

# AQUATICS PROGRAMS

Trico Centre swim programs have a great reputation for:

- Smaller class ratios
- Excellent swim instructors
- Warmer water
- Lots of class options

The 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/Preschool Swim Programs

This swim program targets two different groups:

**PARENT & TOT** is aimed at children from 6 months to 5 years and their parents. Based on the principal 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.

- 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 rollovers and will practice front and back glides as well as their flutter kick wearing a PFD or other buoyant aid.

### 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 rollovers, front and back glides and flutter kick of varying distance (2-10 metre).

### Preschool 4 (3-5 yrs)

Preschoolers will master short swims of front crawl (3-5 metre) and will be introduced to side glides and flutter kick performed on their side. New challenges such as opening eyes underwater, pendulum rollovers 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. Preschool 5 graduates will be prepared to enter Swimmer 2.

## School Age 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 rollovers, 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 10-15 metre 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 50 metres. 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 25-50 metres are set for both front and back crawl. The 25 metre spring 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 springs for front and back crawl are the fitness components.

### Swimmer 6

Stride entries and compact jumps into deep water are introduced. Swimmer 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, back crawl and/or breaststroke. Swimmer 6 graduates will be well prepared for success in the Canadian Swim Patrol awards.

## SPRING/SUMMER SWIM LESSON FEES:

Number of Classes	5	6	7	9	10	11
Parented / Preschool	\$44	\$52	\$61	\$79	\$87	\$96
Swimmer 1 – 4	\$55	\$66	\$77	\$99	\$110	\$121
Swimmer 4/5/6	\$70	\$84	\$98	\$126	\$140	\$154
Swim Patrol	\$110	\$84	\$98			
Bronze Star				\$126	\$140	

# SPRING SWIM LESSON SCHEDULE

(Pool shutdown April 2 - 13. Pool reopens April 14) Ages 6 months - 14 years

<b>MONDAYS</b> April 19 - June 21 (9 classes) (no class May 24)		<b>TUESDAYS/THURSDAYS</b> April 15 - May 6 (7 classes) May 11 - May 27 (6 classes) June 1 - June 22 (7 classes)		<b>WEDNESDAYS</b> April 14 - May 19 (6 daytime classes) May 26 - June 23 (5 daytime classes) April 14 - May 19 (6 evening classes) May 26 - June 30 (6 evening classes)		<b>FRIDAYS</b> April 16 - May 14 (5 classes) May 21 - June 18 (5 classes)	
<b>Parent &amp; Tot 1/2</b> 10:15-10:45am 5:00 - 5:30pm		<b>Parent &amp; Tot 1/2</b> 10:15-10:45am 5:30 - 6:00pm		<b>Parent &amp; Tot 1/2</b> 9:45-10:15am 5:30 - 6:00pm		<b>Parent &amp; Tot 1/2</b> 10:15-10:45am	
<b>Parent &amp; Tot 2/3</b> 1:45 - 2:15pm 6:30-7:00pm		<b>Parent &amp; Tot 2/3</b> 1:45 - 2:15pm 6:30-7:00pm		<b>Parent &amp; Tot 2/3</b> 1:45 - 2:15pm 6:30-7:00pm		<b>Parent &amp; Tot 2/3</b> 11:15 - 11:45am	
<b>Preschool 1</b> 9:15 - 9:45am 4:00 - 4:30pm 9:45-10:15am 4:30 - 5:00pm 10:45 - 11:15am 5:30 - 6:00PM 12:45 - 1:15pm 6:00 - 6:30pm 1:45 - 2:15pm		<b>Preschool 1</b> 9:15 - 9:45am 5:00 - 5:30pm 9:45-10:15am 6:00 - 6:30pm 10:45 - 11:15am 12:45 - 1:15pm 1:45 - 2:15pm		<b>Preschool 1</b> 9:15 - 9:45am 4:00 - 4:30pm 10:45 - 11:15am 4:30 - 5:30pm 11:15 - 11:45am 5:00 - 5:30pm 12:45 - 1:15pm 5:30 - 6:00pm 1:45 - 2:15pm 6:00 - 6:30pm		<b>Preschool 1</b> 9:15 - 9:45am 9:45-10:15am	
<b>Preschool 2</b> 9:15 - 9:45am 4:30 - 5:00pm 10:15 - 10:45am 5:00 - 5:30pm 11:15 - 11:45am 5:30 - 6:00pm 12:45 - 1:15pm 6:00 - 6:30pm 2:15 - 2:45pm 6:30 - 7:00pm		<b>Preschool 2</b> 9:15 - 9:45am 6:00 - 6:30pm 10:15 - 10:45am 6:30 - 7:00pm 11:15 - 11:45am 12:45 - 1:15pm 1:15 - 1:45pm		<b>Preschool 2</b> 9:15 - 9:45am 5:00 - 5:30pm 10:15 - 10:45am 5:30 - 6:00pm 12:45 - 1:15pm 6:00 - 6:30pm 2:15 - 2:45pm 6:30 - 7:00pm 4:30 - 5:00pm		<b>Preschool 2</b> 9:15 - 9:45am 10:15 - 10:45am 10:45 - 11:15am	
<b>Preschool 3</b> 9:45-10:15am 5:00 - 5:30pm 11:15 - 11:45am 5:30 - 6:00pm 1:15 - 1:45pm 6:30 - 7:00pm 1:45 - 2:15pm 4:00 - 4:30pm		<b>Preschool 3</b> 9:45-10:15am 6:30 - 7:00pm 11:15 - 11:45am 1:15 - 1:45pm 2:15 - 2:45pm 5:30 - 6:00pm		<b>Preschool 3</b> 9:45-10:15am 6:00 - 6:30pm 11:15 - 11:45am 6:30 - 7:00pm 1:15 - 1:45pm 2:15 - 2:45pm 4:00 - 4:30pm		<b>Preschool 3</b> 9:45-10:15am 11:15 - 11:45am	
<b>Preschool 4/5</b> 10:45 - 11:15am 4:00 - 4:30pm 1:15 - 1:45pm 5:00 - 5:30pm		<b>Preschool 4/5</b> 10:45 - 11:15am 5:00 - 5:30pm 2:15 - 2:45pm		<b>Preschool 4/5</b> 10:45 - 11:15am 5:00 - 5:30pm 1:15 - 1:45pm		<b>Preschool 4/5</b> 10:45 - 11:15am	
<b>Swimmer 1</b> 4:00 - 4:30pm 6:00 - 6:30pm 4:30 - 5:00pm 6:30 - 7:00pm		<b>Swimmer 1</b> 5:00 - 5:30pm 6:00 - 6:30pm		<b>Swimmer 1</b> 4:00 - 4:30pm 6:00 - 6:30pm 4:30 - 5:00pm 6:30 - 7:00pm			
<b>Swimmer 2</b> 4:30 - 5:00pm 6:00 - 6:30pm 6:30 - 7:00pm		<b>Swimmer 2</b> 6:00 - 6:30pm 6:30 - 7:00pm		<b>Swimmer 2</b> 5:00 - 5:30pm 6:00 - 6:30pm 4:30 - 5:00pm 6:30 - 7:00pm			
<b>Swimmer 3</b> 4:30 - 5:00pm 5:30 - 6:00pm 6:00 - 6:30pm		<b>Swimmer 3</b> 5:30 - 6:00pm		<b>Swimmer 3</b> 4:30 - 5:00pm 5:30 - 6:00pm 4:00 - 4:30pm			
<b>Swimmer 4/5/6</b> 5:00 - 6:00pm		<b>Swimmer 4/5/6</b> 5:00 - 6:00pm		<b>Swimmer 4/5/6</b> 5:00 - 6:00pm			
		<b>Swim Patrol</b> 6:00 - 7:00pm					
<b>SATURDAYS</b> April 17 - June 26 (10 classes, no class May 22)		<b>Parent &amp; Tot 1</b> 9:00-9:30am		<b>Preschool 1</b> 9:00-9:30am 9:30-10:00am 10:00 - 10:30am 11:00 - 11:30am 11:30 - 12:00pm 12:00 - 12:30pm		<b>Preschool 2</b> 9:30-10:00am 10:30 - 11:00am 11:00 - 11:30am 11:30 - 12:00am 12:00 - 12:30pm	
<b>SEE PAGE 25 FOR PRIVATE SWIM LESSON INFORMATION</b>		<b>Parent &amp; Tot 2</b> 10:00-10:30am		<b>Preschool 3</b> 9:30-10:00am 10:00 - 10:30am 10:30 - 11:00am 11:00 - 11:30am 11:30 - 12:00pm		<b>Preschool 4/5</b> 10:00 - 10:30am 11:30 - 12:00pm	
		<b>Parent &amp; Tot 3</b> 11:00 - 11:30am		<b>Swimmer 1</b> 9:00-9:30am 9:30-10:00am 10:30 - 11:30am 11:00 - 11:30am 11:30 - 12:00pm 12:00 - 12:30pm			
				<b>Swimmer 2</b> 9:00-9:30am 9:30-10:00am 10:00 - 10:30am 10:30 - 11:00am 12:00 - 12:30pm			
				<b>Swimmer 3</b> 9:00-9:30am 10:00 - 10:30am 10:30 - 11:00am 11:30 - 12:00pm			
				<b>Swimmer 4</b> 11:00 - 11:30am 12:00 - 12:30pm			
				<b>Swimmer 5/6</b> 9:00-10:00am		<b>Bronze star</b> 9:00-10:00am	

**NOTE:** Please see page 22 for swim lesson fees

# SUMMER SWIM LESSON SCHEDULE

Ages 6 months - 14 years

	Week 1 July 5 - 9 (5)	Week 2 July 12 - 16 (5)	Week 3 July 19 - 23 (5)	Week 4 July 26 - 30 (5)	Week 5 Aug 3 - 13 (9)	Week 6 Aug 16 - 20 (5)	Week 7 Aug 23 - 31 (7)	
<b>Parent &amp; Tot 1/2</b>	11 - 11:30am	11 - 11:30am	11 - 11:30am	11 - 11:30am	11 - 11:30am	11 - 11:30am	11 - 11:30am	
<b>Parent &amp; Tot 2/3</b>	11:30 am - 12pm	11:30 am - 12pm	11:30 am - 12pm	11:30 am - 12pm	11:30 am - 12pm	11:30 am - 12pm	11:30 am - 12pm	
<b>Preschool 1</b>	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm	9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm
<b>Preschool 2</b>	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12 - 12:30pm 12:30 - 1pm	9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30 am - 12pm 12 - 12:30pm
<b>Preschool 3</b>	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	9:30 - 10am 10 - 10:30am 10:30 - 11am 11 - 11:30am 12 - 12:30pm	8:30 - 9am 10:30 - 11am 11 - 11:30am
<b>Preschool 4/5</b>	9:30 - 10am 11:30am- 12pm	9:30 - 10am 11:30am- 12pm	9:30 - 10am 11:30am- 12pm	9:30 - 10am 11:30am- 12pm	9:30 - 10am 11:30am- 12pm	9:30 - 10am 11:30am- 12pm	8:30 - 9am 9:30 - 10am	
<b>Swimmer 1</b>	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9:30 - 10am 10 - 10:30am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 11:30am - 12pm 12:30 - 1pm
<b>Swimmer 2</b>	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 9 - 9:30am 9:30 - 10am 10:30 - 11am 11 - 11:30am 11:30am - 12pm 12:30 - 1pm	8:30 - 9am 10 - 10:30am 11:30am - 12pm 12:30 - 1pm
<b>Swimmer 3</b>	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 9:30 - 10am 10 - 10:30am 10:30 - 11am	9 - 9:30am 10 - 10:30am
<b>Swimmer 4</b>	8:30 - 9am 10 - 10:30am	8:30 - 9am 10 - 10:30am	8:30 - 9am 10 - 10:30am	8:30 - 9am 10 - 10:30am	8:30 - 9am 10 - 10:30am	8:30 - 9am 10 - 10:30am	9:30 - 10am	
<b>Swimmer 5/6</b>	8:30 - 9:30am 10 - 11am	8:30 - 9:30am 10 - 11am	8:30 - 9:30am 10 - 11am	8:30 - 9:30am 10 - 11am	8:30 - 9:30am 10 - 11am	8:30 - 9:30am 10 - 11am	10 - 11am	
<b>Swim Patrol</b>		10:30am - 12pm					8:30 - 9:30am	
<b>Bronze Star</b>					9:30 - 10:30am			

**NOTE:** Please see page 22 for swim lesson fees