



# Fall Swim Lessons

*September – December 2011*

Registration begins  
Tuesday, August 23<sup>rd</sup> @ 8:00am



***Register*** online, it's  
quick . . . it's easy!

Call 403.502.8566 to get  
your **GROUP ID #**

***Before*** August 23<sup>rd</sup>

SWIM REGISTRATION

**502.8566**

**529.8320**

**SATURDAY MORNING LESSONS**

**Set One:**

**September 17 – November 19, 2011 (8 Lessons)**

(Excluding October 8 & November 12, 2011)

Swim Kids 2	10:00-10:30am	#17505
Swim Kids 3	11:30-12:00pm	#17506
Swim Kids 4	10:45-11:15am	#17507
Swim Kids 5	11:15-12:00pm	#17508
Swim Kids 6	10:00-10:45am	#17509
Swim Kids 7	10:30-11:30am	#17510

**Set Two:**

**September 26 – October 6, 2011 (8 Lessons)**

Two Weeks: Monday to Thursday

Swim Kids 1	6:15-6:45pm	#17517
Swim Kids 4	6:45-7:15pm	#17518
Swim Kids 6	6:15-7:00pm	#17519

**MORNING LESSONS**

**Set One:**

**September 13 – October 6, 2011 (8 Lessons)**

Tuesday and Thursday

Duck	10:00-10:30am	#17511
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**Set Two:**

**October 11 – November 3, 2011 (8 Lessons)**

Tuesday and Thursday

Swim Basics		
Adult Lessons	10:00-10:45am	#17513

**Set Three:**

**November 8 – December 1, 2011 (8 Lessons)**

Tuesday and Thursday

Duck	10:00-10:30am	#17512
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**Set Three:**

**October 11 – 20, 2011 (7 Lessons)**

Week One: Tuesday to Thursday

Week Two: Monday to Thursday

Swim Kids 5	6:15-7:05pm	#17520
Swim Kids 6	6:15-7:05pm	#17521

**Set Four:**

**October 24 – November 3, 2011 (8 Lessons)**

Two Weeks: Monday to Thursday

Swim Kids 2	6:45-7:15pm	#17522
Swim Kids 3	6:15-6:45pm	#17523
Swim Kids 7	6:15-7:15pm	#17524

**Set Five:**

**November 7 – 17, 2011 (8 Lessons)**

Two Weeks: Monday to Thursday

Swim Kids 1	6:15-6:45pm	#17525
Swim Kids 4	6:45-7:15pm	#17526
Swim Kids 8	6:15-7:15pm	#17527

**AFTER SCHOOL TWO WEEK PROGRAMS**

**Set One:**

**September 12 - 22, 2011 (8 Lessons)**

Two Weeks: Monday to Thursday

Swim Kids 2	6:15-6:45pm	#17514
Swim Kids 3	6:45-7:15pm	#17515
Swim Kids 5	6:15-7:00pm	#17516

**Set Six:**

**November 21 – December 1, 2011 (8 Lessons)**

Two Weeks: Monday to Thursday

Swim Kids 2	6:15-6:45pm	#17528
Swim Kids 3	6:45-7:15pm	#17529
Swim Kids 9/10	6:15-6:45pm	#17530

LIFESAVING SOCIETY PROGRAMS

Junior Lifeguard Club (JLC) #17531  
**September 17 – December 10, 2011**  
 (Excluding October 8<sup>th</sup> & November 12<sup>th</sup>, 2011)  
 Saturdays  
 3:00 – 4:00 pm

Lifesaving Instructor #17502  
**September 9 – 11, 2011**  
 Friday, Sept. 9 5:00-9:00pm  
 Saturday, Sept. 10 8:00-5:00pm  
 Sunday, Sept. 11 8:00-3:00pm

National Lifeguard Service – Pool Option #17533  
**November 18 – December 4, 2011**  
 Friday, Nov. 18 & Dec. 2 4:00-9:00pm  
 Saturday, Nov. 19 & Dec. 3 8:00-4:00pm  
 Sunday, Nov. 20 & Dec. 4 8:00-4:00pm

National Lifeguard Service – Pool Option Re-cert

**December 1, 2011** #17532  
 Thursday  
 12:00 – 4:00 pm

ADULT PROGRAMS

**Set 1**  
Red Cross Swim Basics #17534  
**September 13 – October 6, 2011**  
 Tuesday & Thursday (8 lessons)  
 7:15 – 8:00 pm

**Set 2**  
Red Cross Swim Basics #17535  
**October 11 – November 3, 2011**  
 Tuesday & Thursday (8 lessons)  
 7:15 – 8:00 pm

**Set 3**  
Red Cross Swim Basics #17536  
**November 8 – December 1, 2011** (8 lessons)  
 Tuesday & Thursday  
 7:15 – 8:00 pm

**How Does the Wait List Work?**

- If the class you want is full, ask to be put on the wait list.
- If a space becomes available, we call families on the wait list first.
- You're asked to respond within 24 hours.
- Wait lists do **not** carry over into the next session.
- Our maximum on any wait lists is 10 children.



### SATURDAY MORNING LESSONS

**September 17 – November 12, 2011 (8 Lessons)**

(Excluding October 8, 2011)

#### RED CROSS PRESCHOOL

Duck	9:00-9:30am	#17537
Sea Turtle	8:00-8:30am	#17538
Sea Turtle	9:00-9:30am	#17539
Sea Otter	9:30-10:00am	#17540
Sea Otter	8:30-9:00am	#17541
Salamander	8:00-8:30am	#17542
Salamander	8:30-9:00am	#17543
Sunfish	9:30-10:00am	#17544
Sunfish	9:00-9:30am	#17545
Crocodile	8:00-8:30am	#17546
Crocodile	9:30-10:00am	#17547
Whale	8:30-9:00am	#17548

#### RED CROSS SWIM KIDS

Swim Kids 1	10:00-10:30am	#17549
Swim Kids 1	10:50-11:20am	#17550
Swim Kids 1	11:05-11:35am	#17551
Swim Kids 2	11:25-11:55am	#17552
Swim Kids 3	11:40-12:10pm	#17553
Swim Kids 4	10:35-11:05am	#17554
Swim Kids 5	10:00-10:45am	#17555
Swim Kids 6	11:10-11:55am	#17556
Swim Kids 9/10	10:00-11:00am	#17557

### MORNING LESSONS - MONDAY & WEDNESDAY

#### Set One:

**September 19 – October 12, 2011 (7 Lessons)**

Duck	9:05-9:40am	#17558
Sea Otter	9:40-10:15am	#17559
Sea Turtle	8:30-9:05am	#17560

#### Set Two:

**October 17 – November 9, 2011 (8 Lessons)**

Starfish	9:00-9:30am	#17562
Sea Turtle	10:00-10:30am	#17563
Sea Otter	9:30-10:00am	#17564
Salamander	8:30-9:00am	#17565

#### Set Three:

**November 14 – December 7, 2011 (8 Lessons)**

Sea Turtle	9:30-10:00am	#17566
Sea Otter	8:30-9:00am	#17567
Salamander	10:00-10:30am	#17568
Salamander	9:00-9:30am	#17569

### MORNING LESSONS – TUESDAY & THURSDAY

#### Set One:

**September 20 – October 13, 2011 (8 Lessons)**

Starfish	8:30-9:00am	#17570
Sea Turtle	9:00-9:30am	#17571
Sea Otter	9:30-10:00am	#17572
Salamander	10:00-10:30am	#17573

#### Set Two:

**October 18 – November 10, 2011 (8 Lessons)**

Duck	8:30-9:00am	#17574
Sea Turtle	9:00-9:30am	#17575
Sea Otter	10:00-10:30am	#17576
Salamander	9:30-10:00am	#17577

#### Set Three:

**November 15 – December 8, 2011 (8 Lessons)**

Starfish	9:00-9:30am	#17578
Sea Turtle	10:00-10:30am	#17579
Sea Otter	9:30-10:00am	#17580
Salamander	8:30-9:00am	#17581

SWIM REGISTRATION

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## AFTER SCHOOL TWO WEEK PROGRAMS

### MONDAY TO THURSDAY

#### Set One:

**September 19 – 29, 2011** (8 Lessons)  
 Two Weeks: Monday to Thursday  
 Swim Kids 1 5:30-6:00pm #17582  
 Swim Kids 2 6:40-7:10pm #17583  
 Swim Kids 4 6:05-6:35pm #17584

#### Set Two:

**October 3 – October 13, 2011** (7 Lessons)  
 Two Weeks: Monday to Thursday  
 (excluding October 10, 2011)  
 Salamander 5:30-6:05pm #17585  
 Swim Kids 3 6:10-6:45pm #17586

#### Set Three:

**October 17 – 27, 2011** (8 Lessons)  
 Two Weeks: Monday to Thursday  
 Sunfish 5:30-6:00pm #17587  
 Swim Kids 1 6:05-6:35pm #17588  
 Swim Kids 5 6:40-7:25pm #17589

#### Set Four:

**October 31 – November 10, 2011** (8 Lessons)  
 Two Weeks: Monday to Thursday  
 Sea Otter 5:30-6:00pm #17590  
 Whale 6:05-6:35pm #17591  
 Swim Kids 2 6:40-7:10pm #17592

#### Set Five:

**November 14 – 24, 2011** (8 Lessons)  
 Two Weeks: Monday to Thursday  
 Crocodile 5:30-6:00pm #17593  
 Swim Kids 6 6:05-6:50pm #17594

#### Set Six:

**November 28 – December 8, 2011** (8 Lessons)  
 Two Weeks: Monday to Thursday  
 Sea Turtle 6:05-6:35pm #17595  
 Swim Kids 1 5:30-6:00pm #17596  
 Swim Kids 3 6:40-7:10pm #17597

## AFTER SCHOOL FOUR WEEK PROGRAMS

### MONDAY & WEDNESDAY

#### Set One:

**September 19 – October 12, 2011** (7 Lessons)  
 (Excluding October 10, 2011)  
 Sea Otter 5:30-6:05pm #17598  
 Salamander 6:10-6:45pm #17599  
 Swim Kids 4 6:50-7:25pm #17600

#### Set Two:

**October 17 – November 9, 2011** (8 Lessons)  
 Sunfish 6:05-6:35pm #17601  
 Swim Kids 1 5:30-6:00pm #17602  
 Swim Kids 3 6:40-7:10pm #17603

#### Set Three:

**November 14 – December 7, 2011** (8 Lessons)  
 Sea Turtle 5:30-6:00pm #17604  
 Swim Kids 1 6:05-6:35pm #17605  
 Swim Kids 2 6:40-7:10pm #17606

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### AFTERNOON PRE-SCHOOL PROGRAMS

#### MONDAY & WEDNESDAY

##### Set One:

September 19 – October 12, 2011 (7 Lessons)  
(Excluding October 10, 2011)

Sea Turtle	2:30-3:05pm	#17607
Sea Otter	3:05-3:40pm	#17608
Sunfish	3:40-4:15pm	#17609

##### Set Two:

October 17 – November 9, 2011 (8 Lessons)

Sea Turtle	3:00-3:30pm	#17625
Salamander	2:30-3:00pm	#17626
Swim Kids 1	3:30-4:00pm	#17627

##### Set Three:

November 14 – December 7, 2011 (8 Lessons)

Sea Turtle	3:30-4:00pm	#17610
Sea Otter	2:30-3:00pm	#17611
Sunfish	3:00-3:30pm	#17612

### MORNING FRIDAY PROGRAMS

##### Set One:

September 16 – November 4, 2011 (8 lessons)

Duck	9:00-9:30am	#17613
Sea Otter	9:30-10:00am	#17614
Salamander	10:00-10:30am	#17615

### AFTERNOON FRIDAY PROGRAMS

##### Set One:

September 16 – November 4, 2011 (8 lessons)

Sea Turtle	5:30-6:00pm	#17616
Sea Otter	3:30-4:00pm	#17617
Sunfish	5:00-5:30pm	#17618
Crocodile	4:00-4:30pm	#17619
Swim Kids 1	4:30-5:00pm	#17620

### LIFESAVING SOCIETY/RED CROSS LEADERSHIP PROGRAMS

#### Bronze Medallion

September 20 – October 27, 2011 #17621  
Tuesday & Thursday  
5:00 – 7:00pm

#### Bronze Cross

November 1 – December 6, 2011 #17622  
Tuesday & Thursday  
5:00-7:00pm

#### Water Safety Instructor

January 3 – 6, 2012 #17623  
Tuesday to Friday  
8:00am-4:00pm

#### Assistant Water Safety Instructor

#17624  
Thursday, October 13, 2011 4-9pm  
Friday, October 14, 2011 4-9pm  
Saturday, October 15, 2011 8-5pm  
Friday, October 28, 2011 4-9pm  
Saturday, October 29, 2011 8-5pm  
Sunday, October 30, 2011 8-3pm

SWIM REGISTRATION

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## Private Lessons Available 2011

October

November

December

Phone:

(403) 529-8320 Crestwood

(403)502-8564 Family Leisure Centre

### MOVING FROM PRE-SCHOOL TO SWIM KIDS AT AGE 5

Red Cross Swim Preschool	Red Cross Swim Kids
Starfish	Level 1
Duck	Level 1
Sea Turtle	Level 1
Sea Otter	Level 1
Salamander	Level 1
Sunfish	Level 2
Crocodile	(Incompleted) Level 2 (Completed) Level 3
Whale	Level 3

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[www.medicinehat.ca](http://www.medicinehat.ca)

# PROGRAM DESCRIPTIONS

## Red Cross Swim Preschool Programs (4 mo – 5 years)



**Starfish – (4 to 12 months)** Orientation to water for babies & their parent/caregiver. The babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.



**Duck – (12 to 24 months of age or older)** Orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support through games, songs and active water play. The parent/caregiver also learns age-specific water safety.



**Sea Turtle – (3 – 5 years of age or older)** A transitional level for preschoolers. Swimmers learn, through fun games and songs, the basics of the front swim, how to kick, jump into chest-deep water, hold breath and blow bubbles under water with assistance. Safety skills include awareness of deep water and safe entries.



**Sea Otter – (3 – 5 years of age)** 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.



**Salamander – (3-5 years of age)** Swimmers learn to swim 2 metres, stay afloat for 5 seconds, open eyes under water, float without assistance and jump into chest-deep water. Safety skills include choosing floating objects for assistance, and using a PFD. Games and songs enhance the fun of the class.



**Sunfish – (3-5 years of age)** Swimmers learn to swim 5 metres, float without assistance in deep water, and jump into chest-deep water while maintaining surface support for 5 seconds. Safety skills include deep-water skills and use of a PFD. Games and songs are part of the class.



**Crocodile – (3-5 years of age)** Swimmers learn, through songs and other fun activities, to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. Safety skills include recognizing when a swimmer needs help.



**Whale – (3-5 years of age)** Swimmers learn, through fun activities, to swim 10 metres, jump into chest-deep water while maintaining surface support for 20 seconds, and perform a front and back crawl for 7 metres. Safety skills include identifying safe swimming areas, jumping into and changing direction in deep water.

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# PROGRAM DESCRIPTIONS

## Red Cross Swim Kids Programs (5 years +)

**Level 1** – Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. **Minimum 5 years.**

**Level 2** – Swimmers work on propulsion skills to move through the water and to remain at the surface. Work on front swim (3 x 5m) and back swims, and create awareness about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the flutter kick 15m and a distance swim 10m. **Minimum 6 years.**

**Level 3** - This level provides an introduction to the front crawl (3 x 5m) and diving, and teaches making wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim. **Minimum 6 years.**

**Level 4** – This level further develops the front crawl (3 x 10m) and back glide with shoulder roll for back crawl. Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.

**Level 5** – This level introduces the back crawl (3 x 5m), sculling skills, whip kick on the back and stride dives. Front crawl focus is on the hand entry and the distance is increased to 3 x 15m. An introduction to safe boating skills is also included. Endurance is developed through the dolphin kick and a 50-meter swim.

**Level 6** – This level refines front crawl with a focus on body roll and breathing (3 x 25m), back crawl with a focus on arm positions (3 x 25m) and introduces elementary backstrokes (3 x 15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate their ability to tread water in deep water for 1 ½ minutes and the front dive. Endurance is built through a 75-metre swim.

**Level 7** – This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary backstroke (3 x 25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions and participate in timed treading water using the eggbeater skill for 3 minutes to improve their ability to remain at the surface of the water in the event of an unexpected fall into water. Swimming endurance is increased to a 150-metre swim.

**Level 8** – This level is an introduction to breaststroke (3 x 15m), feet-first surface dive and rescue entries. Swimmers learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and a 300-metre swim. Front crawl and back crawl distance are increased to 75-metres each.

**Level 9** – This level refines the front crawl (100m), back crawl (100m), elementary backstroke (50m) and breaststroke (3 x 25m), encouraging swimmers to combine different strokes and kicks (3 min) for fitness. They also work on head-first surface dives and standing dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400-metre swim.

**Level 10** – This level has a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m and breast stroke 50m) and introduces butterfly and scissor kick as a warm-up/cool-down stroke for fitness. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick and butterfly drills and a 500-metre swim.

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# PROGRAM DESCRIPTIONS

## **Assistant Water Safety Instructor (AWSI)**

The course covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 8 hours of assistant teaching and through individual study assignment.

**Prerequisite:** 15 years of age.

## **Water Safety Instructor Course (WSI)**

The course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program continuum. Other topics include instructional emergency response skills and stroke development, drills and corrective strategies. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience. **Prerequisite:** AWSI, 16 years of age.

## **Lifesaving Instructor (LSI)**

Become eligible to teach the Lifesaving Society's Canadian Swim Patrol program, Bronze Star, Bronze Medallion and Bronze Cross.

**Prerequisite:** 16 years of age, current Bronze Cross or higher. Teaching experience recommended.

## **Junior Lifeguard Club**

The JLC is designed to let kids 8 to 15 years of age participate in activities similar to real lifeguards, in a safe, fun and controlled setting. The Junior Lifeguard Club is a place to:

- Learn about Lifesaving and Lifeguarding
- Take part in friendly competition & special events.
- Challenge yourself to aim for personal best.
- Hang out, get fit and make new friends.
- Earn Rookie Patrol, Ranger Patrol and Star Patrol.

## **Adult & Teen – Red Cross Swim Basic**

No previous swimming required.

## **Adult & Teen – Red Cross Swim Strokes**

Can swim front crawl at least 15m continuously arms recovering above water and back swim continuously.

## **Bronze Medallion**

Bronze Medallion opens the door to the world of Aquatic Leadership including lifeguarding and teaching. Swimmers develop lifesaving and leadership skills including good decision-making. They improve their swimming efficiency and endurance over increased distances.

**Prerequisite:** 13 years,

## **Bronze Cross**

More advanced lifesaving training and an introduction to safe supervision in aquatic facilities.

**Prerequisite:** Bronze Medallion.

## **National Lifeguard Service Award - NLS Pool**

NLS is the standard measurement of lifeguard performance in Canada. NLS education is designed to develop the sound understanding, responsibilities and skills required of a lifeguard.

**Prerequisite:** 16 years, Bronze Cross, Current Aquatic Emergency Care or Standard First Aid with Level "C" CPR. **Awards MUST be shown at time of registration – not open for E-Registration.**

## **NLS - Water Park Option**

Learn to deal with the challenges of the Water Park environment, including waves, water slide, and multiple pools.

**Prerequisite:** Current NLS Pool Option. Please provide a copy of NLS Pool Option award.

## **Baby Fit**

A new program for Mom and baby to enjoy physical activities combined with fun and games. 20 minutes physical fitness, 10 minutes fun and games.

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# PROGRAM FEES

## RED CROSS PRESCHOOL

BabyFit	\$30.75
Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile & Whale	\$30.75

## RED CROSS SWIM KIDS

Level 1,2,3,4	\$30.75
Level 5 & 6	\$41.00
Level 7,8,9,10	\$51.25

## RED CROSS WATER SAFETY

Aqua Adults/Teens	\$50.00
AWSI Course (Package Included)	\$240.00
Water Safety Instructor	\$170.00
WSI Re-cert (Package Included)	\$60.00

## LIFESAVING SOCIETY PROGRAMS

Bronze Medallion	\$109.86
◦ Canadian Life Saving Manual	\$25.00
Bronze Cross	\$99.51
Junior Lifeguard Club - startup	\$20.00
◦ per class attended	\$2.85
Lifesaving Instructor	\$180.95
◦ Instructor Package Included	
National Lifeguard Service	\$275.75
◦ NLS Alert Manual Included	
NLS Waterpark	\$57.95
NLS Re-cert	\$35.00

## FIRST AID

First Aid Instructor Re-cert	\$85.00
First Aid Instructor Transfer Course	\$353.10

## OTHER

Private Lessons (1/2 hour)	\$22.00
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*GST included in all fees. Manual/packages can be picked up at each pool.*

## Program Information

Please call the Crestwood Pool **403) 529-8320** OR the Family Leisure Centre at **403) 502-8566**.

## Program Evaluations

On the last day of classes, parents are asked to complete a Program Evaluation Form. Your feedback helps us to provide quality programs.

## Class Cancellations

Classes with low registration numbers are cancelled 3 to 7 days ahead of time. Cancellations at your request will result in a \$10.00 cancellation fee.

## Swim Assessments

Contact the Aquatic Programmer to arrange a time for a FREE Swim Assessment.

**Registration Starts:**  
**Tuesday, August 23, 2011**  
**8:00 am**

## BY PHONE with MasterCard or Visa

- **IN PERSON** with Cash, Cheque, Debit, MasterCard or Visa
- **ONLINE**
  - Phone ahead for your family ID
  - Access e-Services at city site:  
[www.medicinehat.ca](http://www.medicinehat.ca)
  - Enter your info under **new e Reg User?**
  - Within 24 hours, an account and password will be mailed to you.
  - Sign-in under **Already an e Reg User?**

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