



SWIMMING



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up to date. See page 4

What programs are right for your child?

+ Red Cross Swim Preschool program

* During swimming lessons, all children under the age of 8 need to be supervised on-deck by a responsible person 14 years of age or older.



8-level program for children 4 months to 5 years of age



Starfish 4 to 18 months (parented)

An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.



Duck 18 to 36 months (parented)

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs, and active water play.



Sea Turtle 3 to 5 years

For children 3-5 years old who have not previously taken unparented swim lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.



Sea Otter 3 to 5 years

Swimmers work on assisted front and back floats and glides, kicking on front and with a buoyant object and will be able to swim 1 metre upon completion of this level.



Salamander 3 to 5 years

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.



Sunfish 3 to 5 years

Assisted by an instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.



Crocodile 3 to 5 years

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.



Whale 3 to 5 years

In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

Preschool testimonials

"Teacher 'Kat' was absolutely amazing, wonderful, kind, entertaining, funny, and any other wonderful adjective with my 4 year old son (and the other kids). He responded to her immensely and progressed in his skills. Thank you Kat!"

— Marlene

"Andrew taught my son Sea Turtle and was absolutely wonderful with the children. Each child gets equal time and he makes water a fun place to be while he teaches them how to swim, float, and dunk their head."

— Elise

"I wanted to express how impressed I was with my daughter's swimming teacher during the summer 2-week intensive. Steven was patient and kind, yet challenged her to do her very best. He was her teacher for Whale and even though he had her for only 8 lessons, he made a point of getting to know her. He took time and care to personalize her report card too."

— Shanda

"My children have taken all of their preschool lessons at KLC and they have all been fantastic. We came from another community and did not realize how much care and attention the swim instructors here would give the children. Thank you for always making us feel like part of the family!"

— Alanna

"Rianna V - Once again we had an excellent instructor! Rianna is so patient and warm with the kids; my daughter really enjoyed having her as an instructor. Keep up the good work on hiring these great instructors!"

— Hugh



Red Cross Swim Kids Programs 6Y+

This 10-level program for school aged children helps swimmers develop all five swimming strokes (front and back crawl, elementary backstroke, breaststroke, and sidestroke). Swimmers actively learn how to be safe around the water, increase fitness and improve endurance through fun activities. Children are challenged to achieve personal bests in distance and time, which is a strong motivator through all 10 levels.

Level 1

- orientation to water and pool area, introduce floats & glides with kicks.
- build endurance by improving distance.

Level 2

- build skills for front/back swims in deep water; build endurance in flutter kicking with assisted glides.
- learn proper use of a Personal Flotation Device (PFD).

Level 3

- learn front crawl, diving and making wise choices surrounding swims.
- work on floats, changing direction; build strength in flutter kick and 15m swim.

Level 4

- develop front crawl, back glide and shoulder roll for back crawl.
- work on kneeling dives, surface support; build strength in 25m swim; develop sense of self-safety and personal limits.

Level 5

- develop back crawl, sculling skills, stride-dives, safe boating skills & whip kick on back
- develop endurance through dolphin kick and 50m swim.

Level 6

- refine front and back crawl; introduce elementary backstroke; build endurance through a 75m swim.
- introduce safety on ice, elementary rescue of others with throwing assists, treading water and front dives.

Level 7

- continue to build skills and endurance for front crawl, back crawl and elementary back stroke; introduce whip kick on the front.
- learn about airway/breathing obstructions; increase endurance through timed water-treading and a 150m swim.

Level 8

- introduce breaststroke, foot first surface dives, and rescue entries.
- learn the dangers of open water, hypothermia; perform rescue breathing on children and adults; build endurance through dolphin kick and 300m swim.

Level 9/10

In level 9

- refine front crawl, back crawl, elementary backstroke and breaststroke; combine different strokes and kicks for fitness; build endurance through 400m swim.
- work on head-first shallow dives & standing dives; learn about wise choices, peer influences, and self-rescue from ice.

In level 10

- increased stroke & endurance development
- learn about sun safety, rescuing others from the ice, & head-first, feet first shallow dives
- build endurance using dolphin kick and 500m swim.

Recognized partners with Swimming Canada, Red Cross Swim programs are an excellent way to pursue the sport of swimming by developing survival and competitive swimming skills in all students.

8 weeks, 1x/week

Mon Jan 23 - Mar 19
(Omit Feb 20)

Tue Jan 24 - Mar 13
Wed Jan 25 - Mar 14

Thu Jan 26 - Mar 15
Fri Jan 27 - Mar 16

Sat Jan 28 - Mar 17
Sun Jan 29 - Mar 18

Red Cross Swim Preschool Program (parented - 1 child per adult)

For program descriptions see pg. 70

8 weeks, 1x/week \$44


	Starfish 4M-18M		Duck 18M - 36M			Starfish 4M-18M		Duck 18M - 36M			Starfish 4M-18M		Duck 18M - 36M	
Mon	11 - 11:30 am	73585	9:45 - 10:15 am	73151	Wed	10 - 10:30 am	73593	9 - 9:30 am	73158	Fri	9:15 - 9:45 am	73598	10 - 10:30 am	73164
	2 - 2:30 pm	73586	2:45 - 3:15 pm	73152		11 - 11:30 am	73594	10:30 - 11 am	73159		1:30 - 2 pm	73599	1 - 1:30 pm	73165
	5:30 - 6 pm	73587	6:15 - 6:45 pm	73153		5:30 - 6 pm	73595	4:15 - 4:45 pm	73160		3:15 - 3:45 pm	73600	2 - 2:30 pm	73166
Tue	9 - 9:30 am	73588	6:45 - 7:15 pm	73157	Thu	11 - 11:30 am	73596	6:15 - 6:45 pm	73161	Sat	6:15 - 6:45 pm	73601	4:30 - 5 pm	73167
	10:30 - 11 am	73589	10 - 10:30 am	73154			8 - 8:30 pm	74635	5:45 - 6:15 pm		73178			
	3:15 - 3:45 pm	73590	11 - 11:30 am	73175			4:15 - 4:45 pm	73177	7 - 7:30 pm		73168			
	5:30 - 6 pm	73591	2 - 2:30 pm	73176		5 - 5:30 pm	73597	8 - 8:30 pm	73162	Sun	10 - 10:30 am	73602	9 - 9:30 am	73169
			2:45 - 3:15 pm	73155		6:30 - 7 pm	73162	1:30 - 2 pm	73603		12 - 12:30 pm	73179		
			4:45 - 5:15 pm	73156		7:45 - 8:15 pm	73163	12:45 - 1:15 pm	73170					
											10:30 - 11 am	73604	9 - 9:30 am	73171
											11:15 - 11:45 pm	74765	9:45 - 10:15 am	73172
											12:30 - 1 pm	73605	12 - 12:30 pm	73173
													1:15 - 1:45 pm	73174

8 weeks, 1x/week

Mon Jan 23 - Mar 19
(Omit Feb 20)Tue Jan 24 - Mar 13
Wed Jan 25 - Mar 14Thu Jan 26 - Mar 15
Fri Jan 27 - Mar 16Sat Jan 28 - Mar 17
Sun Jan 29 - Mar 18**+** Red Cross Swim Preschool program (unparented)

For program descriptions see pg. 70

8 weeks, 1x/week \$55 (Sea Turtle and Sea Otter \$50)

Thu-Sun
next page 

	Sea Turtle 3 - 5Y	Sea Otter 3 - 5Y	Salamander 3 - 5Y	Sunfish 3 - 5Y	Crocodile 3 - 5Y	Whale 3 - 5Y
Mon	9:45 - 10:15 am 73495	9:45 - 10:15 am 74613	9:45 - 10:30 am 73439	9:45 - 10:30 am 73614	9:45 - 10:30 am 73117	9:45 - 10:30 am 73665
	10:30 - 11 am 73524	10:15 - 10:45 am 74614	10:30 - 11:15 am 73440	10:15 - 11 am 74612	10:30 - 11:15 am 73118	10:15 - 11 am 73666
	11 - 11:30 am 73496	2:30 - 3 pm 74615	10:45 - 11:30 am 73441	10:30 - 11:15 am 73615	11 - 11:45 am 73119	11:15 - 12 pm 73676
	2 - 2:30 pm 73497	3:15 - 3:45 pm 74616	2 - 2:45 pm 73442	11:15 - 12 pm 73659	11:15 - 12 pm 73144	2 - 2:45 pm 73667
	3:15 - 3:45 pm 73499	4:45 - 5:15 pm 74617	2:45 - 3:30 pm 73443	2 - 2:45 pm 73616	2 - 2:45 pm 73120	2:30 - 3:15 pm 73668
	4 - 4:30 pm 73527	5:30 - 6 pm 74618	4 - 4:45 pm 73461	2:45 - 3:30 pm 73617	2:45 - 3:30 pm 73121	3 - 3:45 pm 73669
	4:45 - 5:15 pm 73502	6 - 6:30 pm 74619	4:45 - 5:30 pm 73444	4 - 4:45 pm 73618	5:30 - 6:15 pm 73123	5:30 - 6:15 pm 73670
	5 - 5:30 pm 73505	6:45 - 7:15 pm 74620	5:15 - 6 pm 73445	4:45 - 5:30 pm 73619		
6:15 - 6:45 pm 73500		6:15 - 7 pm 73446	6 - 6:45 pm 73620			
8 - 8:30 pm 73506						
Tue	9 - 9:30 am 73507	9:45 - 10:15 am 74621	9 - 9:45 am 73447	9:30 - 10:15 am 73621	9 - 9:45 am 73124	9 - 9:45 am 73671
	9:45 - 10:15 am 73508	11 - 11:30 am 74622	9:45 - 10:30 am 73448	10:15 - 11 am 73622	10:15 - 11 am 73125	9:30 - 10:15 am 73672
	10:30 - 11 am 73509	2:45 - 3:15 pm 74623	10:15 - 11 am 73449	11 - 11:45 am 73623	11 - 11:45 am 73126	11 - 11:45 am 73673
	2 - 2:30 pm 73511	4:30 - 5 pm 74624	2 - 2:45 pm 73450	2 - 2:45 pm 73624	2 - 2:45 pm 73127	2 - 2:45 pm 73674
	3:15 - 3:45 pm 73514	5:30 - 6 pm 74625	2:30 - 3:15 pm 73451	2:30 - 3:15 pm 73625	2:45 - 3:30 pm 73128	3 - 3:45 pm 73675
	3:30 - 4 pm 73513	6:30 - 7 pm 74626	2:45 - 3:30 pm 73452	3:15 - 4 pm 73626	4 - 4:45 pm 73129	5:30 - 6:15 pm 73677
	4 - 4:30 pm 73526		4 - 4:45 pm 73453	4 - 4:45 pm 73660	6:15 - 7 pm 73130	
	4:45 - 5:15 pm 73517		4:45 - 5:30 pm 73454	4:45 - 5:30 pm 73627		
5:30 - 6 pm 73518		6 - 6:45 pm 73455	5:30 - 6:15 pm 73628			
6:15 - 6:45 pm 73519			6:15 - 7 pm 73657			
Wed	9:15 - 9:45 am 73521	9 - 9:30 am 74629	9 - 9:45 am 73456	9 - 9:45 am 73629	9 - 9:45 am 73131	9:45 - 10:30 am 73678
	9:30 - 10 am 75132	9:45 - 10:15 am 74630	9:45 - 10:30 am 73457	9:45 - 10:30 am 73630	10:30 - 11:15 am 73133	10:45 - 11:30 am 73679
	10:15 - 10:45 pm 73523	11 - 11:30 am 74631	10:30 - 11:15 am 73458	11:15 - 12 pm 73632	11:15 - 12 pm 73134	4:45 - 5:30 pm 73692
	10:30 - 11 am 73530	4 - 4:30 pm 74632	4 - 4:45 pm 73459	4 - 4:45 pm 73633	4:45 - 5:30 pm 73135	
	4:30 - 5 pm 73533	5 - 5:30 pm 74633	4:45 - 5:30 pm 73460	5:30 - 6:15 pm 73634	6:15 - 7 pm 75142	
	4:45 - 5:15 pm 73534	6 - 6:30 pm 74634	6 - 6:45 pm 73462	6:45 - 7:30 pm 73635		
	5:30 - 6 pm 73573		6:45 - 7:30 pm 73486			
	6:15 - 6:45 pm 73536					
7 - 7:30 pm 73581						



8 weeks, 1x/week

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Red Cross Swim Preschool program (unparented)

8 weeks, 1x/week \$55 (Sea Turtle & Sea Otter \$50)

For program descriptions see pg. 70

	Sea Turtle 3 - 5Y	Sea Otter 3 - 5Y	Salamander 3 - 5Y	Sunfish 3 - 5Y	Crocodile 3 - 5Y	Whale 3 - 5Y
Thu	11 - 11:30 am 73537	11 - 11:30 am 74636	4 - 4:45 pm 73463	11 - 11:45 am 73636	11 - 11:45 am 73136	11 - 11:45 am 73680
	4:15 - 4:45 pm 73538	4 - 4:30 pm 74637	5:15 - 6 pm 73464	4 - 4:45 pm 73637	4:45 - 5:30 pm 73137	4 - 4:45 pm 73681
	4:30 - 5 pm 73539	5 - 5:30 pm 74638	6:15 - 7 pm 73465	5:30 - 6:15 pm 73638	6:15 - 7 pm 73138	5:30 - 6:15 pm 73682
	4:45 - 5:15 pm 73540	6:15 - 6:45 pm 74639	7:15 - 8 pm 73466	6:15 - 7 pm 73639		
	5:30 - 6 pm 73583	7:15 - 7:45 pm 74640	7:45 - 8:30 pm 73487	7 - 7:45 pm 73640		
	6:15 - 6:45 pm 73542					
	7 - 7:30 pm 73543					
	7:45 - 8:15 pm 73545					
Fri	9:15 - 9:45 am 73546	9 - 9:30 am 74643	9:15 - 10 am 73467	9:45 - 10:30 am 73641	9:15 - 10 am 73139	9:15 - 10 am 73683
	10 - 10:30 am 75139	10 - 10:30 am 74644	9:45 - 10:30 am 73468	11:15 - 12 pm 73642	9:45 - 10:30 73140	11:15 - 12 pm 73684
	1:15 - 1:45 pm 73578	1 - 1:30 pm 74645	1:15 - 2 pm 73469	1 - 1:45 pm 73643	11:15 - 12 pm 73141	1:45 - 2:30 pm 73685
	1:30 - 2 pm 73549	2 - 2:30 pm 74646	1:45 - 2:30 pm 73470	1:45 - 2:30 pm 73644	1 - 1:45 pm 73142	2:30 - 3:15 pm 73686
	2:45 - 3:15 pm 73552	2:30 - 3 pm 74817	2:30 - 3:15 pm 73471	2:30 - 3:15 pm 73645	2 - 2:45 pm 73143	4:45 - 5:30 pm 73687
	3:15 - 3:45 pm 73553	4 - 4:30 pm 74647	3 - 3:45 pm 73472	4 - 4:45 pm 73646	2:30 - 3:15 pm 73145	6 - 6:45 pm 75145
	4:15 - 4:45 pm 73555	4:45 - 5:15 pm 75143	4 - 4:45 pm 73473	4:45 - 5:30 pm 73647	4:45 - 5:30 pm 73146	
	5:15 - 5:45 pm 73556	5:45 - 6:15 pm 74648	4:45 - 5:30 pm 73474	5:30 - 6:15 pm 73648		
	5:45 - 6:15 pm 73557	6:15 - 6:45 pm 74649	5:30 - 6:15 pm 73488			
	6:15 - 6:45 pm 74818	7 - 7:30 pm 74650	6:15 - 7 pm 73475			
6:45 - 7:15 pm 73579						
Sat	9:30 - 10 am 73561	9 - 9:30 am 74751	8:45 - 9:30 am 73476	8:45 - 9:30 am 73649	8:45 - 9:30 am 73147	9 - 9:45 am 73688
	10:30 - 11 am 73563	9:45 - 10:15 am 74752	9:30 - 10:15 am 73477	9:30 - 10:15 am 73650	12:45 - 1:30 pm 73148	11:15 - 12 pm 73689
	11:45 - 12:15 pm 73575	11:15 - 11:45 am 74753	10:15 - 11 am 73478	11:15 - 12 pm 73651		
	12 - 12:30 pm 73584	12 - 12:30 pm 74754	11:15 - 12 pm 73479	12 - 12:45 pm 73658		
	12:30 - 1 pm 73577	12:30 - 1 pm 74756	12:15 - 1 pm 73480	1 - 1:45 pm 73652		
	1 - 1:30 pm 73565	1 - 1:30 pm 74757				
Sun	9 - 9:30 am 73567	8:30 - 9 am 74767	8:30 - 9:15 am 73481	8:45 - 9:30 am 73653	10:15 - 11 am 73149	9 - 9:45 am 74768
	9:15 - 9:45 am 73568	9 - 9:30 am 74759	9:30 - 10:15 am 73482	9:30 - 10:15 am 73654	11:15 - 12 pm 73150	10:15 - 11 am 73690
	11:15 - 11:45 am 73569	9:45 - 10:15 am 74760	10:15 - 11 am 73493	11:15 - 12 pm 73655	1:15 - 2 pm 75775	11:45 - 12:30 pm 73691
	12 - 12:30 pm 73570	11:15 - 11:45 am 74761	11:15 - 12 pm 73489	12 - 12:45 pm 73656		
	12:45 - 1:15 pm 73571	12:45 - 1:15 pm 74762	12 - 12:45 pm 73484	12:30 - 1:15 pm 73661		
	1:30 - 2 pm 73580		12:45 - 1:30 pm 73485			



8 weeks, 1x/week

Mon Jan 23 - Mar 19
(Omit Feb 20)Tue Jan 24 - Mar 13
Wed Jan 25 - Mar 14Thu Jan 26 - Mar 15
Fri Jan 27 - Mar 16Sat Jan 28 - Mar 17
Sun Jan 29 - Mar 18**Red Cross Swim Kids – unparented**

8 weeks, 1x/week \$55

For program descriptions see pg. 71

	Red Cross 1 6Y+	Red Cross 2 6Y+	Red Cross 3 6Y+	Red Cross 4 6Y+	Red Cross 5 6Y+	Red Cross 6 6Y+
Mon	4 - 4:45 pm 73263	4 - 4:45 pm 73289	4 - 4:45 pm 73307	4 - 4:45 pm 73358	4:45 - 5:30 pm 73363	4 - 4:45 pm 73405
	4:45 - 5:30 pm 73241	4:45 - 5:30 pm 73273	4:45 - 5:30 pm 73308	4:45 - 5:30 pm 73335	6:15 - 7 pm 73362	4:30 - 5:15 pm 73388
	5:15 - 6 pm 73242	5:30 - 6:15 pm 73274	5:30 - 6:15 pm 73309	6 - 6:45 pm 73346	6:30 - 7:15 pm 73384	5:30 - 6:15 pm 73387
	6 - 6:45 pm 73240	6:45 - 7:30 pm 73275	6:45 - 7:30 pm 73322			
	6:15 - 7 pm 73245					
Tue	4 - 4:45 pm 73244	4 - 4:45 pm 73292	4 - 4:45 pm 73318	4 - 4:45 pm 73337	4 - 4:45 pm 73365	4:45 - 5:30 pm 73389
	4:45 - 5:30 pm 73258	4:45 - 5:30 pm 73276	4:45 - 5:30 pm 73310	4:45 - 5:30 pm 73336	5 - 5:45 pm 73364	5:45 - 6:30 pm 73390
	5:30 - 6:15 pm 73243	5:30 - 6:15 pm 73294	5:45 - 6:30 pm 73311	5 - 5:45 pm 73338	6:15 - 7 pm 73366	
		6 - 6:45 pm 75772	6 - 6:45 pm 73312	5:15 - 6 pm 73355		
Wed	4 - 4:45 pm 73270	4 - 4:45 pm 73278	4 - 4:45 pm 73313	4 - 4:45 pm 73359	4 - 4:45 pm 75140	4 - 4:45 pm 73406
	4:45 - 5:30 pm 73246	4:45 - 5:30 pm 73298	4:45 - 5:30 pm 73314	4:45 - 5:30 pm 73339	4:45 - 5:30 pm 73386	5:30 - 6:15 pm 73392
	5:30 - 6:15 pm 73271	5:30 - 6:15 pm 73279	5:30 - 6:15 pm 75141	5:30 - 6:15 pm 73340	5:30 - 6:15 pm 73367	6:45 - 7:30 pm 73391
	6:15 - 7 pm 73272	6:45 - 7:30 pm 73299	6:15 - 7 pm 73315	6 - 6:45 pm 73354	6:15 - 7 pm 73368	
	6:45 - 7:30 pm 73247					
Thu	4 - 4:45 pm 73249	4:15 - 5 pm 73305	4:45 - 5:30 pm 73317	4:45 - 5:30 pm 73341	4:30 - 5:15 pm 73370	4:15 - 5 pm 73395
	4:45 - 5:30 pm 73261	5:45 - 6:30 pm 73295	5:30 - 6:15 pm 73316	5:45 - 6:30 pm 73342	5 - 5:45 pm 73371	5:30 - 6:15 pm 73393
	5:30 - 6:15 pm 73265	7:15 - 8 pm 73281	7:45 - 8:30 pm 73325	6:15 - 7 pm 76012	6 - 6:45 pm 73383	6:30 - 7:15 pm 73394
	6 - 6:45 pm 73248	7:45 - 8:30 pm 73306		7 - 7:45 pm 73345		
	7:30 - 8:15 pm 73250					
Fri	4 - 4:45 pm 73251	4 - 4:45 pm 73296	4 - 4:45 pm 73319	5 - 5:45 pm 73344	4 - 4:45 pm 73374	4 - 4:45 pm 73407
	4:45 - 5:30 pm 73259	4:45 - 5:30 pm 73282	5:30 - 6:15 pm 73320	5:30 - 6:15 pm 73357	4:45 - 5:30 pm 73385	4:30 - 5:15 pm 73397
	6:15 - 7 pm 73252	6:15 - 7 pm 73283	6:15 - 7 pm 73321	6:15 - 7 pm 76012	5:30 - 6:15 pm 73373	5:15 - 6 pm 73396
	6:45 - 7:30 pm 74816	6:45 - 7:30 pm 73297	6:45 - 7:30 pm 75144			
Sat	9:30 - 10:15 am 73253	8:30 - 9:15 am 73290	9:45 - 10:30 am 73323	9:30 - 10:15 am 73348	9:15 - 10 am 73376	9:30 - 10:15 am 73398
	10:15 - 11 am 73254	8:45 - 9:30 am 73285	10:15 - 11 am 73326	10:15 - 11 am 73349	10:15 - 11 am 73377	10:15 - 11 am 73404
	12 - 12:45 pm 73269	9:30 - 10:15 am 73303	11:15 - 12 pm 73324	12 - 12:45 pm 73347	11:15 - 12 pm 73375	11:15 - 12 pm 73399
	12:45 - 1:30 pm 73268	10:15 - 11 am 73300	12 - 12:45 pm 73333	12:30 - 1:15 pm 73360	12:15 - 1 pm 73378	12:45 - 1:30 pm 73400
	1 - 1:45 pm 73260	11:15 - 12 pm 73286		1:15 - 2 pm 73361		
	12:15 - 1 pm 73284					
Sun	8:45 - 9:30 am 73256	9:30 - 10:15 am 73291	8:45 - 9:30 am 73327	9:30 - 10:15 am 73352	9:30 - 10:15 am 73379	10:15 - 11 am 73401
	9:30 - 10:15 am 73255	10:15 - 11 am 73287	9:30 - 10:15 am 73328	10:15 - 11 am 73350	10:15 - 11 am 73380	11:15 - 12 pm 73402
	11:15 - 12 am 73257	11:15 - 12 pm 73288	10:15 - 11 am 73332	12 - 12:45 pm 73351	11:15 - 12 pm 73382	12 - 12:45 pm 73403
	12 - 12:45 pm 73262	12:45 - 1:30 pm 73293	11:15 - 12 pm 73329	12:45 - 1:30 pm 73353	12:30 - 1:15 pm 73381	
			12 - 12:45 pm 73331			

Red Cross Swim Kids – unparented

8 weeks, 1x/week \$62

	Red Cross 7 6Y+	Red Cross 8 6Y+	Red Cross 9/10 6Y+	Red Cross 7 6Y+	Red Cross 8 6Y+	Red Cross 9/10 6Y+
Mon	4 - 5 pm 73408	5:30 - 6:30 pm 73419	6:30 - 7:30 pm 73430	Fri	4:45 - 5:45 pm 73413	5:30 - 6:30 pm 73423
	5:15 - 6:15 pm 73409				5:30 - 6:30 pm 73412	6:30 - 7:30 pm 73434
Tue	5:15 - 6:15 pm 73410	4 - 5 pm 73429	6 - 7 pm 73431	Sat	9:15 - 10:15 am 73414	8:30 - 9:30 am 73424
Wed	5 - 6 pm 73411	4 - 5 pm 73428	6:15 - 7:15 pm 73432		11:15 - 12:15 pm 73417	10 - 11 am 73438
Thu	4:45 - 5:45 pm 73418	5 - 6 pm 73421	6 - 7 pm 73433	Sun	10 - 11 am 73415	9:30 - 10:30 am 73426
		7:15 - 8:15 pm 73422			12:45 - 1:45 pm 73416	11:45 - 12:45 pm 73427
					12:45 - 1:45 pm 73437	

Fun Swim

3 - 4 p.m.

Fun swim is a drop-in activity, so no need to register. Parents and their children can drop-in for \$2 each. Children under the age of 8 are welcome to use the aquatic centre when accompanied in the water by someone 14 years or older. If your child is registered for lessons, please pay prior to lessons and get a wristband.

Homeschool

+ Homeschool swim lessons

Classes are 60 minutes with opportunity for a one hour recreational swim from 3 - 4 pm following the lesson. When registering, remember to include homeschool ID numbers with each child's registration.

Age: 6Y+

Kinsmen Leisure Centre	Pool Deck	
	Jan 25 to Mar 14	Wed
	1 - 2 pm	\$62.00
75136	Sea Turtle	
75135	Sea Otter	
75134	Salamander	
75137	Sunfish	
75133	Crocodile	
75138	Whale	
74301	Red Cross swim kids level 9/10	
	2 - 3 pm	
74595	Red Cross swim kids level 1	
74596	Red Cross swim kids level 2	
74597	Red Cross swim kids level 3	
74598	Red Cross swim kids level 4	
74599	Red Cross swim kids level 5	
74600	Red Cross swim kids level 6	
74601	Red Cross swim kids level 7	
74300	Red Cross swim kids level 8	



+ Red Cross Swim Teens - Strokes

Set your own goals and priorities with the Instructor and develop one or more swimming strokes. Instructors will work directly with you to improve your endurance and increase your swimming distance and speed. If you are interested in training for a triathlon, this is the ideal course for you. This program can also help you improve your skills before taking the Water Safety Instructor course.

Age: 13Y - 17Y

Kinsmen Leisure Centre	Pool Deck	
75771	Jan 27 to Mar 16	Fri
	6:30 - 7:30 pm	\$62.00
75773	Jan 29 to Mar 18	Sun
	1 - 2 pm	\$62.00

+ Red Cross Swim Adults - Basics

We help you increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills.

Omit Feb 20

Age: 16Y+

Kinsmen Leisure Centre	Pool Deck	
73231	Jan 23 to Mar 19	Mon
	8:30 - 9:30 pm	\$62.00
73232	Jan 24 to Mar 13	Tue
	9 - 10 am	\$62.00
73233	Jan 25 to Mar 14	Wed
	9:30 - 10:30 am	\$62.00
73230	Jan 26 to Mar 15	Thu
	7 - 8 pm	\$62.00
73229	Jan 28 to Mar 17	Sat
	8:45 - 9:45 am	\$62.00

+ Red Cross Swim Adults - Strokes

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

Age: 16Y+

Kinsmen Leisure Centre	Pool Deck	
73239	Jan 24 to Mar 13	Tue
	10:15 - 11:15 am	\$62.00
73238	2 - 3 pm	\$62.00
73236	Jan 25 to Mar 14	Wed
	10:30 - 11:30 am	\$62.00
73235	8:30 - 9:30 pm	\$62.00
73237	Jan 26 to Mar 15	Thu
	11 - 12 pm	\$62.00
73234	Jan 29 to Mar 18	Sun
	8:30 - 9:30 am	\$62.00

Extra Help

One-on-one swimming lessons

This is an excellent opportunity for individuals who want customized swim instruction or swimmers who have taken lessons before but need to practice a few skills to complete a level. Choose multiple one-on-one sessions (a full session of private lessons), or take a single class of one-on-one swimming lesson. Multiple one-on-one lesson spots can be viewed on line at www.strathcona.ca/recreation or call the Kinsmen Leisure Centre at 780-464-2112 for available times.

Stroke improvement – basic

Stroke improvement course for children who have taken Red Cross Swim levels 3 to 5 and need some extra practice on swim strokes to complete their individual level. Remember to bring your report card to the first lesson. Omit Feb 20

Age: 6Y+

Kinsmen Leisure Centre	Pool Deck	
73609	Jan 23 to Mar 19 4 - 4:45 pm	Mon \$55.00
73610	Jan 26 to Mar 15 7 - 7:45 pm	Thu \$55.00
73611	Jan 28 to Mar 17 1 - 1:45 pm	Sat \$55.00

Stroke improvement – developer

Stroke improvement course for children who have taken Red Cross Swim levels 6 to 7 and need some extra practice on swim strokes to complete their individual level. Remember to bring your report card to the first lesson.

Age: 6Y+

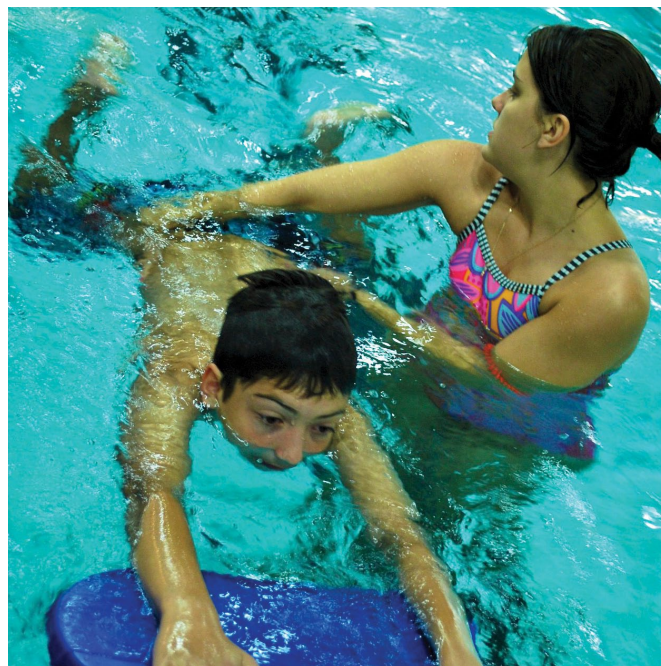
Kinsmen Leisure Centre	Pool Deck	
73613	Jan 25 to Mar 14 6:30 - 7:15 pm	Wed \$55.00
73612	Jan 28 to Mar 17 10:15 - 11 am	Sat \$55.00

Stroke improvement – advanced

Stroke improvement course for children who have taken Red Cross Swim levels 8 to 10 and need some extra practice on swim strokes to complete their individual level. Remember to bring your report card to the first lesson. Omit Feb 20

Age: 6Y+

Kinsmen Leisure Centre	Pool Deck	
73606	Jan 23 to Mar 19 4 - 4:45 pm	Mon \$55.00
73607	Jan 28 to Mar 17 8:30 - 9:15 am	Sat \$55.00
73608	Jan 29 to Mar 18 10:15 - 11 am	Sun \$55.00



Special Interest

Adaptive aquatics

This program is designed to accommodate any person with a disability, physical or mental. Small class sizes and plenty of individualized time with the instructor are elements that help create a safe, social and fun environment in the water. We work from current abilities to take each individual a few steps further into the wonderful world of water! Note: To accommodate children with a variety of needs in the class, parents are required to provide an aide or accompany their child in the water. Omit Feb 20

Age: 6Y+

Kinsmen Leisure Centre	Pool Deck	
73107	Jan 23 to Mar 19 6:45 - 7:30 pm	Mon \$60.00
73110	Jan 24 to Mar 13 4 - 4:45 pm	Tue \$60.00
73106	Jan 26 to Mar 15 4:15 - 5 pm	Thu \$60.00
73108	Jan 27 to Mar 16 4 - 4:45 pm	Fri \$60.00
73112	Jan 28 to Mar 17 1 - 1:45 pm	Sat \$60.00
73109	Jan 29 to Mar 18 8:45 - 9:30 am	Sun \$60.00
73111	1:15 - 2 pm	\$60.00

Instructor Development

Lifesaving Society Bronze Star

Train to become a lifeguard sooner! Once you have completed your Bronze Star you can take Bronze Medallion before you are 13 years of age. Develop your basic safety, fitness and lifesaving skills. It is recommended that you have completed Red Cross swim level 7 prior to registering.

Age: 8Y+

Kinsmen Leisure Centre	Pool Deck		
73115	Jan 26 to Mar 15	Thu	
	5:15 - 6:45 pm		\$80.00
73116	Jan 29 to Mar 18	Sun	
	11:45 - 1:15 pm		\$80.00

Lifesaving Society Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. Sign up when you are 13 years old or have completed your Bronze Star. Remember to purchase your Canadian Lifesaving Manual at KLC's front desk for \$35.00. Attendance is essential.

Pre-requisite: 13Y+ or Bronze star

Kinsmen Leisure Centre	Pool Deck		
73114	Jan 26 to Mar 15	Thu	
	6:15 - 8:15 pm		\$139.00

Lifesaving Society Bronze Cross

Learn more advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Sign up after you have completed your Bronze Medallion. Attendance is essential.

Pre-requisite: Bronze medallion

Kinsmen Leisure Centre	Pool Deck		
73113	Jan 25 to Mar 14	Wed	
	4:30 - 6:30 pm		\$139.00

Lifesaving Society National Lifeguard Service

Develop the basic lifeguard skills, principles and decision-making processes to evaluate and adapt to different aquatic emergencies. Register once you are 16 years of age, have a current Standard First Aid or Aquatic Emergency Care Award and a Bronze Cross Award. Attendance is essential for completion.

Pre-requisite: Bronze Cross & AEC

Kinsmen Leisure Centre	Classroom		
73199	Jan 28 to Mar 17	Sat	
	9 - 2 pm		\$253.00



Next Wave

Have you thought about what it would be like to teach swimming at KLC? If you are between the ages of 12 -15yrs, you can prepare to become a Water Safety Instructor now! This in-depth new program will teach you the skills and knowledge you will need to work at KLC as an aquatic instructor. Classroom time and hands-on pool work with an experienced instructor will include: fitness, swimming skills, teaching strategies, water safety and leadership training. Meet some of our supervisors and senior staff and listen to their stories about what it's like to be part of our exciting team! Don't wait.....catch the wave now! **Recommend completing Red Cross Swim level 8 before registering for this course.**

Age: 12Y+

Kinsmen Leisure Centre	Classroom		
73200	Jan 25 to Mar 14	Wed	
	4:30 - 7:30 pm		\$110.00

Red Cross Water Safety Instructor

Learn to teach ALL levels of the Red Cross Learn to Swim program. Course material will cover teaching methods for water safety, water skills and swimming strokes. This course consists of two parts:

Part 1: This 25 hour course further develops instructional ability by focusing on the ability to plan and teach the Red Cross Swim program.

Part 2: Upon completion of Part 1, each candidate must successfully complete 12 hours of assistant teaching. It is the responsibility of each participant to arrange their assistant teaching at a facility of their choosing. Part 2 will need to be completed within six months of completing part 1.

Please note that if you choose to fulfill your practicum hours at our facility, the practicum spots coincide with our lesson schedule and will require the candidate to attend a full session of lessons. (approx. 24 hours). Spots are limited. Attendance is essential.

Pre-requisite: Completed Assistant water safety instructor

Kinsmen Leisure Centre	Classroom		
73664	Jan 24 to Mar 13	Tue	
	4:30 - 8 pm		\$200.00

