

SWIM FOR LIFE LESSONS

SUMMER 2022



REGISTRATION OPENS TUESDAY JUNE 14 AT 9AM FOR MEMBERS (IN-PERSON ONLY)
 PUBLIC REGISTRATION OPENS ON WEDNESDAY JUNE 15 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

		MON	TUE	WED	THU	FRI	SAT	SUN
TWICE A WEEK JULY 4 - JULY 28	PARENT TOT 1	9:00 AM	← AND →	9:00 AM				
	PARENT TOT 2	9:30 AM	← AND →	9:30 AM				
	ADULT 1	11:00 AM	← AND →	11:00 AM				
	SWIM FIT		4:00 PM	← AND →	4:00 PM			
ONCE A WEEK JUNE 28 - AUGUST 18	PARENT TOT 3		4:00 PM					
	PRESCHOOL 1		4:00 PM	← OR →	5:35 PM			
	PRESCHOOL 2		4:35 PM	← OR →	5:30 PM			
	PRESCHOOL 3		4:00 PM	← OR →	5:00 PM			
	PRESCHOOL 4/5		5:30 PM					
	SWIMMER 1 A				5:30 PM			
	SWIMMER 1 B		4:35 PM					
	SWIMMER 2		4:35 PM	← OR →	4:45 PM			
	SWIMMER 3		4:45 PM	← OR →	4:00 PM			
	SWIMMER 4				4:00 PM			
	SWIMMER 5/6		5:10 PM					
	ADULT 1/2		6:00 PM					
	ADULT 3					6:00 PM		
PRIVATE OR SEMI-PRIVATE		4:00 PM 5:20 PM 5:20 PM	← OR →	4:00 PM 4:45 PM				

Cours de français

PRIVATE LESSONS
 NOW AVAILABLE
 UPON REQUEST

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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		MON	TUE	WED	THU	FRI	SAT	SUN	
EVERYDAY JULY 4 - JULY 14	PRESCHOOL 1		9:00 AM						
	PRESCHOOL 2		9:35 AM						
	SWIMMER 1 B		11:30 AM						
	SWIMMER 2		12:15 PM						
	SWIMMER 4		10:10 AM						
	PRIVATE OR SEMI-PRIVATE	9:00 AM							
		9:45 AM							
10:30 AM									
11:30 AM									
12:15 PM									
EVERYDAY JULY 18 - JULY 28	PRESCHOOL 1		9:00 AM						
	PRESCHOOL 3		9:45 AM						
	PRESCHOOL 4/5		12:15 PM						
	SWIMMER 1 A		11:30 AM						
	SWIMMER 3		10:20 AM						
	SWIMMER 5/6		12:05 PM						
	PRIVATE OR SEMI-PRIVATE	9:00 AM							
9:35 AM									
10:20 AM									
11:20 AM									
EVERYDAY AUGUST 8 - AUGUST 18	PRESCHOOL 1		9:00 AM						
	PRESCHOOL 2		11:25 AM						
	PRESCHOOL 3		9:45 AM						
	SWIMMER 1 B		12:00 PM						
	SWIMMER 2		11:35 AM						
	SWIMMER 3		12:20 PM						
	SWIMMER 4		10:20 AM						
PRIVATE OR SEMI-PRIVATE	9:00 AM								
	9:35 AM								
	10:20 AM								

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 (1 length of the pool)
ADULT 3	For adults that can swim 25 meters (1 length of the pool) 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.

SUMMER SWIM FIT

For youth looking to improve their swimming style and distance in the water. The swim fit program is focused on correcting swim strokes, building endurance and adding starts and turns. Participants will be split into groups by ability. This is a great program for youth that have been out of lessons for a while and love to swim.

Prerequisite	Minimum swimming ability of 25m continuous swim; 1 full length of the pool, using any swim stroke.	4 weeks/ 8 classes \$54 members / \$60 non-members Recommended for ages 9 - 15
Recommended:	Successful completion of swimmer 4	Tuesdays and Thursdays July 4 - July 28. 4pm -5pm