

# < Aquatics >



## Session 1 - Registration: Thu Aug 25, 2022

Swim For Life Lessons	M/W Sep 7 - Oct 3	Tu/Th Sep 6 - 29	Sat Sep 11 - Oct 30	Sun Sep 12 - Oct 31
Parent & Tot	4:30-5:00pm #7037	3:30-4:00pm	11:30am-12:00pm #7065	
Preschool 1	4:00-4:30pm #7047	6:00-6:30pm #7056		
Preschool 2	4:00-4:30pm #7040 4:00-4:30pm #7047	5:30-6:00pm #7052 6:00-6:30pm #7056		11:30am-12:00pm #7068
Preschool 3	4:00-4:30pm #7040 5:30-6:00pm #7039	4:30-5:00pm #7058 5:30-6:00pm #7052		11:30am-12:00pm #7068
Preschool 4	5:30-6:00pm #7039	4:30-5:00pm #7058 6:00-6:30pm #7053		
Preschool 5		6:00-6:30pm #7053		
Swimmer 1	5:00-5:45pm #7041 5:30-6:15pm #7045	4:00-4:45pm #7050 5:00-5:45pm #7060	12:00-12:45pm #7121	
Swimmer 2	4:45-5:30pm #7044 5:00-5:45pm #7041 5:30-6:15pm #7045	4:00-4:45pm #7050 5:00-5:45pm #7060	12:00-12:45pm #7121	
Swimmer 3	4:45-5:30pm #7044 5:45-6:30pm #7042	4:00-4:45pm #7123 4:45-5:30pm #7051		12:00-12:45pm #7122
Swimmer 4	5:45-6:30pm #7042	4:00-4:45pm #7123 4:45-5:30pm #7051		12:00-12:45pm #7122
Swimmer 5	4:00-4:45pm #7043			
Swimmer 6	4:00-4:45pm #7043			
Swimmer 7		4:45-5:30pm #7054		
Swimmer 8		4:45-5:30pm #7054		
Private Lessons	3:30-4:00pm #7046 4:00-4:30pm #7036 5:00-5:30pm #7038	4:00-4:30pm #7057 4:00-4:30pm #7061 5:30-6:00pm #7055	2:00-2:30pm #7066 2:30-3:00pm #7067	2:00-2:30pm #7069 2:30-3:00pm #7070
Competitive JLC		4:30-5:30pm #7062 5:30-6:30pm #7063 Sep 6 - Dec 22 \$284.50		
Recreational JLC	4:30-5:30pm #7048 5:30-6:30pm #7049 Sep 7 - Dec 21 \$275.00			
Competitive JLC (Fridays) - Sep 9-Dec 23 4:00-6:00pm \$142.50 #7064				

**Parent & Tot Level 1-3** \$46.50  
4 months-3 years

For children aged 4 months to 3 years and their caregivers. Based on the principle "Within Arms Reach", the Parent & Tot levels focus on close playful interaction and shared fun between child, caregiver and water. Activities and progressions are based on child development and caregivers learn what it takes to make Water Smart® choices.

**Preschool 1** \$46.50  
Ages 3-5 years

These preschoolers learn to get in and out of the water safely. They'll learn to move safely in shallow water, and use a lifejacket to be comfortable with their floats and glides.

**Preschool 2** \$46.50  
Ages 3-5 years

These youngsters will explore the water learning to submerge and exhale underwater. Buoyant aids are used to help them discover roll-overs, glides and flutter kicks.

**Preschool 3** \$46.50  
Ages 3-5 years

These preschoolers will master their floats, glides and short swims on their front and back (2-3 m). They'll be able to pick up objects from the waist deep water and use their lifejackets to jump and roll into the deep end.

**Preschool 4** \$46.50  
Ages 3-5 years

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and in the end they'll do solo jumps and side rolls into deep water. Their lifejacket will support them while they learn to tread water and swim to safety.

**Preschool 5** \$46.50  
Ages 3-5 years

These skilled and independent youngsters will master short swims doing front crawl (5-10 m) and back crawl (3-5 m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

## Private Lessons \$178.00

Private lessons give students one-on-one time with the instructor, an opportunity to focus directly on difficult skills or correct problems in form and hit particular goals. Additional private lessons may be available upon request. Contact the Aquatic Supervisor @ 780.740.8063.

**2 Available at all levels - not eligible for JumpStart subsidy.**

Session 2 - Registration: Thu September 29, 2022			
Swim For Life Lessons	M/W Oct 12 - Nov 7	Tu/Th Oct 11 - Nov 3	
Parent & Tot		4:00-4:30pm	#7083
Preschool 1	6:00-6:30pm #7079	4:30-5:00pm	#7084
Preschool 2	5:30-6:00pm #7074	4:30-5:00pm	#7084
	6:00-6:30pm #7079		
Preschool 3	3:30-4:00pm #7080	5:00-5:30pm	#7085
	5:30-6:00pm #7074		
Preschool 4	3:30-4:00pm #7080	4:00-4:30pm	#7092
	6:00-6:30pm #7075	5:00-5:30pm	#7085
		5:30-6:00pm	#7086
Preschool 5	6:00-6:30pm #7075	4:00-4:30pm	#7092
		5:30-6:00pm	#7086
Swimmer 1	5:15-6:00pm #7078	4:00-4:45pm	#7087
Swimmer 2	5:15-6:00pm #7078	4:00-4:45pm	#7087
Swimmer 3	4:00-4:45pm #7072	4:45-5:30pm	#7089
Swimmer 4	4:00-4:45pm #7072	4:45-5:30pm	#7089
Swimmer 5	4:45-5:30pm #7073	5:30-6:15pm	#7090
Swimmer 6	4:45-5:30pm #7073	5:30-6:15pm	#7090
Swimmer 8	4:00-4:45pm #7076		
Swimmer 9	4:00-4:45pm #7076		
Private Lessons	3:30-4:00pm #7071	3:30-4:00pm	#7082
	4:00-4:30pm #7081	3:30-4:00pm	#7091
	4:45-5:15pm #7077		

**Swimmer 1** \$52.00 5 - 13 years

These beginning swimmers will work on safe entries, exits and moving through the water. When ready they'll do floats, glides and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

**Swimmer 2** \$52.00 5 - 13 years

These children will be able to jump or side roll into deep water, tread water, and swim (10-15 m) using either front crawl or back crawl. They'll try *vertical* whip kick and begin to work on their endurance level by stepping into the world of fitness interval training.

**Swimmer 3** \$52.00 5 - 13 years

These swimmers will dive and do forward rolls into deep water, handstands and front somersaults underwater. They'll work on their front crawl, back crawl and whip kick over short distances and add some interval fitness training to their practice. By the end they'll be able to meet the Swim to Survive standard: roll into deep water, tread water (1 min.) and swim (50 m).

**Swimmer 4** \$52.00 5 - 13 years

These swimmers will swim further with their front crawl and back crawl. They'll be introduced to breaststroke arm drills, underwater swims and front crawl sprints. Interval training will add to their fitness level.

**Swimmer 5** \$52.00 5 - 13 years

These swimmers will try eggbeater kick, head up front crawl, and shallow dives. And just for fun try tuck jumps and underwater back somersaults. They'll easily go the distance with a front crawl, back crawl and breaststroke.

**Swimmer 6** \$52.00 5 - 13 years

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. With the interval training and sprint racing drills they'll be ready to make the 300m endurance workout. And just for fun they'll try stride jumps and compact jumps.

**Swimmer 8** \$52.00 7 - 13 years

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot first and head first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

**Swimmer 9** \$52.00 7 - 13 years

An excellent preparation for the Bronze Star award, Swimmer 9 demands good physical conditioning and lifesaving judgement. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and for 300m timed swims.

Session 3 - Registration: Thu November 3, 2022			
Swim For	M/W	Tu/Th	
Life Lessons	Nov 14 - Dec 7	Nov 16 - Dec 8	
Parent & Tot	5:00-5:30pm #7096	4:00-4:30pm #7108	
Preschool 1	4:00-4:30pm #7103	4:30-5:00pm #7109	
	5:30-6:00pm #7097		
Preschool 2	4:00-4:30pm #7103	3:30-4:00pm #7113	
	5:30-6:00pm #7097	4:30-5:00pm #7109	
Preschool 3	4:30-5:00pm #7095	3:30-4:00pm #7113	
		5:00-5:30pm #7110	
Preschool 4	4:00-4:30pm #7094	5:00-5:30pm #7110	
	4:30-5:00pm #7095	5:30-6:00pm #7111	
Preschool 5	4:00-4:30pm #7094	5:30-6:00pm #7111	
Swimmer 1		4:00-4:45pm #7105	
Swimmer 2		4:00-4:45pm #7105	
Swimmer 3	5:30-6:15pm #7101	4:45-5:30pm #7106	
Swimmer 4	5:30-6:15pm #7101	4:45-5:30pm #7106	
Swimmer 5	4:45-5:30pm #7100	5:30-6:15pm #7107	
Swimmer 6	4:45-5:30pm #7100	5:30-6:15pm #7107	
Swimmer 7	4:00-4:45pm #7099		
Swimmer 8	4:00-4:45pm #7099		
Private Lessons	3:30-4:00pm #7093	3:30-4:00pm #7104	
	3:30-4:00pm #7102	4:00-4:30pm #7114	
	6:00-6:30pm #7098	6:00-6:30pm #7112	

Advanced Programming	
<b>Bronze Star - \$170.00</b>	<b>#7115</b>
Oct 8 & 9	7:00am-12:00pm
Prerequisite: None. (Swim Patrol experience recommended)	
<b>Bronze Medallion - \$200.00</b>	<b>#7116</b>
Oct 11-13 & 18-20	3:30pm-6:30pm
Prerequisite(s): Bronze Star (need not be current) or minimum of 13 years of age at the time of the exam, <b>current CPR-C</b>	
<b>Bronze Cross - \$170.00</b>	<b>#7117</b>
Oct 24-Nov 2 (M/T/W/Th)	3:30pm-6:30pm
Prerequisite(s): Bronze Medallion (need not be current), <b>current Alberta workplace approved Standard First Aid.</b>	
<b>Standard First Aid &amp; CPR-C - \$160.00</b>	<b>#7120</b>
Oct 1 & 2	10:00am-6:00pm
<b>National Lifeguard - \$390.00</b>	<b>#7118</b>
Nov 7-23 (M-F)	3:30pm-6:30pm
Prerequisite(s): Bronze Cross (need not be current), current AB workplace approved Standard First Aid (Aquatic Emergency Care is recommended), and minimum 16 years of age at the time of the exam.	
<b>Swim &amp; Lifesaving Instructor - \$390.00</b>	<b>#7119</b>
Nov 28-Dec 14 (M-F)	3:30pm-6:30pm
Prerequisite: minimum 16 years old, Bronze Cross or higher (need not be current)	

