

Summer Swim Lessons

June - August, 2011

Registration – May 3, 2011

Revised: June 16/11

SWIM REGISTRATION

502.8566

529.8320

**JUNE 2011****Set One – Evening Programs**

June 6 - 16, 2011 (8 Lessons)

Two Weeks: Monday - Thursday

Swim Kids 2	6:15-6:45pm	#17213
Swim Kids 3	5:45-6:15pm	#17214
Swim Kids 9/10	5:45-6:45pm	#17215

Set Two – Evening Programs

June 20 - 30, 2011 (8 Lessons)

Two Weeks: Monday - Thursday

Swim Kids 3	6:15-6:45pm	#17216
Swim Kids 4	5:45-6:15pm	#17217
Swim Kids 6	5:45-6:45pm	#17253

JULY 2011**Set One – Morning Programs**

July 5 - 15 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 2	10:00-10:30am	#17219
Swim Kids 3	10:35-11:05am	#17220
Swim Kids 5	11:10-11:55am	#17221

Set One – Evening Programs

July 5 - 15, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Duck	5:00-5:30pm	#17222
Swim Kids 3	5:35-6:05pm	#17223
Swim Kids 4	5:00-5:30pm	#17224
Swim Kids 6	6:10-6:55pm	#17225
Swim Kids 7	5:35-6:35pm	#17226

Set Two – Morning Programs

July 19 - 29, 2011 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday, Wednesday, Friday
(Excluding July 28, 2011)

Swim Kids 2	9:55-10:30am	#17227
Swim Kids 3	11:15-11:50am	#17228
Swim Kids 4	10:35-11:10am	#17229

Set Two: Evening Programs

July 19 - 29, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 2	5:00-5:30pm	#17230
Swim Kids 3	5:00-5:30pm	#17231
Swim Kids 4	5:35-6:05pm	#17232
Swim Kids 5	6:10-6:55pm	#17233
Swim Kids 8	5:35-6:35pm	#17234

AUGUST 2011**Set Three: Morning Programs**

August 2 - 12, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Duck	10:00-10:30am	#17235
Swim Kids 2	10:35-11:05am	#17236
Swim Kids 6	11:10-11:55am	#17237

Set Three: Evening Programs

August 2 - 12, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Duck	5:00-5:30pm	#17238
Swim Kids 3	5:35-6:05pm	#17239
Swim Kids 4	5:00-5:30pm	#17240
Swim Kids 6	6:10-6:55pm	#17241
Swim Kids 9/10	5:35-6:35pm	#17242

Set Four: Morning Programs

August 16 - 26, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	10:00-10:30am	#17243
Swim Kids 3	10:35-11:05am	#17244
Swim Kids 5	11:10-11:55am	#17245

Set Four: Evening Programs

August 16 - 26, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 2	5:00-5:30pm	#17246
Swim Kids 3	6:25-6:55pm	#17247
Swim Kids 4	5:50-6:20pm	#17248
Swim Kids 5	5:00-5:45pm	#17249
Swim Kids 7	5:35-6:35pm	#17250

SWIM REGISTRATION

502.8566**529.8320**



Lifesaving Society Programs

Bronze Medallion

July 5 - 22, 2011

#17251

Three Weeks: Tuesday - Friday

10:00am – 12:00 noon

Bronze Cross

August 2 - 19, 2011

#17252

Three Weeks: Tuesday - Friday

10:00am – 12:00 noon

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

\$22.00 per half hour lesson

SWIM REGISTRATION

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JUNE 2011

RED CROSS LESSONS

Set One: Morning Programs

June 6 - 16, 2011

Two Weeks: Monday to Thursday

(8 Lessons)

Sea Turtle	8:30-9:00am	#17128
Salamander	9:30-10:00am	#17135
Sunfish	9:00-9:30am	#17138

Set One: Afternoon Programs

June 6 - 16, 2011

Two Weeks: Monday to Thursday

(8 lessons)

Sea Turtle	3:00-3:30pm	#17139
Sea Otter	3:30-4:00pm	#17140

JULY 2011

Set One: Morning Programs

July 4 - 14, 2011

Two Weeks: Monday to Thursday

(8 Lessons)

RED CROSS PRESCHOOL

Duck	9:30-10:00am	#17141
Sea Turtle	8:30-9:00am	#17142
Sea Turtle	9:40-10:10am	#17143
Sea Otter	10:50-11:20am	#17144
Salamander	8:30-9:00am	#17145
Salamander	9:05-9:35am	#17146
Salamander	11:55-12:25pm	#17147
Sunfish	9:05-9:35am	#17148
Sunfish	11:20-11:50am	#17149
Crocodile	11:10-11:40am	#17150
Whale	11:25-11:55am	#17151

RED CROSS SWIM KIDS

Swim Kids 1	10:00-10:30am	#17152
Swim Kids 1	12:00-12:30pm	#17153
Swim Kids 2	10:15-10:45am	#17154
Swim Kids 3	10:35-11:05am	#17155
Swim Kids 5	11:40-12:25pm	#17156
Swim Kids 7	10:15-11:15am	#17157

Set One - Evening Programs

July 4 - 14, 2011

Two Weeks: Monday to Thursday

(8 lessons)

RED CROSS PRESCHOOL

Starfish	5:10-5:40pm	#17158
Sea Turtle	4:00-4:30pm	#17159
Sea Otter	5:10-5:40pm	#17160
Sea Otter	6:05-6:35pm	#17161
Salamander	4:00-4:30pm	#17162
Salamander	6:40-7:10pm	#17163
Sunfish	4:35-5:05pm	#17164
Crocodile	4:35-5:05pm	#17180

RED CROSS SWIM KIDS

Swim Kids 1	5:45-6:15pm	#17181
Swim Kids 2	6:20-6:50pm	#17182
Swim Kids 3	5:45-6:15pm	#17183
Swim Kids 4	4:25-4:55pm	#17184
Swim Kids 6	6:20-7:05pm	#17185
Swim Kids 8	5:00-6:00pm	#17186

SWIM REGISTRATION

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**Set Two: Morning Programs**

July 18 – 27, 2011

(7 lessons)

Week One: Monday to Thursday

Week Two: Monday to Wednesday

RED CROSS PRESCHOOL

Starfish	9:50-10:25am	#17187
Sea Turtle	9:10-9:45am	#17188
Sea Otter	11:05-11:40am	#17189
Salamander	8:30-9:05am	#17190
Sunfish	8:30-9:05am	#17191
Crocodile	9:10-9:45am	#17192
Whale	12:00-12:35pm	#17193

RED CROSS SWIM KIDS

Swim Kids 1	10:30-11:05am	#17194
Swim Kids 2	11:10-11:45am	#17195
Swim Kids 3	10:00-10:35am	#17196
Swim Kids 4	11:20-11:55am	#17197
Swim Kids 6	10:40-11:15am	#17198
Swim Kids 9/10	9:50-11:00am	#17199

Set Two: Evening Programs

July 18 – 28, 2011

(8 lessons)

Two Weeks: Monday to Thursday

RED CROSS PRESCHOOL

Duck	5:05-5:35pm	#17200
Sea Turtle	4:00-4:30pm	#17201
Sea Otter	4:30-5:00pm	#17202
Sea Otter	5:40-6:10pm	#17203
Sunfish	4:35-5:05pm	#17204

RED CROSS SWIM KIDS

Swim Kids 1	4:00-4:30pm	#17205
Swim Kids 1	5:10-5:40pm	#17206
Swim Kids 2	6:15-6:45pm	#17207
Swim Kids 3	6:15-6:45pm	#17208
Swim Kids 4	6:50-7:20pm	#17209
Swim Kids 5	5:45-6:30pm	#17210
Swim Kids 7	5:10-6:10pm	#17211

AUGUST 2011**Set Three: Morning Programs**

August 2 – 11, 2011

(7 lessons)

Week One: Tuesday to Thursday

Week Two: Monday to Thursday

RED CROSS PRESCHOOL

Duck	9:10-9:45am	#17254
Sea Turtle	9:10-9:45am	#17255
Sea Otter	9:50-10:25am	#17256
Sea Otter	12:00-12:35pm	#17257
Salamander	10:40-11:15am	#17258
Salamander	11:05-11:40am	#17259
Sunfish	8:30-9:05am	#17260

RED CROSS SWIM KIDS

Swim Kids 1	8:30-9:05am	#17261
Swim Kids 1	9:50-10:25am	#17262
Swim Kids 2	10:00-10:35am	#17263
Swim Kids 3	10:30-11:05am	#17264
Swim Kids 3	11:20-11:55am	#17265
Swim Kids 4	11:25-12:00pm	#17266
Swim Kids 5	10:30-11:20am	#17267

Set Three: Evening Programs

August 2 – 11, 2011

(7 lessons)

Week One: Tuesday to Thursday

Week Two: Monday to Thursday

RED CROSS PRESCHOOL

Sea Turtle	4:40-5:15pm	#17268
Sea Otter	6:00-6:35pm	#17269
Salamander	5:40-6:15pm	#17270
Sunfish	4:00-4:35pm	#17271
Crocodile	4:40-5:15pm	#17272

RED CROSS SWIM KIDS

Swim Kids 1	4:00-4:35pm	#17273
Swim Kids 2	4:20-4:55pm	#17274
Swim Kids 3	5:20-5:55pm	#17275
Swim Kids 4	5:00-5:35pm	#17276
Swim Kids 6	6:20-7:10pm	#17277
Swim Kids 9/10	5:20-6:25pm	#17278

SWIM REGISTRATION

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Set Four: Morning Programs

August 15 – 25, 2011

Two Weeks: Monday to Thursday

(8 lessons)

RED CROSS PRESCHOOL

Starfish	9:20-9:50am	#17279
Sea Turtle	9:05-9:35am	#17280
Sea Otter	12:00-12:30pm	#17281
Salamander	8:30-9:00pm	#17282
Sunfish	9:55-10:25am	#17283
Crocodile	11:25-12:00pm	#17284
Whale	10:30-11:00am	#17285

RED CROSS SWIM KIDS

Swim Kids 1	9:40-10:10am	#17286
Swim Kids 1	10:50-11:20am	#17287
Swim Kids 2	11:05-11:35am	#17288
Swim Kids 3	10:50-11:20am	#17289
Swim Kids 4	10:15-10:45am	#17290
Swim Kids 5	8:30-9:15am	#17291
Swim Kids 6	10:00-10:45am	#17292

Set Four: Evening Programs

August 15 – 25, 2011

Two Weeks: Monday to Thursday

(8 lessons)

RED CROSS PRESCHOOL

Duck	5:10-5:40pm	#17293
Sea Turtle	4:30-5:00pm	#17294
Salamander	4:00-4:30pm	#17295
Sea Otter	5:10-5:40pm	#17296
Sunfish	4:00-4:30pm	#17297

RED CROSS SWIM KIDS

Swim Kids 1	4:35-5:05pm	#17298
Swim Kids 1	5:45-6:15pm	#17299
Swim Kids 2	5:10-5:40pm	#17300
Swim Kids 3	4:35-5:05pm	#17301
Swim Kids 4	5:45-6:15pm	#17302
Swim Kids 5	5:45-6:30pm	#17303
Swim Kids 8	6:35-7:35pm	#17304

SWIM REGISTRATION

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HEIGHTS POOL

JUNE 2011

Set One - Evening Programs

June 7 - 17, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	3:00-3:30pm	#17305
Sea Otter	4:10-4:40pm	#17306
Salamander	3:00-3:30pm	#17307
Salamander	3:35-4:05pm	#17308
Swim Kids 1	4:10-4:40pm	#17309
Swim Kids 2	3:35-4:05pm	#17310

Set Two - Evening Programs

June 21 - 30, 2011 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday - Thursday

Sea Turtle	3:40-4:15pm	#17311
Sea Otter	3:00-3:35pm	#17312
Salamander	3:40-4:15pm	#17313
Sunfish	4:20-4:55pm	#17314
Swim Kids 1	4:20-4:55pm	#17315
Swim Kids 3	3:00-3:35pm	#17316

JULY 2011

Set One - Morning Programs

July 5 - 15, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	10:00-10:30am	#17317
Sea Otter	11:25-11:55am	#17318
Salamander	10:35-11:05am	#17319
Swim Kids 2	11:10-11:40am	#17320
Swim Kids 4	10:00-10:30am	#17321
Swim Kids 5	10:35-11:20am	#17322

Set One - Evening Programs

July 5 - 15, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	4:00-4:30pm	#17323
Salamander	4:35-5:05pm	#17324
Swim Kids 1	4:00-4:30pm	#17325
Swim Kids 2	4:35-5:05pm	#17326
Swim Kids 3	5:10-5:40pm	#17327
Swim Kids 6	5:10-5:55pm	#17328

Set Two - Morning Programs

July 19 - 29, 2011 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday, Wednesday, Friday
(Excluding July 28, 2011)

Sea Turtle	11:20-11:55am	#17329
Salamander	10:40-11:15am	#17330
Sunfish	10:00-10:35am	#17331
Swim Kids 1	11:20-11:55am	#17332
Swim Kids 3	10:40-11:15am	#17333
Swim Kids 4	10:00-10:35am	#17334

Set Two - Evening Programs

July 19 - 29, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	4:00-4:30pm	#17335
Salamander	4:35-5:05pm	#17336
Sunfish	5:10-5:40pm	#17337
Swim Kids 1	5:10-5:40pm	#17338
Swim Kids 2	4:35-5:05pm	#17339
Swim Kids 3	4:00-4:30pm	#17340

AUGUST 2011

Set Three - Morning Programs

August 2 - 12, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	10:00-10:30am	#17343
Sea Otter	11:10-11:40am	#17344
Salamander	10:35-11:05am	#17345
Salamander	11:10-11:40am	#17346
Swim Kids 3	10:35-11:05am	#17347
Swim Kids 4	10:00-10:30am	#17348

Set Three - Evening Programs

August 2 - 12, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	4:00-4:30pm	#17349
Sea Turtle	4:35-5:05pm	#17350
Salamander	4:35-5:05pm	#17351
Swim Kids 1	5:10-5:40pm	#17352
Swim Kids 2	4:00-4:30pm	#17353
Swim Kids 5	5:10-5:55pm	#17354

Set Four - Morning Programs

August 16 - 26, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	10:35-11:05am	#17355
Salamander	10:00-10:30am	#17356
Sunfish	11:10-11:40am	#17357
Swim Kids 1	11:10-11:40am	#17358
Swim Kids 2	10:35-11:05am	#17359
Swim Kids 3	10:00-10:30am	#17360

SWIM REGISTRATION

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HEIGHTS POOL CONT'D

Set Four - Evening Programs

August 16 - 26, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Sea Turtle	5:10-5:40pm	#17361
Sea Otter	5:10-5:40pm	#17362
Sunfish	4:00-4:30pm	#17363
Crocodile	4:35-5:05pm	#17364
Swim Kids 3	4:00-4:30pm	#17365
Swim Kids 4	4:35-5:05pm	#17366

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

HEALD POOL

JUNE 2011

Set One - Evening Programs

June 7 - 17, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 5 6:00-6:45pm #17165

Adult Lessons

June 7 - 17, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Basics 6:00-6:45pm #17166

Set Two - Evening Programs

June 21 - 30, 2011 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday - Thursday

Swim Kids 6 6:00-6:50pm #17167

Adult Lessons

June 21 - 30, 2011 (7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday - Thursday

Swim Basics 6:00-6:50pm #17168

AUGUST 2011

Set One - Evening Programs

August 2 - 12, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 2 4:00-4:30pm #17169

Swim Kids 3 5:25-5:55pm #17170

Swim Kids 4 4:00-4:30pm #17171

Swim Kids 5 4:35-5:20pm #17172

Swim Kids 7 4:35-5:35pm #17173

Set Two - Evening Programs

August 16 - 26, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Swim Kids 2 5:25-5:55pm #17174

Swim Kids 3 5:05-5:35pm #17175

Swim Kids 4 4:00-4:30pm #17176

Swim Kids 6 4:35-5:20pm #17177

Swim Kids 9/10 4:00-5:00pm #17178

SWIM REGISTRATION

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HILL POOL

JUNE 2011

Set One - Evening Programs

June 6 - 16, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	4:00-4:30pm	#17367
Sea Turtle	4:35-5:05pm	#17368
Sea Turtle	6:00-6:30pm	#17369
Sea Otter	5:45-6:15pm	#17370
Salamander	5:10-5:40pm	#17371
Sunfish	5:25-5:55pm	#17372
Crocodile	4:00-4:30pm	#17373
Swim Kids 1	5:45-6:15pm	#17374
Swim Kids 2	4:35-5:05pm	#17375
Swim Kids 3	5:10-5:40pm	#17376
Swim Kids 4	4:00-4:30pm	#17377
Swim Kids 5	4:35-5:20pm	#17378

Set Two - Evening Programs

June 20 - 30, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	5:10-5:40pm	#17379
Sea Otter	4:35-5:05pm	#17380
Salamander	5:05-5:35pm	#17381
Sunfish	4:00-4:30pm	#17382
Whale	4:00-4:30pm	#17383
Swim Kids 1	5:10-5:40pm	#17384
Swim Kids 2	5:45-6:15pm	#17385
Swim Kids 3	4:35-5:05pm	#17386
Swim Kids 4	5:45-6:15pm	#17387
Swim Kids 5	5:40-6:25pm	#17388

JULY 2011

Set One - Morning Programs

July 4 - 14, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	10:35-11:05am	#17389
Sea Otter	10:00-10:30am	#17390
Salamander	11:25-11:55am	#17391
Swim Kids 1	11:05-11:35am	#17392
Swim Kids 2	11:10-11:40am	#17393
Swim Kids 3	10:00-10:30am	#17394
Swim Kids 4	11:40-12:10pm	#17395
Swim Kids 5	10:35-11:20am	#17396
Swim Kids 9/10	10:00-11:00am	#17397

Set One - Evening Programs

July 4 - 14, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	5:00-5:30pm	#17398
Salamander	6:10-6:40pm	#17399
Sunfish	5:35-6:05pm	#17400
Swim Kids 1	5:00-5:30pm	#17401
Swim Kids 2	6:10-6:40pm	#17402
Swim Kids 3	5:00-5:30pm	#17403
Swim Kids 4	5:35-6:05pm	#17404
Swim Kids 7	5:35-6:35pm	#17405

Set Two - Morning Programs

July 18 - 27, 2011

Week One: Monday - Thursday

Week Two: Monday - Wednesday

(7 Lessons)

Sea Turtle	10:00-10:35am	#17406
Salamander	11:15-11:50am	#17407
Sunfish	10:40-11:15am	#17408
Swim Kids 1	11:20-11:55am	#17409
Swim Kids 2	10:40-11:15am	#17410
Swim Kids 4	11:20-11:55am	#17411
Swim Kids 8	10:00-11:10am	#17412

Set Two - Evening Programs

July 18 - 28, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	5:35-6:05pm	#17413
Sea Otter	6:25-6:55pm	#17414
Salamander	5:00-5:30pm	#17415
Sunfish	6:10-6:40pm	#17416
Swim Kids 1	5:35-6:05pm	#17417
Swim Kids 2	6:10-6:40pm	#17418
Swim Kids 3	5:00-5:30pm	#17419
Swim Kids 4	5:00-5:30pm	#17420
Swim Kids 5	5:35-6:20pm	#17421

AUGUST 2011

Set Three - Morning Programs

August 2 - 11, 2011

Week One: Tuesday - Thursday

Week Two: Monday - Thursday

(7 Lessons)

Sea Turtle	10:00-10:35am	#17422
Sea Otter	11:35-12:10pm	#17423
Salamander	10:40-11:15am	#17424
Sunfish	11:20-11:55am	#17425
Swim Kids 1	10:40-11:15am	#17426
Swim Kids 2	11:20-11:55am	#17427
Swim Kids 3	10:55-11:30am	#17428
Swim Kids 4	10:00-10:35am	#17429
Swim Kids 6	10:00-10:50am	#17430

SWIM REGISTRATION

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HILL POOL CONT'D

Set Three - Evening Programs

August 2 - 11, 2011

Week One: Tuesday - Thursday

Week Two: Monday - Thursday

(7 Lessons)

Sea Turtle	5:40-6:15pm	#17431
Salamander	5:00-5:35pm	#17432
Crocodile	6:20-6:55pm	#17433
Swim Kids 1	6:20-6:55pm	#17434
Swim Kids 2	5:00-5:35pm	#17435
Swim Kids 3	5:40-6:15pm	#17436
Swim Kids 4	6:15-6:50pm	#17437
Swim Kids 9/10	5:00-6:10pm	#17438

Set Four - Morning Programs

August 15 - 25, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	10:50-11:20am	#17439
Sea Otter	11:25-11:55am	#17440
Salamander	10:00-10:30am	#17441
Sunfish	11:10-11:40am	#17442
Swim Kids 1	10:00-10:30am	#17443
Swim Kids 3	10:35-11:05am	#17444
Swim Kids 4	10:35-11:05am	#17445
Swim Kids 5	10:00-10:45am	#17446
Swim Kids 6	11:10-11:55am	#17447

Set Four - Evening Programs

August 15 - 25, 2011

Two Weeks: Monday - Thursday

(8 Lessons)

Sea Turtle	5:35-6:05pm	#17448
Salamander	6:10-6:40pm	#17449
Sunfish	5:00-5:30pm	#17450
Swim Kids 1	5:35-6:05pm	#17451
Swim Kids 2	5:00-5:30pm	#17452
Swim Kids 3	6:10-6:40pm	#17453
Swim Kids 7	4:55-5:55pm	#17454
Swim Kids 8	6:00-7:00pm	#17455

STRATHCONA POOL

JUNE 2011

Set One - Evening Programs

June 7 - 17, 2011

Two Weeks: Tuesday - Friday

(8 Lessons)

Duck	5:40-6:10pm	#17031
Sea Turtle	4:30-5:00pm	#17032
Sea Turtle	6:15-6:45pm	#17033
Sea Otter	5:05-5:35pm	#17034
Salamander	4:30-5:00pm	#17035
Sunfish	6:15-6:45pm	#17036
Crocodile	5:40-6:10pm	#17037
Swim Kids 1	5:05-5:35pm	#17038

Set Two - Evening Programs

June 21 - 30, 2011

Week One: Tuesday - Friday

Week Two: Tuesday - Thursday

(7 Lessons)

Sea Turtle	5:10-5:45pm	#17039
Sea Turtle	5:50-6:25pm	#17040
Sea Otter	5:50-6:25pm	#17041
Salamander	5:10-5:45pm	#17042
Sunfish	4:30-5:05pm	#17043
Sunfish	6:30-7:05pm	#17044
Whale	6:30-7:05pm	#17045
Swim Kids 2	4:30-5:05pm	#17046

JULY 2011

Set One - Morning Programs

July 5 - 15, 2011

Two Weeks: Tuesday - Friday

(8 Lessons)

Starfish	10:40-11:10am	#17047
Duck	11:15-11:45am	#17048
Sea Turtle	9:30-10:00am	#17049
Sea Turtle	10:05-10:35am	#17050
Sea Turtle	11:50-12:20pm	#17051
Sea Otter	9:30-10:00am	#17052
Sea Otter	11:50-12:20pm	#17053
Salamander	10:40-11:10am	#17054
Salamander	11:15-11:45am	#17055
Sunfish	10:05-10:35am	#17056
Sunfish	10:40-11:10am	#17057
Crocodile	11:50-12:20pm	#17058
Whale	11:15-11:45am	#17059
Swim Kids 1	9:30-10:00am	#17060
Swim Kids 2	10:05-10:35am	#17061

SWIM REGISTRATION

502.8566

529.8320

STRATHCONA POOL CONT'D

Set One - Evening Programs

July 5- 15, 2011

(8 Lessons)

Two Weeks: Tuesday - Friday

Duck	4:30-5:00pm	#17062
Sea Turtle	5:05-5:35pm	#17063
Sea Turtle	5:40-6:10pm	#17064
Sea Otter	5:05-5:35pm	#17065
Salamander	6:15-6:45pm	#17066
Sunfish	4:30-5:00pm	#17067
Crocodile	6:15-6:45pm	#17068
Swim Kids 1	5:40-6:10pm	#17069

Set Two - Morning Programs

July 19 - 29, 2011

(7 Lessons)

Week One: Tuesday - Friday

Week Two: Tuesday, Wednesday, Friday
(Excluding July 28, 2011)

Duck	10:10-10:45am	#17070
Sea Turtle	9:30-10:05am	#17071
Sea Turtle	10:50-11:25am	#17072
Sea Turtle	11:30-12:05pm	#17073
Sea Otter	10:10-10:45am	#17074
Sea Otter	10:50-11:25am	#17075
Salamander	10:10-10:45am	#17076
Salamander	11:30-12:05pm	#17077
Sunfish	10:50-11:25am	#17078
Crocodile	9:30-10:05am	#17079
Swim Kids 1	11:30-12:05pm	#17080
Swim Kids 2	9:30-10:05am	#17801

Set Two - Evening Programs

July 19 - 29, 2011

(8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	4:30-5:00pm	#17082
Duck	5:40-6:10pm	#17083
Sea Turtle	5:05-5:35pm	#17084
Sea Turtle	6:15-6:45pm	#17085
Sea Otter	6:15-6:45pm	#17086
Salamander	4:30-5:00pm	#17087
Sunfish	5:40-6:10pm	#17088
Swim Kids 1	5:05-5:35pm	#17089

AUGUST 2011

Set Three - Morning Programs

August 2 - 12, 2011

(8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	10:05-10:35am	#17090
Duck	11:15-11:45am	#17091
Sea Turtle	9:30-10:00am	#17092
Sea Turtle	10:40-11:10am	#17093
Sea Turtle	11:50-12:20pm	#17094
Sea Otter	10:40-11:10am	#17095
Sea Otter	11:50-12:20pm	#17096
Salamander	10:05-10:35am	#17097
Salamander	10:40-11:10am	#17098
Salamander	11:15-11:45am	#17099
Sunfish	10:05-10:35am	#17100
Crocodile	9:30-10:00am	#17101
Whale	11:50-12:20pm	#17102
Swim Kids 1	11:15-11:45am	#17103
Swim Kids 2	9:30-10:00am	#17104

Set Three - Evening Programs

August 2 - 12, 2011

(8 Lessons)

Two Weeks: Tuesday - Friday

Duck	5:40-6:10pm	#17105
Sea Turtle	5:05-5:35pm	#17106
Sea Turtle	6:15-6:45pm	#17107
Sea Otter	4:30-5:00pm	#17108
Salamander	4:30-5:00pm	#17109
Sunfish	6:15-6:45pm	#17110
Whale	5:05-5:35pm	#17111
Swim Kids 1	5:40-6:10pm	#17112

Set Four - Morning Programs

August 16 - 26, 2011

(8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	10:05-10:35am	#17113
Duck	11:15-11:45am	#17114
Sea Turtle	9:30-10:00am	#17115
Sea Turtle	10:40-11:10am	#17116
Sea Turtle	11:15-11:45am	#17117
Sea Otter	9:30-10:00am	#17118
Sea Otter	11:50-12:20pm	#17119
Salamander	10:05-10:35am	#17120
Salamander	10:40-11:10pm	#17121
Salamander	11:15-11:45am	#17122
Sunfish	10:05-10:35am	#17123
Crocodile	11:50-12:20pm	#17124
Swim Kids 1	10:40-11:10am	#17125
Swim Kids 1	11:50-12:20pm	#17126
Swim Kids 2	9:30-10:00am	#17127

SWIM REGISTRATION

502.8566

529.8320



STRATHCONA POOL CONT'D

Set Four - Evening Programs

August 16 - 26, 2011 (8 Lessons)

Two Weeks: Tuesday - Friday

Starfish	6:15-6:45pm	#17129
Duck	5:40-6:10pm	#17130
Sea Otter	5:40-6:10pm	#17131
Sea Otter	5:05-5:35pm	#17132
Salamander	4:30-5:00pm	#17133
Sunfish	5:05-5:35pm	#17134
Swim Kids 1	4:30-5:00pm	#17136
Swim Kids 2	6:15-6:45pm	#17137

MOVING FROM PRESCHOOL TO SWIM KIDS AT AGE 5

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

SWIM REGISTRATION

502.8566

529.8320

Strathcona Pool

Additional Classes

Set One – Evening Programs

July 5-15, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	4:30-5:00pm	#17473
Sea Turtle	6:15-6:45pm	#17474
Sea Otter	5:40-6:10pm	#17475
Swim Kids 1	5:05-5:35pm	#17476

Set Two – Evening Programs

July 19-29, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	5:40-6:10pm	#17477
Sea Otter	5:05-5:35pm	#17478
Swim Kids 1	4:30-5:00pm	#17479
Swim Kids 1	6:15-6:45pm	#17480

Set Three – Evening Programs

August 2-12, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	5:40-6:10pm	#17481
Sea Otter	4:30-5:00pm	#17482
Sea Otter	6:15-6:45pm	#17483
Swim Kids 1	5:05-5:35pm	#17484

Set Four – Evening Programs

August 16-26, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	4:30-5:00pm	#17485
Sea Turtle	6:15-6:45pm	#17486
Sea Otter	5:40-6:10pm	#17487
Swim Kids 1	5:05-5:35pm	#17488

Heights Pool

Additional Classes

Set One – Morning Programs

July 5-15, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	10:35-11:05am	#17489
Sea Otter	10:00-10:30am	#17490
Swim Kids 1	11:10-11:40am	#17491

Set Two – Morning Programs

July 19-29, 2011

(7 Lessons)

Week One: Tuesday-Friday

Week Two: Tuesday, Wednesday, Friday
(Excluding July 28, 2011)

Sea Turtle	10:40-11:15am	#17492
Sea Otter	11:20-11:55am	#17493
Swim Kids 1	10:00-10:35am	#17494

Set Three – Morning Programs

August 2-12, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	11:10-11:40am	#17495
Sea Otter	10:00-10:30am	#17496
Swim Kids 1	10:35-11:05am	#17497

Set Four – Morning Programs

August 16-26, 2011

(8 Lessons)

Two Weeks: Tuesday – Friday

Sea Turtle	10:00-10:30am	#17498
Sea Otter	10:35-11:05am	#17499
Swim Kids 6	11:10-11:55am	#17500

SWIM REGISTRATION

502.8566

529.8320

PROGRAM DESCRIPTIONS

Red Cross Swim Preschool Programs (4 months – 6 years)



Starfish – (4 to 12 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 – (12-24 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) 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.



Sea Otter – (3 – 5 years of age) Swimmers work on front and back floats and glides, kicking on front with a buoyant object and will be able to swim 1 metre upon completion of this level.



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 – (3-6 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 – (3-6 years of age) Swimmers learn, through songs and other fun activities, to swim 10 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 – (3-6 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 15 metres. Safety skills include identifying safe swimming areas, jumping into and changing direction in deep water.

SWIM REGISTRATION

502.8566

529.8320

PROGRAM DESCRIPTIONS

Red Cross Swim Kids Programs (5 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 5 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 10m flutter kick and a 10m distance swim. **Minimum 6 years.**

Level 3 – This level provides an introduction to the front crawl 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 15m swim. **Minimum 6 years.**

Level 4 – This level further develops the front crawl (10m) and back swim with shoulder roll (15m). 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 25m swim.

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

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

Level 7 – This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary backstroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.

Level 8 – This level is an introduction to breaststroke (15m), and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on 300m swim. Front crawl and back crawl distances are increased to 75m each.

Level 9 – This level refines the front crawl (100m), back crawl (100m), elementary backstroke (50m) and breaststroke (25m), encouraging swimmers to combine different kicks for fitness (3mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m 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 sidestroke 25m). 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 (vertical) and a 500-m swim.

SWIM REGISTRATION

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529.8320

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. Learn to swim in Red Cross Swim Basics 1 & 2. The program is customized to your individual goals and rate of progress.

Adult & Teen – Red Cross Swim Strokes

Can swim front crawl at least 15m continuously arms recovering above water and back swim continuously. Develop or improve strokes in Red Cross Swim Strokes.

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.

SWIM REGISTRATION

502.8566

529.8320

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	\$ 35.00

FIRST AID

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

OTHER

Private Lessons (1/2 hour)	\$ 22.00
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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 3, 2011
8:00 am

BY E-REG or 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

502.8566

529.8320