



## CANADIAN SWIM PATROL

### Rookie, Ranger, and Star

**AGE:** 10+ yrs and the ability to swim in the lane pool unassisted  
**DATES:** Tuesdays & Thursdays, October 3 - October 26 (8classes)  
**TIME:** 4:00 pm – 5:00 pm  
**MEMBER:** \$75.00  
**NONMEMBER:** \$85.00  
**LOCATION:** Lane Pool

Are you ready for something different than regular swim classes? Looking for a way to develop your swimming strength and efficiency? Rise to the challenge and get your Swim Patrol awards - a perfect fit for anyone wanting to kick it up a notch. Swim Patrol has three levels: Rookie, Ranger, and Star. Completion of Swimmer 6 preferred but not required.

## WATER WORKS - October Sessions

**AGE:** 16+ yrs  
**DATES:** Tuesdays & Thursdays, October 3 - October 31  
**TIME:** 10:00 am – 11:00 am  
**MEMBER:** \$72.00  
**NONMEMBER:** \$90.00  
**LOCATION:** Leisure Pool

Water fitness uses natural resistance and buoyancy of the water against your body to provide a wide variety of conditioning activities. No swimming is required in water aerobics, and flotation devices are used frequently. Water Works is a shallow pool class, and all classes are geared to client comfort levels.

## ADULT AQUAMAT CLASS Evenings in October

**AGE:** 18+ yrs  
**DATES:** Tuesdays & Thursdays, October 17, 19, 24 & 26  
**TIME:** 7:15 pm – 8:00 pm  
**MEMBER:** \$24.00  
**NONMEMBER:** \$30.00  
**LOCATION:** Lane Pool

Gain core strength, build endurance, and have fun as you find your balance on our AquaMats! Join the aquatics team in this exciting and challenging program!

## ADULT SWIMMER

**AGES:** 16+ yrs  
**WHEN:** Wednesdays & Fridays, October 18 to November 10 (8classes)  
**TIME:** 10:00 am - 11:00 am  
**MEMBER:** \$75.00  
**NONMEMBER:** \$85.00  
**LOCATION:** Leisure Pool

Adult Swimmer Program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes. No previous swimming experience is required.

## YOUTH BEGINNER SWIMMER

**AGES:** 13 - 16 yrs  
**DATES:** Wednesdays & Fridays, October 18 to November 10 (8 classes)  
**TIME:** 4:00 pm - 5:00 pm  
**MEMBER:** \$75.00  
**NONMEMBER:** \$85.00  
**LOCATION:** Leisure Pool

Youth Swimmer program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes. No previous swimming experience is required.

## PRIVATE SWIMMING LESSONS

**AGES:** All ages  
**PRIVATE LESSON COST:** \$25.00/person  
**SEMI-PRIVATE LESSON:** \$20.00/person  
**LESSON DURATION:** 30 Minutes  
**LOCATION:** Lane or Leisure Pool  
October

Private and Semi-Private swimming lessons are available for individuals who require or want more personalized instruction. Semi-private lesson is for 2-3 people of approximately the same ability. Scheduling is based on instructor availability and availability of the participant. All lessons must be scheduled in advance. Intake information and questionnaire must be completed prior to registration.

## WAYS TO REGISTER:

1. **Online:** <https://app.booking.ca/grmpub/index.asp>
2. **By Phone:** 780-524-4097
3. **In Person:** Greenview Regional Multiplex  
[4803 56th Avenue, Valleyview AB](https://www.google.com/maps/place/4803+56th+Avenue,+Valleyview+AB)

## FOR MORE INFORMATION:

**Phone:** 780.524.4097

**Find us on Facebook:** [Greenview Regional Multiplex](https://www.facebook.com/greenviewmultiplex)

**Visit our Website:** <https://mdgreenview.ab.ca/>

Pre-registration is required. Minimum of 6 participants to run a program. No programming on statutory holidays.