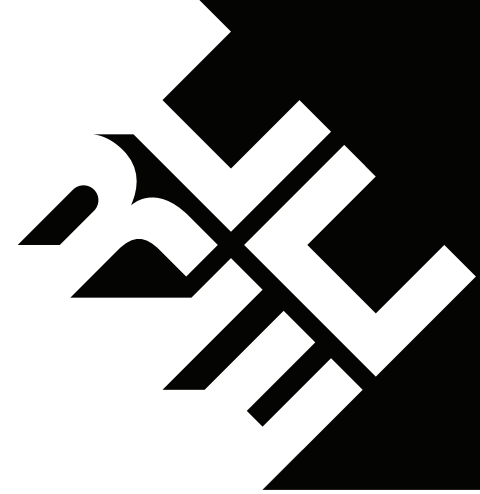


# SWIM FOR LIFE LESSONS

## SPRING 2023



**APRIL 17 - JUNE 12, 2023 (8 LESSONS) - NO CLASSES MAY 22 & 27**  
**REGISTRATION OPENS TUESDAY APRIL 4TH AT 9AM FOR MEMBERS**  
 (IN-PERSON REGISTRATION ONLY AT THE RECC - 625 ABENAKI RD)  
**PUBLIC ONLINE REGISTRATION OPENS WEDNESDAY APRIL 5TH AT 9AM**



**BLOOM**  
 WITH CONFIDENCE  
**RECC**

**ONLINE REGISTRATION: [www.ratheastlinkcommunitycentre.ca/programs/swim-lessons](http://www.ratheastlinkcommunitycentre.ca/programs/swim-lessons)**

		MON	TUE	WED	THU	FRI	SAT	SUN
PRESCHOOL PROGRAMS	PARENT TOT 1/2	11 - 11:30 AM 11:30 - 12 PM					9 - 9:30 AM	
	PARENT TOT 3		3:45 - 4:15 PM		3:45 - 4:15 PM		11:35 - 12:05 PM	
	PRESCHOOL 1		4:20 - 4:50 PM	4:30 - 5:00 PM	5:30 - 6:00 PM		10:30 - 11:00 AM 10:30 - 11:00 AM	
	PRESCHOOL 2		4:00 - 4:30 PM	5:15 - 5:45 PM			10:00 - 10:30 AM 12:05 - 12:35 PM	
	PRESCHOOL 3		3:45 - 4:15 PM	5:15 - 5:45 PM	5:05 - 5:35 PM		10:35 - 11:05 AM 11:20 - 11:50 AM	
	PRESCHOOL 4/5		5:15 - 5:55 PM	4:30 - 5:10 PM	3:45 - 4:25 PM		9:45 - 10:25 AM	
SWIM FOR LIFE PROGRAMS: AGE 6+	SWIMMER 1 B		4:55 - 5:35 PM	3:45 - 4:25 PM	4:20 - 5:00 PM		12:20 - 1:00 PM	
	SWIMMER 1 A		4:30 - 5:10 PM		4:30 - 5:10 PM		9:00 - 9:40 AM	
	SWIMMER 2		4:35 - 5:15 PM		6:00 - 6:40 PM		9:45 - 10:25 AM	
	SWIMMER 3		5:05 - 5:45 PM	4:30 - 5:10 PM	4:00 - 4:40 PM		9:00 - 9:40 AM	
	SWIMMER 4				6:05 - 7:00 PM		9:00 - 9:55 AM	
	SWIMMER 5/6		6:05 - 7:00 PM				10:20 - 11:15 AM	
	SWIMMER 7/8/9						11:30 - 12:45 PM	
AQUAGO!	LEVEL 3/4	FOR SWIMMERS THAT HAVE SUCCESSFULLY COMPLETED SWIMMER 2		4 - 4:45 PM				
	LEVEL 5/6	FOR SWIMMERS THAT HAVE SUCCESSFULLY COMPLETED SWIMMER 4		4:50 - 5:50 PM				
	JR. GUARDS				7:00 - 8:00 PM			
	PRIVATE or SEMI-PRIVATE		3:45 - 4:25 PM 4:20 - 5:00 PM 5:50 - 6:30 PM 5:40 - 6:20 PM 5:20 - 6:00 PM	3:45 - 4:25 PM 3:45 - 4:25 PM 5:15 - 5:55 PM	4:45 - 5:25 PM 5:40 - 6:20 PM 5:15 - 5:55 PM		9:00 - 9:40 AM 9:35 - 10:15 AM 9:45 - 10:25 AM 10:30 - 11:10 AM 11:20 - 12:00 PM 11:25 - 12:15 PM 11:55 - 12:35 PM 12:10 - 12:50 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  
 SWIMMER 7 to 9 \$105  
 PRIVATE LESSONS \$180  
 PER CHILD SEMI-PRIVATE LESSONS \$100  
 AQUAGO! LEVEL 3/4 PUBLIC: \$95 - MEMBERS: \$85 (Tax inc.)  
 AQUAGO! LEVEL 5/6 PUBLIC: \$115 - MEMBERS \$103.50 (Tax inc.)  
 JUNIOR LIFEGUARDS PUBLIC: \$60 - MEMBERS \$54 (Tax inc.)

### FAMILY ANNUAL MEMBERS:

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

# 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	<b>PARENT TOT 1</b>	Starfish
	Is 1-2 years and ready to learn/enjoy water w/parent	<b>PARENT TOT 2</b>	Duck
	Is 2-3 years and ready to learn/enjoy water w/parent	<b>PARENT TOT 3</b>	Sea Turtle (parented)
	Is 3-5 years and just starting out on his/her own	<b>PRESCHOOL 1</b>	Sea Turtle (unparented) Sea Otter Incomplete
	Is 3-5 years and comfortable getting face wet, blowing bubbles, floating and gliding with assistance	<b>PRESCHOOL 2</b>	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.	<b>PRESCHOOL 3</b>	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.	<b>PRESCHOOL 4</b>	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	<b>PRESCHOOL 5</b>	Complete Crocodile or Whale
SWIM FOR LIFE PROGRAMS: AGE 6+	Is 6-12 years (or has started school) and is just starting out	<b>SWIMMER 1 B</b> BEGINNER	Swim Kids 1
	Is 6-12 years and was unsuccessful in completing Swimmer 1	<b>SWIMMER 1 A</b> 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	<b>SWIMMER 2</b>	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	<b>SWIMMER 3</b>	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	<b>SWIMMER 4</b>	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	<b>SWIMMER 5</b>	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.	<b>SWIMMER 6</b>	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	<b>SWIMMER 7</b>	Swim Kids 8
	Successful completion Swimmer 7	<b>SWIMMER 8</b>	Swim Kids 9
	Successful completion Swimmer 8	<b>SWIMMER 9</b>	Swim Kids 10

# RECC AQUAGO! ARTISTIC SWIMMING



## AQUAGO! LEVEL 1 - 6 \*NEW\*

AquaGO! Is a nationwide program for children between the ages of 5 to 9 years old. Certified instructors will introduce children to the swimming skills necessary for artistic swimming in a safe, fun and welcoming environment.

For more information visit: [artisticswimming.ca/aquago](http://artisticswimming.ca/aquago)

AquaGO! Levels are comparable to our swimming lessons levels.

**LEVEL 3/4** - PUBLIC: \$95 MEMBERS: \$85 (Tax inc.)

**LEVEL 5/6** - PUBLIC: \$115 MEMBERS \$103.50 (Tax inc.)

## LEVEL 1/2

NOT AVAILABLE  
FOR THIS SPRING 2023

## LEVEL 3/4

WEDNESDAYS 4 - 4:45 PM  
FOR SWIMMERS THAT HAVE SUCCESSFULLY  
COMPLETED SWIMMER 2

## LEVEL 5/6

WEDNESDAYS 4:50 - 5:50 PM  
FOR SWIMMERS THAT HAVE SUCCESSFULLY  
COMPLETED SWIMMER 4

**APRIL 18 - JUNE 6, 2023**

# RECC JUNIOR LIFEGUARDS



## More action, more options, more fun!

The Junior Lifeguard Club offers a unique aquatic alternative for those kids who love the water and who want more than "lessons". The Junior Lifeguard Club keeps kids interested and active in aquatics - especially quick learners and those caught between levels. It is perfect for youth who thrive in an energetic learning environment.

**Prerequisite: Must have completed swimmer 5 or equivalent**

PUBLIC: \$60 MEMBERS: \$54

## THURSDAYS

**7 PM - 8 PM**

**APRIL 20 - JUNE 8, 2023**

**ONLINE REGISTRATION: [www.ratheastlinkcommunitycentre.ca/programs/swim-lessons](http://www.ratheastlinkcommunitycentre.ca/programs/swim-lessons)**

## CONDITIONS OF USE

**TO PROVIDE AN ENJOYABLE ATMOSPHERE FOR ALL OUR USERS WE ASK FOR YOUR SUPPORT TO ADHERE TO THE FOLLOWING CONDITIONS WHEN VISITING OUR AQUATIC CENTRE.**

- \*\* ALL PATRONS MUST SHOWER THOROUGHLY BEFORE ENTERING THE POOL**
- \*\* NO RUNNING ON DECK; NO ELECTRONICS (CAMERA, PHONE, ETC) ON DECK**

### PLEASE NOTE:

- CHILDREN 12 AND UNDER MUST HAVE AN ADULT (16+ YRS) REMAIN WITHIN THE AQUATIC CENTRE (VIEWING AREAS)
- CHILDREN 7 AND UNDER MUST HAVE AN ADULT (16+ YRS) WITHIN ARM'S LENGTH AT ALL TIMES WHILE IN THE POOL
- CHILDREN UNDER 16 CAN NOT BE RESPONSIBLE FOR YOUNGER SIBLINGS
- LIFEGUARDS ARE POOL AUTHORITIES; FOLLOW THEIR DIRECTIONS AT ALL TIMES
- ONLY ONE PERSON PERMITTED ON THE DIVING BOARD OR SLIDE AT A TIME
- SLIDE USERS MUST BE 48" TALL
- FEET FIRST AT ALL TIMES ON THE SLIDE
- DIVING IS PERMITTED ON THE POOL DECK IN THE DEEP END OF THE COMPETITIVE POOL ONLY
- NO USE OF A LIFEJACKET ON THE BIG DIVING BOARD
- APPROPRIATE SWIM ATTIRE MUST BE WORN. ASK A LIFEGUARD FOR CLARIFICATION IF YOU ARE UNSURE.
- NO RUNNING ON DIVING BOARDS
- NO SWIMMING UNDER OR HANGING ON THE DIVING BOARDS WHEN THEY ARE IN USE
- MAXIMUM OF 4 PERSONS IN ONE LANE FOR LANE SWIMMING
- NO ROUGHHOUSING
- PLEASE TURN IN ANY FOUND ITEMS AT THE WELCOME DESK

**PLEASE VISIT [WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/ABOUT/CONDITIONS-OF-USE](http://WWW.RATHEASTLINKCOMMUNITYCENTRE.CA/ABOUT/CONDITIONS-OF-USE) FOR OUR FULL POLICY**



# NOURISH

EATERY CATERING

**NOW OPEN  
AT THE RECC**

**TUESDAYS - SUNDAYS 10 AM - 6 PM**



## BLOOM

WITH CONFIDENCE  
AT THE RECC 2023

**FOR MORE EXCITING PROGRAMS  
AT THE RECC VISIT:**

[RATHEASTLINKCOMMUNITYCENTRE.CA/SPRING](https://ratheastlinkcommunitycentre.ca/spring)