

PRESCHOOL SWIMMING LESSONS

6M – 5 YEARS

Our preschool levels enable your children to have a successful pool experience at the pool. Trained instructors offer a balanced program that allows children to learn alongside their peers in a fun encouraging environment.

		Diaper Dive	Little Learners	Twos in Training	Terrific Twos	Yellow Seahorse	Orange Jellyfish	Red Snapper	Maroon Starfish	Blue Dolphin
MONDAY	#1: Jan 11-Mar 01 8 classes #2: Mar 15-Jun 21 13 classes No classes April 5 & May 24	6:00 PM	6:30 PM	6:00 PM 7:30 PM	7:00 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM	6:30 PM 7:00 PM 7:30 PM	7:00 PM	6:30 PM	
MONDAY & WEDNESDAY	#1: Jan 11-Feb 3 8 classes #2: Feb 8-Mar 3 8 classes #3: Mar 15-Apr 14 9 classes No classes April 5 #4: Apr 19-May 19 10 classes #5: May 26-Jun 23 9 classes	2:00 PM	1:30 PM	2:00 PM	1:30 PM	1:00 PM	2:00 PM	1:00 PM	1:00 PM	1:30 PM
TUESDAY & THURSDAY	#1: Jan 12-Feb 4 8 classes #2: Feb 9-Mar 4 8 classes #3: Mar 16-Apr 15 10 classes #4: Apr 20-May 20 10 classes #5: May 25-Jun 24 10 classes	10:00 AM 6:00 PM	10:30 AM 6:30 PM	9:30 AM 5:30 PM 7:00 PM	9:00 AM 5:00 PM 6:30 PM	9:30 AM 10:00 AM 3:30 PM 4:30 PM 5:30 PM 6:00 PM 7:00 PM	9:00 AM 10:30 AM 4:00 PM 5:00 PM 6:00 PM 7:00 PM	9:00 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM	9:30 AM 4:00 PM	10:00 AM
WEDNESDAY & FRIDAY	#1: Jan 13-Feb 5 8 classes #2: Feb 10-Mar 3 7 classes #3: Mar 17-Apr 16 9 classes No classes April 2 #4: Apr 21-May 21 9 classes No classes May 7 #5: May 26-Jun 25 10 classes					3:30 PM 4:30 PM 5:00 PM 5:30 PM	4:00 PM 4:30 PM 5:30 PM	5:00 PM	4:30 PM	
WEDNESDAY	#1: Jan 13-Mar 3 8 classes #2: Mar 17-Apr 28 7 classes #3: May 12-Jun 23 7 classes			6:00 PM 7:30 PM	6:30 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM	6:30 PM 7:30 PM	7:00 PM	
FRIDAY	#1: Jan 15-Mar 5 8 classes #2: Mar 19-May 7 7 classes No classes April 2 #3: May 14-Jun 25 7 classes	9:00 AM	9:30 AM	9:00 AM	9:30 AM	9:00 AM 9:30 AM 10:00 AM	9:00 AM 10:00 AM	9:30 AM	10:00 AM	10:00 AM
SATURDAY	#1: Jan 16-Mar 6 8 classes #2: Mar 20-Jun 26 13 classes No classes April 3 & May 22	9:30 AM	10:00 AM	9:00 AM 10:00 AM 10:30 AM	11:00 AM 11:30 AM	9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM	9:30 AM 10:30 AM 11:00 AM 11:30 AM	9:00 AM 11:00 AM	10:30 AM	
SUNDAY	#1: Jan 17-Mar 7 8 classes #2: Mar 21-Jun 27 13 classes No classes April 4 & May 23	9:30 AM 4:00 PM	10:00 AM 4:30 PM	9:00 AM 10:00 AM 10:30 AM 5:00 PM 5:30 PM	9:30 AM 11:00 AM 11:30 AM 4:30 PM	9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 4:00 PM 5:00 PM 5:30 PM	9:30 AM 10:30 AM 11:30 AM 4:00 PM 5:30 PM	9:00 AM 11:00 AM 4:00 PM	10:30 AM 5:30 PM	10:30 AM 5:30 PM

LEARNING OBJECTIVES

Diaper Dive 6 M – 2 YRS

To complete this program parent and tots will be comfortable entering and exiting the pool safely. Bubble blowing, front and back floats and submersions will be taught through creative games and songs. Parent participation required.

Little Learners 6 M – 2 YRS

To complete, swimmers will be comfortable floating on their fronts and backs independently. Must be comfortable performing jumps, bobs and rollover floats. Parent participation required.

Twos in Training 2 YRS

To complete, children will be confident participating independently, blowing bubbles, submerging, doing front floats and kicks with the teacher. Parent participation is required to ensure a fun and safe experience for students.

Terrific Twos 2 YRS

For those ready to participate without parents. To complete, they will be proficient with front floats, glides and kicks on their own.

Prerequisite: Twos in Training.

Yellow Seahorse 3 – 5 YRS

For 3-5 year old beginners! To advance levels children will be at ease submerging and performing assisted front & back floats.

Orange Jellyfish 3 – 5 YRS

Independent front and back glides are the focus! Children will be confident gliding and kicking independently on their fronts & backs before moving on to Red Snapper.

Red Snapper 3 – 5 YRS

Develop front and back swims! Skilled doing front swims with big arms and back swims. Recovery to the pool edge in the big pool is required to advance to Maroon Starfish.

Maroon Starfish 3 – 5 YRS

Students refine their front and back swims and continue to build confidence. Swimmers must be competent performing side glides, change of direction and deep water skills to complete.

Blue Dolphin 3 – 5 YRS

Children demonstrate basic front crawl and back swims with shoulder rolls, kneeling dives and deep-water surface support.

LESSON COSTS	7 CLASSES	8 CLASSES	9 CLASSES	10 CLASSES	13 CLASSES
Twos in Training & Terrific Twos	\$39.00	\$45.00	\$50.00	\$56.00	\$73.00
Diaper Dive, Little Learners, and Yellow Seahorse- Blue Dolphin	\$36.00	\$41.00	\$46.00	\$51.00	\$66.00

*Number of classes is detailed in session dates information

3 RULES to SUIT UP FOR SWIMMING

1. Always use the bathroom before leaving the change room.
2. Always shower before entering the pool.
3. Wear a properly fitting bathing suit.

Boys: shorts with an inside liner.

Girls: suit must be snug around waist & legs.

Swimmers Under 3: must wear a swim diaper, under a regular bathing suit.

Swimming Programs

Family Swim Lessons

See page 42 for full details and description.

F	7:00-7:30pm	Jan 15-Mar 05	\$124/8	56196
F	7:30-8:00pm	Jan 15-Mar 05	\$124/8	56197
Sa	12:00-12:30pm	Jan 16-Mar 06	\$124/8	56198
Sa	4:00-4:30pm	Jan 16-Mar 06	\$124/8	56199
Sa	4:30-5:00pm	Jan 16-Mar 06	\$124/8	56200
Sa	5:00-5:30pm	Jan 16-Mar 06	\$124/8	56201
Sa	5:30-6:00pm	Jan 16-Mar 06	\$124/8	56202
Su	12:00-12:30pm	Jan 17-Mar 07	\$124/8	56203
F	7:00-7:30pm	Mar 19-May 07	\$109/7	56204
F	7:30-8:00pm	Mar 19-May 07	\$109/7	56205
Sa	12:00-12:30pm	Mar 20-Jun 26	\$202/13	56206
Sa	4:00-4:30pm	Mar 20-Jun 26	\$202/13	56207
Sa	4:30-5:00pm	Mar 20-Jun 26	\$202/13	56208
Sa	5:00-5:30pm	Mar 20-Jun 26	\$202/13	56209
Sa	5:30-6:00pm	Mar 20-Jun 26	\$202/13	56210
Su	12:00-12:30pm	Mar 21-Jun 27	\$202/13	56211
F	7:00-7:30pm	May 14-Jun 25	\$109/7	56212
F	7:30-8:00pm	May 14-Jun 25	\$109/7	56213

Private lessons available, see page 13 for more information call 478-8384.

SCHOOL AGE SWIMMING LESSONS

6 YEARS & UP

The Red Cross School Age Swim Kids program will help your child achieve their best with every stroke. Red Cross SwimKids allows kids to strive for and reach their personal best. Our trained instructors offer a balanced program of swimming & water safety that allow youth to learn alongside peers in a fun, encouraging environment.

		SwimKids 1	SwimKids 2	SwimKids 3	SwimKids 4	SwimKids 5	Rookie Patrol	SwimKids 6 & 7	Ranger Patrol	SwimKids 8, 9, & 10	Star Patrol
MONDAY	#1: Jan 11-Mar 01 8 classes #2: Mar 15-Jun 21 13 classes No classes April 5 & May 24	6:30 PM 7:30 PM	7:30 PM	7:00 PM	6:00 PM 7:30 PM	6:00 PM		6:30 PM		6:45 PM	
TUESDAY & THURSDAY	#1: Jan 12-Feb 4 8 classes #2: Feb 9-Mar 4 8 classes #3: Mar 16-Apr 15 10 classes #4: Apr 20-May 20 10 classes #5: May 25-Jun 24 10 classes	5:00 PM 6:00 PM	5:00 PM 6:30 PM	4:00 PM 7:00 PM	4:30 PM 6:30 PM	4:15 PM 6:00 PM	4:15 PM	6:45 PM	3:30 PM		3:30 PM
WEDNESDAY & FRIDAY	#1: Jan 13-Feb 5 8 classes #2: Feb 10-Mar 3 7 classes #3: Mar 17-Apr 16 9 classes No classes April 2 #4: Apr 21-May 21 9 classes No classes May 7 #5: May 26-Jun 25 10 classes	5:00 PM	5:30 PM	4:00 PM	4:30 PM	3:45 PM		4:15 PM		3:30 PM	
WEDNESDAY	#1: Jan 13-Mar 3 8 classes #2: Mar 17-Apr 28 7 classes #3: May 12-Jun 23 7 classes	6:00 PM	6:30 PM 7:00 PM	7:00 PM	6:30 PM	6:00 PM		6:45 PM			
SATURDAY	#1: Jan 16-Mar 6 8 classes #2: Mar 20-Jun 26 13 classes No classes April 3 & May 22	10:00 AM 11:30 AM	9:00 AM 11:00 AM	11:00 AM	9:00 AM 11:30 AM	9:30 AM	9:00 AM	9:30 AM	10:15 AM	10:15 AM	11:00 AM
SUNDAY	#1: Jan 17-Mar 7 8 classes #2: Mar 21-Jun 27 13 classes No classes April 4 & May 23	10:00 AM 11:30 AM 4:30 PM	9:00 AM 11:00 AM 5:00 PM 5:30 PM	11:00 AM 11:30 AM 5:00 PM	9:00 AM 11:30 AM 4:00 PM	9:30 AM 4:45 PM		9:30 AM 4:45 PM		10:15 AM 4:00 PM	

Occasionally, classes may be overbooked due to special circumstances or if a child requires a support worker. Whenever possible we will have a volunteer assist with these classes.

LESSON COSTS	7 CLASSES	8 CLASSES	9 CLASSES	10 CLASSES	13 CLASSES
SwimKids 1-4	\$36.00	\$41.00	\$46.00	\$51.00	\$66.00
SwimKids 5-10	\$54.00	\$62.00	\$69.00	\$77.00	\$101.00
Star, Rookie, and Ranger Patrol	\$54.00	\$62.00	\$69.00	\$77.00	\$101.00

*Number of classes is detailed in session dates information

LEARNING OBJECTIVES

SwimKids 1 30 MIN

For school age beginners! To complete this level, children will be comfortable floating on their front and back. Glides with kicks will also be mastered.

SwimKids 2 30 MIN

Advancement determined by confidence performing front & back swims. Children will be comfortable with deep water activities.

SwimKids 3 30 MIN

Focus on the front crawl in this level. Diving, change of direction and treading water are introduced.

SwimKids 4 30 MIN

Front crawl, back glides and shoulder rolls are developed. Students must complete 25m endurance swim to go to Level 5.

SwimKids 5 45 MIN

Back crawl is introduced, along with sculling and whip kick on the back. Stride dives are taught and endurance is increased to 50 m.

NEW Lifesaving Rookie Patrol 45 MIN

50m each of front crawl, back crawl and breaststroke, timed 100 m swims, and 350 m workouts. A work-hard/play-hard approach develops strength and efficiency with emphasis on personal responsibility for WaterSmart® behaviors.

SwimKids 6 & 7 45 MIN

Continues with front & back crawl. Basic rescue skills are taught and elementary backstroke introduced. Endurance Swim: 75m

NEW Lifesaving Ranger Patrol 45 MIN

Ranger Patrol continues to develop strokes over 75m. There is a 100 metre lifesaving medley and a 200m timed swim. Victim and airway management are the first aid topics for this level.

SwimKids 8, 9 & 10 45 MIN

Successful swimmers will be proficient in front and back crawl and elementary backstroke. Breast stroke, rescue breathing and reaching assists are taught and endurance increases to 300 m.

NEW Lifesaving Star Patrol 45 MIN

This level demands good physical conditioning and lifesaving judgment. Continue to develop lifesaving, first aid skills, and swimming strokes. There is a 300m timed swim and 600m workouts.

Private Lessons

A little help can make a big difference! Does your child need some work on a specific stroke/skill, or benefit from some 1-on-1? Our instructors are happy to help.

Individual Private:	Semi Private:
\$24 for 1 Lesson	(Max 2 students)
\$76 for 4 Lessons	\$38 for 1 Lesson
	\$122 for 4 Lessons

	MON	TU/TH	WED/FRI	WED	SAT	SUN
6:00 PM		3:30 PM	3:30 PM	6:00 PM	9:00 AM	9:00 AM
6:30 PM		4:00 PM	4:00 PM	6:30 PM	9:30 AM	9:30 AM
7:00 PM		4:30 PM		7:00 PM	10:00 AM	10:00 AM
7:30 PM		5:00 PM		7:30 PM	10:30 AM	10:30 AM
		5:30 PM			11:00 AM	11:00 AM
		6:00 PM			11:30 AM	11:30 AM
					4:00 PM	4:00 PM
					4:30 PM	4:30 PM
					5:00 PM	5:00 PM
					5:30 PM	5:30 PM

Red Cross Home School Lessons

Home School Lessons - SwimKids 1 & 2

Orientation to water is the focus in this level. To complete swimmers will be comfortable floating and gliding on their fronts and backs independently. They will be proficient in front and back swims and comfortable in deep water.

F	10:30-11:15am	Jan 15-Mar 05	\$62/8	56506
F	10:30-11:15am	Mar 19-May 07	\$54/7	56507
F	10:30-11:15am	May 14-Jun 25	\$54/7	56508

Home School Lessons - SwimKids 3 & 4

To move to Level 5, children will be proficient in front crawl and back swims with kicks and shoulder rolls. They can perform kneeling dives and roll entries.

F	10:30-11:15am	Jan 15-Mar 05	\$62/8	56509
F	10:30-11:15am	Mar 19-May 07	\$54/7	56510
F	10:30-11:15am	May 14-Jun 25	\$54/7	56511

Home School - SwimKids 5, 6 & 7

Children will be confident performing front crawl and back crawl. Elementary backstroke will be introduced and an endurance swim of 150 metres will be performed.

F	10:30-11:15am	Jan 15-Mar 05	\$62/8	56512
F	10:30-11:15am	Mar 19-May 07	\$54/7	56513
F	10:30-11:15am	May 14-Jun 25	\$54/7	56514

Home School - SwimKids 8, 9 & 10

All strokes are refined, butterfly & scissor kick introduced. Discuss sun and ice safety and students learn about wise choices and peer influence. Endurance swim increases to 500 metres.

F	10:30-11:15am	Jan 15-Mar 05	\$62/8	56515
F	10:30-11:15am	Mar 19-May 07	\$54/7	56516
F	10:30-11:15am	May 14-Jun 25	\$54/7	56517

Swimming Programs

Bronze Star

See page 28 for description.

Sa	4:00-5:00pm	Jan 16-Mar 06	\$113/8	56186
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NEW! Synchro For Fun

See page 28 for description.

Th	6:00-7:00pm	Jan 14-Mar 04	\$81/8	56539
Th	6:00-7:00pm	Mar 18-May 06	\$81/8	56540
Th	6:00-7:00pm	May 13-Jun 24	\$70/7	56541

Satisfaction Guaranteed!

If you child has participated in 3 consecutive lesson sets at Juan de Fuca Pool and has not progressed to a higher level, we will happily provide your child with 1 free private lesson (\$24.00 value). To be eligible, you must present your receipts from the 3 consecutive lesson sets to Reception at the time of booking. This guarantee applies to SwimKids 1 through 10 levels only.