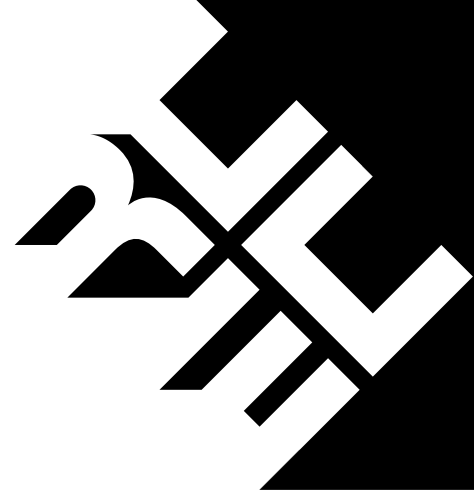


SWIM FOR LIFE LESSONS

WINTER 2024



JANUARY 9TH - MARCH 2ND (8 LESSONS)

REGISTRATION OPENS TUESDAY DEC 19 TH AT 12PM FOR MEMBERS

(IN-PERSON REGISTRATION ONLY AT THE RECC - 625 ABENAKI RD)

PUBLIC ONLINE REGISTRATION OPENS WEDNESDAY DEC 20th AT 12PM

ONLINE REGISTRATION: www.ratheastlinkcommunitycentre.ca/programs/swim-lessons

	Tuesdays Jan 9 - Feb 27	Wednesdays Jan 10 - Feb 28	Thursdays Jan 11 - Feb 29	Saturday Jan 13 - Mar 2
Parent & Tot 1/2	3:45-4:15			8:45-9:15
Parent & Tot 3	4:30-5:00			9:35-10:05
Preschool 1	5:05-5:35		3:45-4:15	9:00-9:30 11:50-12:20
Preschool 2	5:05-5:35		4:30-5:00	9:00-9:30 10:20-10:50
Preschool 3	5:05-5:35		5:05-5:35	11:05-11:35 11:45-12:15
Preschool 4	5:40-6:20	3:45-4:25		9:20-10:00
Preschool 5	4:20-5:00		5:10-5:50	

PARENT & TOT	\$75
PRESCHOOL 1 to 3	\$75
PRESCHOOL 4 to 5	\$95
SWIMMER 1 to 3	\$95
SWIMMER 4 to 6	\$105
SWIMMER 7/8/9	\$115
PRIVATE LESSONS	\$195
SEMI-PRIVATE LESSONS (per child)	\$112.50
ADULT	\$95 + Tax

Swimmer 1Beg	4:20-5:00		5:05-5:45	10:10-10:50
Swimmer 1Adv			4:20-5:00	11:25-12:05
Swimmer 2	5:40-6:20	5:15-5:55	5:05-5:45	9:45-10:25 11:00-11:40
Swimmer 3	5:30-6:10		4:20-5:00	10:30-11:10
Swimmer 4	6:15-7:10			12:10-1:05
Swimmer 5/6		6:00-6:55		12:25-1:20
Swimmer 7/8/9			4:30-5:45	

Adult 1/2			6:30-7:10	
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Private lessons (max 2 registrants no more than one level apart)	5:40-6:20 6:20-7:00 6:20-7:00	4:30-5:10	5:40-6:20 5:50-6:30 5:55-6:35	9:00-9:40 9:35-10:15 10:05-10:45 11:05-11:45 11:40-12:20 12:20-1:00 12:20-1:00
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Registration for private lessons are in person only

FAMILY ANNUAL MEMBERS:

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

Cours de français

Cours privés disponibles sur demande

JR LIFEGUARDS NIPPERS (UNDER 12 YRS)



Nippers are the kids nipping at the heels of their local idols, and want to do the cool lifeguard thing. This program is for kids aged 8-12 who have a strong swimming background and want to learn new lifesaving and lifesaving sport related skills. The program has no set criteria for evaluation, instead a waterlog is used to track participants personal bests and show their progress with skills. Skills include, swimming strokes, general first aid and rescue knowledge, water safety, team building, basic teaching principles, and physical strength. Many kids come back for multiple sessions to stay involved with their friends and continually get stronger in the water.

Members \$65, Non-Members \$72

**THURSDAYS
JAN 11th - FEB 29th
6:00 - 6:45 PM**

JR LIFEGUARDS GROMMS (12 YRS & OLDER*)



Gromms are the up and comers, the soon to be the real deal, and in the lifesaving world these are the kids working on their path to be a lifeguard. This program is for kids aged 12-15 with a strong swimming background and either Bronze experience or previous junior guard experience. The Gromms work the same as the nippers with a log book tracking personal bests. This program gives the kids a bit more responsibility with a more communal teaching environment, long time kids helping newcomers, passing on skills and sharing knowledge. There are also opportunities with this program for shadow guarding and teaching with facility staff to learn more about the role lifeguards have on the pool deck beyond watching people swim.

Members \$65, Non-Members \$72

**THURSDAYS
JAN 11th - FEB 29th
7:00 - 8:00 PM**

*Gromms are the up and comers, the soon to be the real deal, and *participants who are under the age of twelve may register for this program with the approval of the instructor. Contact the Aquatics and Youth Programming Supervisor at jphillips@therecc.ca for further inquiries.