

CHILDREN'S SWIM PROGRAMS

Lesson Schedule & Descriptions

Youth Lesson Costs:	Length	Member	Non-Member
Group lessons	30 minutes	Included	8/\$32
	45 minutes	Included	8/\$48
	60 minutes	Included	8/\$64
Parent & Tot	30 minutes	Included	\$5.50 drop-in
Private lessons	30 minutes	1/\$20, 5/\$85	1/\$20, 5/\$85
	60 minutes	1/\$37, 5/\$165	1/\$37, 5/\$165
Semi-private lessons (per child)	30 minutes	1/\$15, 5/\$65	1/\$15, 5/\$65
	60 minutes	1/\$27, 5/\$120	1/\$27, 5/\$120

LESSON SCHEDULE

6 MONTHS TO 3 YEARS

PARENT AND TOT	Dates	Day	Time
	January 8-February 26 <i>&/or</i> March 4-April 22	Tuesday	10:30-11:00am
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	3:30-4:00pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	10:00-10:30am

3 TO 5 YEARS

BOBBERS	Dates	Day	Time
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	10:30-11:00am
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	6:00-6:30pm
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	4:00-4:30pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	9:00-9:30am
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	10:00-10:30am
	January 13-March 2 <i>&/or</i> March 9-April 27 ■	Sunday	1:30-2:00pm

FLOATERS

FLOATERS	Dates	Day	Time
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	10:30-11:00am
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	6:00-6:30pm
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	4:00-4:30pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	9:00-9:30am
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	10:00-10:30am
	January 13-March 2 <i>&/or</i> March 9-April 27 ■	Sunday	1:30-2:00pm

GLIDERS

GLIDERS	Dates	Day	Time
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	6:30-7:00pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	9:00-9:30am
	January 13-March 2 <i>&/or</i> March 9-April 27 ■	Sunday	2:00-2:30pm

■ No class March 22 or March 23

No classes on the Easter weekend: Please join us for an Everyone Welcome swim

DIVERS	Dates	Day	Time
	January 10-February 28 &/or March 6-April 24	Thursday	6:30-7:00pm
	January 12-March 1 &/or March 8-April 26 ■	Saturday	9:00-9:30am
	January 13-March 2 &/or March 9-April 27 ■	Sunday	2:00-2:30pm

SURFERS	Dates	Day	Time
	January 10-February 28 &/or March 6-April 24	Tuesday & Thursday	7:00-7:30pm
	January 12-March 1 &/or March 8-April 26 ■	Saturday	10:00-10:30am
	January 13-March 2 &/or March 9-April 27 ■	Sunday	2:00-2:30pm

6 TO 12 YEARS

OTTER	Dates	Day	Time
	January 8-February 26 &/or March 4-April 22 ■	Tuesday	6:00-6:30pm
	January 9-February 27 &/or March 5-April 23	Wednesday	3:30-4:00pm
	January 12-March 1 &/or March 8-April 26 ■	Saturday	9:30-10:00am
	January 13-March 2 &/or March 9-April 27 ■	Sunday	2:30-3:00pm

SEAL	Dates	Day	Time
	January 8-February 26 &/or March 4-April 22 ■	Tuesday	6:00-6:30pm
	January 9-February 27 &/or March 5-April 23	Wednesday	3:30-4:00pm
	January 12-March 1 &/or March 8-April 26 ■	Saturday	9:30-10:00am
	January 13-March 2 &/or March 9-April 27 ■	Sunday	2:30-3:00pm

DOLPHIN	Dates	Day	Time
	January 8-February 26 &/or March 4-April 22 ■	Tuesday	6:30-7:00pm
	January 9-February 27 &/or March 5-April 23	Wednesday	4:00-4:30pm
	January 12-March 1 &/or March 8-April 26 ■	Saturday	10:30-11:00am
	January 13-March 2 &/or March 9-April 27 ■	Sunday	3:00-3:30pm

SWIMMER	Dates	Day	Time
	January 8-February 26 &/or March 4-April 22 ■	Tuesday	6:30-7:00pm
	January 9-February 27 &/or March 5-April 23	Wednesday	4:00-4:30pm
	January 12-March 1 &/or March 8-April 26 ■	Saturday	10:30-11:00am
	January 13-March 2 &/or March 9-April 27 ■	Sunday	3:00-3:30pm

■ No class March 22 or March 23

COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

PLEASE NOTE:

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.

No classes on the Easter weekend: Please join us for an Everyone Welcome swim

6 TO 13 YEARS

STAR 1 / 2	Dates	Day	Time
	January 8-February 26 <i>&/or</i> March 4-April 22 ■	Tuesday	4:00-4:45pm
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	4:00-4:45pm
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	6:30-7:15pm
	January 13-March 2 <i>&/or</i> March 9-April 27 ■	Sunday	9:00-9:45am
STAR 1	Dates	Day	Time
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	9:30-10:15am
STAR 2	Dates	Day	Time
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	10:15-11:00am
STAR 3	Dates	Day	Time
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	4:00-5:00pm
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	4:00-5:00pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	10:00-11:00am
STAR 4	Dates	Day	Time
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	4:00-5:00pm
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	4:00-5:00pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	10:00-11:00am
STAR 5	Dates	Day	Time
	January 8-February 26 <i>&/or</i> March 4-April 22 ■	Tuesday	5:00-6:00pm
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	3:15-4:15pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	11:00am-12:00pm
STAR 6	Dates	Day	Time
	January 8-February 26 <i>&/or</i> March 4-April 22 ■	Tuesday	5:00-6:00pm
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	3:15-4:15pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	11:00am-12:00pm
YOUTH MASTERS	Dates	Day	Time
	January 9-February 27 <i>&/or</i> March 5-April 23	Wednesday	3:15-4:15pm
	January 10-February 28 <i>&/or</i> March 6-April 24	Thursday	5:00-6:00pm
	January 12-March 1 <i>&/or</i> March 8-April 26 ■	Saturday	11:00am-12:00pm
YOUTH MASTERS SWIM CLUB	Dates	Day	Time
	January 7-March 1 <i>&/or</i> March 3-April 26 ■	Monday, Wednesday & Saturday	3:30-4:30pm & 1:00-2:00pm

■ No class March 22 or March 23

No classes on the Easter weekend: Please join us for an Everyone Welcome swim

LESSON DESCRIPTIONS

6 months to 3 years	
Parent and Tot	Introduction to swimming skills through games and songs, parent participation required.
3 to 5 years	
Bobbers <i>Seaturtle</i> ♦	We introduce the child to breath control, face-in progressions and assisted floats.
Floater <i>Salamander/Sunfish</i> ♦	We introduce the child to rhythmic breathing, moving from assisted to unassisted floats on front and back.
Gliders <i>Crocodile</i> ♦	The child builds swimming skills from floats to glides to kicks on front, back and side.
Divers <i>Whale</i> ♦	We introduce the child to front swim using arms and legs (20m), deep water and surface support.
Surfers ♦	We introduce the child to diving into deep water and front and back crawl (15m swim).
6 to 12 years	
Otter <i>Swim Kids 1 & 2</i> ♦	Water animation, submersion, front and back floats, front glide and kick, and 5 metre swim.
Seal <i>Swim Kids 3</i> ♦	Introduction to front swim, side kicking, deep water orientation, surface support, breath control, back glide with kick, 10 metre swim on front and back.
Dolphin <i>Swim Kids 4</i> ♦	Front crawl, back crawl, deep water skills, treading water, 25 metre swim.
Swimmer <i>Swim Kids 5</i> ♦	Front crawl, back crawl, deep water skills, treading water, 50 metre swim.
6 to 13 years	
Star 1 <i>Swim Kids 6</i> ♦	Front crawl, back crawl, treading water, stride jump, underwater swim, front somersault, 75 metre swim.
Star 2 <i>Swim Kids 7</i> ♦	Shallow dive, sculling and 150 metre swim Continue to develop front and back crawl, intro to whip kick.
Star 3 <i>Swim Kids 8</i> ♦	Back stroke, back stroke turn, foot first surface dive, foot first sculling and 300 metre swim.
Star 4 <i>Swim Kids 9</i> ♦	Side stroke, eggbeater kick, head first surface dive, breast stroke start and turn, 400 metre swim.
Star 5 <i>Swim Kids 10</i> ♦	Lifesaving kick, synchro skills, freestyle turn and 500 metre swim.
Star 6	Butterfly, synchro and water polo skills, proficiency strokes, 600 metre swim.
Youth Masters	Increase knowledge and rescue performance, including removal of unconscious victim. Further develop swimming stroke proficiency; endurance swim of 700 metres; assist with teaching swimming to others.
Youth Masters Swim Club	A swim for youth to practice their strokes, challenge their speed and increase their endurance.

♦ Red Cross equivalent

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