

Mondays & Wednesdays

Tuesdays & Thursdays

Proof of completion of previous level is required before registering for Red Cross Programs.

May 5 - June 16

Registration starts March 29

No class May 24

Mornings

Time	Level	12 Lessons	
9-9:30am	Sea Turtle #22837	Salamander #22832	Sea Turtle #22838
9:30-10am	Crocodile-Whale #22826-977	Sea Turtle (With parent) #22842	AquaAdult Stroke Improvement #22716
10-10:30am	Starfish/Duck #22831-28	Sunfish #22845	

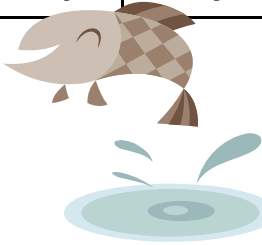
Time	Level	Afternoons		
3-3:30pm			SK 6	
3:30-4pm	SK 3 #22820	Salamander #22833	#22823 (3:15-4pm)	SK 5 #22822 (3:30-4:15)
4-4:30pm	SK 7-8 #22824-25	SK 2 #22819	Sunfish #22846	SK 4
4:30-5pm		SK 1 #22818	Crocodile #22847	#22821 (4:15-5:00)
5-5:30pm	Sea Turtle #22839	Salamander #22834		
5:30-6pm	Salamander #22835	Seaturtle (with Parent) #22843		
6-6:30pm	Sea Turtle #22840	Starfish-Duck #22830-29		
6:30-7pm	Sea Turtle #22841	Salamander #22836		

Swim Lesson Fees

PreSchool	56.28
SwimKids 1-3	56.28
SwimKids 4-6	73.32
SwimKids 7-10	96.00
Adult Lessons	100.80

May 4 - June 10

Registration starts March 30

Time	Level	12 Lessons			
2-2:30pm	Sea Turtle #22867	Starfish-Duck #22844-62			
2:30-3pm	Salamander #22864	Sea Turtle #22870 (with parent)			
3-3:30pm					
3:30-4pm	SK 1 #22848	Crocodile #22113	SK 2 #22849	Whale #22874 (3:45-4:15pm)	SK 4 #22852 (3:30-4:15pm)
4-4:30pm	Sunfish #22872	SK 7-8 #22857-58	SK 9-10 #22859-60	SK 5 #22855 (4:15-5pm)	SK 6 #22856 (4:15-5pm)
4:30-5pm	SK 3 #22850				
6-6:30pm	Sea Turtle with parent #22871	Salamander #22865	Sea Turtle #22868		
6:30-7pm	Starfish/Duck #22861-63	Sea Turtle #22869	Salamander #22866		
7-7:30pm	SK 4-5 #22853-54 (7-7:45pm)	Crocodile #22114	Sunfish #22873		
7:30-8pm		SK 3 #22851			
8-9pm		Adult Lessons #22718			

Red Cross Swim Levels

Red Cross Swim Preschool This is a 7 level program for children 6 months to 6 years of age. It allows your children to enter swim levels based on their age and abilities. During Level 1 and 2, the parent or caregiver will participate in the classes together with their child. Level 3 can provide a transition where parents can gradually leave their preschooler with the instructor. Levels 4-7 can be unparented—the children will be with the instructor at all times. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children.

Starfish (6-18 mths) 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.

Duck (18-30 mths) For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

Sea Turtle(30-36mths parented or 3-6 yrs 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.

Salamander (3-6 yrs) 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.

Sunfish (3-6 yrs) 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.

Crocodile (3-6 yrs) 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.

Whale (3-6 yrs) 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.

Red Swim Kids. 10 level program for kids 7 yrs and older. This program for school aged children will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, side stroke), actively learn how to be safe around the water and increase their fitness endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.

Swim Kids 1 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.

Swim Kids 2 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 and with assisted glides.

Swim Kids 3 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 15 meter swim.

Swim Kids 4 The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dive, surface support and develop a greater sense of self safety by understanding their own limits. Endurance is built through a 25 meter swim.

Swim Kids 5 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 meter swim.

Swim Kids 6 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 meter swim.

Swim Kids 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 meter swim.

Swim Kids 8 Provides an introduction to the breast stroke, 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 meter swim.

Swim Kids 9 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 meter swim.

Swim Kids 10 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 ferret first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500 meter swim.

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Aqua Adults These classes are available to encourage adults to become comfortable in the water and for those just wanting to improve their strokes.

\$80.53/10 lessons

Spring Swim Lessons

Monday & Wednesday

May 5 - June 16

or

Tuesday & Thursday

May 4 - June 10



Register on line: www.greatervernonrecreation.ca

Vernon Aquatic Centre

545-6035

3310—37th Avenue, Vernon, BC V1T 2Y5