



Spring swim programs for every age and ability

Strathcona County offers a variety of Red Cross Swim Programs at two locations during the spring months: Kinsmen Leisure Centre and Emerald Hills Leisure Centre.

Choose the session that works best for you:

Session 1: April 6 - 30: 7 or 8 classes (2 per week) at Emerald Hills Leisure Centre

Session 2: April 21 - June 28: 10 classes at Kinsmen Leisure Centre

Session 3: May 4 - June 28: 7 or 8 classes at Emerald Hills Leisure Centre

SPRING BREAK: March 30 - April 3: 5 classes at Kinsmen Leisure Centre (mornings) and Emerald Hills Leisure Centre (afternoons)

REGISTRATION STARTS

February 25 for Spring Break classes
March 17 for all other swimming classes

Register with **Recreation Online**.
See page 1 for details.



SWIMMING

+ Red Cross Swim Preschool 4M - 6Y

* 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.



Starfish 4 - 12 months of age, able to hold their head up, and participating with a parent or caregiver (assisted). Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.



Duck 12 - 24 months of age, participating with a parent or caregiver (assisted). Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.



Sea Turtle 24 - 36 months of age, participating with a parent or caregiver (assisted). Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



Sea Otter 3 - 5 years. 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. This is the first unparented program in the Preschool Programs.



Salamander 3 - 5 years, successful completion of the skills in Red Cross Preschool Sea Otter. Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.



Sunfish 3 - 6 years, successful completion of the skills in Red Cross Preschool Salamander. Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.



Crocodile 3 - 6 years, successful completion of the skills in Red Cross Preschool Sunfish. Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.



Whale 3 - 6 years, successful completion of the skills in Red Cross Preschool Crocodile. Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

+ Red Cross Swim Kids

5Y+

This 10-level program 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.

Level 1

- orientation to water and pool area, introduce floats and 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 and whip kick on back
- develop endurance through 50m swim

Level 6

- refine front and back crawl; introduce elementary backstroke and dolphin kick; 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 backstroke; 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, airway/breathing obstructions; build endurance through dolphin kick and 300m swim

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 and standing dives; learn about wise choices, peer influences, and self-rescue from ice

Level 10

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

Session 1 Emerald Hills Leisure Centre 2 classes per week
Mondays/Wednesdays April 6 - 29 7 classes (Omit: Apr 13)

Tuesdays/Thursdays April 7 - 30 8 classes
Starfish Ages 4M - 12M
 Parented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon/Wed	1 - 1:30 pm	132594
	2:30 - 3pm	132595
	4 - 4:30 pm	132596
	5:30 - 6pm	132597
Tue/Thu	4 - 4:30 pm	132906
	6 - 6:30 pm	132907

Duck Ages 12M - 24M
 Parented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon/Wed	1:30 - 2pm	132598
	4:30 - 5pm	132599
	6 - 6:30 pm	132600
Tue/Thu	5 - 5:30 pm	132908
	6:30 - 7pm	132909

Sea Turtle Ages 24M - 36M
 Parented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon/Wed	2 - 2:30 pm	132601
	5 - 5:30 pm	132602
	6:30 - 7pm	132603
	7 - 7:30 pm	132604
Tue/Thu	4:30 - 5pm	132910
	5:30 - 6pm	132911

Sea Otter Ages 3Y - 5Y
 Unparented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon/Wed	1 - 1:30 pm	132605
	1:30 - 2pm	132606
	2 - 2:30 pm	132607
	2:30 - 3pm	132608
	4 - 4:30 pm	132609
	4:30 - 5pm	132610
	5:30 - 6pm	132611
	6 - 6:30 pm	132612
	6:30 - 7pm	132613
	7 - 7:30 pm	132614
Tue/Thu	4 - 4:30 pm	132912
	4:30 - 5pm	132913
	5 - 5:30 pm	132914
	5:30 - 6pm	132915
	6 - 6:30 pm	132916
	6:30 - 7pm	132917

Salamander Ages 3Y - 5Y
 Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	132615
	1:45 - 2:30 pm	132616
	2:30 - 3:15 pm	132617
	4 - 4:45 pm	132618
	4:45 - 5:30 pm	132619
	5:30 - 6:15 pm	132620
	6:15 - 7pm	132621
	4:30 - 5:15 pm	132918
	5:15 - 6pm	132919
	6 - 6:45 pm	132920

Sunfish Ages 3Y - 6Y
 Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	132622
	1:45 - 2:30 pm	132623
	2:30 - 3:15 pm	132624
	4 - 4:45 pm	132625
	4:45 - 5:30 pm	132626
	5:30 - 6:15 pm	132627
Tue/Thu	6:15 - 7pm	132628
	4:30 - 5:15 pm	132921
	5:15 - 6pm	132922
	6 - 6:45 pm	132923

Crocodile/Whale Ages 3Y - 6Y
 Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	132629
	1:45 - 2:30 pm	132630
	2:30 - 3:15 pm	132631
	4:45 - 5:30 pm	132632
	6:15 - 7pm	132633
Tue/Thu	5:15 - 6pm	132924

Level 1 Ages 5Y+
 Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	132634
	1:45 - 2:30 pm	132635
	2:30 - 3:15 pm	132636
	4 - 4:45 pm	132637
	4:45 - 5:30 pm	132638
	5:30 - 6:15 pm	132639
Tue/Thu	6:15 - 7pm	132640
	4:30 - 5:15 pm	132925
	5:15 - 6pm	132926
	6 - 6:45 pm	132927

Session 1 EHLC

2 classes per week

Mon/Wed **Apr 6 - 29** (Omit Apr 13)Tue/Thu **Apr 7 - 30**

Level 2

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	132642
	1:45 - 2:30 pm	132643
	2:30 - 3:15 pm	132644
	4 - 4:45 pm	132645
	4:45 - 5:30 pm	132646
	5:30 - 6:15 pm	132647
Tue/Thu	6:15 - 7pm	132648
	4:30 - 5:15 pm	132928
	5:15 - 6pm	132929
	6 - 6:45 pm	132930

Level 3

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	1 - 1:45 pm	132649
	1:45 - 2:30 pm	132650
	2:30 - 3:15 pm	132651
	4 - 4:45 pm	132652
	4:45 - 5:30 pm	132653
	5:30 - 6:15 pm	132654
Tue/Thu	6:15 - 7pm	132655
	4:30 - 5:15 pm	132931
	5:15 - 6pm	132932
	6 - 6:45 pm	132933

Level 4

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon/Wed	4 - 4:45 pm	132656
	4:45 - 5:30 pm	132657
	5:30 - 6:15 pm	132658
	6:15 - 7pm	132659
Tue/Thu	4:30 - 5:15 pm	132934
	5:15 - 6pm	132935
	6 - 6:45 pm	132936

Level 5

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	132660
	5:30 - 6:15 pm	132661
	6:15 - 7pm	132662
Tue/Thu	4:30 - 5:15 pm	132937
	5:15 - 6pm	132938
	6 - 6:45 pm	132939

Level 6

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	132663
	4:45 - 5:30 pm	132664
	5:30 - 6:15 pm	132665
	6:15 - 7pm	132666
Tue/Thu	4:30 - 5:15 pm	132940
	5:15 - 6pm	132941
	6 - 6:45 pm	132942

Level 7

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	132667
	4:45 - 5:30 pm	132668
	5:30 - 6:15 pm	132669
	4:30 - 5:15 pm	132943
Tue/Thu	5:15 - 6pm	132944
	6 - 6:45 pm	132945

Level 8

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	132670
	4:45 - 5:30 pm	132671
	5:30 - 6:15 pm	132672
Tue/Thu	4:30 - 5:15 pm	132946
	5:15 - 6pm	132947
	6 - 6:45 pm	132948

Level 9

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4 - 4:45 pm	132673
	6:15 - 7pm	132674
Tue/Thu	4:30 - 5:15 pm	132949
	6 - 6:45 pm	132950

Level 10

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Place	Time	Code
Mon/Wed	4:45 - 5:30 pm	132675
	6:15 - 7pm	132676
Tue/Thu	5:15 - 6pm	132951



Session 2 Kinsmen Leisure Centre

Once a week for 10 classes

Tuesdays April 21 - June 23
Wednesdays April 22 - June 24
Thursdays April 23 - June 25

Saturdays April 25 - June 27
Sundays April 26 - June 28

Salamander Ages 3Y - 5Y Unparented **10 Classes \$83.20**

Place	Time	Code
Tue	4:30 - 5:15 pm	I33983
	5:15 - 6 pm	I33984
	6 - 6:45 pm	I33985
Wed	11 - 11:45 am	I34007
	1:30 - 2:15 pm	I34008
	2:15 - 3 pm	I34009
Thu	4 - 4:45 pm	I34032
	4:45 - 5:30 pm	I34033
	5:30 - 6:15 pm	I34034
	6:15 - 7 pm	I34035
Sat	9 - 9:45 am	I34068
	9:45 - 10:30 am	I34069
	10:30 - 11:15 am	I34070
Sun	11:15 am - 12 pm	I34071
	9 - 9:45 am	I34102
	9:45 - 10:30 am	I34103
	10:45 - 11:30 am	I34104
	11:30 am - 12:15 pm	I34105
	12:15 - 1 pm	I34106

Sunfish Ages 3Y - 6Y Unparented **10 Classes \$83.20**

Place	Time	Code
Tue	4:30 - 5:15 pm	I33986
	6 - 6:45 pm	I33987
Wed	11 - 11:45 am	I34010
	2:15 - 3 pm	I34011
Thu	4 - 4:45 pm	I34036
	5:30 - 6:15 pm	I34037
Sat	9:45 - 10:30 am	I34072
	11:15 am - 12 pm	I34073
Sun	9 - 9:45 am	I34107
	10:45 - 11:30 am	I34108

Crocodile/Whale Ages 3Y - 6Y Unparented **10 Classes \$83.20**

Place	Time	Code
Tue	5:15 - 6 pm	I33988
Wed	11 - 11:45 am	I34012
	1:30 - 2:15 pm	I34013
Thu	4:45 - 5:30 pm	I34038
	6:15 - 7 pm	I34039
Sat	9 - 9:45 am	I34074
Sun	9:45 - 10:30 am	I34109
	12:15 - 1 pm	I34110

Level 1 Ages 5Y+ Unparented **10 Classes \$83.20**

Place	Time	Code
Tue	4:30 - 5:15 pm	I33989
	6 - 6:45 pm	I33990
Wed	11 - 11:45 am	I34014
Thu	4 - 4:45 pm	I34040
	4:45 - 5:30 pm	I34041
	6:15 - 7 pm	I34042
Sat	9 - 9:45 am	I34076
	10:30 - 11:15 am	I34077
	11:15 am - 12 pm	I34078
Sun	9 - 9:45 am	I34111
	9:45 - 10:30 am	I34112
	11:30 am - 12:15 pm	I34113
	12:15 - 1 pm	I34114



Level 2 Ages 5Y+ Unparented **10 Classes \$83.20**

Place	Time	Code
Tue	4:30 - 5:15 pm	I33991
	5:15 - 6 pm	I33992
Wed	11 - 11:45 am	I34015
Thu	4 - 4:45 pm	I34043
	4:45 - 5:30 pm	I34044
	5:30 - 6:15 pm	I34045
Sat	9:45 - 10:30 am	I34081
	10:30 - 11:15 am	I34082
Sun	9 - 9:45 am	I34115
	9:45 - 10:30 am	I34116
	10:45 - 11:30 am	I34117
	11:30 am - 12:15 pm	I34118
	12:15 - 1 pm	I34119

Session 2 KLC

Once a week for 10 classes

Tue Apr 21 - Jun 23

Wed Apr 22 - Jun 24

Thu Apr 23 - Jun 25

Sat Apr 25 - Jun 27

Sun Apr 26 - Jun 28

Level 3

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	I33993
	6 - 6:45 pm	I33994
Wed	11 - 11:45 am	I34016
Thu	5:30 - 6:15 pm	I34046
	6:15 - 7 pm	I34047
Sat	9 - 9:45 am	I34083
	9:45 - 10:30 am	I34084
	10:30 - 11:15 am	I34085
	11:15 am - 12 pm	I34086
Sun	10:45 - 11:30 am	I34120
	11:30 am - 12:15 pm	I34121
	12:15 - 1 pm	I34122

Level 4

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	I33995
	5:15 - 6 pm	I33996
Thu	4 - 4:45 pm	I34048
	4:45 - 5:30 pm	I34049
	6:15 - 7 pm	I34050
Sat	9 - 9:45 am	I34087
	9:45 - 10:30 am	I34088
	11:15 am - 12 pm	I34089
Sun	9 - 9:45 am	I34123
	9:45 - 10:30 am	I34124
	11:30 am - 12:15 pm	I34125

Level 5

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	I33997
	6 - 6:45 pm	I33998
Thu	4 - 4:45 pm	I34051
	5:30 - 6:15 pm	I34052
	6:15 - 7 pm	I34053
Sat	9:45 - 10:30 am	I34090
	10:30 - 11:15 am	I34091
	11:15 am - 12 pm	I34092
Sun	9 - 9:45 am	I34126
	10:45 - 11:30 am	I34127
	11:30 am - 12:15 pm	I34128
	12:15 - 1 pm	I34129

Level 6

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	I33999
	6 - 6:45 pm	I34000
Thu	5:30 - 6:15 pm	I34054
Sat	9 - 9:45 am	I34093
	10:30 - 11:15 am	I34094
Sun	9:45 - 10:30 am	I34130
	10:45 - 11:30 am	I34131

Level 7

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	I34001
	6 - 6:45 pm	I34002
Thu	4 - 4:45 pm	I34055
Sat	9 - 9:45 am	I34095
	11:15 am - 12 pm	I34096
Sun	9 - 9:45 am	I34132
	12:15 - 1 pm	I34133

Level 8

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	4:30 - 5:15 pm	I34003
	5:15 - 6 pm	I34004
Thu	4:45 - 5:30 pm	I34056
Sat	9 - 9:45 am	I34097
	9:45 - 10:30 am	I34098
Sun	11:15 am - 12 pm	I34099
	9:45 - 10:30 am	I34134

Level 9

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	5:15 - 6 pm	I34005
Sat	10:30 - 11:15 am	I34100
Sun	10:45 - 11:30 am	I34135

Level 10

Ages 5Y+

Unparented

10 Classes \$83.20

Place	Time	Code
Tue	6 - 6:45 pm	I34006
Sat	9:45 - 10:30 am	I34079
	10:30 - 11:15 am	I34080
Sun	11:30 am - 12:15 pm	I34136



Session 3 Emerald Hills Leisure Centre Once a week for 7 or 8 classes

Mondays **May 4 - June 22** (Omit: May 18)

Tuesdays **May 5 - June 23**

Wednesdays **May 6 - June 24**

Thursdays **May 7 - June 25**

Fridays **May 8 - June 26**

Saturdays **May 9 - June 27**

Sundays **May 10 - June 28**

Starfish

Ages 4M - 12M

Parented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	1 - 1:30 pm	I32959
	2:30 - 3 pm	I32960
	5:30 - 6 pm	I32956
Tue	2 - 2:30 pm	I33041
	3:30 - 4 pm	I33042
	5 - 5:30 pm	I33043
	7 - 7:30 pm	I33044
Wed	4 - 4:30 pm	I33600
	5:30 - 6 pm	I33601
Thu	2 - 2:30 pm	I33658
	4 - 4:30 pm	I33659
	5 - 5:30 pm	I33660
Fri	2:30 - 3 pm	I33726
	4 - 4:30 pm	I33727
	5:30 - 6 pm	I33728
Sat	10 - 10:30 am	I33825
	11:45 am - 12:15 pm	I33826
Sun	9:15 - 9:45 am	I33899
	11:45 am - 12:15 pm	I33894
	1:30 - 2 pm	I33895

Duck

Ages 12M - 24M

Parented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	1:30 - 2 pm	I32961
	4:30 - 5 pm	I32957
	6 - 6:30 pm	I32958
Tue	2:30 - 3 pm	I33045
	4 - 4:30 pm	I33046
	4:30 - 5 pm	I33047
	5:30 - 6 pm	I33048

Wed	4:30 - 5 pm	I33602
	6 - 6:30 pm	I33603
Thu	2 - 2:30 pm	I33661
	4:30 - 5 pm	I33662
	5:30 - 6 pm	I33663
Fri	4:30 - 5 pm	I33729
	6 - 6:30 pm	I33730
	7 - 7:30 pm	I33731
Sat	10:30 - 11 am	I33827
	12:15 - 12:45 pm	I33828
Sun	10:45 - 11:15 am	I33897
	1 - 1:30 pm	I33898

Sea Turtle

Ages 24M - 36M

Parented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	2 - 2:30 pm	I32963
	2:30 - 3 pm	I32964
	4 - 4:30 pm	I32965
	5 - 5:30 pm	I32966
	6:30 - 7 pm	I32967
	7 - 7:30 pm	I35710
	3 - 3:30 pm	I33049
Tue	4 - 4:30 pm	I33050
	5 - 5:30 pm	I33051
	5:30 - 6 pm	I33052
	6 - 6:30 pm	I33053
	7 - 7:30 pm	I33054
Wed	5 - 5:30 pm	I33604
	6 - 6:30 pm	I33607
	6:30 - 7 pm	I33605
	7 - 7:30 pm	I33606



Thu	2:45 - 3:15 pm	I33664
	4 - 4:30 pm	I33665
	5:30 - 6 pm	I33666
	6 - 6:30 pm	I33667
	6:30 - 7 pm	I33668
Fri	2 - 2:30 pm	I33732
	3 - 3:30 pm	I33733
	5 - 5:30 pm	I33734
	6:30 - 7 pm	I33735
Sat	11 - 11:30 am	I33829
	11:45 am - 12:15 pm	I33830
	12:45 - 1:15 pm	I33831
	1:15 - 1:45 pm	I33832
Sun	9:45 - 10:15 am	I33900
	10:15 - 10:45 am	I33901
	10:45 - 11:15 am	I33902
	11:15 - 11:45 am	I33903
	12:30 - 1 pm	I33904
	1 - 1:30 pm	I33905

Session 3 EHLC

Once a week for 7 or 8 classes

Mon May 4 - Jun 22 (Omit: May 18)

Tue May 5 - Jun 23

Wed May 6 - Jun 24

Thu May 7 - Jun 25

Fri May 8 - Jun 26

Sat May 9 - Jun 27

Sun May 10 - Jun 28

Sea Otter

Ages 3Y - 5Y

Unparented Classes: 7 \$45.99 8 \$52.56

Day(s)	Time	Code
Mon	1 - 1:30 pm	I32968
	1:30 - 2 pm	I32969
	2 - 2:30 pm	I32970
	2:30 - 3 pm	I32971
	4 - 4:30 pm	I32972
	4:30 - 5 pm	I32973
	5 - 5:30 pm	I32974
	5:30 - 6 pm	I32975
	6 - 6:30 pm	I32976
	6:30 - 7 pm	I32977
	7 - 7:30 pm	I35711
Tue	2 - 2:30 pm	I33055
	2:30 - 3 pm	I33056
	3 - 3:30 pm	I33057
	3:30 - 4 pm	I33058
	4:30 - 5 pm	I33059
	6 - 6:30 pm	I33060
Wed	6:30 - 7 pm	I33061
	4 - 4:30 pm	I33608
	4:30 - 5 pm	I33609
	5 - 5:30 pm	I33610
	5:30 - 6 pm	I33611
	6:30 - 7 pm	I33612
	7 - 7:30 pm	I33613

Thu	2 - 2:30 pm	I33669
	2:45 - 3:15 pm	I33670
	4 - 4:30 pm	I33671
	4:30 - 5 pm	I33672
	5 - 5:30 pm	I33673
	6 - 6:30 pm	I33674
Fri	6:30 - 7 pm	I33675
	2 - 2:30 pm	I33736
	2:30 - 3 pm	I33737
	3 - 3:30 pm	I33738
	4 - 4:30 pm	I33739
	4:30 - 5 pm	I33740
Sat	5:30 - 6 pm	I33741
	6 - 6:30 pm	I33742
	6:30 - 7 pm	I33743
	7 - 7:30 pm	I35703
	10 - 10:30 am	I33833
	10:30 - 11 am	I33834
Sun	11 - 11:30 am	I33835
	12:15 - 12:45 pm	I33836
	12:45 - 1:15 pm	I33837
	1:15 - 1:45 pm	I33838
	9:15 - 9:45 am	I33906
	9:45 - 10:15 am	I33907
Sun	10:15 - 10:45 am	I33908
	11:15 - 11:45 am	I33909
	11:45 am - 12:15 pm	I33910
	12:30 - 1 pm	I33911
	1:30 - 2 pm	I33912

Salamander

Ages 3Y - 5Y

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	I32978
	1:45 - 2:30 pm	I32979
	4 - 4:45 pm	I32980
	4:45 - 5:30 pm	I32981
	5:30 - 6:15 pm	I32982
	6:15 - 7 pm	I32983
Tue	2 - 2:45 pm	I33062
	2:45 - 3:30 pm	I33063
	3:30 - 4:15 pm	I33064
	4:30 - 5:15 pm	I33065
	5:15 - 6 pm	I33066
	6 - 6:45 pm	I33067
Wed	6:45 - 7:30 pm	I33068
	4 - 4:45 pm	I33614
	4:45 - 5:30 pm	I33615
	5:30 - 6:15 pm	I33616
	6:15 - 7 pm	I33617
	2 - 2:45 pm	I33676
Thu	4:30 - 5:15 pm	I33677
	5:15 - 6 pm	I33678
	6 - 6:45 pm	I33679
	2 - 2:45 pm	I33744
	2:45 - 3:30 pm	I33745
	4 - 4:45 pm	I33746
Fri	4:45 - 5:30 pm	I33747
	5:30 - 6:15 pm	I33748
	6:15 - 7 pm	I33749
	7 - 7:45 pm	I33750
	10 - 10:45 am	I33839
	10:45 - 11:30 am	I33840
Sat	11:45 am - 12:30 pm	I33841
	12:30 - 1:15 pm	I33842
	1:15 - 2 pm	I33843
	10 - 10:45 am	I33913
	10:45 - 11:30 am	I33915
	11:30 am - 12:15 pm	I33916
Sun	12:30 - 1:15 pm	I33917
	1:15 - 2 pm	I33918

Sunfish

Ages 3Y - 6Y

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	I32984
	1:45 - 2:30 pm	I32985
	2:30 - 3:15 pm	I32986
	4 - 4:45 pm	I32987
	4:45 - 5:30 pm	I32988
	5:30 - 6:15 pm	I32989
	6:15 - 7 pm	I32990
Tue	2 - 2:45 pm	I33069
	2:45 - 3:30 pm	I33070
	3:30 - 4:15 pm	I33071
	4:30 - 5:15 pm	I33072
	5:15 - 6 pm	I33073
	6 - 6:45 pm	I33074
	6:45 - 7:30 pm	I33075
Wed	4 - 4:45 pm	I33618
	4:45 - 5:30 pm	I33619
	5:30 - 6:15 pm	I33620
	6:15 - 7 pm	I33621
Thu	2 - 2:45 pm	I33680
	4:30 - 5:15 pm	I33681
	5:15 - 6 pm	I33682
	6 - 6:45 pm	I33683
Fri	2 - 2:45 pm	I33751
	2:45 - 3:30 pm	I33752
	4 - 4:45 pm	I33753
	4:45 - 5:30 pm	I33754
	5:30 - 6:15 pm	I33755
	6:15 - 7 pm	I33756
	7 - 7:45 pm	I33757
Sat	10 - 10:45 am	I33844
	10:45 - 11:30 am	I33845
	11:45 am - 12:30 pm	I33846
	12:30 - 1:15 pm	I33847
	1:15 - 2 pm	I33848
Sun	10 - 10:45 am	I33919
	10:45 - 11:30 am	I33920
	11:30 am - 12:15 pm	I33921
	12:30 - 1:15 pm	I33922
	1:10 - 2 pm	I33923

Crocodile/Whale

Ages 3Y - 6Y

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	I32991
	1:45 - 2:30 pm	I32992
	2:30 - 3:15 pm	I32993
	4 - 4:45 pm	I32994
	4:45 - 5:30 pm	I32995
	5:30 - 6:15 pm	I32996
	6:15 - 7 pm	I32997
Tue	2 - 2:45 pm	I33076
	2:45 - 3:30 pm	I33077
	3:30 - 4:15 pm	I33078
	4:30 - 5:15 pm	I33079
	6 - 6:45 pm	I33081
Wed	4 - 4:45 pm	I33622
	4:45 - 5:30 pm	I33623
	5:30 - 6:15 pm	I33624
Thu	6:15 - 7 pm	I33625
	2 - 2:45 pm	I33684
	5:15 - 6 pm	I33685
Fri	2 - 2:45 pm	I33758
	2:45 - 3:30 pm	I33759
	4 - 4:45 pm	I33760
	4:45 - 5:30 pm	I33761
	5:30 - 6:15 pm	I33762
	6:15 - 7 pm	I33763
	7 - 7:45 pm	I33764
Sat	10 - 10:45 am	I33849
	10:45 - 11:30 am	I33850
	11:45 am - 12:30 pm	I33851
	12:30 - 1:15 pm	I33852
Sun	1:15 - 2 pm	I33853
	10 - 10:45 am	I33924
	10:45 - 11:30 am	I33925
	12:30 - 1:15 pm	I33926

Level I

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	I32998
	1:45 - 2:30 pm	I32999
	2:30 - 3:15 pm	I33000
	4 - 4:45 pm	I33001
	4:45 - 5:30 pm	I33002
	5:30 - 6:15 pm	I33003
	6:15 - 7 pm	I33004
Tue	2 - 2:45 pm	I33084
	2:45 - 3:30 pm	I33085
	3:30 - 4:15 pm	I33086
	4:30 - 5:15 pm	I33087
	5:15 - 6 pm	I33088
	6 - 6:45 pm	I33089
	6:45 - 7:30 pm	I33090
Wed	4 - 4:45 pm	I33626
	4:45 - 5:30 pm	I33627
	5:30 - 6:15 pm	I33628
	6:15 - 7 pm	I33629
Thu	2 - 2:45 pm	I33686
	4:30 - 5:15 pm	I33687
	5:15 - 6 pm	I33688
	6 - 6:45 pm	I33689
Fri	2 - 2:45 pm	I33765
	2:45 - 3:30 pm	I33766
	4 - 4:45 pm	I33767
	4:45 - 5:30 pm	I33768
	5:30 - 6:15 pm	I33769
	6:15 - 7 pm	I33770
	7 - 7:45 pm	I33771
Sat	10 - 10:45 am	I33854
	10:45 - 11:30 am	I33855
	11:45 am - 12:30 pm	I33856
	12:30 - 1:15 pm	I33857
	1:15 - 2 pm	I33858
Sun	10 - 10:45 am	I33928
	10:45 - 11:30 am	I33929
	11:30 am - 12:15 pm	I33930
	12:30 - 1:15 pm	I33931
	1:15 - 2 pm	I33932

Session 3 EHLC

Once a week for 7 or 8 classes

Mon May 4 - Jun 22 (Omit: May 18)

Tue May 5 - Jun 23

Wed May 6 - Jun 24

Thu May 7 - Jun 25

Fri May 8 - Jun 26

Sat May 9 - Jun 27

Sun May 10 - Jun 28

Level 2

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	I33005
	1:45 - 2:30 pm	I33006
	2:30 - 3:15 pm	I33007
	4 - 4:45 pm	I33008
	4:45 - 5:30 pm	I33009
	5:30 - 6:15 pm	I33010
	6:15 - 7 pm	I33011
Tue	2 - 2:45 pm	I33553
	2:45 - 3:30 pm	I33554
	4:30 - 5:15 pm	I33555
	5:15 - 6 pm	I33556
	6 - 6:45 pm	I33557
	6:45 - 7:30 pm	I33558
Wed	4 - 4:45 pm	I33630
	4:45 - 5:30 pm	I33631
	5:30 - 6:15 pm	I33632
	6:15 - 7 pm	I33633
Thu	2 - 2:45 pm	I33690
	4:30 - 5:15 pm	I33691
	5:15 - 6 pm	I33692
	6 - 6:45 pm	I33693
Fri	2 - 2:45 pm	I33772
	2:45 - 3:30 pm	I33773
	4 - 4:45 pm	I33774
	4:45 - 5:30 pm	I33775
	5:30 - 6:15 pm	I33776
	6:15 - 7 pm	I33777
	7 - 7:45 pm	I33778

Sat	10 - 10:45 am	I33860
	10:45 - 11:30 am	I33861
	11:45 am - 12:30 pm	I33862
	12:30 - 1:15 pm	I33863
	1:15 - 2 pm	I33864
Sun	10 - 10:45 am	I33933
	10:45 - 11:30 am	I33934
	11:30 am - 12:15 pm	I33935
	12:30 - 1:15 pm	I33936
	1:15 - 2 pm	I33937

Level 3

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	1 - 1:45 pm	I33012
	1:45 - 2:30 pm	I33013
	2:30 - 3:15 pm	I33014
	4 - 4:45 pm	I33015
	4:45 - 5:30 pm	I33016
	5:30 - 6:15 pm	I33017
Tue	6:15 - 7 pm	I33018
	2 - 2:45 pm	I33559
	2:45 - 3:30 pm	I33560
	4:30 - 5:15 pm	I33561
	5:15 - 6 pm	I33562
	6 - 6:45 pm	I33563
Wed	6:45 - 7:30 pm	I33564
	4 - 4:45 pm	I33634
	4:45 - 5:30 pm	I33635
	5:30 - 6:15 pm	I33636
Thu	6:15 - 7 pm	I33637
	4:30 - 5:15 pm	I33694
	5:15 - 6 pm	I33695
Fri	6 - 6:45 pm	I33696
	4 - 4:45 pm	I33779
	4:45 - 5:30 pm	I33780
	5:30 - 6:15 pm	I33781
	6:15 - 7 pm	I33782
Sat	7 - 7:45 pm	I33783
	10 - 10:45 am	I33865
	10:45 - 11:30 am	I33866
	11:45 am - 12:30 pm	I33867
	12:30 - 1:15 pm	I33868
	1:15 - 2 pm	I33869

Sun	10 - 10:45 am	I33938
	10:45 - 11:30 am	I33939
	11:30 am - 12:15 pm	I33940
	12:30 - 1:15 pm	I33941
	1:15 - 2 pm	I33942

Level 4

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	I33020
	4:45 - 5:30 pm	I33021
	5:30 - 6:15 pm	I33022
Tue	4:30 - 5:15 pm	I33565
	5:15 - 6 pm	I33566
	6 - 6:45 pm	I33567
	6:45 - 7:30 pm	I33568
Wed	4 - 4:45 pm	I33638
	5:30 - 6:15 pm	I33639
	6:15 - 7 pm	I33640
Thu	4:30 - 5:15 pm	I33697
	5:15 - 6 pm	I33698
Fri	6 - 6:45 pm	I33699
	4 - 4:45 pm	I33784
	4:45 - 5:30 pm	I33785
	5:30 - 6:15 pm	I33786
	6:15 - 7 pm	I33787
Sat	7 - 7:45 pm	I33788
	10 - 10:45 am	I33870
	10:45 - 11:30 am	I33871
	11:45 am - 12:30 pm	I33873
	12:30 - 1:15 pm	I33874
Sun	1:15 - 2 pm	I33875
	10 - 10:45 am	I33943
	10:45 - 11:30 am	I33944
	11:30 am - 12:15 pm	I33945
	12:30 - 1:15 pm	I33946
	1:15 - 2 pm	I33947

Level 5

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	I33024
	5:30 - 6:15 pm	I33025
	6:15 - 7 pm	I33026

Tue	4:30 - 5:15 pm	I33569
	5:15 - 6 pm	I33570
	6 - 6:45 pm	I33571
	6:45 - 7:30 pm	I33572
Wed	4 - 4:45 pm	I33641
	5:30 - 6:15 pm	I33642
	6:15 - 7 pm	I33643
Thu	4:30 - 5:15 pm	I33700
	5:15 - 6 pm	I33701
	6 - 6:45 pm	I33702
Fri	4 - 4:45 pm	I33789
	4:45 - 5:30 pm	I33790
	5:30 - 6:15 pm	I33791
	6:15 - 7 pm	I33792
	7 - 7:45 pm	I33793
Sat	10 - 10:45 am	I33876
	10:45 - 11:30 am	I33877
	11:45 am - 12:30 pm	I33878
	12:30 - 1:15 pm	I33879
Sun	10 - 10:45 am	I33949
	10:45 - 11:30 am	I33950
	11:30 am - 12:15 pm	I33951
	12:30 - 1:15 pm	I33952
	1:15 - 2 pm	I33953

Level 6

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	I33027
	4:45 - 5:30 pm	I33028
	6:15 - 7 pm	I33029
Tue	4:30 - 5:15 pm	I33573
	5:15 - 6 pm	I33574
	6 - 6:45 pm	I33575
Wed	4 - 4:45 pm	I33644
	4:45 - 5:30 pm	I33645
Thu	4:30 - 5:15 pm	I33703
	5:15 - 6 pm	I33704
	6 - 6:45 pm	I33705
Fri	4 - 4:45 pm	I33794
	4:45 - 5:30 pm	I33795
	5:30 - 6:15 pm	I33796
	6:15 - 7 pm	I33797
	7 - 7:45 pm	I33798

Sat	10 - 10:45 am	I33880
	10:45 - 11:30 am	I33881
	12:30 - 1:15 pm	I33882
Sun	10 - 10:45 am	I33954
	10:45 - 11:30 am	I33955
	11:30 am - 12:15 pm	I33956
	12:30 - 1:15 pm	I33957
	1:15 - 2 pm	I33958

Level 7

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	I33030
	5:30 - 6:15 pm	I33031
Tue	4:30 - 5:15 pm	I33576
	5:15 - 6 pm	I33577
	6 - 6:45 pm	I33578
Wed	4 - 4:45 pm	I33646
	4:45 - 5:30 pm	I33647
	6:15 - 7 pm	I33648
Thu	4:30 - 5:15 pm	I33706
	6 - 6:45 pm	I33707
Fri	4 - 4:45 pm	I33799
	5:30 - 6:15 pm	I33800
	7 - 7:45 pm	I33801
Sat	10:45 - 11:30 am	I33883
	11:45 am - 12:30 pm	I33884
	12:30 - 1:15 pm	I33885
Sun	10:45 - 11:30 am	I35682
	11:30 am - 12:15 pm	I35683
	12:30 - 1:15 pm	I35684

Level 8

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4 - 4:45 pm	I33032
	5:30 - 6:15 pm	I33033
Tue	4:30 - 5:15 pm	I33580
	5:15 - 6 pm	I33581
	6:45 - 7:30 pm	I33582
Wed	4:45 - 5:30 pm	I33649
	5:30 - 6:15 pm	I33650
Thu	4:30 - 5:15 pm	I33708
	5:15 - 6 pm	I33709

Fri	4:45 - 5:30 pm	I33802
	5:30 - 6:15 pm	I33803
	6:15 - 7 pm	I33804
Sat	10 - 10:45 am	I33886
	10:45 - 11:30 am	I33887
	11:45 am - 12:30 pm	I33888
	12:30 - 1:15 pm	I33889
Sun	10 - 10:45 am	I33962
	11:30 am - 12:15 pm	I33963
	1:15 - 2 pm	I33964

Level 9

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	4:45 - 5:30 pm	I33034
	6:15 - 7 pm	I33035
Tue	5:15 - 6 pm	I33583
	6 - 6:45 pm	I33584
Wed	4:45 - 5:30 pm	I33651
	6:15 - 7 pm	I33652
Thu	4:30 - 5:15 pm	I33710
	6 - 6:45 pm	I33712
Fri	4 - 4:45 pm	I33805
	6:15 - 7 pm	I33806
Sat	11:45 am - 12:30 pm	I33890
Sun	10 - 10:45 am	I33965
	11:30 am - 12:15 pm	I33966
	1:15 - 2 pm	I33967

Level 10

Ages 5Y+

Unparented Classes: 7 \$58.24 8 \$66.56

Day(s)	Time	Code
Mon	6:15 - 7 pm	I33036
Tue	4:30 - 5:15 pm	I33585
	6:45 - 7:30 pm	I33586
Wed	5:30 - 6:15 pm	I33653
Thu	5:15 - 6 pm	I33713
	6 - 6:45 pm	I33714
Fri	4:45 - 5:30 pm	I33807
	7 - 7:45 pm	I33808
Sat	10 - 10:45 am	I33891
Sun	10 - 10:45 am	I35685
	12:30 - 1:15 pm	I35686

HOME-SCHOOL

+ Home-school Swim Lessons

45 Minute Classes (10 weeks)

Age: 5Y+

Kinsmen Leisure Centre	Lap Pool	
	Apr 22 to Jun 24	Wed
	1:30 - 2:15 pm	\$57.70
134019	Red Cross Swim Kids Level 1	
134021	Red Cross Swim Kids Level 2	
134023	Red Cross Swim Kids Level 3	
134025	Red Cross Swim Kids Level 5	
134027	Red Cross Swim Kids Level 7	
134029	Red Cross Swim Kids Level 9	
	2:15 - 3 pm	\$57.70
134020	Red Cross Swim Kids Level 1	
134022	Red Cross Swim Kids Level 2	
134024	Red Cross Swim Kids Level 4	
134026	Red Cross Swim Kids Level 6	
134028	Red Cross Swim Kids Level 8	
134030	Red Cross Swim Kids Level 10	

See page 69 for preschool classes offered during this time.

Teen and Adult

+ Red Cross Swim Teens - Basics

Increase your comfort and confidence in the water while building your swimming skills. Develop your front and back crawl, get more comfortable in deep water, and increase the distance you can swim.

Age: 11Y - 17Y

Emerald Hills Leisure Centre	Lap Pool	
133037	May 4 to Jun 22	Mon
	4 - 4:45 pm	\$58.24
133654	May 6 to Jun 24	Wed
	4 - 4:45 pm	\$66.56

+ 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: 11Y - 17Y

Emerald Hills Leisure Centre	Lap Pool	
133038	May 4 to Jun 22	Mon
	4:45 - 5:30 pm	\$58.24
133655	May 6 to Jun 24	Wed
	4:45 - 5:30 pm	\$66.56

+ Red Cross Swim Adults - Basics

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.

Age: 16Y+

Emerald Hills Leisure Centre	Lap Pool	
133039	May 4 to Jun 22	Mon
	5:30 - 6:15 pm	\$58.24
133592	May 5 to Jun 23	Tue
	2 - 2:45 pm	\$66.56
133656	May 6 to Jun 24	Wed
	5:30 - 6:15 pm	\$66.56
133715	May 7 to Jun 25	Thu
	2 - 2:45 pm	\$66.56
133892	May 9 to Jun 27	Sat
	1:15 - 2 pm	\$66.56

+ Red Cross Swim Adults - Strokes

Develop one or more swimming strokes, working towards proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals. This course is a good fit for individuals training for a triathlon.

Age: 16Y+

Emerald Hills Leisure Centre	Lap Pool	
133040	May 4 to Jun 22	Mon
	6:15 - 7 pm	\$58.24
133593	May 5 to Jun 23	Tue
	2:45 - 3:30 pm	\$66.56
133657	May 6 to Jun 24	Wed
	6:15 - 7 pm	\$66.56
133716	May 7 to Jun 25	Thu
	2 - 2:45 pm	\$66.56
133893	May 9 to Jun 27	Sat
	1:15 - 2 pm	\$66.56

Private Lessons

For all ages and levels!

Customized swim instruction for all ages and abilities. These lessons are great for swimmers who need one on one attention or those who need to practice a few skills to complete a level. Register for a Private Lesson Pack (4-5 lessons) or call to book a single lesson. Call **Strathcona County's Aquatics Information Line at 780-464-2112** for available times.





Extra Help

Stroke Improvement:

Red Cross Swim Kids 3-5 / 6-7 / 8-10

Stroke Improvement classes are for children who have previously taken Red Cross Swim Kids classes and need some extra practice on swim strokes to complete their individual level. Students who bring their report card to this lesson can continue their evaluation in Stroke Improvement.

Stroke Improvement - Swim Kids 3-5

Age: 5Y - 14Y

Emerald Hills Leisure Centre	Lap Pool	
132677	Apr 6 to Apr 29 4 - 4:45 pm	Mon/Wed \$58.24

Kinsmen Leisure Centre	Lap Pool (25m)	
134057	Apr 23 to Jun 25 4:45 - 5:30 pm	Thu \$83.20
134137	Apr 26 to Jun 28 9 - 9:45 am	Sun \$83.20
134138	12:15 - 1 pm	\$83.20

Stroke Improvement - Swim Kids 6-7

Age: 5Y - 14Y

Emerald Hills Leisure Centre	Lap Pool	
132678	Apr 6 to Apr 29 4:45 - 5:30 pm	Mon/Wed \$58.24
132679	6:15 - 7 pm	\$58.24

Kinsmen Leisure Centre	Lap Pool (25m)	
134058	Apr 23 to Jun 25 5:30 - 6:15 pm	Thu \$83.20
134139	Apr 26 to Jun 28 9:45 - 10:30 am	Sun \$83.20
134140	11:30 - 12:15 pm	\$83.20

Stroke Improvement - Swim Kids 8-10

Age: 5Y - 14Y

Emerald Hills Leisure Centre	Lap Pool	
132680	Apr 6 to Apr 29 5:30 - 6:15 pm	Mon/Wed \$58.24

Kinsmen Leisure Centre	Lap Pool (25m)	
134059	Apr 23 to Jun 25 6:15 - 7 pm	Thu \$83.20
134141	Apr 26 to Jun 28 10:45 - 11:30 am	Sun \$83.20

Special Interest

Red Cross Swim Adapted - Preschool

Experience a fun class designed to help your preschooler learn to love the water. Join your child in the water as we focus on building skills for swimming through a mix of songs, games, and activities.

Age: 3Y - 5Y

Emerald Hills Leisure Centre	Kids Pool	
133821	May 9 to Jun 27 9 - 9:45 am	Sat \$69.36

Red Cross Swim Adapted - Sensory

Enjoy the freedom and mobility offered in the water and work on basic movement skills like floats and glides. This program offers one-on-one instruction for individuals with complex needs that require direct supervision and support.

All Ages

Emerald Hills Leisure Centre	Teach Pool	
135688	May 5 to Jun 23 6:45 - 7:30 pm	Tue \$77.52
133822	May 9 to Jun 27 9 - 9:45 am	Sat \$77.52

Red Cross Swim Adapted - Basics

Increase your comfort and confidence in the water as you build on your introductory swimming skills with two-on-one instruction. Skills include floating, gliding, kicking, and front swim.

Age: 5Y+

Emerald Hills Leisure Centre	Teach Pool	
132954	Apr 7 to Apr 30 4:30 - 5:15 pm	Tue/Thu \$77.52
132955	6 - 6:45 pm	\$77.52
133588	May 5 to Jun 23 2 - 2:45 pm	Tue \$77.52
133587	5:15 - 6 pm	\$77.52
133717	May 7 to Jun 25 4:30 - 5:15 pm	Thu \$77.52
133718	6 - 6:45 pm	\$77.52
133824	May 9 to Jun 27 9 - 9:45 am	Sat \$77.52
135714	May 10 to Jun 28 1:15 - 2 pm	Sun \$77.52

Red Cross Swim Adapted - Strokes

Improve endurance and increase swimming skills, distance, and efficiency with three-on-one instruction. Participants should be recommended for this program by their previous swim instructor.

Age: 5Y+

Emerald Hills Leisure Centre	Lap Pool	
133589	May 5 to Jun 23 2:45 - 3:30 pm	Tue \$77.52
133590	6 - 6:45 pm	\$77.52
133591	6:45 - 7:30 pm	\$77.52
133719	May 7 to Jun 25 5:15 - 6 pm	Thu \$77.52
133823	May 9 to Jun 27 9 - 9:45 am	Sat \$77.52

Swimming

Special Interest/Sports



Mermaid Celebration

In this introductory 90-minute experience, you will create a craft, complete a short water safety session, and experience the fun of monofin swimming in one of our FinFun Mermaids. Cap off your experience with a special photo keepsake and see why everything is better under the sea.

Participants must have a FinFun Mermaid Tail and Monofin to participate in Mermaid Celebration (rentals are available free of charge). To purchase MermaidTails, please contact swimming@strathcona.ca or call 780-464-8236.

PREREQUISITES: Must be 8 years old, confidently swim 10m on front and back, maintain surface support for 30 seconds, and swim underwater for 2m. Red Cross Swim Kids 3 or higher.

Age: 8Y - 13Y \$30.00

Emerald Hills Leisure Centre		Teach Pool	
133722	May 8	craft: photo frame	7:30 - 9 pm Fri
133723	May 22	craft: key chain	7:30 - 9 pm Fri
133724	Jun 5	craft: bath bomb	7:30 - 9 pm Fri
133725	Jun 19	craft: glam photo shoot	7:30 - 9 pm Fri

Atlantis Academy

Discover the magic of life under the sea! Learn valuable water safety skills, entries and movement skills with and without mermaid tails and develop a routine to share on your last day of class. Participate in a mix of dry and wet class time that includes crafts, skills and games as you immerse yourself in the world of mermaids. Tail rentals are available free of charge but participants can also bring or purchase their own FinFun Mermaid Tail or Monofin.

PREREQUISITES: Must be 8 years old, confidently swim 10m on front and back, maintain surface support for 30 seconds, and swim underwater for 2m. Red Cross Swim Kids 3 or higher.

Age: 8Y - 14Y

Emerald Hills Leisure Centre		Teach Pool	
133820	May 9 to Jun 27	Sat	
	2 - 3:30 pm		\$225.00

Sports

Discover Scuba - Kids

Kids will learn to breathe underwater, blow bubbles, and swim around in shallow water in this fun, introductory scuba class. All equipment is provided, participants must be 8 to 10 years old and comfortable in the water. No prior scuba experience needed. This program is in partnership with Ocean Sports. For more information, call 780-432-1904 or email mandy@oceansports.ca

Age: 8Y - 10Y

Kinsmen Leisure Centre	Lap Pool (25m)	
	7 - 8:30 pm	Sun
135723	Apr 26	\$60.00
135724	Jun 14	\$60.00

Discover Scuba

Join one of our experienced Professional Association of Diving Instructors and get a taste of scuba in this 90 minute experience. All equipment is provided. Participants must be a minimum of 10 years old. This program is in partnership with Ocean Sports. For more information, call 780-432-1904 or email mandy@oceansports.ca

Age: 10Y+

Kinsmen Leisure Centre	All Pools	
	7 - 8:30 pm	Sun
135725	Apr 19	\$60.00
135726	May 31	\$60.00

Discover Snorkel

One hour introductory snorkeling experience with one of our PADI professionals exploring the basics of snorkeling and focusing on equipment use, breathing, movement, and safety. You'll come away with the knowledge to enjoy snorkeling on some of the most incredible reefs in the world. Come alone, invite a friend, or bring the entire family to share the experience!!

Age: 8Y+

Kinsmen Leisure Centre	All Pools	
	7 - 8 pm	Sun
135727	Apr 12	\$35.00
135728	May 3	\$35.00



Red Cross Swim Sports

Learn the basics and try your hand at swim sports like underwater hockey, water polo, diving, lifeguard sports, and more. This is a fun, fast-paced program, no laps involved! Completion of Red Cross Swim Kids 8 or higher is recommended.

Age: 8Y - 14Y

Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
134064	7:15 - 8 pm	\$104.00
134065	8 - 8:45 pm	\$104.00

Tidal Waves Lifesaving Sport Club

Tidal Waves Lifesaving Sport Club is a new opportunity for young lifesavers to train and compete in one of the world's most demanding, multi-disciplinary sports. Combining athletic ability with lifesaving skills and rescue equipment, this program will focus on fitness, swimming technique, speed, and endurance. Athletes will learn and practice sanctioned lifesaving sport competition skills and have the opportunity to register in competitions across the province.

Age: 8Y - 14Y

Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
134063	7:30 - 8:30 pm	\$60.00

Instructor and Lifeguard Development

Attendance is essential for all development programs

Bronze Cross

Learn advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Register after the successful completion of your Bronze Medallion.

Prerequisite: Bronze Medallion certification

Kinsmen Leisure Centre	All Pools	
	Apr 25 to Jun 27	Sat
134075	9:30 - 12 pm	\$158.00

Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. You can register for this program if you are 13 years old OR if you've completed your Bronze Star. Participants require a Canadian Lifesaving Manual which can be purchased at EHLC or KLC.

Prerequisite: 13Y+ or Bronze Star certification

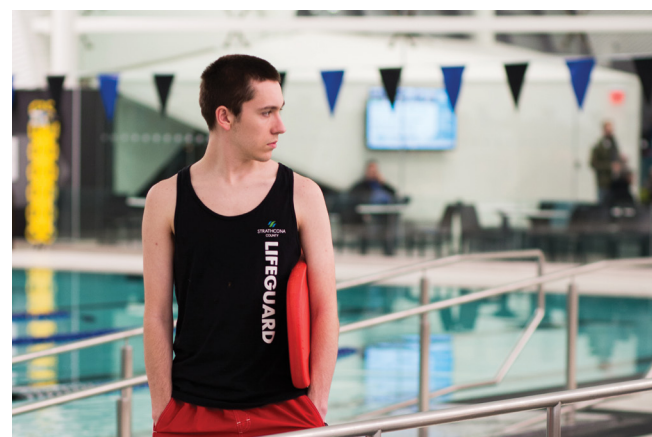
Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
134062	6 - 8:30 pm	\$158.00
	Apr 26 to Jun 28	Sun
134101	9 - 11:30 am	\$158.00

Bronze Star

Develop your basic safety, fitness and lifesaving skills as you begin your training to become a lifeguard. Once you have completed your Bronze Star, you can take Bronze Medallion before you are 13 years of age.

Prerequisite: 8Y+ and Red Cross Swim Level 8 recommended

Kinsmen Leisure Centre	All Pools	
	Apr 23 to Jun 25	Thu
134060	4 - 5:30 pm	\$95.00
134061	7:30 - 9 pm	\$95.00



Lifeguard School

Become a lifeguard in this one-stop shop for completing your Aquatic Emergency Care, CPR, and National Lifeguard certifications. Register if you are at least 16 years of age and have successfully completed your Bronze Cross.

Prerequisite: 16Y+ and Bronze Cross certification

Emerald Hills Leisure Centre	All Pools	
	May 9 to Jun 27	Sat
133819	9 am - 4:30 pm	\$441.00

Water Safety Instructor

This Canadian Red Cross blended classroom program prepares candidates to become swim instructors that can work in a variety of facilities across Canada. Participate in classroom, eLearning, and on-the-job training to prepare you to be a top candidate for Water Safety Instructor jobs in Strathcona County or across Canada. Experience a one-stop solution to complete your WSI certification and experience the simplicity that comes with no hidden fees.

Prerequisites: 15Y+, Bronze Cross or Standard First Aid

Kinsmen Leisure Centre	Classroom	
	Apr 21 to Jun 23	Tue
133982	4:30 - 7:30 pm	\$350.00

**SPRING BREAK
REGISTRATION STARTS**
February 25

SPRING BREAK

Red Cross Swim Programs

Spring break lessons feature lower class ratios in all programs. All spring break swim programs run Monday to Friday, March 30 to April 3.

See page 66 for program descriptions.

Starfish

Age: 4M - 18M \$44.10

Emerald Hills Leisure Centre		Kids Pool	
133496	4:30 - 5 pm	133497	5:30 - 6 pm

Duck

Age: 1Y - 3Y \$44.10

Emerald Hills Leisure Centre		Kids Pool	
133498	4:30 - 5 pm	133499	6 - 6:30 pm

Sea Turtle

Age: 2Y - 4Y \$44.10

Emerald Hills Leisure Centre		Kids Pool	
133500	4 - 4:30 pm	133502	6:30 - 7 pm
133501	5 - 5:30 pm		

Sea Otter

Age: 3Y - 6Y \$44.10

Emerald Hills Leisure Centre		Kids Pool	
133503	4 - 4:30 pm	133506	6 - 6:30 pm
133504	5 - 5:30 pm	133507	6:30 - 7 pm
133505	5:30 - 6 pm		

Salamander

Age: 3Y - 6Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133464	8:45 - 9:30 am	133508	3:45 - 4:30 pm
133465	9:30 - 10:15 am	133509	4:30 - 5:15 pm
133466	10:15 - 11 am	133510	5:15 - 6 pm
133467	11 - 11:45 am	133511	6 - 6:45 pm

Sunfish

Age: 3Y - 6Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133468	9:30 - 10:15 am	133512	3:45 - 4:30 pm
133469	11 - 11:45 am	133513	4:30 - 5:15 pm
		133514	5:15 - 6 pm
		133515	6 - 6:45 pm

Crocodile/Whale

Age: 3Y - 6Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133470	8:45 - 9:30 am	133516	4:30 - 5:15 pm
133471	10:15 - 11 am	133517	5:15 - 6 pm

Red Cross Swim Kids 1

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133472	8:45 - 9:30 am	133520	3:45 - 4:30 pm
133473	10:15 - 11 am	133521	4:30 - 5:15 pm
133474	11 - 11:45 am	133523	5:15 - 6 pm
		133524	6 - 6:45 pm

Red Cross Swim Kids 2

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133475	9:30 - 10:15 am	133527	3:45 - 4:30 pm
133476	11 - 11:45 am	133528	4:30 - 5:15 pm
		133529	5:15 - 6 pm
		133530	6 - 6:45 pm

Red Cross Swim Kids 3

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133477	8:45 - 9:30 am	133531	3:45 - 4:30 pm
133478	9:30 - 10:15 am	133532	4:30 - 5:15 pm
133479	10:15 - 11 am	133533	5:15 - 6 pm

Red Cross Swim Kids 4

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133480	8:45 - 9:30 am	133534	3:45 - 4:30 pm
133481	11 - 11:45 am	133535	5:15 - 6 pm
		133536	6 - 6:45 pm

Red Cross Swim Kids 5

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133482	9:30 - 10:15 am	133537	3:45 - 4:30 pm
133483	10:15 - 11 am	133538	4:30 - 5:15 pm
		133539	6 - 6:45 pm

Red Cross Swim Kids 6

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133484	8:45 - 9:30 am	133540	4:30 - 5:15 pm
133485	10:15 - 11 am	133541	6 - 6:45 pm

Red Cross Swim Kids 7

Age: 5Y - 14Y \$57.20

Kinsmen Leisure Centre		Emerald Hills Leisure Centre	
133486	8:45 - 9:30 am	133542	3:45 - 4:30 pm
133487	10:15 - 11 am	133543	5:15 - 6 pm
133488	11 - 11:45 am		

All Spring Break Swim Programs run Mon to Fri • March 30 to April 3

Red Cross Swim Kids 8

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
133489 8:45 - 9:30 am	133544 4:30 - 5:15 pm
133490 11 - 11:45 am	133545 6 - 6:45 pm

Red Cross Swim Kids 9

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
133491 9:30 - 10:15 am	133546 3:45 - 4:30 pm
	133547 5:15 - 6 pm

Red Cross Swim Kids 10

Age: 5Y - 14Y	\$57.20
Kinsmen Leisure Centre	Emerald Hills Leisure Centre
133492 10:15 - 11 am	133525 4:30 - 5:15 pm
	133526 6 - 6:45 pm

Stroke Improvement - Swim Kids 3-5

Age: 5Y - 14Y	
Kinsmen Leisure Centre	Lap Pool (25m)
133494	11 - 11:45 am \$57.20

Stroke Improvement - Swim Kids 8-10

Age: 5Y - 14Y	
Kinsmen Leisure Centre	Lap Pool (25m)
133495	9:30 - 10:15 am \$57.20

Private Lessons

For all ages and levels!

Customized swim instruction for all ages and abilities. These lessons are great for swimmers who need one on one attention or those who need to practice a few skills to complete a level. Register for a Private Lesson Pack (4-5 lessons) or a single lesson. Call **Strathcona County's Aquatics Information Line at 780-464-2112** for available times.



Special Interest

Red Cross Swim Adapted - Basics

Increase your comfort and confidence in the water as you build on your introductory swimming skills with two-on-one instruction. Skills include floating, gliding, kicking, and front swim.

Age: 5Y+

Emerald Hills Leisure Centre	Teach Pool	
133548	Mar 30 to Apr 3	Fri
	3:45 - 4:30 pm	\$48.45
133549	Mar 30 to Apr 3	Fri
	6 - 6:45 pm	\$48.45

Red Cross Swim Adapted - Strokes

Improve endurance and increase swimming skills, distance, and efficiency with three-on-one instruction. Participants should be recommended for this program by their previous swim instructor.

Age: 5Y+

Emerald Hills Leisure Centre	Lap Pool	
133550	Mar 30 to Apr 3	Fri
	5:15 - 6 pm	\$48.45

Instructor and Lifeguard Development

Bronze Medallion

Learn the primary skills required to rescue a swimmer in distress. Develop your physical fitness, decision making and judgement skills. You can register for this program if you are 13 years old OR if you've completed your Bronze Star. Participants require a Canadian Lifesaving Manual which can be purchased at EHLC or KLC.

Prerequisite: 13Y+ or Bronze Star certification

Emerald Hills Leisure Centre	Pool Deck	
133519	Mar 30 to Apr 3	Mon-Fri
	3:45 - 7:45 pm	\$158.00

Bronze Cross

Learn advanced skills required to prevent and respond to aquatic emergencies. Build on rescue techniques and teamwork learned in Bronze Medallion. Register after the successful completion of your Bronze Medallion.

Prerequisite: Bronze Medallion certification

Kinsmen Leisure Centre	Classroom	
133493	Mar 30 to Apr 3	Mon-Fri
	8:45 am - 12:45 pm	\$158.00