



Fall/Winter Lessons

Leisure GUIDE



Fall/Winter 2011/12

Red Cross Swim Pre-School (Ages 4 months - 5 years)

PROGRAM	Mon.	Tues.	Weds.	Sat.	FEE
Starfish & Duck	10:30am 6:00pm	10:30am 6:30pm	10:30am 6:00pm	10:00am	2011 \$46 2012 \$48
Sea Turtle	10:30am 5:30pm	10:30am	10:30am 5:30pm	10:30am	2011 \$46 2012 \$48
Sea Otter	10:30am 5:00pm	10:30am 5:30pm 6:30pm	10:30am 6:00pm 6:30pm	10:30am	2011 \$46 2012 \$48
Salamander	10:30am 6:30pm	10:30am 5:00pm 5:30pm	10:30am 5:00pm 6:30pm	9:00am 11:00am	2011 \$46 2012 \$48
Sunfish	10:30am 6:30pm	10:30am 6:00pm	10:30am 5:00pm	10:30am	2011 \$46 2012 \$48
Crocodile	10:30am 6:00pm	10:30am 6:30pm	10:30am 5:30pm	10:30am	2011 \$46 2012 \$48
Whale	10:30am 6:00pm	10:30am 6:30pm	10:30am 5:30pm	10:30am	2011 \$46 2012 \$48

Red Cross Swim Kids (Ages 6 years and up)

PROGRAM	Mon.	Tues.	Weds.	Sat.	FEE
LEVEL 1	6:30pm	5:30pm	6:00pm	9:30am 11:00am	2011 \$46 2012 \$48
LEVEL 2	5:30pm	6:00pm	5:30pm	10:00am 11:00am	2011 \$46 2012 \$48
LEVEL 3	5:00pm	6:00pm	6:30pm	11:00am	2011 \$46 2012 \$48
LEVEL 4	6:00pm	5:00pm	5:30pm	9:00am	2011 \$46 2012 \$48
LEVEL 5	5:30pm	6:15pm		9:00am	2011 \$50 2012 \$52
LEVEL 6	5:30pm	6:15pm		9:00am	2011 \$50 2012 \$52
LEVEL 7	6:15pm	5:30pm		9:45am	2011 \$50 2012 \$52
LEVEL 8 - 10	5:00pm		6:00pm	9:00am	2011 \$55 2012 \$58
Private & Semi- Private	5:00pm 5:00pm 5:30pm 6:00pm 6:30pm	5:00pm 5:00pm 5:30pm 6:00pm 6:30pm	5:00pm 5:00pm 5:30pm 6:00pm 6:30pm	9:00am 9:30am 9:30am 10:00am 10:00am 10:30am 11:00am	2011 Private \$18ea Semi \$12.50ea 2012 Private \$19ea Semi \$13ea

Session 1 Sept.5 - Oct.30/11
Session 2 Oct.31 - Dec.25/11
Refer to page 11 for details

Session 3 Jan.2 - Feb. 26/12
Session 4 Feb.27 - Apr. 22/12

All swim lessons are eligible for Fitness Tax Credit

Stroke Improvement Ages 14 and under

These lessons are for stroke development and improvement only! This is not a learn to swim class. Participants will develop the efficiency of their strokes.

Junior Levels (level 4-7) Monday 7 to 7:30pm
Senior Levels (level 8 plus) Wednesday 7 to 7:30pm

2011 \$46 2012 \$48

Rookie Ranger Star Thursday 7 - 8 pm

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving.

Rookie Patrol: Swimmers continue stroke development with 50 m swims. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding.

Ranger Patrol: Swimmers develop better strokes with over 75 m swims of each stroke. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.

Star Patrol: Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of minor. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

2011 \$56 2012 \$59 Prerequisite Level 6

Synchronized Swimming Ages 7 to ADULT

Synchronized swimming is a fun sport for anyone that enjoys exploring movement and dancing in the water. It is designed for both children and adults to improve their swimming skills, flexibility and strength while having fun and building friendships. Our swimmers are invited to participate in fun competitions, perform at our year end show and work to complete their synchronized swimming levels (Trillium/Star levels). Levels are available for all ages. The 45 minute class is geared towards 7 & 8 year olds or kids who need to build endurance. The 60 Minute class is for new and returning participants who are 9 -99 years old.

All classes take place in the 25 m pool.
Pre-requisite is Red Cross Swim Kids Level 4.

	Intro to Synchro (45min class)	Synchro Stars (60 minute class)
Oct 4-25	\$21	\$27.50
Nov 1- Dec 20	\$42	\$55
Jan. 3- Feb 21	\$52	\$58
Feb 28-Apr 17	\$52	\$58

HST will be applied for participants 14 yrs and older.

Not sure if SYNCHRO is for you. "See It - Try it" on October 4, 2011 at 7:00 pm, (also January 3). Come out and give it a try, and register after the class if you like what you see!
Sign up for the free class by calling 905.885.2474.

Aquatics