



CFB Borden Community Recreation Winter 2019 Swimming Lessons



(8 week session)

| | Monday Jan 14 – Mar 4 | Wednesday Jan 16 – Mar 6 | Saturday Jan 19 – Mar 9 |
|--|--|--|--|
| Preschool Parented Ages 6m – 36m (Starfish, Duck, Sea Turtle) Wading Pool | 4:30-5pm 5:30-6pm | 4:30-5pm 5:30-6pm | 9-9:30am 10:45-11:15am |
| Preschool un-parented Ages 3-5 (Sea Otter, Salamander) Wading Pool | 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm | 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm | 9-9:30am 9:45-10:15am 10-10:30am 10:30-11am |
| Preschool Plus Ages 4-5 (Sunfish, Whale, Crocodile) <i>Must have completed Salamander</i> Lap Pool | 5-5:30pm 5:30-6pm 6:45-7:15pm | 5-5:30pm 5:30-6pm 6:45-7:15pm | 9:30-10am 10-10:30am 10:45-11:15am |
| Swim Kids Junior Ages 6+ (Levels 1-2) This program is designed for children who are new to swimming lessons or are 6 years of age without swimming lesson experience Wading pool & Lap Pool | 4:30-5pm 5-5:30pm 6-6:30pm 6:30-7pm | 4:30-5pm 5-5:30pm 6-6:30pm 6:30-7pm | 9-9:30am 9:30-10am 10-10:30am 10:30-11am |
| Swim kids Senior Ages 6+ (Levels 3-6) This program is designed for children who are at least 6 years of age who have completed level 2 or Sunfish. Lap Pool | 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm | 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm | 9-9:30am 9:30-10am 10-10:30am 10:30-11am |
| Swim kids Plus Ages 6+ (Levels 7-10) Must complete Swim Kids 6 Lap Pool | 6-6:45pm | 6-6:45pm | 9-9:45am 10-10:45am |

Children must be at required age on the start date of the course. Please ensure your child is comfortable in the lesson you choose to register them for. If you are unsure of lesson placement, please stop by the pool deck during our rec swim times to have an assessment completed prior to registration.

Descriptions:

Red Cross Preschool Parented (encompasses starfish, duck and sea turtle levels)

Pre-Requisite: 6 – 36 months of age, able to hold their head up, and participating with a parent or caregiver

Babies ages 6-12 months with their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits. As they get older 12 -24 months, they work on rhythmic breathing as well as shallow water entry and exits. Finally between 24-36 months, they work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking while on front and front swim.

Red Cross Preschool Un-Parented (encompasses sea otter and salamander levels)

Pre-Requisite: 3 - 5 years without parent or caregiver

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 2 meters upon completion of these levels. They are able to jump into chest-deep water unassisted as well as are learning to add more kicking into their swimming. This is often the first time that children are without a parent and therefore the lessons are facilitated in our wading pool. This level also is suitable for children new to swimming lessons.

Red Cross Preschool PLUS (encompasses sunfish, whale and crocodile levels)

Pre-Requisite: 4-5 years of age, Successful completion of Salamander

Swimmers continue to learn ways to progress their glides while working on developing techniques around the strokes. They will be able to swim 10 meters upon completion of these levels as well as be able to surface support in deep water. They are able to rhythmically breathe side to side and fully submerge in the water. These lessons are facilitated between our wading pool and lap pool.

Red Cross Swim kids JR (encompasses swim kids 1-2)

Pre-Requisite: Must be 6 years of age

Swimmers will work on kicking, gliding and swimming with and without a PFD. As they progress they will be able to surface support and become comfortable in the lap pool. Swim kids Levels 1 & 2

Red Cross Swim kids SR (encompasses swim kids 3-6)

Pre-Requisite: Must be 6 years of age

Swimmers will work on kicking, gliding (front and back for various distances), enter deep water safely, float in deep water, swimming with and without a PFD, perform sitting/kneeling dives and are able to swim between 15-50 meters depending on ability and level. As they progress through the levels they will be able to surface support of 45 seconds as well as begin to perform the whip kick. Swim kids Levels 3-6

Red Cross Swim kids plus (encompasses swim kids 7-10)

Pre-Requisite: Successful completion of swim kids 6

Swimmers will continue to develop their endurance in the water through increased distances as well as begin to coordinate elementary backstroke, whip kick and breaststroke. They will work towards swimming continuous up to 400 meters as well as explore different entrances into the water through diving and stride jumps. These lessons are 45 minutes in duration and children must be able to swim 75 meters continuously.

Fees:

| | Regular/Ordinary Members | Associate Members |
|------------------------------|---------------------------------|--------------------------|
| Preschool Parented | \$39.00 | \$53.00 |
| Preschool Un-Parented & Plus | \$39.00 | \$53.00 |
| School Aged (JR & SR) | \$39.00 | \$53.00 |
| School Aged Plus | \$55.00 | \$75.00 |