

## Swim Lesson Dates and Fees

Spring 2012 (subject to change)					
Days	Location	Dates	Weeks	No. of Classes	Alert
Mon/Wed	CGP/WSP	Mar 26-Apr 25	5	9	No class Mon, Apr 9
Tue/Thu	CGP/WSP	Mar 27-Apr 26	5	10	
Fri	CGP/WSP	Mar 30-May 25	9	8	No class Fri, Apr 6
Sat	CGP	Mar 31-May 26	9	8	No class Sat, Apr 14
Sat	WSP	Mar 31-May 26	9	8	No class Sat, May 5
Sun	CGP	Apr 1-May 27	9	8	No class Sun, Apr 15
Mon/Wed	CGP/WSP	Apr 30-May 28	5	8	No class Mon, May 21 Class ends Mon, May 28
Tue/Thu	CGP/WSP	May 1-29	5	9	Class ends Tue, May 29
Summer 2012 (subject to change)					
Mon/Wed	CGP/WSP	June 4-27	4	8	
Tue/Thu	CGP/WSP	June 5-28	4	8	
Mon-Thu	CGP/BRK/MCD	July 3-12	2	8	First week: Tue-Fri
Mon-Thu	CGP/BRK/MCD	July 16-26	2	8	
Mon-Thu	CGP/BRK/MCD	July 30-Aug 10	2	8	Second week: Tue-Fri
Mon-Thu	BRK/MCD	Aug 13-23	2	8	

### Private Swimming Lessons

Private lessons are a great alternative to group swim lessons for ages 3 years and up. We offer three formats to suit your needs.

#### Full Lesson Set:

- Seven to ten sessions, 30 minute duration.
- Promotes consistency and continuity.
- Ideal for swim level advancement, stroke enrichment or fitness training.

#### Half Lesson Set:

- Three to six sessions, 30 minute duration.
- Ideal for developing specific skill or stroke technique.

#### Single Session: (Westsyde Only)

- One session, 30 minute duration.
- Ideal for comprehensive assessment or to create training plan.

Call 250-828-3500 to inquire or register for a private lesson.

### Pool Fees

\*Effective Jan. 1, 2012

Fees based on ten classes; fees pro-rated for sets with fewer/more classes.

Parent and Tot.....	\$50
Preschool.....	\$53
Swim Kids (30 min).....	\$45
Swim Kids (45 min).....	\$50
Swim Kids (60 min).....	\$55
Adult (30 min).....	\$45
Private Lesson (30 min).....	\$21

## Original Aquatic Programs

### Adult Recreation Water Polo

**(15 yrs +) Regular Admission**  
Drop in for fun-focused skill development and scrimmage. Swimming ability and 'egg-beater' kick required; water polo experience optional.  
Mar 27-May 29 9:00-10:00 pm  
Tue

### Gym 'n Swim (3-5 yrs)

Children enjoy supervised gymnastics and swimming while parents enjoy free time at TCC. Offered weekdays 10:00-11:30 am  
Contact KGTC 250-374-6424 for more info and to register.

### Masters Swimming

**(16 yrs +) Regular Admission**  
Train for masters swimming events, personal fitness or triathlon events, led by NCCP certified swim coach Teresa Zunich at Canada Games Aquatic Centre.

Mon/Wed 6:30-7:30 pm  
Fri 6:00-7:00 am  
Sun 8:00-9:30 am

### Pool Operator Level 1

**(16 yrs +) \$250**  
Learn the basics of swimming pool operation and maintenance. Fee includes course manual.  
Aquatic Centre.

Dates TBA  
Sat 11:00 am-6:00 pm  
Sun 9:00 am-5:00 pm  
193182

## Be Water Smart this Summer!

For many Canadian families, summer includes activities such as boating and swimming. But each year, tragic and avoidable water-related fatalities occur across Canada.

### Water Safety Tips

- Always watch children actively around water—even if they can swim.
- Encourage requiring all non-swimmers to wear a lifejacket to assist you while supervising.
- Backyard pools are especially dangerous for small children. Ensure adequate barriers are in place and empty portable toddler pools after each use.
- Diving head first into water should be avoided unless the individual is properly trained and is sure that the water is deep enough.
- Never underestimate the power of current. Swimmers or waders can be swept away in an instant, particularly if non-swimmers or weak swimmers get caught by current in rivers.

### Water Safety Education

- Learn to swim this summer – learning the basics can save your life!
- May 17 – National Lifejacket Day: an annual campaign to encourage and promote the use of lifejackets and PFDs among boaters.
- July 21-28 – National Drowning Prevention Week: check our website for list of activities promoting key safety messages at your local pools.

Learn more at [kamloops.ca/swim](http://kamloops.ca/swim)



LIFESAVING SOCIETY®  
a century of saving lives



Training Partner



## The love of swimming starts here!

8 Level program for children 4 months to 6 years of age

**For Starfish, Duck and Sea Turtle,** parents must participate in the classes with their child. These first 3 levels provide orientation to water for young children and their parent/caregiver and are participation-based only, without formal evaluation.

**For levels Sea Otter through Whale,** children enter a level based on their age and abilities, are evaluated based on performance criteria and progress to next level once all criteria has been successfully completed.

Participation in Red Cross swim lessons may qualify you for the Children's Fitness Tax Credit.



**Starfish**  
4-12 months

- To enter this level, infants must be able to hold their head up.
- The goals are to help infants experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.



**Duck**  
12-24 months

- Orientation to water for toddlers and their parent/caregiver.
- Age is the only condition for entering this level.
- Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.



**Sea Turtle**  
24-36 months

- Orientation to water for toddlers and their parent/caregiver.
- Age is the only condition for entering this level.
- Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.

**NEW!**



**Sea Otter**  
3-6 years

- Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor.
- Swimmers enter this level when they are 3 years of age
- Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.



**Salamander**  
3-6 years

- Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD).



**Sunfish**  
3-6 years

- Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present.

- Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a PFD.
- Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water.



**Crocodile**  
3-6 years

- Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres.

- Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a PFD in deep water.



**Whale**  
3-6 years

- Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres.
- Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds a return to safety, throwing assists and sitting dives.



## A healthy life through swimming.



10-level program for children 5 to 14 years of age

Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success.

The 10 levels allow for solid progression. Children learn competitive and survival strokes and build their distance and speed, while focusing on making safe decisions in, on and around the water.

In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed.



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.



Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.



Introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.



Introduction to front crawl (10m) and back swim with shoulder roll (15m). 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 25m swim.



Introduction to back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. Introduction to safe boating skills is also included. Endurance is developed through a 50m swim.



Refinement of front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduction to elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.



Build skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduction to whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.



Introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.



Refinement of front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.



This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.