

# GREENVIEW REGIONAL MULTIPLEX

## JULY 2021 SWIMMING LESSONS

### SEA OTTER (1)

**DATES:** Session 1) Monday-Thursday July 5<sup>th</sup>-8<sup>th</sup>  
Session 2) Monday-Thursday July 19<sup>th</sup>-22<sup>nd</sup>

**TIME:** 11:00am-12:00pm

**AGE:** 3-6 years

**PREREQUISITES:** Swimmers should be comfortable in the water away from their parent or caregiver

**PRICE:** \$45.00 – Members \$55.00 – Non-Members

This is the first unparented level in the Red Cross preschool program. Swimmers work on front and back floats and glides, kicking with a buoyant object and getting comfortable in the water.

### SALAMANDER (2)

**DATES:** Session 1) Monday-Thursday July 5<sup>th</sup>-8<sup>th</sup>  
Session 2) Monday-Thursday July 19<sup>th</sup>-22<sup>nd</sup>

**TIME:** 12:00pm-1:00pm

**AGE:** 3-6 years

**PREREQUISITES:** Swimmers should be comfortable putting their faces in the water prior to the start date

**PRICE:** \$45.00 – Members \$55.00 – Non-Members

This is the second level in the Red Cross preschool program. Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to front, and back glide. Swimmers will be able to swim 2 meters upon completion.

### SWIM KIDS 1

**DATES:** Session 1) Monday-Thursday July 12<sup>th</sup>-15<sup>th</sup>  
Session 2) Monday-Thursday July 19<sup>th</sup>-22<sup>nd</sup>

**TIME:** 11:00pm-12:00pm

**AGE:** 5+ years

**PREREQUISITES:** Swimmers should be comfortable in the water away from their parent or caregiver

**PRICE:** \$45.00 – Members \$55.00 – Non-Members

Swimmers develop front and back floats and glides, flutter kick (assisted), shallow water entries and exits, and swim 5 meters. No previous swim experience is required.

### SWIM KIDS 2

**DATES:** Session 1) Monday-Thursday July 12<sup>th</sup>-15<sup>th</sup>  
Session 2) Monday-Thursday July 19<sup>th</sup>-22<sup>nd</sup>

**TIME:** 12:00pm-1:00pm

**AGE:** 5+ years

**PREREQUISITES:** Swimmers must be able to swim 5 meters continuously prior to the start date

**PRICE:** \$45.00 – Members \$55.00 – Non-Members

Swimmers develop front and back floats and glides, flutter kick (assisted), shallow water entries and exits, and swim 5 meters. No previous swim experience is required.

### SWIM KIDS 3/4

**DATES:** Monday-Thursday July 12<sup>th</sup>-15<sup>th</sup>

**TIME:** 11:00am-12:00pm

**AGE:** 5+ years

**PREREQUISITES:** Swimmers must be able to swim 10 meters continuously prior to the start date.

**PRICE:** \$45.00 – Members \$55.00 – Non-Members

Swimmers increase their distance on front and back glides with their kick, float in deep water, perform a kneeling dive and swim 15-25 meters continuously.

### SWIM KIDS 5/6

**DATES:** Monday-Thursday July 5<sup>th</sup>-8<sup>th</sup>

**TIME:** 11:00am-12:00pm

**AGE:** 5+ years

**PREREQUISITES:** Swimmers must be able to swim 25 meters continuously prior to the start date. This level is taught in deep water.

**PRICE:** \$45.00 – Members \$55.00 – Non-Members

Swimmers develop front and back crawl (15-25m), whip kick on back and elementary back stroke (15m), learn stride dive, treading water and swim 50-75m continuously

### SWIM KIDS 7/8

**DATES:** Monday-Thursday July 12<sup>th</sup>-15<sup>th</sup>

**TIME:** 11:00am-12:30pm

**AGE:** 5+ years

**PREREQUISITES:** Swimmers must be able to swim 75 meters continuously prior to the start date

**PRICE:** \$60.00 – Members \$75.00 – Non-Members

Swimmers increase their distance on front and back crawl (50-75m), elementary backstroke (25m), learn breaststroke, surface dives and swim 150-300m continuously.

### NATIONAL DROWNING PREVENTION WEEK (JULY 18-24)

More information to come on fun learning activities throughout this week with the following themes:

- Prevent Drowning
- Watch Me, Not Your Phone
- Be Boat Smart® - Wear a Lifejacket
- Learn to Swim to Survive®
- Know Your Limits
- Be Water Smart® - Swim with a Buddy
- Be Water Smart® All Year Round

