

Swimming Lessons



Kids Aged 5+

Private Lessons

Each 30 minute private lesson is structured to meet your needs for time and skill requirements.

Private lessons are for persons who:

- learn better one-on-one
- need to master a few skills to advance to the next level
- need to prepare for a Leadership or Lifeguard Course

To book a lesson or information call 250-489-0225

Cost per 1/2hr: Child \$22.20, Adult (14 yrs.+) \$24.90

Swim Kids 1

This level provides an orientation to the water and the pool area. It introduces floats and glides with kicking.

Swim Kids 2

This level helps build skills in front and back swims. Endurance is built on unassisted glides with flutter kick.

Swim Kids 3

This level develops front crawl skills. Endurance is improved by building strength in kicking and a 15m endurance swim.

Swim Kids 4

Front crawl, back glide and body roll are further developed. 25m endurance swim.

Swim Kids 5

Back crawl, sculling skills and whip kick on the back are introduced. Endurance is increased to a 50m swim.

Swim Kids 6

Front and back crawl continue to be refined and elementary backstroke is introduced. 75m endurance swim.

Swim Kids 7

Skills and endurance for front crawl, back crawl and elementary back stroke are improved. 150m endurance swim.

Swim Kids 8

Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Endurance is built using dolphin kick and 300m swim.

Swim Kids 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. 400m endurance swim.

Swim Kids 10

Further refinement of strokes, with an introduction to side stroke. 500m endurance swim.

Fall

SATURDAY

September 14 - December 7

(No lessons October 12, November 9 and November 23)

Swim Kids 1

9:30-10:00 am • 10:00-10:30 am

Swim Kids 2

10:00-10:30 am • 11:00-11:30 am

Swim Kids 3

10:30-11:00 am

11:30am-12:00pm

Swim Kids 4

11:30am-12:00pm

Swim Kids 5

11:30 am-12:00 pm

Swim Kids 6 • Swim Kids 7

10:00-10:45 am

MONDAY & WEDNESDAY

*Set 1 • September 4 - October 2

*Set 2 • October 7 - November 6

*Set 3 • November 13 - December 11

Swim Kids 1

4:00-4:30 pm • 4:30-5:00 pm

Swim Kids 2

4:00-4:30 pm • 4:30-5:00 pm

Swim Kids 3

5:30-6:00 pm

Swim Kids 4

5:30-6:00 pm

Swim Kids 5

5:00-5:30 pm

We reserve the right to combine levels at any time.

TUESDAY & THURSDAY

Set 1 • September 3 - October 3

Set 2 • October 8 - November 7

Set 3 • November 12 - December 12

Swim Kids 1

4:00-4:30 pm • 5:00-5:30 pm

Swim Kids 2

4:00-4:30 pm • 5:00-5:30 pm

Swim Kids 3

4:30-5:00 pm • 5:30-6:00 pm

Swim Kids 4

4:30-5:00 pm

Swim Kids 5

5:00-5:30 pm

Swim Kids 6 • Swim Kids 7

4:30-5:15 pm

Swim Kids 8, 9 & 10 Set 1 ONLY

5:15-6:00 pm

Lifesaving Sport Set 2 & 3

5:15-6:00 pm

LIFESAVING SOCIETY



LIFESAVING SPORT

Lifesaving Sport

This course is designed for kids who have a passion for swimming, water safety and want to work on their aquatic fitness. It teaches leadership, team building, fair play, ethics in sports & responsibility. Ages 8- 12 years.

Tuesdays and Thursdays

5:15 pm - 6:00 pm

October 8 -November 7

November 12 - December 12

Cost: \$72.00



FEES

Swim Kids 1 to 5

Cost: \$49.05

Swim Kids 6 to 10

Cost: \$56.40

*Short lesson set, reduced fees.