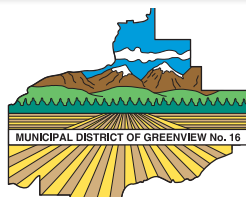


2024 Winter swim lessons

Grande Cache Recreation Centre



Registration open on-line & in person at 8:00 am
on December 14, 2023 - January 11, 2024.



| TUESDAYS Jan. 16 - Mar. 19 | | SWIM CLASS | |
|--------------------------------|--|------------|---|
| 3:30 - 4:00 pm | | Swimmer 2 | Swimmer 3/4 3:30 - 4:15 pm (45 min) |
| 4:00 - 4:30 pm | | | |
| 4:30 - 5:00 pm | Parent and TOT Swim (ages 4 months - 3 years) | | Swimmer 5/6 4:15 - 5:00 pm (45 min) |
| 5:00 - 5:30 pm | Preschool SWIM 1 | | Swimmer 1 |
| 5:30 - 6:00 pm | Preschool SWIM 2/3 | | Preschool SWIM 4/5 |
| | | | |
| THURSDAYS Jan. 18 - Mar. 21 | | SWIM CLASS | |
| 3:30 - 4:00 pm | JLC 3:45 - 4:45 pm (1 hour) | | Swimmer 3/4 3:30 - 4:15 pm (45 min) |
| 4:00 - 4:30 pm | | | |
| 4:30 - 5:00 pm | | | Preschool SWIM 4/5 |
| 5:00 - 5:30 pm | Preschool SWIM 1 | | Swimmer 1 |
| 5:30 - 6:00 pm | Preschool SWIM 2/3 | | Swimmer 2 |

JUNIOR LIFEGUARD CLUB

FOR: Ages 8 -13
DATES: Thursdays
Jan. 18 - Mar. 21, 2024
TIME: 3:45 - 4:45 pm
MAX: 12 participants
COST: \$120.00

SWIM LESSONS (10 classes)

| | | |
|-------------------|--------------------|---------|
| Parent and Tot: | Max 8 participants | \$55.00 |
| Preschool 1: | Max 4 participants | \$55.00 |
| Preschool 2/3/4/5 | Max 5 participants | \$55.00 |
| Swimmer 1/2: | Max 5 participants | \$55.00 |
| Swimmer 3/4/5/6: | Max 8 participants | \$65.00 |

► Please register online at
<https://app.booking.ca/grandecacherec-centrepub/index.asp> or at the Grande Cache Recreation Centre. If you are unsure of lesson level, please arrange an in water assessment by calling 780.827.2446 to book.

Winter 2024 swim Lessons

PARENT AND TOT 1, 2, 3 DESCRIPTION: AGE 4 MONTHS – 3 YEARS

Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions. We've organized the content of each level like this:

We've organized the content of each level like this:

- ➔ Entries and exits
- ➔ Surface support
- ➔ Underwater skills
- ➔ Swim to Survive® skills
- ➔ Movement / Swimming skills
- ➔ Fitness
- ➔ Water Smart® education

PRESCHOOL SWIM 1 – 5 DESCRIPTION: AGE 3 - 6

PRESCHOOL 1: These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.
Sea Otter equivalent.

PRESCHOOL 2: These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a life-jacket. They'll submerge and exhale underwater. Wearing a life-jacket they'll glide on their front and back.

PRESCHOOL 3: These youngsters will try both jumping and a sideways entry into deep water while wearing a life-jacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.
Salamander Sunfish equivalent.

PRESCHOOL 4: Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a life-jacket and gliding and kicking on their side.

PRESCHOOL 5: These youngsters get more adventuresome with a forward roll entry wearing a life-jacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.
Crocodile Whale equivalent.

SWIMMER 1 – 6 DESCRIPTION: AGE 5 – 12

SWIMMER 1: These beginners will become comfortable jumping into water with and without a life-jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

SWIMMER 2: These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a life-jacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m)
Swim Kids 1 and 2 Equivalent.

SWIMMER 3: These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
Swim Kids 3, 4, and 5 Equivalent.

SWIMMER 4: These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breast-stroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. **Swim Kids 3, 4, 5 equivalent.**

SWIMMER 5: These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

SWIMMER 6: These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.
Equivalent Swim Kids 6, 7, and 8.

