

Aquatic Centre Information

rules & regulations

1. Children 6 yrs and under MUST BE ACCOMPANIED by a person 16 yrs of age or older AT ALL TIMES.
2. Each Bather MUST take a cleansing shower prior to entering the pool.
3. Persons on medication for high blood pressure, heart condition or other medical conditions must consult a physician prior to use of whirlpool or sauna.
4. Pregnant women, persons with heart disease, hypertension, seizures, diabetes, and obesity or those greater than 65 years of age should consult with their physician.
5. Young children, 35 months and under, and anyone who is incompetent must wear protective, and water resistant swimwear in order to minimize the introduction of contamination.
6. Please, NO street shoes may be worn in wet traffic areas
7. Please walk on the pool deck.
8. No bather may be intoxicated while using the facility.
9. No glass is allowed on the pool deck, or barefoot areas.

Red Cross Swim Program



Mondays Jan 16-Mar 19 (9 week session)			
3:55pm-4:25pm	Sea Otter	Level 2	Level 3
3:55pm-4:40pm	Level 5/6	Level 7/8	Level 9/10
4:30pm-5:00pm	Salamander	Duck	Level 1
4:45pm-5:30pm	Sunfish/Crocodile		
5:15pm-5:45pm	Sea Turtle	Salamander	Sea Otter
5:35pm-6:05pm	Croc/Whale	Starfish	
Tuesdays Jan 17-Mar 13 (9 week session)			
10:00am-10:30am	Duck	Sea Otter	Salamander
10:30am-11:00am	Sunfish	Starfish	Sea Turtle
Wednesdays Jan 18-Mar 14 (9 week session)			
10:00am-10:30am	Salamander	Sunfish/Croc	Sea Turtle
10:30am-11:00am	Whale	Duck	Sea Otter
4:00pm-4:30pm	Starfish	Sunfish	Sea Otter
3:55pm-4:40pm	Level 4	Level 5/6	
4:40pm-5:10pm	Sea Turtle	Croc/Whale	Level 4
4:45pm-5:30pm	Level 7/8	Level 9/10	Level 5/6
5:15pm-5:45pm	Sea Otter	Level 2	Salamander
5:35pm-6:05pm	Level 1		Sea Turtle
Thursdays Jan 19-Mar 15 (9 week session)			
10:00am – 10:30am	Starfish	Level 1	Sea Otter
10:30am – 11:00am	Salamander	Sea Turtle	

8-level program for children 4 months to 6 years of age

Red Cross Preschool Lessons : \$31.50 (9 week session)



Starfish 4-12 months : An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.



Duck 12-24months:For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.



Sea Turtle 3-5yrs: A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the instructor, or, for children 3-5yrs old who have not previously taken swimming lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.



Sea Otter 3-5yrs: Open eyes underwater (attempted), rhythmic breathing 3 times, front float and recover 3 seconds (assisted), back float and recovery 3 seconds (assisted), front glide 3 seconds, back glide 3 seconds (assisted), and front swim (assisted).



Salamander 3-5yrs: Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.



Sunfish 3-5yrs: Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.



Crocodile 3-6yrs: Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro in the water.



Whale 3-6 years: In whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

10-level program for children age 6 yrs and up

Red Cross Swim Kids Level 1-4: \$36.00, Level 5 – 10: \$40.50

Level 1: This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.

Level 2: This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

Level 3: This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15 metre swim.

Level 4: The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives. Surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25 metre swim.

Level 5: Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50 metre swim.

Level 6: Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75 metre swim.

Level 7: The level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150 metre swim.

Level 8: Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue Breathing on children and adults. Endurance is built on the dolphin kick and 300 metre swim.

Level 9: Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first surface dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through 400 metre swim

Level 10: Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick and butterfly drills and a 500 metre swim.