

AQUATICS PROGRAMS

The Lifesaving Society **Swim for Life** program is based on the internationally acclaimed Swim to Survive standard and starts by teaching skills needed to survive an unexpected fall into deep water and then challenges the swimmer to learn more. Please take the time to read through the following information to better acquaint yourself with the program and the exciting water-based opportunities that await your child.



Parent & Tot Programs

PARENT & TOT is aimed at children from 6 months to 3 years and their parents. Based on the principle of "within arms reach" Parent & Tot focuses on close playful interaction and shared fun between child, parent and the water. Children are placed in their level based only on their age. **This is not a skill-based program.**

Parent & Tot 1 (6-12 months)

Parent & Tot 2 (12 – 24 months)

Parent & Tot 3 (2 – 3 years)

Preschool Swim Programs

These levels are aimed at independent 3-5 year old preschoolers who are ready to learn without their parents in the class with them.

Preschool 1 (3-5 yrs)

Preschoolers learn to enter & exit shallow water safely and to put their face in the water blowing bubbles. They will learn to move safely in shallow water and to wear a PFD to be comfortable with their floats and back glides.

Preschool 2 (3-5 yrs)

Preschoolers will jump into chest deep water and will learn to submerge and exhale under water. They will be introduced to lateral roll overs and will practice front and back glides as well as their flutter kick.

Preschool 3 (3-5 yrs)

Preschoolers will perform a side roll entry into deep water wearing a PFD. They will recover objects from the bottom in waist deep water and master independent front and back floats, lateral roll overs, front and back glides and flutter kick of varying distance (2-10m).

Preschool 4 (3-5 yrs)

Preschoolers will master short swims of front crawl (3-5m) and will be introduced to side glides and flutter kick performed on their side. New challenges such as pendulum roll overs onto back and treading water using sculling arm action are presented at this level.

Preschool 5 (3-5 yrs)

Preschoolers will demonstrate that they can support themselves in deep water for 10-15 seconds using the sculling arm action and any kick. Wearing a PFD they will practice forward roll entry into deep water. Whip kick, back crawl and interval training will be introduced. Some Preschool 5 graduates will be prepared to enter Swimmer 2.

School-Aged Children (6 years and older)

Swimmer 1

This level is the foundation for swimming skills development. It includes safe entries into various depths of water, treading water and sculling arm action, breath control, opening eyes under water, front and back floats, lateral roll overs, front, back and side glides, flutter kick on front and back.

Swimmer 2

Introduction to side roll entries into deep water wearing a PFD as well as interval training. Other swimming skills include flutter kick on their side, whip kick in a vertical position and 10-15m distance swims of both front and back crawl.

Swimmer 3

Swimmers will perform kneeling dives and forward rolls into deep water. Handstands and front somersaults in the water will teach body orientation skills. Graduates of Swimmer 3 will have achieved the Canadian Swim to Survive Standard: roll entry into deep water, tread one minute and swim 50m. The standard defines the essential minimum skills required to survive an unexpected fall into deep water.

Swimmer 4

Standing dives into deep water and underwater swims of 5 metres will be introduced. New swimming skills include whip kick on the front and breaststroke arm drills. Greater swimming distances of 25-50m are set for both front and back crawl. The 25-m sprint front crawl will further challenge the swimmer's fitness.

Swimmer 5

Shallow dives and tuck jumps (cannonballs) are the entries into the water practiced at this level. These swimmers will master back somersaults in the water, stationary eggbeater kick, head up front crawl and breaststroke. Interval training and sprints for front and back crawl are the fitness components.

Swimmer 6

Stride entries and compact jumps into deep water are introduced. Swimmers tread water, legs only using a lifesaving kick such as eggbeater or scissor kick. They will easily accomplish a 300 metre workout with their effective strokes for front crawl or breaststroke. Swimmer 6 graduates will be well prepared for success in the Canadian Swim Patrol awards

Walk On Water at Trico Centre with our WOW Ball

Drop in to the pool for WOW Ball Night (Saturdays from 7-9pm.) Or, rent our WOW Ball for your special event or birthday party (see p. 27 for more details about our party packages or rentals.)



SWIM LESSONS

	MONDAY Jan 16-Mar 5 (7) (no class Feb 20) Mar 12-Apr 23 (6) (no class Mar 26)	TUESDAY Jan 17-Feb 28 (7) Mar 6 -Apr 24 (7) (no class Mar 27)	WEDNESDAY Jan 18-Feb 29 (7) Mar 7-Apr 25 (7) (no class Mar 28)	THURSDAY Jan 19-Feb 23 (6) Mar 1-Apr 26 (8) (no class Mar 29)	SATURDAY Jan 14-Mar 24 (10) (no class Feb 18)
Parent & Tot 1					9:30-10am
Parent & Tot 1/2	10:45-11:15am 2:30-3pm 5-5:30pm	10:15-10:45am 5-5:30pm	10:45-11:15am 2:00-2:30pm 5:30-6pm	9:45-10:15am	
Parent & Tot 2					10:30-11am
Parent & Tot 2/3	11:15-11:45am 12:45-1:15pm 5:30-6pm	9:30-10am 5:30-6pm	11:15-11:45am 2:30-3pm 5-5:30pm	10:15-10:45am	
Parent & Tot 3					12-12:30pm
Preschool 1	9:30-10am 11:15-11:45am 2:30-3pm 4-4:30pm 5-5:30pm 6-6:30pm	9-9:30am 11:15-11:45am 4-4:30pm 5:30-6pm 6:30-7pm	9-9:30am 11:15-11:45am 1:15-1:45pm 2:30-3pm 4:30-5pm 5-5:30pm 6-6:30pm	10:15-10:45am 11:30am-12:00pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am 11:30am-12pm 12-12:30pm 12:30-1pm
Preschool 2	9:30-10am 10-10:30am 12:45-1:15pm 4:30-5pm 5:30-6pm	9-9:30am 10:45-11:15am 4-4:30pm 5-5:30pm	9:30-10am 1:15-1:45pm 4-4:30pm 5:30-6pm 6:30-7pm	11-11:30am 11:30am-12pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am 11:30am-12pm 12-12:30pm
Preschool 3	9-9:30am 10-10:30am 1:15-1:45pm 4:30-5pm 6-6:30pm	9:30-10am 10:45-11:15am 4:30-5pm 5:30-6pm	9:30-10am 12:45-1:15pm 2-2:30pm 4-4:30pm 5-5:30pm 5:30-6pm	11-11:30am	9-9:30am 9:30-10am 10-10:30am 11am-11:30am 11:30am-12pm 12-12:30pm
Preschool 4/5	9-9:30am 10:45-11:15am 1:15-1:45pm 4-4:30pm 6-6:30pm 6:30-7pm	10:15-10:45am 11:15-11:45am 4:30-5pm 6-6:30pm	9-9:30am 10:45-11:15am 12:45-1:15pm 4:30-5pm 6-6:30pm 6:30-7pm	9:45-10:15am	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11:30am-12pm 12:30-1pm
Swimmer 1	4:30-5pm 5:30-6pm 6-6:30pm 6:30-7pm	4:30-5pm 5-5:30pm 6-6:30pm	4-4:30pm 4:30-5pm 6-6:30pm		9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am 11:30-12pm 12-12:30pm 12:30-1pm
Swimmer 2	4-4:30pm 5-5:30pm 6:30-7:00pm	4-4:30pm 5:30-6pm 6-6:30pm 6:30-7pm	4:30-5pm 5:30-6pm 6-6:30pm 6:30-7:00pm		9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am 11:30am-12pm 12-12:30pm 12:30-1pm
Swimmer 3	4-4:30pm 5-5:30pm 5:30-6pm	4-4:30pm 5-5:30pm 6:30-7pm	5:30-6pm 6:30-7pm		9-9:30am 10-10:30am 11:30-12pm 12:30-1pm
Swimmer 4	4:30-5pm 6:30-7pm	4:30-5pm 6:30-7pm	4-4:30pm 5-5:30pm		11-11:30am 12:30-1pm
Swimmer 5/6	4-5pm 5:30-6:30pm	4-5pm 5:30-6:30pm	4:30-5:30pm 6-7pm		9:30-10:30am 12-1pm

Trico Centre's Pool

We offer swimming lessons for all ages and abilities taught by qualified, professional staff.

Pool admission is free for members. Non-members pay an admission fee or can take advantage of our swim specials. (see p. 4.)

Parent & Tot Special Playtime Friday 10-11am

Each Friday, from 10-11am, during Parent and Tot Swim Special, an instructor will be in the pool to teach and play. Every week will have a theme.

What's Cool about Trico's Pool?

It has a "beach-front" entry which makes for easy access. It has waves! And, the pool is extra-warm - about 30 degrees - which makes it a great place for anyone who doesn't like "cold" water.



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Swim Patrol					10:30-11:30am	
Private Lessons	5-5:30pm 6:30-7pm	5-5:30pm 6:30-7pm	4-4:30pm 5:30-6pm	4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm	9-9:30am 10:30-11am 11-11:30am 11:30am-12pm 12-12:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am
Adult Lessons Beginner						9-10am
Adult Lessons Intermediate						10-11am

Swim Patrol

This three-level swim patrol program is for kids who are ready to go beyond “learn to swim”. Program develops swimming strength and efficiency with emphasis on personal responsibility. Students will be introduced to three elements: Water Proficiency, Recognition & Rescue, and First Aid. Prerequisite: Swimmer 6

Adult Beginner

This level is for Adults who are just beginning to learn to swim. Focus will be on comfort in the water, and learning floats, glides, and breathing techniques, as well as basic stroke development.



Adult Intermediate

This level is for Adults who are comfortable in the water and have mastered the basic strokes. This level will focus on improvement of Front Crawl, Back Crawl, Breaststroke, and other stroke techniques.

Private Swim Lessons

- get individualized instruction
- master specific skills
- focus on advanced skills
- move ahead faster than in a group lesson
- great for those who don't enjoy a group setting
- all ages - children and adults

Great rates and flexible times. Private and semi-private lessons. Special needs instruction. See table above for private swim times. Call 403-278-7542 for info or to register. No discounts on private/semi-private lessons.

WINTER SWIM LESSON FEES								
Number of Classes	6		7		8		10	
Member/Non-Member	M	NM	M	NM	M	NM	M	NM
Parented Preschool	\$44	\$55	\$52	\$64	\$59	\$73	\$74	\$92
Swimmer 1 - 4	\$55	\$69	\$65	\$81	\$74	\$92	\$92	\$115
Swimmer 5/6	\$70	\$87	\$82	\$102	\$93	\$116	\$116	\$145
Swim Patrol	-	-	-	-	-	-	\$132	\$165
Bronze Star (1hr)	\$79	\$99	-	-	\$105	\$132	-	-
Adult (1 hr)	-	-	-	-	-	-	\$132	\$165