre swim.

Level 7 – This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary backstroke (3 x 25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions and participate in timed treading water using the eggbeater skill for 3 minutes to improve their ability to remain at the surface of the water in the event of an unexpected fall into water. Swimming endurance is increased to a 150-metre swim.

Level 8 – This level is an introduction to breaststroke (3 x 15m), feet-first surface dive and rescue entries. Swimmers learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and a 300-metre swim. Front crawl and back crawl distance are increased to 75-metres each.

Level 9 – This level refines the front crawl (100m), back crawl (100m), elementary backstroke (50m) and breaststroke (3 x 25m), encouraging swimmers to combine different strokes and kicks (3 min) for fitness. They also work on head-first surface dives and standing dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400-metre swim.

Level 10 – This level has a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m and breast stroke 50m) and introduces butterfly and scissor kick as a warm-up/cool-down stroke for fitness. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick and butterfly drills and a 500-metre swim.

SWIM REGISTRATION

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PROGRAM DESCRIPTIONS

Assistant Water Safety Instructor (AWSI)

The course covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 8 hours of assistant teaching and through individual study assignment.

Prerequisite: 15 years of age.

Water Safety Instructor Course (WSI)

The course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program continuum. Other topics include instructional emergency response skills and stroke development, drills and corrective strategies. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience. **Prerequisite:** AWSI, 16 years of age.

Lifesaving Instructor (LSI)

Become eligible to teach the Lifesaving Society's Canadian Swim Patrol program, Bronze Star, Bronze Medallion and Bronze Cross.

Prerequisite: 16 years of age, current Bronze Cross or higher. Teaching experience recommended.

Junior Lifeguard Club

The JLC is designed to let kids 8 to 15 years of age participate in activities similar to real lifeguards, in a safe, fun and controlled setting. The Junior Lifeguard Club is a place to:

- Learn about Lifesaving and Lifeguarding
- Take part in friendly competition & special events.
- Challenge yourself to aim for personal best.
- Hang out, get fit and make new friends.
- Earn Rookie Patrol, Ranger Patrol and Star Patrol.

Adult & Teen – Red Cross Swim Basic

No previous swimming required.

Adult & Teen – Red Cross Swim Strokes

Can swim front crawl at least 15m continuously arms recovering above water, and back swim continuously.

Bronze Medallion

Bronze Medallion opens the door to the world of Aquatic Leadership including lifeguarding and teaching. Swimmers develop lifesaving and leadership skills including good decision-making. They improve their swimming efficiency and endurance over increased distances.

Prerequisite: 13 years,

Bronze Cross

More advanced lifesaving training and an introduction to safe supervision in aquatic facilities.

Prerequisite: Bronze Medallion.

National Lifeguard Service Award - NLS Pool

NLS is the standard measurement of lifeguard performance in Canada. NLS education is designed to develop the sound understanding, responsibilities and skills required of a lifeguard.

Prerequisite: 16 years, Bronze Cross, Current Aquatic Emergency Care or Standard First Aid with Level "C" CPR. **Awards MUST be shown at time of registration – not open for E-Registration.**

NLS - Water Park Option

Learn to deal with the challenges of the Water Park environment, including waves, water slide, and multiple pools.

Prerequisite: Current NLS Pool Option. Please provide a copy of NLS Pool Option award.

Baby Fit

A new program for Mom and baby to enjoy physical activities combined with fun and games. 20 minutes physical fitness, 10 minutes fun and games.

SWIM REGISTRATION

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PROGRAM FEES

RED CROSS PRESCHOOL

BabyFit	\$30.75
Starfish, Duck, Sea Turtle, Salamander, Sunfish, Crocodile & Whale	\$30.75

RED CROSS SWIM KIDS

Level 1,2,3,4	\$30.75
Level 5 & 6	\$41.00
Level 7, 8,9,10	\$51.25

RED CROSS WATER SAFETY

Aqua Adults/Teens	\$50.00
AWSI Course (Package Included)	\$240.00
Water Safety Instructor	\$170.00
WSI Re-cert (Package Included)	\$60.00

LIFESAVING SOCIETY PROGRAMS

Bronze Medallion	\$109.86
◦ Canadian Life Saving Manual	\$25.00
Bronze Cross	\$99.51
Junior Lifeguard Club - startup	\$20.00
◦ per class attended	\$2.85
Lifesaving Instructor	\$180.95
◦ Instructor Package Included	
National Lifeguard Service	\$275.75
◦ NLS Alert Manual Included	
NLS Waterpark	\$57.95
NLS Re-cert	0\$35.00

FIRST AID

First Aid Instructor Re-cert	\$85.00
First Aid Instructor Transfer Course	\$353.10

OTHER

Private Lessons (1/2 hour)	\$20.00
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GST included in all fees. Manual/packages can be picked up at each pool.

Program Information

Please call the Crestwood Pool **403 529-8320** OR the Family Leisure Centre at **403 502-8566**.

Program Evaluations

On the last day of classes, parents are asked to complete a Program Evaluation Form. Your feedback helps us to provide quality programs

Class Cancellations

Classes with low registration numbers are cancelled 3 to 7 days ahead of time. Cancellations at your request will result in a \$10.00 cancellation fee.

Swim Assessments

Contact the Aquatic Programmer to arrange a time for a FREE Swim Assessment.

Registration Starts:
TUESDAY, MAY 4, 2010
8:00 am

BY E-REG, PHONE with MasterCard or Visa

- **IN PERSON** with Cash, Cheque, Debit, MasterCard or Visa
- **ONLINE**
 - Phone ahead for your family ID
 - Access e-Services at city site: www.medicinehat.ca
 - Enter your info under **New e Reg User?**
 - Within 24 hours, an account and password will be mailed to you.
 - Sign-in under **Already an e Reg User?**

SWIM REGISTRATION

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