

SWIM FOR LIFE

LESSONS

FALL 2022
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REGISTRATION OPENS TUESDAY SEPTEMBER 13 AT 9AM FOR MEMBERS (IN-PERSON ONLY)
 PUBLIC REGISTRATION OPENS ON WEDNESDAY SEPTEMBER 14 AT 9AM (IN-PERSON OR ONLINE)
 TO REGISTER ONLINE GO TO: RATHEASTLINKCOMMUNITYCENTRE.CA/PROGRAMS/SWIM-LESSONS
 *PLEASE NOTE PRIVATE & SEMI-PRIVATE LESSONS REGISTRATION ARE IN-PERSON ONLY

Course	Day of Week	Time	Course Start / End
Parent Tot 1	Mondays	11:00-11:30	Monday, September 26th to November 21st*
Parent Tot 1	Saturdays	9:00-9:30	Saturday September 24th to November 12th
Parent Tot 2	Mondays	11:00-11:30	Monday, September 26th to November 21st*
Parent Tot 2	Saturdays	9:00-9:30	Saturday September 24th to November 12th
Parent Tot 3	Saturdays	11:35-12:05	Saturday September 24th to November 12th
Preschool 1	Tuesdays	4:00-4:30	Tuesday September 27th to November 15th
Preschool 1	Thursdays	4:35-5:05	Thursday September 29th to November 17th
Preschool 1	Saturdays	10:30-11:00	Saturday September 24th to November 12th
Preschool 1	Saturdays	12:10-12:40	Saturday September 24th to November 12th
Preschool 2	Tuesdays	4:35-5:05	Tuesday September 27th to November 15th
Preschool 2	Thursdays	4:00-4:30	Thursday September 29th to November 17th
Preschool 2	Saturdays	10:30-11:00	Saturday September 24th to November 12th
Preschool 2	Saturdays	12:05-12:35	Saturday September 24th to November 12th
Preschool 3	Tuesdays	5:30-6:00	Tuesday September 27th to November 15th
Preschool 3	Thursdays	5:30-6:00	Thursday September 29th to November 17th
Preschool 3	Saturdays	9:45-10:15	Saturday September 24th to November 12th
Preschool 3	Saturdays	12:30-1:00	Saturday September 24th to November 12th
Preschool 4	Tuesdays	4:45-5:25	Tuesday September 27th to November 15th
Preschool 4	Saturdays	9:45-10:25	Saturday September 24th to November 12th
Preschool 5	Tuesdays	4:45-5:25	Tuesday September 27th to November 15th
Preschool 5	Saturdays	9:45-10:25	Saturday September 24th to November 12th
Swimmer 1A	Tuesdays	5:10-5:50	Tuesday September 27th to November 15th
Swimmer 1A	Saturdays	9:45-10:25	Saturday September 24th to November 12th
Swimmer 1B	Thursdays	5:15-5:55	Thursday September 29th to November 17th
Swimmer 1B	Saturdays	11:20-12:00	Saturday September 24th to November 12th

* No Classes on Monday October 10th

If the class you wish to register for is full, please contact our welcome desk to register for the waitlist

PARENT & TOT & PRESCHOOL 1 to 3	\$65
PRESCHOOL 4 to 5 & SWIMMER 1 to 3	\$85
SWIMMER 4 to 6	\$95
PRIVATE LESSONS	\$180
PER CHILD SEMI-PRIVATE LESSONS	\$100
ADULT 1 TO 3	\$85

FAMILY ANNUAL MEMBERS:

Group Lessons 50% OFF
 Private Lessons 10% OFF
 Semi-Private Lessons ... 10% OFF

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Course	Day of Week	Time	Course Start / End
Swimmer 2	Tuesdays	4:45-5:25	Tuesday September 27th to November 15th
Swimmer 2	Thursdays	5:10-5:50	Thursday September 29th to November 17th
Swimmer 2	Saturdays	10:20-11:00	Saturday September 24th to November 12th
Swimmer 3	Tuesdays	5:30-6:10	Tuesday September 27th to November 15th
Swimmer 3	Thursdays	4:30-5:10	Thursday September 29th to November 17th
Swimmer 3	Saturdays	9:00-9:40	Saturday September 24th to November 12th
Swimmer 4	Tuesdays	3:45-4:40	Tuesday September 27th to November 15th
Swimmer 4	Saturdays	10:20-11:15	Saturday September 24th to November 12th
Swimmer 5	Thursdays	3:45-4:40	Thursday September 29th to November 17th
Swimmer 5	Saturdays	11:20-12:15	Saturday September 24th to November 12th
Swimmer 6	Thursdays	3:45-4:40	Thursday September 29th to November 17th
Swimmer 6	Saturdays	11:20-12:15	Saturday September 24th to November 12th
Swimmer 7	Saturdays	11:15-12:30	Saturday September 24th to November 12th
Swimmer 8	Saturdays	11:15-12:30	Saturday September 24th to November 12th
Swimmer 9	Saturdays	11:15-12:30	Saturday September 24th to November 12th
Adult 1	Tuesdays	6:15-6:55	Tuesday September 27th to November 15th
Adult 2	Thursdays	6:15-6:55	Thursday September 29th to November 17th
Private	Tuesdays	4:00-4:40	Tuesday September 27th to November 15th
Private	Tuesdays	6:00-6:40	Tuesday September 27th to November 15th
Private	Thursdays	3:45-4:25	Thursday September 29th to November 17th
Private	Thursdays	4:45-5:25	Thursday September 29th to November 17th
Private	Thursdays	6:00-6:40	Thursday September 29th to November 17th
Private	Saturdays	9:00-9:40	Saturday September 24th to November 12th
Private	Saturdays	9:35-10:15	Saturday September 24th to November 12th
Private	Saturdays	12:20-1:00	Saturday September 24th to November 12th

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PRESCHOOL 4 to 5 & SWIMMER 1 to 3	\$85
SWIMMER 4 to 6	\$95
PRIVATE LESSONS	\$180
PER CHILD SEMI-PRIVATE LESSONS	\$100
ADULT 1 TO 3	\$85

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RECC SWIM FOR LIFE AQUATIC REGISTRATION

	IF YOUR CHILD...	REGISTER IN:	PREVIOUS RED CROSS:
PRESCHOOL PROGRAMS	Is 4-12 months and ready to learn/enjoy water w/parent	PARENT TOT 1	Starfish
	Is 1-2 years and ready to learn/enjoy water w/parent	PARENT TOT 2	Duck
	Is 2-3 years and ready to learn/enjoy water w/parent	PARENT TOT 3	Sea Turtle (parented)
	Is 3-5 years and just starting out on his/her own	PRESCHOOL 1	Sea Turtle (unparented) Sea Otter Incomplete
	Is 3-5 years and comfortable getting face wet, blowing bubbles, floating and gliding with assistance	PRESCHOOL 2	Sea Otter Complete
	Is 3-5 years and can jump into chest deep water, submerge w/exhale underwater, float on front & back assisted for 3 sec.	PRESCHOOL 3	Salamander (complete or not)
	Is 3-5 years and can jump into deep water w/lifejacket, recover waist deep objects, hold breath underwater, float, glide, and kick on front and back for 5 metres.	PRESCHOOL 4	Sunfish or Incomplete Crocodile
Is 3-5 years and can jump solo into deep water, swim front crawl 5m wearing lifejacket and flutter kick front/back/side	PRESCHOOL 5	Complete Crocodile or Whale	
SWIM FOR LIFE PROGRAMS: AGE 6+	Is 6-12 years (or has started school) and is just starting out	SWIMMER 1 B BEGINNER	Swim Kids 1
	Is 6-12 years and was unsuccessful in completing Swimmer 1	SWIMMER 1 A ADVANCED	Swim Kids 2 (incomplete)
	Is 6-12 years and can jump solo into chest-deep water un-assisted and into deep-water wearing lifejacket; open eyes, hold breath/exhale underwater, float/kick/glide front & back	SWIMMER 2	Swim Kids 2 (complete) Swim Kids 3 (incomplete)
	Is 6-12 years and can jump into deep water, do sideways entry wearing lifejacket; support self at surface for 15 sec., do vertical whip kick and swim 10 metres front and back	SWIMMER 3	Swim Kids 3 (complete) Swim Kids 4 (incomplete)
	Is 6-12 years and can tread water for 30 sec., do kneeling dives & front somersaults; 10 metre whip kick on back, and swim 15 metres front and back crawl	SWIMMER 4	Swim Kids 4 (complete) Swim Kids 5 (complete or not)
	Is 6-12 years and can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 metres); dive, swim underwater, 15 metre whip kick on front; breast stroke arms w/breathing; and swim front/back crawl 25m	SWIMMER 5	Swim Kids 6 (complete or not) Swim Kids 7 (incomplete)
	Is 6-12 years and can do shallow dives & cannonballs; egg beater & scissor kick; swim 50 metres front/back crawl; breaststroke for 25 metres; sprint 25 metres; interval training 4 x 50 metres.	SWIMMER 6	Swim Kids 7
	Is 6-12 years and can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 metres breast stroke; swim 100 metres of front/back crawl and 300 metre workout	SWIMMER 7	Swim Kids 8
	Successful completion Swimmer 7	SWIMMER 8	Swim Kids 9
Successful completion Swimmer 8	SWIMMER 9	Swim Kids 10	

RECC ADULT SWIM LESSONS

ADULT 1	For new swimmers, following the Lifesaving Society standards for safety in adult swim instruction. Lessons will focus on basic swim techniques such as floating and gliding to build swimming stroke technique. There will be introduction to deep water while wearing a PFD.
ADULT 2	For adults with basic floating/gliding technique and comfortable learning in shallow or deep water. Following the Lifesaving Society standards for Swim to Survive, the focus will be on developing swimming techniques for front crawl, back crawl and breaststroke over 25 meters
ADULT 3	For adults that can swim 25 meters continuously using either front crawl, back crawl, or breaststroke. Following the Lifesaving Society standards for fitness development, the focus will be on entries and stroke corrections, building on distance and endurance for simple swim workouts.