









# Aquatic Programs



## Preschool Lessons

 <b>Starfish</b> 4 to 18 months	An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.
 <b>Duck</b> 18 to 30 months	For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.
 <b>Sea Turtle</b> 30 to 36 months (parented) 3 to 5 years (unparented)	A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the Instructor, or, for children 3-5 years old who have not previously taken swimming lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.
 <b>NEW * SEA OTTER</b> Ages 3-5 yrs (unparented)	<b>***Swimmers who are 3 years begin here***</b> Transitional level that transfers the preschooler to the care of the instructor. All skills are assisted by the instructor. 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. Progress to Salamander once all criteria have been successfully completed.
 <b>Salamander</b> 3 to 5 years	Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.
 <b>Sunfish</b> 3 to 5 years	Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.
 <b>Crocodile</b> 3 to 5 years	Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.
 <b>Whale</b> 3 to 5 years	In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.



## Swim Kids Lessons

<b>LEVEL 1</b>	This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.
<b>LEVEL 2</b>	This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.
<b>LEVEL 3</b>	This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.
<b>LEVEL 4</b>	The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25 - metre swim.
<b>LEVEL 5</b>	Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.
<b>LEVEL 6</b>	Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.
<b>LEVEL 7</b>	Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.
<b>LEVEL 8</b>	Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children 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 300-metre swim.
<b>LEVEL 9</b>	Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim.
<b>LEVEL 10</b>	Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.

# Aquatic Programs

**Monday/Wednesday  
Afternoon Lessons**

3:00pm






3:30pm

4:00pm

4:30pm

## Red Cross Preschool Levels

30 minute classes

 <b>Sea Otter</b>		15208/15221		
		15235/15248		
 <b>Salamander</b>		15209/15222		
		15236/15249		
 <b>Sunfish</b>			15210/15223	
			15239/15250	
 <b>Crocodile</b>			15211/15224	
			15237/15251	
 <b>Whale</b>			15212/15225	
			15238/15252	

## Red Cross Swim Kids Levels

Levels 1-4 30 mins / Levels 5-10 45 mins








<b>Swim Kids 1 - 2</b>		15213/15226		
		15240/15253		
<b>Swim Kids 3 - 4</b>			15214/15227	
			15241/15254	
<b>Swim Kids 5 - 6</b>				
<b>Super Saver Lessons</b>		15215/15228		15218/15231
		15242/15255		15245/15258
		15216/15229		15219/15232
		15243/15256		15245/15259
		15217/15230		15220/15233
		15244/15257		15247/15260

## Prices Per Lesson Set















## Lesson Set

Number of Classes	30 Minute Class	45 Minute Class	Set # 1 Jan. 9 - Feb. 8 10 Sessions	Set # 2 Feb. 13 - Mar. 14 10 Sessions
9	\$45.00	\$67.50		
10	\$50.00	\$75.00		
Super Saver Lessons			Set # 3 Apr. 2 - May 2 9 Sessions	Set # 4 May 7 - Jun. 6 9 Sessions
9	\$144.00		No class Apr. 9	No class May 21
10	\$160.00			






# Aquatic Programs

Monday Evening Lessons			5:00pm	5:30pm	6:00pm	6:30pm
<b>Red Cross Preschool Levels</b>						<i>30 minute classes</i>
 <b>Starfish/ Duck</b>					15176 15191	
 <b>Sea Turtle</b>			15177 15192			
 <b>Sea Otter</b>	15178 15193		15194 15195			
 <b>Salamander</b>			15179 15196		15180 15197	
 <b>Sunfish</b>			15181 15198		15182 15199	
 <b>Crocodile</b>					15183 15200	
 <b>Whale</b>					15184 15201	
<b>Red Cross Swim Kids Levels</b>						<i>Levels 1-4 30 mins / Levels 5-10 45 mins</i>
<b>Swim Kids 1 - 2</b>			15185 15202			
<b>Swim Kids 3 - 4</b>						15186 15203
<b>Swim Kids 5 - 6</b>	15187 15204					
<b>Swim Kids 7 - 8</b>					15188 15205	
<b>Swim Kids 9 - 10</b>						15562 15563
<b>Super Saver Lessons</b>	15189 15206 15190 15207					
<b>Prices Per Lesson Set</b>			<b>Lesson Set</b>			
Number of Classes	30 Minute Class	45 Minute Class	<b>Set # 1</b> Jan. 9 - Mar. 12 10 Sessions			
8	\$40.00	\$60.00				
10	\$50.00	\$75.00	<b>Set # 2</b> Apr. 2 - Jun. 4 8 Sessions No Class Apr. 9 & May 21			
Super Saver Lessons						
8	\$128.00					
10	\$160.00					








# Aquatic Programs

					9:00am	9:30am	10:00am	10:30am	
<b>Tuesday Morning Lessons</b>					<b>Red Cross Preschool Levels</b>			<b>30 minute classes</b>	
 <b>Starfish/ Duck</b>								School District #62 Swim Lessons	
 <b>Sea Turtle</b>					15458				
 <b>Sea Otter</b>					15459				
 <b>Salamander</b>					15460				
 <b>Sunfish</b>					15461				
 <b>Crocodile</b>						15462	15464		
 <b>Whale</b>						15463	15465		
						15466	15468		
						15467	15469		
							15470		
							15471		
							15472		
							15473		
<b>Thursday Morning Lessons</b>					<b>Red Cross Preschool Levels</b>			<b>30 minute classes</b>	
 <b>Starfish/ Duck</b>								School District #62 Swim Lessons	
 <b>Sea Turtle</b>					15474				
 <b>Sea Otter</b>					15475				
 <b>Salamander</b>					15476				
 <b>Sunfish</b>					15477				
 <b>Crocodile</b>						15478	15480		
 <b>Whale</b>						15479	15481		
						15482	15484		
						15483	15485		
							15486		
							15487		
							15488		
							15489		
<b>Prices Per Lesson Set</b>					<b>Lesson Set</b>				
Number of Classes	30 Minute Class	45 Minute Class	Super Saver Lessons		Set # 1 Tuesday Jan. 10 - Mar. 13 10 Sessions		Set # 2 Tuesday Apr. 3 - Jun. 5 10 Sessions		
10	\$50.00	\$75.00	10	\$160.00	Set # 1 Thursday Jan. 12 - Mar. 15 10 Sessions		Set # 2 Thursday Apr. 5 - Jun. 7 10 Sessions		






# Aquatic Programs

Tuesday/Thursday Afternoon Lessons		3:00pm	3:30pm	4:00pm	4:30pm
<b>Red Cross Preschool Levels</b>					<i>30 minute classes</i>
 <b>Sea Otter</b>			15309/15310		
			15311/15312		
 <b>Salamander</b>			15313/15314		
			15315/15316		
 <b>Sunfish</b>					
 <b>Crocodile</b>					
 <b>Whale</b>					
<b>Red Cross Swim Kids Levels</b>		<i>Levels 1-4 30 mins / Levels 5-10 45 mins</i>			
<b>Swim Kids 1 - 2</b>			15317/15318		
			15319/15320		
<b>Swim Kids 3 - 4</b>				15321/15322	
				15323/15324	
<b>Swim Kids 5 - 6</b>					
<b>Swim Kids 7 - 8</b>					
<b>Swim Kids 9 - 10</b>					
<b>Super Saver Lessons</b>	15325/15328				15337/15340
	15331/15334				15343/15346
	15326/15329				15338/15341
	15332/15335				15344/15347
	15327/15330				15339/15342
	15333/15336				15345/15348
<b>Prices Per Lesson Set</b>			<b>Lesson Set</b>		
Number of Classes	30 Minute Class	45 Minute Class	Set # 1 Jan. 10 - Feb. 9 10 Sessions		Set # 2 Feb. 14 - Mar. 15 10 Sessions
10	\$50.00	\$75.00			
Super Saver Lessons			Set # 3 Apr. 3 - May 3 10 Sessions		Set # 4 May 8 - Jun. 7 10 Sessions
10	\$160.00				








# Aquatic Programs

Tuesday Evening Lessons			5:00pm	5:30pm	6:00pm	6:30pm
<b>Red Cross Preschool Levels</b>				<b>30 minute classes</b>		
 <b>Starfish/ Duck</b>					15277 15278	
 <b>Sea Turtle</b>			15279 15280			
 <b>Sea Otter</b>	15281 15282					15283 15284
 <b>Salamander</b>			15285 15286			15291 15292
 <b>Sunfish</b>			15287 15288		15289 15290	
 <b>Crocodile</b>					15293 15294	
 <b>Whale</b>					15295 15296	
<b>Red Cross Swim Kids Levels</b>				<b>Levels 1-4 30 mins / Levels 5-10 45 mins</b>		
<b>Swim Kids 1 - 2</b>			15297 15298			
<b>Swim Kids 3 - 4</b>						15299 15300
<b>Swim Kids 5 - 6</b>						
<b>Swim Kids 7 - 8</b>					15301 15302	
<b>Swim Kids 9 - 10</b>						15303 15304
<b>Super Saver Lessons</b>	15305 15306 15307 15308					
<b>Prices Per Lesson Set</b>			<b>Lesson Set</b>			
Number of Classes	30 Minute Class	45 Minute Class	<b>Set # 1</b> Jan. 10 - Mar. 13 10 Sessions			
10	\$50.00	\$75.00				
Super Saver Lessons			<b>Set # 2</b> Apr. 3 - Jun. 5 10 Sessions			
10	\$160.00					








# Aquatic Programs

Wednesday Afternoon Lessons			12:30pm	1:00pm	1:30pm	2:15pm
<b>Red Cross Preschool Levels</b>			<i>30 minute classes</i>			
 <b>Sea Otter</b>	15349					
	15350					
 <b>Salamander</b>	15351					
	15352					
 <b>Sunfish</b>	15353					
	15354					
 <b>Crocodile</b>	15355					
	15356					
 <b>Whale</b>	15357					
	15358					
<b>Red Cross Swim Kids Levels</b>			<i>Levels 1-4 30 mins / Levels 5-10 45 mins</i>			
<b>Swim Kids 1 - 2</b>	15359					
	15360					
<b>Swim Kids 3 - 4</b>	15361					
	15362					
<b>Swim Kids 5 - 6</b>					15363	
					15364	
<b>Swim Kids 7,8,9,10</b>					15365	
					15366	
<b>Super Saver Lessons</b>						15367
						15369
						15368
						15370
<b>Prices Per Lesson Set</b>			<b>Lesson Set</b>			
Number of Classes	30 Minute Class	45 Minute Class	<b>Set # 1</b> Jan. 11 - Mar. 14 10 Sessions			
10	\$50.00	\$75.00				
Super Saver Lessons			<b>Set # 2</b> Apr. 4 - Jun. 6 10 Sessions			
10	\$160.00					








# Aquatic Programs

Wednesday Evening Lessons			5:00pm	5:30pm	5:45pm	6:00pm	6:30pm
<b>Red Cross Preschool Levels</b>							<i>30 minute classes</i>
 <b>Starfish/ Duck</b>							15371 15372
 <b>Sea Turtle</b>	15373 15374						
 <b>Sea Otter</b>		15375 15376			15377 15378		15379 15380
 <b>Salamander</b>					15381 15382		
 <b>Sunfish</b>		15383 15384			15385 15386		
 <b>Crocodile</b>		15387 15388					
 <b>Whale</b>		15389 15390					
<b>Red Cross Swim Kids Levels</b>							<i>Levels 1-4 30 mins / Levels 5-10 45 mins</i>
<b>Swim Kids 1 - 2</b>						15391 15392	
<b>Swim Kids 3 - 4</b>		15393 15394					
<b>Swim Kids 5 - 6</b>				15395 15396			
<b>Swim Kids 7 - 8</b>	15397 15398						
<b>Swim Kids 9 - 10</b>	15407 15408						
<b>Super Saver Lessons</b>	15399 15401 15400 15402						15403 15405 15404 15406
<b>Prices Per Lesson Set</b>				<b>Lesson Set</b>			
Number of Classes	30 Minute Class	45 Minute Class	Set # 1 Jan. 11 - Mar. 14 10 Sessions				
10	\$50.00	\$75.00					
Super Saver Lessons			Set # 2 Apr. 4 - June 6 10 Sessions				
10	\$160.00						

# Aquatic Programs

Thursday Evening Lessons			5:00pm	5:30pm	5:45pm	6:00pm	6:30pm	
<b>Red Cross Preschool Levels</b>							<i>30 minute classes</i>	
 <b>Starfish/ Duck</b>							15420 15421	
 <b>Sea Turtle</b>	15422 15423							
 <b>Sea Otter</b>		15424 15425			15426 15427		15428 15429	
 <b>Salamander</b>					15430 15431			
 <b>Sunfish</b>		15432 15433			15434 15435			
 <b>Crocodile</b>		15436 15437						
 <b>Whale</b>		15438 15439						
<b>Red Cross Swim Kids Levels</b>							<i>Levels 1-4 30 mins / Levels 5-10 45 mins</i>	
<b>Swim Kids 1 - 2</b>					15440			
					15441			
<b>Swim Kids 3 - 4</b>		15442						
		15443						
<b>Swim Kids 5 - 6</b>				15444				
				15445				
<b>Swim Kids 7 - 8</b>	15446							
	15447							
<b>Swim Kids 9 - 10</b>	15448							
	15449							
<b>Super Saver Lessons</b>	15450						15454	
	15452						15456	
	15451						15455	
	15453						15457	
<b>Prices Per Lesson Set</b>			<b>Lesson Set</b>					
Number of Classes	30 Minute Class	45 Minute Class	Set # 1 Jan. 12 - Mar. 15 10 Sessions					
10	\$50.00	\$75.00						
Super Saver Lessons			Set # 2 Apr. 5 - Jun. 7 10 Sessions					
10	\$160.00							








# Aquatic Programs

Saturday Morning Lessons		9:00am	9:30am	10:00am	10:30am	10:45am	11:00am
<b>Red Cross Preschool Levels</b>							30 minute classes
 Starfish/ Duck				15490 15491			
 Sea Turtle			15492 15493				
 Sea Otter				15494 15495			
 Salamander			15496 15498	15497 15499			
 Sunfish			15500 15501				
 Crocodile			15502 15503				
 Whale			15504 15505				

<b>Red Cross Swim Kids Levels</b>		Levels 1-4 30 mins / Levels 5-10 45 mins					
<b>Swim Kids 1 - 2</b>				15506 15507			
			15508 15509				
<b>Swim Kids 3 - 4</b>				15510 15511			
						15512 15513	
<b>Swim Kids 5 - 6</b>						15514 15515	
<b>Super Saver Lessons</b>	15516						15522
	15519						15525
	15517						15523
	15520						15526
	15518						15524
	15521						15527

Prices Per Lesson Set			Lesson Set	
Number of Classes	30 Minute Class	45 Minute Class	<b>Set # 1</b> Jan. 14 - Mar. 17 10 Sessions	
9	\$45.00	\$67.50		
10	\$50.00	\$75.00		
Super Saver Lessons			<b>Set # 2</b> Mar. 31 - Jun. 9 9 Sessions No Class Apr. 7 & May 19	
9	\$144.00			
10	\$160.00			

# Aquatic Programs

Sunday Afternoon Lessons			2:45pm	3:30pm	4:00pm	4:30pm	5:00pm	5:30pm
<b>Red Cross Preschool Levels</b> <span style="float: right;">30 minute classes</span>								
 <b>Starfish/ Duck</b>					15528 15529			
 <b>Sea Turtle</b>						15530 15531		
 <b>Sea Otter</b>			15532 15533					
 <b>Salamander</b>					15534 15536		15535 15537	
 <b>Sunfish</b>						15538 15539		
 <b>Crocodile</b>						15540 15541		
 <b>Whale</b>						15542 15543		
<b>Red Cross Swim Kids Levels</b> <span style="float: right;">Levels 1-4 30 mins / Levels 5-10 45 mins</span>								
<b>Swim Kids 1 - 2</b>					15544 15545		15546 15547	
<b>Swim Kids 3 - 4</b>						15548 15550	15549 15551	
<b>Swim Kids 5 - 6</b>			15729 15730					
<b>Swim Kids 7 - 8</b>								
<b>Swim Kids 9 - 10</b>								
<b>Super Saver Lessons</b>				15552				15554
				15557				15559
				15553				15555
				15558				15560
								15556 15561
<b>Prices Per Lesson Set</b>					<b>Lesson Set</b>			
Number of Classes	30 Minute Class	45 Minute Class	<b>Set # 1</b> Jan. 15 - Mar. 18 10 Sessions					
9	\$45.00	\$67.50						
10	\$50.00	\$75.00						
<b>Super Saver Lessons</b>			<b>Set # 2</b> Apr. 1 - Jun. 10 9 Sessions No Class Apr. 8 & May 20					
9	\$144.00							
10	\$160.00							