FALL SWIM REGISTRATION 2017

REGISTRATION: Monday September 11th, 2017 and Tuesday September 12th, 2017 (FIRST COME-FIRST SERVED)

CLASSES RUN ONCE A WEEK FOR TEN WEEKS, From September 18, 2017 – November 20th, 2017
Thanksgiving Day Holiday Oct. 9, 2017, will be made up on Nov. 27, 2017 (Monday at regular class times)
Armistice Day Holiday Nov. 13, 2017, will be made up on Nov. 28, 2017 (Tuesday at regular class times)

L’il Swimmer Program- Preschool level - AGES 4 to 6 YEARS
The Preschool Program gives children a head start on learning to swim. Preschool Programs develop an appreciation and healthy respect for the water before these kids get in too deep. In our preschool progressions we work to ensure 4 to 6 year-olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart education in all Preschool levels.

Preschool Classes - $110.00
PRESCHOOL 1: (UNPARENTED): (4-5 years)
Prerequisite: 4 years of age or older and just starting out, previous lessons not necessary.
Days Offered:
Tuesday 4:00 – 4:30 p.m.
Wednesday 5:00 – 5:30 p.m.
Thursday 4:30 – 5:00 p.m.
Friday 4:30 – 5:00 p.m.

PRESCHOOL 2:
Prerequisite: Preschool 1. 4-5 years of age and can comfortably move and float with assistance, and put their face in the water.
Days Offered:
Monday 4:30 – 5:00 p.m.
Wednesday 4:00 – 4:30 p.m.
Thursday 4:00 – 4:30 p.m.
Friday 4:00 – 4:30 p.m.
Friday 5:00 – 5:30 p.m.

PRESCHOOL 3:
Prerequisite: Preschool 2. *Note: Must be able to stand in shallow end before starting this program.
4-5 years of age. Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times.
Days Offered:
Tuesday 5:00 – 5:30 p.m.
Thursday 4:30 – 5:00 p.m.
Friday 5:00 – 5:30 p.m.

PRESCHOOL 4:
Prerequisite: Preschool 3. Can jump into chest deep water, do front and back floats and recover and swim on front for 2 meters.
Days Offered:
Monday 4:00 – 4:30 p.m.
Friday 5:30 – 6:00 p.m.
PRESCHOOL 5:
Prerequisite: Preschool 4. Can float front/back, exhale through mouth and nose, flutter kick while gliding on front and back, swim 5 meters continuously.

Days Offered:
Monday 5:00 – 5:30 p.m.
Thursday 5:30 – 6:00 p.m.

YOUTH “SWIM FOR LIFE” CLASSES
6 Years and Up $120.00

Please be advised that because Swim for Life 1 and 2 are ½ hour classes, the fee will be $110.00

The Swimmer Program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12 year-olds including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart education is part of every level.

There are 6 Swimmers levels that flow seamlessly into the Canadian Swim Patrol program to make a 9 level comprehensive program.

SFL 1: Prerequisite: 6 years of age. 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.

Days Offered:
Monday 4:00 – 4:30 p.m.
Tuesday 4:00 – 4:30 p.m.
Tuesday 4:30 – 5:00 p.m.
Tuesday 5:30 – 6:00 p.m.
Wednesday 5:30 – 6:00 p.m.
Thursday 4:00 – 4:30 p.m.
Thursday 5:00 – 5:30 p.m.

SFL 2: Prerequisite: SFL Level 1. 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.

Days Offered:
Monday 4:30 – 5:00 p.m.
Monday 5:00 – 5:30 p.m.
Monday 5:30 – 6:00 p.m.
Tuesday 4:30 – 5:00 p.m.
Wednesday 4:30 – 5:00 p.m.
Thursday 5:00 – 5:30 p.m.
Friday 4:00 – 4:30 p.m.
Friday 4:30 – 5:00 p.m.
Friday 5:30 – 6:00 p.m.
SFL 3: Prerequisite: SFL Level 2. These swimmers will dive and do forward rolls into deep water. Watch them learn 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).

Days Offered:
- Monday: 5:30 – 6:15 p.m.
- Tuesday: 4:45 – 5:30 p.m.
- Wednesday: 4:00 – 4:45 p.m.
- Thursday: 4:45 – 5:30 p.m.
- Friday: 5:30 – 6:15 p.m.

SFL 4: Prerequisite: SFL Level 3. These swimmers will swim further with their front crawl and back crawl. They’ll get introduced to breaststroke arms drills, underwater swims and front crawl sprints. Interval training will add to their fitness level.

Days Offered:
- Monday: 4:45 – 5:30 p.m.
- Tuesday: 5:00 – 5:45 p.m.
- Wednesday: 5:30 – 6:15 p.m.
- Friday: 5:30 – 6:15 p.m.

SFL 5: Prerequisite: SFL Level 4. 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 strong front crawl, back crawl and breaststroke.

Days Offered:
- Monday: 5:30 – 6:15 p.m.
- Wednesday: 5:30 – 6:15 p.m.

SFL 6: Prerequisite: SFL Level 5. 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.

Days Offered:
- Tuesday: 5:30 – 6:15 p.m.
- Wednesday: 4:45 – 5:30 p.m.

Next step: On to the Canadian Swim Patrol program.