



CANADIAN RED CROSS SWIM LESSONS Fall/Winter/Spring 2019-2020

*** A 1-year pass to the Aquatic and Fitness Center entitles you to receive swim lessons at a discounted rate.**

**October 10 to 29, 2019
(Tuesday and Thursday) 6 Classes**

Course #

3719	Sea Turtle	5:50 to 6:30 p.m.	Reg. \$36.00	Pass \$33.00
3720	Sea Otter	4:10 to 4:50 p.m.	Reg. \$36.00	Pass \$33.00
3721	Salamander	4:10 to 4:50 p.m.	Reg. \$36.00	Pass \$33.00
3722	Sunfish	5:30 to 6:10 p.m.	Reg. \$36.00	Pass \$33.00
3723	Swim Kids 1	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3724	Swim Kids 2	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3725	Swim Kids 3	4:50 to 5:30 p.m.	Reg. \$36.00	Pass \$33.00
3726	Swim Kids 4	4:50 to 5:30 p.m.	Reg. \$36.00	Pass \$33.00
3727	Swim Kids 5	4:10 to 5:10 p.m.	Reg. \$42.00	Pass \$39.00
3728	Swim Kids 6	4:10 to 5:10 p.m.	Reg. \$42.00	Pass \$39.00

**November 19 to December 5, 2019
(Tuesday and Thursday) 6 Classes**

3729	Sea Turtle	4:00 to 4:40 p.m.	Reg. \$36.00	Pass \$33.00
3730	Sea Otter	4:40 to 5:20 p.m.	Reg. \$36.00	Pass \$33.00
3731	Salamander	4:40 to 5:20 p.m.	Reg. \$36.00	Pass \$33.00
3732	Sun Fish	5:20 to 6:00 p.m.	Reg. \$36.00	Pass \$33.00
3733	Swim Kids 1	5:40 to 6:20 p.m.	Reg. \$36.00	Pass \$33.00
3734	Swim Kids 2	5:40 to 6:20 p.m.	Reg. \$36.00	Pass \$33.00
3735	Swim Kids 3	4:00 to 4:40 p.m.	Reg. \$36.00	Pass \$33.00
3736	Swim Kids 4	4:00 to 4:40 p.m.	Reg. \$36.00	Pass \$33.00
3737	Swim Kids 5	4:40 to 5:40 p.m.	Reg. \$42.00	Pass \$39.00
3738	Swim Kids 6	4:40 to 5:40 p.m.	Reg. \$42.00	Pass \$39.00
3739	Swim Kids 7	5:15 to 6:15 p.m.	Reg. \$42.00	Pass \$39.00
3740	Swim Kids 8	5:15 to 6:15 p.m.	Reg. \$42.00	Pass \$39.00

**February 18 to March 5, 2020
(Tuesday and Thursday) 6 Classes**

Course #

3741	Sea Turtle	4:20 to 5:00 p.m.	Reg. \$36.00	Pass \$33.00
3742	Sea Otter	5:50 to 6:30 p.m.	Reg. \$36.00	Pass \$33.00
3743	Salamander	5:50 to 6:30 p.m.	Reg. \$36.00	Pass \$33.00
3744	Sunfish	5:40 to 6:20 p.m.	Reg. \$36.00	Pass \$33.00
3745	Swim Kids 1	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3746	Swim Kids 2	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3747	Swim Kids 3	5:00 to 5:40 p.m.	Reg. \$36.00	Pass \$33.00
3748	Swim Kids 4	5:00 to 5:40 p.m.	Reg. \$36.00	Pass \$33.00
3749	Swim Kids 5	4:00 to 5:00 p.m.	Reg. \$42.00	Pass \$39.00
3750	Swim Kids 6	4:00 to 5:00 p.m.	Reg. \$42.00	Pass \$39.00

**April 7 to 23, 2020
(Tuesday and Thursday) 6 Classes**

3751	Sea Turtle	4:20 to 5:00 p.m.	Reg. \$36.00	Pass \$33.00
3752	Sea Otter	5:20 to 6:00 p.m.	Reg. \$36.00	Pass \$33.00
3753	Salamander	5:20 to 6:00 p.m.	Reg. \$36.00	Pass \$33.00
3754	Sunfish	4:00 to 4:40 p.m.	Reg. \$36.00	Pass \$33.00
3755	Crocodile	4:00 to 4:40 p.m.	Reg. \$36.00	Pass \$33.00
3756	Swim Kids 1	5:40 to 6:20 p.m.	Reg. \$36.00	Pass \$33.00
3757	Swim Kids 2	5:40 to 6:20 p.m.	Reg. \$36.00	Pass \$33.00
3758	Swim Kids 3	4:40 to 5:20 p.m.	Reg. \$36.00	Pass \$33.00
3759	Swim Kids 4	4:40 to 5:20 p.m.	Reg. \$36.00	Pass \$33.00
3760	Swim Kids 5	5:00 to 6:00 p.m.	Reg. \$42.00	Pass \$39.00
3761	Swim Kids 6	5:00 to 6:00 p.m.	Reg. \$40.00	Pass \$39.00
3762	Swim Kids 7	4:00 to 5:00 p.m.	Reg. \$42.00	Pass \$39.00
3763	Swim Kids 8	4:00 to 5:00 p.m.	Reg. \$42.00	Pass \$39.00
3764	Swim Kids 9	4:00 to 5:00 p.m.	Reg. \$42.00	Pass \$39.00
3765	Swim Kids 10	4:00 to 5:00 p.m.	Reg. \$42.00	Pass \$39.00



Canadian Red Cross
Croix-Rouge canadienne



**October 21 to November 6, 2019
(Monday and Wednesday) 6 Classes**

Course #

3766	Sea Turtle	5:50 to 6:30 p.m.	Reg. \$36.00	Pass \$33.00
3767	Sea Otter	4:30 to 5:10 p.m.	Reg. \$36.00	Pass \$33.00
3768	Salamander	4:30 to 5:10 p.m.	Reg. \$36.00	Pass \$33.00
3769	Sunfish	5:30 to 6:10 p.m.	Reg. \$36.00	Pass \$33.00
3770	Swim Kids 1	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3771	Swim Kids 2	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3772	Swim Kids 3	4:50 to 5:30 p.m.	Reg. \$36.00	Pass \$33.00
3773	Swim Kids 4	4:50 to 5:30 p.m.	Reg. \$36.00	Pass \$33.00

**February 19 to March 9, 2020
(Monday and Wednesday) 6 Classes**

3774	Sea Turtle	4:30 to 5:10 p.m.	Reg. \$36.00	Pass \$33.00
3775	Sea Otter	5:30 to 6:10 p.m.	Reg. \$36.00	Pass \$33.00
3776	Salamander	5:30 to 6:10 p.m.	Reg. \$36.00	Pass \$33.00
3777	Swim Kids 1	5:50 to 6:30 p.m.	Reg. \$36.00	Pass \$33.00
3778	Swim Kids 2	5:50 to 6:30 p.m.	Reg. \$36.00	Pass \$33.00
3779	Swim Kids 3	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3780	Swim Kids 4	5:10 to 5:50 p.m.	Reg. \$36.00	Pass \$33.00
3781	Swim Kids 5	4:30 to 5:30 p.m.	Reg. \$42.00	Pass \$39.00
3782	Swim Kids 6	4:30 to 5:30 p.m.	Reg. \$42.00	Pass \$39.00

PRIVATE SWIM LESSONS

Achieve a breakthrough in your swimming or water confidence with private instruction tailored to fit your needs. Choose a private lesson if you want to:

- *conquer your fear of water**
- *feel comfortable in the deep end**
- *achieve a personal best in competition**
- *get focused one-on-one attention**

-Cost is \$25.00/1/2 hour/child

-Minimum of 3 classes

For adult or private lessons, please inquire at the front desk 780-632-6403



LIFESAVING SOCIETY
The Lifeguarding Experts

**National Lifeguard & Aquatic Emergency Care
 November 12-16, 2019 (Fall Break)
 Tuesday to Saturday 9-5pm**

Why take a Lifesaving course?

Drowning statistics show that people are still making poor choices when around the water. As a lifesaver, you can make a difference. Not only could you save a life, but you could help others be safe in, on and around the water

National Lifeguard and Aquatic Emergency Care are the second steps to become a lifeguard. This class is being ran as a combined course however, it is not required that students take both NL and AEC at the same time. Students must have completed Swim Kids level 10 and be 16 years old.

****Please register by Friday, November 1, 2019**

Course #

3783	National Lifeguard	Cost: \$275.00
3784	Aquatic Emergency Care	Cost: \$250.00
3785	Both Courses	Cost: \$500.00

**Pool Thyme Rhyme
 FRIDAYS 10:00 A.M. TO 11:30 A.M.
 (6 MONTHS TO 6 YEARS OLD)**

This is a fun, educational and energetic class for preschoolers and parents. Each week has a different theme with the intent of teaching something new, as well as reviewing basic pre-school concepts. One hour spent in the dance studio doing a variety of different activities helps learn about our weekly theme. These activities can include singing, imitating movement, playing games and doing crafts. We enjoy a snack together during story time and spend the last half hour in the pool getting more comfortable in the water.

Course #

Dates to be announced **Cost: \$25.00/child**
Please ensure you bring a snack for your child