

## RED CROSS SWIM LESSONS

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Cardel Place is pleased to offer the Red Cross Swim Program. For program information and class schedules, please see the following pages:

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## Private Lessons

Personalized instruction for swimmers of all ages (3Y+) and abilities. Improve confidence, swimming skills and technique in the water. Participants work through the Red Cross Swim continuum at their own pace focusing on skills and strokes that suit their individual needs. Classes are available at a variety of times, seven days a week. Contact Guest Services for prices or to book a 30 minute time slot. Semi-private lessons are also available. Register two swimmers of similar ability in the same class for a discounted price.

## Private Swim Times

M-F	04:45 PM-07:45 PM
Tu, W, Th	04:30 PM-07:00 PM
Sa, Su	09:00 AM-12:00 PM

## Swim Preschool

The love of swimming starts here! Songs, games and introductory swimming skills make your child comfortable and happy in the water. Each level is built around an aquatic animal mascot making lessons engaging and fun. Our instructors use progressive teaching techniques adapted to each child and provide constant feedback and encouragement. Children enter Starfish, Duck and Sea Turtle based on their age then progress through Sea Turtle, Salamander, Sunfish, Crocodile and Whale with successful completion of all criteria.



### Starfish (4M-18M)

Orientation to water for babies and their parent/caregiver. Babies experience buoyancy and movement in the water. Parents/caregivers learn age-specific water safety. Participation-based only (no formal evaluation). Babies must be able to hold their head up. Maximum 10 pairs per class.



### Duck (19M-36M)

Orientation to water for toddlers and their parent/caregiver. Toddlers learn how to use floating objects for support. Parents/caregivers learn age-specific water safety. Participation-based only (no formal evaluation). Maximum 10 pairs per class.



### Sea Turtle (3Y-5Y)

Transitional level where the parent/caregiver can gradually leave the water and transfer the preschooler to the care of a Swim Instructor. Swimmers learn how to kick, jump into chest-deep water, hold their breath and blow bubbles under water. Safety skills include awareness of deep water and safe entries. Maximum four students per class.



### Salamander (3Y-5Y)

Swimmers learn to swim 2m, stay afloat for 5 seconds, open eyes under water, float without assistance and jump into chest-deep water. Safety skills include choosing floating objects for assistance and using a Personal Flotation Device (PFD). Maximum four students per class.

# Swim



## Sunfish (3Y-5Y)

Swimmers learn to swim 5m, float without assistance in deep water, and jump into chest-deep water while maintaining surface support for 5 seconds. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Maximum four students per class.



## Crocodile (3Y-5Y)

Swimmers learn to swim 5m on their front and back, perform a dolphin kick and begin using rhythmic breathing. Safety skills include recognizing when a swimmer needs help. Maximum four students per class.



## Whale (3Y-5Y)

Swimmers learn to swim 10m, jump into chest-deep water while maintaining surface support for 20 seconds, and perform a front and back crawl for 7m. Safety skills include identifying safe swimming areas, jumping into and changing direction in deep water. Maximum four students per class.

## Swim Preschool Class Schedule



### Starfish (4M-18M)

Sa	Jan 9-Feb 27	09:30 AM-10:00 AM	\$48/8	[16203]
Sa	Jan 9-Feb 27	11:00 AM-11:30 AM	\$48/8	[16204]
Su	Jan 10-Feb 28	10:00 AM-10:30 AM	\$48/8	[16206]
Su	Jan 10-Feb 28	11:30 AM-12:00 PM	\$48/8	[16207]
Tu	Jan 12-Mar 2	09:00 AM-09:30 AM	\$48/8	[16200]
Tu	Jan 12-Mar 2	11:00 AM-11:30 AM	\$48/8	[16201]
Th	Jan 14-Mar 4	11:00 AM-11:30 PM	\$48/8	[16202]
F	Jan 15-Mar 5	10:00 AM-10:30 AM	\$48/8	[16208]
Sa	Mar 6-Apr 24	09:30 AM-10:00 AM	\$48/8	[16529]
Sa	Mar 6-Apr 24	11:00 AM-11:30 AM	\$48/8	[16530]
Su	Mar 7-Apr 25	10:00 AM-10:30 AM	\$48/8	[16532]
Su	Mar 7-Apr 25	11:30 AM-12:00 PM	\$48/8	[16533]
Tu	Mar 9-Apr 27	09:00 AM-09:30 AM	\$48/8	[16526]
Tu	Mar 9-Apr 27	11:00 AM-11:30 AM	\$48/8	[16527]
Th	Mar 11-Apr 29	11:00 AM-11:30 AM	\$48/8	[16528]
F	Mar 12-Apr 30	10:00 AM-10:30 AM	\$42/7	[16535]

**Duck (19M-36M)**

Sa	Jan 9-Feb 27	09:00 AM-09:30 AM	\$48/8	[16217]
Sa	Jan 9-Feb 27	10:00 AM-10:30 AM	\$48/8	[16218]
Sa	Jan 9-Feb 27	10:30 AM-11:00 AM	\$48/8	[16221]
Su	Jan 10-Feb 28	09:00 AM-09:30 AM	\$48/8	[16222]
Su	Jan 10-Feb 28	09:30 AM-10:00 AM	\$48/8	[16219]
Su	Jan 10-Feb 28	10:45 AM-11:15 AM	\$48/8	[16220]
Tu	Jan 12-Mar 2	11:30 AM-12:00 PM	\$48/8	[16210]
Tu	Jan 12-Mar 2	05:00 PM-05:30 PM	\$48/8	[16211]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$48/8	[16213]
W	Jan 13-Mar 3	05:30 PM-06:00 PM	\$48/8	[16212]
Th	Jan 14-Mar 4	09:30 AM-10:00 AM	\$48/8	[16214]
Th	Jan 14-Mar 4	10:30 AM-11:00 AM	\$48/8	[16215]
Th	Jan 14-Mar 4	11:30 AM-12:00 PM	\$48/8	[17070]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$48/8	[16216]
F	Jan 15-Mar 5	10:30 AM-11:00 AM	\$48/8	[16223]
Sa	Mar 6-Apr 24	09:00 AM-09:30 AM	\$48/8	[16543]
Sa	Mar 6-Apr 24	10:00 AM-10:30 AM	\$48/8	[16544]
Sa	Mar 6-Apr 24	10:30 AM-11:00 AM	\$48/8	[16547]
Su	Mar 7-Apr 25	09:00 AM-09:30 AM	\$48/8	[16545]
Su	Mar 7-Apr 25	09:30 AM-10:00 AM	\$48/8	[16548]
Su	Mar 7-Apr 25	10:45 AM-11:15 AM	\$48/8	[16546]
Tu	Mar 9-Apr 27	11:30 AM-12:00 PM	\$48/8	[16536]
Tu	Mar 9-Apr 27	05:00 PM-05:30 PM	\$48/8	[16537]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$48/8	[16539]
W	Mar 10-Apr 28	05:30 PM-06:00 PM	\$48/8	[16538]
Th	Mar 11-Apr 29	09:30 AM-10:00 AM	\$48/8	[16540]
Th	Mar 11-Apr 29	10:30 AM-11:00 AM	\$48/8	[16541]
Th	Mar 11-Apr 29	11:30 AM-12:00 PM	\$48/8	[16550]
Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$48/8	[16542]
F	Mar 12-Apr 30	10:30 AM-11:00 AM	\$42/7	[16549]

**Sea Turtle (3Y-5Y)**

Sa	Jan 9-Feb 27	08:30 AM-09:00 AM	\$56/8	[16249]
Sa	Jan 9-Feb 27	08:45 AM-09:15 AM	\$56/8	[16593]
Sa	Jan 9-Feb 27	09:00 AM-09:30 AM	\$56/8	[16248]
Sa	Jan 9-Feb 27	10:15 AM-10:45 AM	\$56/8	[16245]
Sa	Jan 9-Feb 27	11:00 AM-11:30 AM	\$56/8	[16246]
Sa	Jan 9-Feb 27	11:30 AM-12:00 PM	\$56/8	[16247]
Su	Jan 10-Feb 28	08:30 AM-09:00 AM	\$56/8	[16594]
Su	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[16250]

# Swim

Su	Jan 10-Feb 28	09:15 AM-09:45 AM	\$56/8	[16251]
Su	Jan 10-Feb 28	09:45 AM-10:15 AM	\$56/8	[16252]
Su	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[16253]
Su	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[16254]
M	Jan 11-Mar 1	05:15 PM-05:45 PM	\$49/7	[16225]
M	Jan 11-Mar 1	06:15 PM-06:45 PM	\$49/7	[16226]
M	Jan 11-Mar 1	06:45 PM-07:15 PM	\$49/7	[16264]
M	Jan 11-Mar 1	07:00 PM-07:30 PM	\$49/7	[16265]
Tu	Jan 12-Mar 2	09:30 AM-10:00 AM	\$56/8	[16227]
Tu	Jan 12-Mar 2	10:00 AM-10:30 AM	\$56/8	[16228]
Tu	Jan 12-Mar 2	11:00 AM-11:30 AM	\$56/8	[16229]
Tu	Jan 12-Mar 2	04:00 PM-04:30 PM	\$56/8	[16230]
Tu	Jan 12-Mar 2	05:00 PM-05:30 PM	\$56/8	[16231]
Tu	Jan 12-Mar 2	05:15 PM-05:45 PM	\$56/8	[16232]
Tu	Jan 12-Mar 2	06:00 PM-06:30 PM	\$56/8	[16233]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$56/8	[16234]
W	Jan 13-Mar 3	05:00 PM-05:30 PM	\$56/8	[16255]
W	Jan 13-Mar 3	05:30 PM-06:00 PM	\$56/8	[16258]
W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16235]
Th	Jan 14-Mar 4	09:00 AM-09:30 AM	\$56/8	[16236]
Th	Jan 14-Mar 4	09:30 AM-10:00 AM	\$56/8	[16237]
Th	Jan 14-Mar 4	10:00 AM-10:30 AM	\$56/8	[16238]
Th	Jan 14-Mar 4	10:30 AM-11:00 AM	\$56/8	[16240]
Th	Jan 14-Mar 4	11:00 AM-11:30 AM	\$56/8	[16239]
Th	Jan 14-Mar 4	11:30 AM-12:00 PM	\$56/8	[16267]
Th	Jan 14-Mar 4	04:00 PM-04:30 PM	\$56/8	[16241]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[16260]
Th	Jan 14-Mar 4	05:00 PM-05:30 PM	\$56/8	[16261]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16242]
F	Jan 15-Mar 5	09:00 AM-09:30 AM	\$56/8	[16262]
F	Jan 15-Mar 5	09:30 AM-10:00 AM	\$56/8	[16263]
F	Jan 15-Mar 5	10:30 AM-11:00 AM	\$56/8	[16270]
F	Jan 15-Mar 5	11:30 AM-12:00 PM	\$56/8	[16271]
F	Jan 15-Mar 5	04:45 PM-05:15 PM	\$56/8	[16272]
F	Jan 15-Mar 5	05:15 PM-05:45 PM	\$56/8	[16244]
F	Jan 15-Mar 5	05:45 PM-06:15 PM	\$56/8	[16269]
Sa	Mar 6-Apr 24	08:30 AM-09:00 AM	\$56/8	[16575]
Sa	Mar 6-Apr 24	08:45 AM-09:15 AM	\$56/8	[16591]
Sa	Mar 6-Apr 24	09:00 AM-09:30 AM	\$56/8	[16574]
Sa	Mar 6-Apr 24	10:15 AM-10:45 AM	\$56/8	[16571]
Sa	Mar 6-Apr 24	11:00 AM-11:30 AM	\$56/8	[16572]
Sa	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[16573]
Su	Mar 7-Apr 25	08:30 AM-09:00 AM	\$56/8	[16592]
Su	Mar 7-Apr 25	09:00 AM-09:30 AM	\$56/8	[16576]



Su	Mar 7-Apr 25	09:15 AM-09:45 AM	\$56/8	[16577]
Su	Mar 7-Apr 25	09:45 AM-10:15 AM	\$56/8	[16578]
Su	Mar 7-Apr 25	10:30 AM-11:00 AM	\$56/8	[16579]
Su	Mar 7-Apr 25	11:30 AM-12:00 PM	\$56/8	[16580]
M	Mar 8-Apr 26	05:15 PM-05:45 PM	\$56/8	[16551]
M	Mar 8-Apr 26	06:15 PM-06:45 PM	\$56/8	[16552]
M	Mar 8-Apr 26	06:45 PM-07:15 PM	\$56/8	[16582]
M	Mar 8-Apr 26	07:00 PM-07:30 PM	\$56/8	[16590]
Tu	Mar 9-Apr 27	09:30 AM-10:00 AM	\$56/8	[16553]
Tu	Mar 9-Apr 27	10:00 AM-10:30 AM	\$56/8	[16554]
Tu	Mar 9-Apr 27	11:00 AM-11:30 AM	\$56/8	[16555]
Tu	Mar 9-Apr 27	04:00 PM-04:30 PM	\$56/8	[16556]
Tu	Mar 9-Apr 27	05:00 PM-05:30 PM	\$56/8	[16557]
Tu	Mar 9-Apr 27	05:15 PM-05:45 PM	\$56/8	[16558]
Tu	Mar 9-Apr 27	06:00 PM-06:30 PM	\$56/8	[16559]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$56/8	[16560]
W	Mar 10-Apr 28	05:00 PM-05:30 PM	\$56/8	[16581]
W	Mar 10-Apr 28	05:30 PM-06:00 PM	\$56/8	[16584]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16561]
Th	Mar 11-Apr 29	09:00 AM-09:30 AM	\$56/8	[16562]
Th	Mar 11-Apr 29	09:30 AM-10:00 AM	\$56/8	[16563]
Th	Mar 11-Apr 29	10:00 AM-10:30 AM	\$56/8	[16564]
Th	Mar 11-Apr 29	10:30 AM-11:00 AM	\$56/8	[16566]
Th	Mar 11-Apr 29	11:00 AM-11:30 AM	\$56/8	[16565]
Th	Mar 11-Apr 29	11:30 AM-12:00 PM	\$56/8	[16587]
Th	Mar 11-Apr 29	04:00 PM-04:30 PM	\$56/8	[16567]
Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[16586]
Th	Mar 11-Apr 29	05:00 PM-05:30 PM	\$56/8	[16569]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16568]
F	Mar 12-Apr 30	09:00 AM-09:30 AM	\$49/7	[16588]
F	Mar 12-Apr 30	09:30 AM-10:00 AM	\$49/7	[16589]

# Swim

F	Mar 12-Apr 30	10:30 AM-11:00 AM	\$49/7	[16596]
F	Mar 12-Apr 30	11:30 AM-12:00 PM	\$49/7	[16597]
F	Mar 12-Apr 30	04:45 PM-05:15 PM	\$49/7	[16598]
F	Mar 12-Apr 30	05:15 PM-05:45 PM	\$49/7	[16570]
F	Mar 12-Apr 30	05:45 PM-06:15 PM	\$49/7	[16595]



## Salamander (3Y-5Y)

Sa	Jan 9-Feb 27	09:00 AM-09:30 AM	\$56/8	[16291]
Sa	Jan 9-Feb 27	09:15 AM-09:45 AM	\$56/8	[16292]
Sa	Jan 9-Feb 27	10:00 AM-10:30 AM	\$56/8	[16293]
Sa	Jan 9-Feb 27	10:30 AM-11:00 AM	\$56/8	[16294]
Sa	Jan 9-Feb 27	11:00 AM-11:30 AM	\$56/8	[16295]
Sa	Jan 9-Feb 27	11:30 AM-12:00 PM	\$56/8	[16296]
Su	Jan 10-Feb 28	08:30 AM-09:00 AM	\$56/8	[16297]
Su	Jan 10-Feb 28	08:45 AM-09:15 AM	\$56/8	[16303]
Su	Jan 10-Feb 28	09:15 AM-09:45 AM	\$56/8	[16310]
Su	Jan 10-Feb 28	09:30 AM-10:00 AM	\$56/8	[16298]
Su	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[16299]
Su	Jan 10-Feb 28	10:15 AM-10:45 AM	\$56/8	[16300]
Su	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[16302]
Su	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[16301]
M	Jan 11-Mar 1	04:45 PM-05:15 PM	\$49/7	[16273]
M	Jan 11-Mar 1	05:45 PM-06:15 PM	\$49/7	[16599]
M	Jan 11-Mar 1	06:00 PM-06:30 PM	\$49/7	[16304]
M	Jan 11-Mar 1	06:45 PM-07:15 PM	\$49/7	[16274]
Tu	Jan 12-Mar 2	09:00 AM-09:30 AM	\$56/8	[16275]
Tu	Jan 12-Mar 2	09:30 AM-10:00 AM	\$56/8	[16277]
Tu	Jan 12-Mar 2	10:30 AM-11:00 AM	\$56/8	[16276]
Tu	Jan 12-Mar 2	04:30 PM-05:00 PM	\$56/8	[16278]
Tu	Jan 12-Mar 2	05:30 PM-06:00 PM	\$56/8	[16279]
Tu	Jan 12-Mar 2	06:00 PM-06:30 PM	\$56/8	[16280]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$56/8	[16281]
W	Jan 13-Mar 3	05:00 PM-05:30 PM	\$56/8	[16282]
W	Jan 13-Mar 3	05:30 PM-06:00 PM	\$56/8	[16306]
W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16307]
Th	Jan 14-Mar 4	09:00 AM-09:30 AM	\$56/8	[16289]
Th	Jan 14-Mar 4	09:30 AM-10:00 AM	\$56/8	[16311]
Th	Jan 14-Mar 4	10:00 AM-10:30 AM	\$56/8	[16308]
Th	Jan 14-Mar 4	10:30 AM-11:00 AM	\$56/8	[16284]
Th	Jan 14-Mar 4	11:00 AM-11:30 AM	\$56/8	[16283]
Th	Jan 14-Mar 4	11:30 AM-12:00 PM	\$56/8	[16285]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[16288]

Th	Jan 14-Mar 4	05:00 PM-05:30 PM	\$56/8	[16287]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16286]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$56/8	[16312]
F	Jan 15-Mar 5	09:00 AM-09:30 AM	\$56/8	[16313]
F	Jan 15-Mar 5	09:30 AM-10:00 AM	\$56/8	[16314]
F	Jan 15-Mar 5	10:00 AM-10:30 AM	\$56/8	[16315]
F	Jan 15-Mar 5	11:00 AM-11:30 AM	\$56/8	[16317]
F	Jan 15-Mar 5	11:30 AM-12:00 PM	\$56/8	[16316]
F	Jan 15-Mar 5	05:15 PM-05:45 PM	\$56/8	[16290]
Sa	Mar 6-Apr 24	09:00 AM-09:30 AM	\$56/8	[16617]
Sa	Mar 6-Apr 24	09:15 AM-09:45 AM	\$56/8	[16618]
Sa	Mar 6-Apr 24	10:00 AM-10:30 AM	\$56/8	[16619]
Sa	Mar 6-Apr 24	10:30 AM-11:00 AM	\$56/8	[16620]
Sa	Mar 6-Apr 24	11:00 AM-11:30 AM	\$56/8	[16621]
Sa	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[16622]
Su	Mar 7-Apr 25	08:30 AM-09:00 AM	\$56/8	[16623]
Su	Mar 7-Apr 25	08:45 AM-09:15 AM	\$56/8	[16636]
Su	Mar 7-Apr 25	09:15 AM-09:45 AM	\$56/8	[16629]
Su	Mar 7-Apr 25	09:30 AM-10:00 AM	\$56/8	[16624]
Su	Mar 7-Apr 25	10:00 AM-10:30 AM	\$56/8	[16625]
Su	Mar 7-Apr 25	10:15 AM-10:45 AM	\$56/8	[16626]
Su	Mar 7-Apr 25	10:30 AM-11:00 AM	\$56/8	[16628]
Su	Mar 7-Apr 25	11:00 AM-11:30 AM	\$56/8	[16627]
M	Mar 8-Apr 26	04:45 PM-05:15 PM	\$56/8	[16630]
M	Mar 8-Apr 26	05:45 PM-06:15 PM	\$56/8	[16637]
M	Mar 8-Apr 26	06:00 PM-06:30 PM	\$56/8	[16631]
M	Mar 8-Apr 26	06:45 PM-07:15 PM	\$56/8	[16600]
Tu	Mar 9-Apr 27	09:00 AM-09:30 AM	\$56/8	[16601]
Tu	Mar 9-Apr 27	09:30 AM-10:00 AM	\$56/8	[16603]
Tu	Mar 9-Apr 27	10:30 AM-11:00 AM	\$56/8	[16602]
Tu	Mar 9-Apr 27	04:30 PM-05:00 PM	\$56/8	[16604]
Tu	Mar 9-Apr 27	05:30 PM-06:00 PM	\$56/8	[16605]
Tu	Mar 9-Apr 27	06:00 PM-06:30 PM	\$56/8	[16606]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$56/8	[16607]
W	Mar 10-Apr 28	05:00 PM-05:30 PM	\$56/8	[16608]
W	Mar 10-Apr 28	05:30 PM-06:00 PM	\$56/8	[16632]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16633]
Th	Mar 11-Apr 29	09:00 AM-09:30 AM	\$56/8	[16634]
Th	Mar 11-Apr 29	09:30 AM-10:00 AM	\$56/8	[16615]
Th	Mar 11-Apr 29	10:00 AM-10:30 AM	\$56/8	[16638]
Th	Mar 11-Apr 29	10:30 AM-11:00 AM	\$56/8	[16610]
Th	Mar 11-Apr 29	11:00 AM-11:30 AM	\$56/8	[16609]
Th	Mar 11-Apr 29	11:30 AM-12:00 PM	\$56/8	[16611]
Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[16614]
Th	Mar 11-Apr 29	05:00 PM-05:30 PM	\$56/8	[16613]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16612]

# Swim

Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$56/8	[16642]
F	Mar 12-Apr 30	09:00 AM-09:30 AM	\$49/7	[16616]
F	Mar 12-Apr 30	09:30 AM-10:00 AM	\$49/7	[16635]
F	Mar 12-Apr 30	10:00 AM-10:30 AM	\$49/7	[16639]
F	Mar 12-Apr 30	11:00 AM-11:30 AM	\$49/7	[16640]
F	Mar 12-Apr 30	11:30 AM-12:00 PM	\$49/7	[16641]
F	Mar 12-Apr 30	05:15 PM-05:45 PM	\$49/7	[16309]



## Sunfish (3Y-5Y)

Sa	Jan 9-Feb 27	08:45 AM-09:15 AM	\$56/8	[16333]
Sa	Jan 9-Feb 27	09:30 AM-10:00 AM	\$56/8	[16334]
Sa	Jan 9-Feb 27	09:45 AM-10:15 AM	\$56/8	[16335]
Sa	Jan 9-Feb 27	10:30 AM-11:00 AM	\$56/8	[16336]
Su	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[16337]
Su	Jan 10-Feb 28	09:45 AM-10:15 AM	\$56/8	[16338]
Su	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[16341]
Su	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[16347]
Su	Jan 10-Feb 28	11:15 AM-11:45 AM	\$56/8	[16339]
Su	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[16340]
M	Jan 11-Mar 1	04:45 PM-05:15 PM	\$49/7	[16344]
M	Jan 11-Mar 1	06:15 PM-06:45 PM	\$49/7	[16353]
Tu	Jan 12-Mar 2	10:00 AM-10:30 AM	\$56/8	[16323]
Tu	Jan 12-Mar 2	11:30 AM-12:00 PM	\$56/8	[16342]
Tu	Jan 12-Mar 2	04:30 PM-05:00 PM	\$56/8	[16324]
Tu	Jan 12-Mar 2	05:00 PM-05:30 PM	\$56/8	[16325]
Tu	Jan 12-Mar 2	06:00 PM-06:30 PM	\$56/8	[16326]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$56/8	[16327]
W	Jan 13-Mar 3	05:00 PM-05:30 PM	\$56/8	[16343]
W	Jan 13-Mar 3	05:30 PM-06:00 PM	\$56/8	[16348]
W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16328]
Th	Jan 14-Mar 4	10:00 AM-10:30 AM	\$56/8	[16345]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[16330]
Th	Jan 14-Mar 4	05:00 PM-05:30 PM	\$56/8	[16331]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16332]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$56/8	[16329]
F	Jan 15-Mar 5	11:00 AM-11:30 AM	\$56/8	[16351]
F	Jan 15-Mar 5	04:45 PM-05:15 PM	\$56/8	[16672]
F	Jan 15-Mar 5	06:15 PM-06:45 PM	\$56/8	[16352]
Sa	Mar 6-Apr 24	08:45 AM-09:15 AM	\$56/8	[16659]
Sa	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[16660]
Sa	Mar 6-Apr 24	09:45 AM-10:15 AM	\$56/8	[16661]
Sa	Mar 6-Apr 24	10:30 AM-11:00 AM	\$56/8	[16662]

Su	Mar 7-Apr 25	09:00 AM-09:30 AM	\$56/8	[16663]
Su	Mar 7-Apr 25	09:45 AM-10:15 AM	\$56/8	[16664]
Su	Mar 7-Apr 25	10:00 AM-10:30 AM	\$56/8	[16667]
Su	Mar 7-Apr 25	10:30 AM-11:00 AM	\$56/8	[16673]
Su	Mar 7-Apr 25	11:15 AM-11:45 AM	\$56/8	[16665]
Su	Mar 7-Apr 25	11:30 AM-12:00 PM	\$56/8	[16666]
M	Mar 8-Apr 26	04:45 PM-05:15 PM	\$56/8	[16670]
M	Mar 8-Apr 26	06:15 PM-06:45 PM	\$56/8	[16679]
Tu	Mar 9-Apr 27	10:00 AM-10:30 AM	\$56/8	[16649]
Tu	Mar 9-Apr 27	11:30 AM-12:00 PM	\$56/8	[16668]
Tu	Mar 9-Apr 27	04:30 PM-05:00 PM	\$56/8	[16650]
Tu	Mar 9-Apr 27	05:00 PM-05:30 PM	\$56/8	[16651]
Tu	Mar 9-Apr 27	06:00 PM-06:30 PM	\$56/8	[16652]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$56/8	[16653]
W	Mar 10-Apr 28	05:00 PM-05:30 PM	\$56/8	[16669]
W	Mar 10-Apr 28	05:30 PM-06:00 PM	\$56/8	[16674]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16654]
Th	Mar 11-Apr 29	10:00 AM-10:30 AM	\$56/8	[16656]
Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[16671]
Th	Mar 11-Apr 29	05:00 PM-05:30 PM	\$56/8	[16657]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16658]
Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$56/8	[16655]
F	Mar 12-Apr 30	11:00 AM-11:30 AM	\$49/7	[16677]
F	Mar 12-Apr 30	04:45 PM-05:15 PM	\$49/7	[16346]
F	Mar 12-Apr 30	06:15 PM-06:45 PM	\$49/7	[16678]



### Crocodile (3Y-5Y)

Sa	Jan 9-Feb 27	09:15 AM-09:45 AM	\$56/8	[16362]
Sa	Jan 9-Feb 27	10:00 AM-10:30 AM	\$56/8	[16363]
Sa	Jan 9-Feb 27	11:30 AM-12:00 PM	\$56/8	[16364]
Su	Jan 10-Feb 28	08:45 AM-09:15 AM	\$56/8	[16365]
Su	Jan 10-Feb 28	09:30 AM-10:00 AM	\$56/8	[16367]
Su	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[16366]
M	Jan 11-Mar 1	07:15 PM-07:45 PM	\$49/7	[16354]
Tu	Jan 12-Mar 2	10:30 AM-11:00 AM	\$56/8	[16369]
Tu	Jan 12-Mar 2	04:30 PM-05:00 PM	\$56/8	[16355]
Tu	Jan 12-Mar 2	04:45 PM-05:15 PM	\$56/8	[16356]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$56/8	[16357]
W	Jan 13-Mar 3	05:00 PM-05:30 PM	\$56/8	[16359]

# Swim

W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16358]
Th	Jan 14-Mar 4	09:00 AM-09:30 AM	\$56/8	[16697]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[16361]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$56/8	[16360]
F	Jan 15-Mar 5	05:45 PM-06:15 PM	\$56/8	[16368]
Sa	Mar 6-Apr 24	09:15 AM-09:45 AM	\$56/8	[16688]
Sa	Mar 6-Apr 24	10:00 AM-10:30 AM	\$56/8	[16689]
Sa	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[16690]
Su	Mar 7-Apr 25	08:45 AM-09:15 AM	\$56/8	[16691]
Su	Mar 7-Apr 25	09:30 AM-10:00 AM	\$56/8	[16693]
Su	Mar 7-Apr 25	10:00 AM-10:30 AM	\$56/8	[16692]
M	Mar 8-Apr 26	07:15 PM-07:45 PM	\$56/8	[16680]
Tu	Mar 9-Apr 27	10:30 AM-11:00 AM	\$56/8	[16695]
Tu	Mar 9-Apr 27	04:30 PM-05:00 PM	\$56/8	[16681]
Tu	Mar 9-Apr 27	04:45 PM-05:15 PM	\$56/8	[16682]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$56/8	[16685]
W	Mar 10-Apr 28	05:00 PM-05:30 PM	\$56/8	[16683]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16684]
Th	Mar 11-Apr 29	09:00 AM-09:30 AM	\$56/8	[16696]
Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[16687]
Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$56/8	[16686]
F	Mar 12-Apr 30	05:45 PM-06:15 PM	\$49/7	[16694]



## Whale (3Y-5Y)

Sa	Jan 9-Feb 27	10:30 AM-11:00 AM	\$56/8	[16375]
Sa	Jan 9-Feb 27	11:30 AM-12:00 PM	\$56/8	[16376]
Su	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[16377]

Su	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[16378]
Tu	Jan 12-Mar 2	04:30 PM-05:00 PM	\$56/8	[16380]
Tu	Jan 12-Mar 2	06:00 PM-06:30 PM	\$56/8	[16372]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$56/8	[16373]
W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16381]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[16374]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16383]
F	Jan 15-Mar 5	06:15 PM-06:45 PM	\$56/8	[16384]
Sa	Mar 6-Apr 24	10:30 AM-11:00 AM	\$56/8	[16701]
Sa	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[16702]
Su	Mar 7-Apr 25	10:30 AM-11:00 AM	\$56/8	[16703]
Su	Mar 7-Apr 25	11:00 AM-11:30 AM	\$56/8	[16704]
Tu	Mar 9-Apr 27	04:30 PM-05:00 PM	\$56/8	[16706]
Tu	Mar 9-Apr 27	06:00 PM-06:30 PM	\$56/8	[16698]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$56/8	[16699]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16707]
Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[16700]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16709]
F	Mar 12-Apr 30	06:15 PM-06:45 PM	\$49/7	[16710]

## Swim Kids

Help your child to develop a healthy lifestyle through swimming! This 10 level program allows for solid progression – children learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success. Swimmers learn strokes for both competition and survival and build their distance and speed while focusing on making safe decisions in, on and around the water. Participants are evaluated based on performance and progress to the next level only once all criteria have been successfully completed.

### Swim Kids – Level 1 (6Y-14Y)

Orientation to the water and pool area. Swimmers build their endurance by working on floats, glides, kicks and a 5m front swim. Swim preschool transfer: Starfish, Duck, Sea Turtle, Salamander or Sunfish (incomplete). Maximum six students per class.

### Swim Kids – Level 2 (6Y-14Y)

Focus on propulsion skills to move through the water and to remain at the surface. Swimmers work on front and back swims (3 x 5m) as well as awareness about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the flutter kick for 15m and a distance swim of 10m. Swim Preschool Transfer: Sunfish (complete) or Crocodile (incomplete). Maximum six students per class.

### Swim Kids – Level 3 (6Y-14Y)

Introduction to front crawl (3 x 5m) and diving. Teaches how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim. Swim Preschool Transfer: Crocodile (complete) or Whale (incomplete). Maximum six students per class.

# Swim

## **Swim Kids – Level 4 (6Y-14Y)**

Further development of front crawl (3 x 10m) and back glides with shoulder roll for back crawl. Swimmers work on kneeling dives, surface support (45 seconds, deep water) and develop a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. Swim Preschool Transfer: Whale (completed). Maximum six students per class.

## **Swim Kids – Level 5 (6Y-14Y)**

Introduction to back crawl (3 x 15m), sculling skills, whip kick on the back and stride dives. Front crawl focus is on the hand entry with distance increased to 3 x 15m. An introduction to safe boating skills is also included. Endurance is developed through the dolphin kick and a 50m swim. Maximum eight students per class.

## **Swim Kids – Level 6 (6Y-14Y)**

Refinement of front crawl with a focus on body roll and breathing (3 x 25m), back crawl with a focus on arm positions (3 x 25m). Also includes introduction to elementary backstroke (3 x 15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate ability to tread water in deep water for 1½ minutes and front dive. Endurance is built through a 75m swim. Maximum eight students per class.

## **Swim Kids – Level 7 (6Y-14Y)**

Continuation of front crawl (50m), back crawl (50m) and elementary backstroke (3 x 25m) with an introduction to the whip kick on the front. Swimmers learn about airway and breathing obstructions and participate in timed treading water using the eggbeater skill for 3 minutes to improve their ability to remain at the surface of the water in the event of an unexpected fall into water. Endurance is built through a 150m swim. Maximum eight students per class.

## **Swim Kids – Level 8 (6Y-14Y)**

Introduction to breaststroke (3 x 15m), feet-first surface dives and rescue entries. Swimmers learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults. Endurance is built through the dolphin kick and a 300m swim. Front crawl and back crawl distances are increased to 75m each. Maximum eight students per class.

## **Swim Kids – Level 9 (6Y-14Y)**

Refinement of front crawl (100m), back crawl (100m), elementary backstroke (50m) and breaststroke (3 x 25m). Swimmers work on head-first surface dives and standing dives, learn about wise choices, peer influences and self-rescue from ice and are encouraged to combine different strokes and kicks (3 minutes) for fitness. Endurance is built through a 400m swim. Maximum eight students per class.

## **Swim Kids – Level 10 (6Y-14Y)**

Final assessment of strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m and breast stroke 50m). Also includes introduction to butterfly and scissor kick as a warm-up/cool-down stroke for fitness. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick, butterfly drills and a 500m swim. Maximum eight students per class.

**Swim Kids Class Schedule****Swim Kids – Level 1 (6Y-14Y)**

Sa	Jan 9-Feb 27	09:00 AM-09:30 AM	\$56/8	[16452]
Sa	Jan 9-Feb 27	10:00 AM-10:30 AM	\$56/8	[16451]
Su	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[16453]
Su	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[16454]
Su	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[16455]
Tu	Jan 12-Mar 2	04:00 PM-04:30 PM	\$56/8	[16445]
Tu	Jan 12-Mar 2	06:00 PM-06:30 PM	\$56/8	[16449]
W	Jan 13-Mar 3	05:00 PM-05:30 PM	\$56/8	[16447]
W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16446]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[16448]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$56/8	[16450]
Sa	Mar 6-Apr 24	09:00 AM-09:30 AM	\$56/8	[16778]
Sa	Mar 6-Apr 24	10:00 AM-10:30 AM	\$56/8	[16777]
Su	Mar 7-Apr 25	09:00 AM-09:30 AM	\$56/8	[16779]
Su	Mar 7-Apr 25	10:30 AM-11:00 AM	\$56/8	[16780]
Su	Mar 7-Apr 25	11:00 AM-11:30 AM	\$56/8	[16781]
Tu	Mar 9-Apr 27	04:00 PM-04:30 PM	\$56/8	[16771]
Tu	Mar 9-Apr 27	06:00 PM-06:30 PM	\$56/8	[16775]
W	Mar 10-Apr 28	05:00 PM-05:30 PM	\$56/8	[16773]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16772]
Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[16774]
Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$56/8	[16776]

**Swim Kids – Level 2 (6Y-14Y)**

Sa	Jan 9-Feb 27	08:30 AM-09:00 AM	\$56/8	[17102]
Sa	Jan 9-Feb 27	09:30 AM-10:00 AM	\$56/8	[16462]
Sa	Jan 9-Feb 27	10:00 AM-10:30 AM	\$56/8	[16461]
Sa	Jan 9-Feb 27	10:45 AM-11:15 AM	\$56/8	[16460]
Su	Jan 10-Feb 28	09:30 AM-10:00 AM	\$56/8	[16463]
Su	Jan 10-Feb 28	10:15 AM-10:45 AM	\$56/8	[16464]
Su	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[16465]
Tu	Jan 12-Mar 2	05:30 PM-06:00 PM	\$56/8	[16456]
W	Jan 13-Mar 3	04:00 PM-04:30 PM	\$56/8	[16457]
W	Jan 13-Mar 3	05:30 PM-06:00 PM	\$56/8	[16466]
Th	Jan 14-Mar 4	04:30 PM-05:00 PM	\$56/8	[17101]
Th	Jan 14-Mar 4	05:00 PM-05:30 PM	\$56/8	[16458]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16467]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$56/8	[16459]
Sa	Mar 6-Apr 24	08:30 AM-09:00 AM	\$56/8	[17103]
Sa	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[16788]
Sa	Mar 6-Apr 24	10:00 AM-10:30 AM	\$56/8	[16787]
Sa	Mar 6-Apr 24	10:45 AM-11:15 AM	\$56/8	[16786]
Su	Mar 7-Apr 25	09:30 AM-10:00 AM	\$56/8	[16789]
Su	Mar 7-Apr 25	10:15 AM-10:45 AM	\$56/8	[16790]
Su	Mar 7-Apr 25	11:30 AM-12:00 PM	\$56/8	[16791]
Tu	Mar 9-Apr 27	05:30 PM-06:00 PM	\$56/8	[16782]
W	Mar 10-Apr 28	04:00 PM-04:30 PM	\$56/8	[16783]
W	Mar 10-Apr 28	05:30 PM-06:00 PM	\$56/8	[16792]

# Swim

Th	Mar 11-Apr 29	04:30 PM-05:00 PM	\$56/8	[17100]
Th	Mar 11-Apr 29	05:00 PM-05:30 PM	\$56/8	[16784]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16793]
Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$56/8	[16785]



## Swim Kids – Level 3 (6Y-14Y)

Sa	Jan 9-Feb 27	09:30 AM-10:00 AM	\$56/8	[16477]
Sa	Jan 9-Feb 27	10:15 AM-10:45 AM	\$56/8	[16476]
Sa	Jan 9-Feb 27	11:00 AM-11:30 AM	\$56/8	[16478]
Sa	Jan 9-Feb 27	11:15 AM-11:45 AM	\$56/8	[16479]
Su	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[16480]
Su	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[16481]
Su	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[16482]
Tu	Jan 12-Mar 2	04:15 PM-04:45 PM	\$56/8	[16470]
Tu	Jan 12-Mar 2	05:00 PM-05:30 PM	\$56/8	[16468]
Tu	Jan 12-Mar 2	05:30 PM-06:00 PM	\$56/8	[16469]
Tu	Jan 12-Mar 2	06:00 PM-06:30 PM	\$56/8	[16484]
W	Jan 13-Mar 3	04:00 PM-04:30 PM	\$56/8	[16471]
W	Jan 13-Mar 3	04:30 PM-05:00 PM	\$56/8	[16483]
W	Jan 13-Mar 3	06:00 PM-06:30 PM	\$56/8	[16472]
Th	Jan 14-Mar 4	04:00 PM-04:30 PM	\$56/8	[16473]
Th	Jan 14-Mar 4	05:00 PM-05:30 PM	\$56/8	[16474]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16475]
Sa	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[16803]
Sa	Mar 6-Apr 24	10:15 AM-10:45 AM	\$56/8	[16802]
Sa	Mar 6-Apr 24	11:00 AM-11:30 AM	\$56/8	[16804]
Sa	Mar 6-Apr 24	11:15 AM-11:45 AM	\$56/8	[16805]
Su	Mar 7-Apr 25	10:00 AM-10:30 AM	\$56/8	[16806]
Su	Mar 7-Apr 25	11:00 AM-11:30 AM	\$56/8	[16807]
Su	Mar 7-Apr 25	11:30 AM-12:00 PM	\$56/8	[16808]
Tu	Mar 9-Apr 27	04:15 PM-04:45 PM	\$56/8	[16796]
Tu	Mar 9-Apr 27	05:00 PM-05:30 PM	\$56/8	[16794]

Tu	Mar 9-Apr 27	05:30 PM-06:00 PM	\$56/8	[16795]
Tu	Mar 9-Apr 27	06:00 PM-06:30 PM	\$56/8	[16810]
W	Mar 10-Apr 28	04:00 PM-04:30 PM	\$56/8	[16797]
W	Mar 10-Apr 28	04:30 PM-05:00 PM	\$56/8	[16809]
W	Mar 10-Apr 28	06:00 PM-06:30 PM	\$56/8	[16798]
Th	Mar 11-Apr 29	04:00 PM-04:30 PM	\$56/8	[16799]
Th	Mar 11-Apr 29	05:00 PM-05:30 PM	\$56/8	[16800]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16801]

### Swim Kids – Level 4 (6Y-14Y)

Sa	Jan 9-Feb 27	09:30 AM-10:00 AM	\$56/8	[16491]
Sa	Jan 9-Feb 27	10:30 AM-11:00 AM	\$56/8	[16492]
Sa	Jan 9-Feb 27	11:30 AM-12:00 PM	\$56/8	[16493]
Su	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[16499]
Su	Jan 10-Feb 28	09:30 AM-10:00 AM	\$56/8	[16495]
Su	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[16496]
Su	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[16497]
Tu	Jan 12-Mar 2	05:00 PM-05:30 PM	\$56/8	[16486]
Tu	Jan 12-Mar 2	05:30 PM-06:00 PM	\$56/8	[16485]
W	Jan 13-Mar 3	05:00 PM-05:30 PM	\$56/8	[16487]
W	Jan 13-Mar 3	05:30 PM-06:00 PM	\$56/8	[16488]
Th	Jan 14-Mar 4	05:00 PM-05:30 PM	\$56/8	[16489]
Th	Jan 14-Mar 4	05:30 PM-06:00 PM	\$56/8	[16490]
Th	Jan 14-Mar 4	06:00 PM-06:30 PM	\$56/8	[16498]
Sa	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[16817]
Sa	Mar 6-Apr 24	10:30 AM-11:00 AM	\$56/8	[16818]
Sa	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[16819]
Su	Mar 7-Apr 25	09:00 AM-09:30 AM	\$56/8	[16825]
Su	Mar 7-Apr 25	09:30 AM-10:00 AM	\$56/8	[16821]
Su	Mar 7-Apr 25	10:30 AM-11:00 AM	\$56/8	[16822]
Su	Mar 7-Apr 25	11:30 AM-12:00 PM	\$56/8	[16823]
Tu	Mar 9-Apr 27	05:00 PM-05:30 PM	\$56/8	[16812]
Tu	Mar 9-Apr 27	05:30 PM-06:00 PM	\$56/8	[16811]
W	Mar 10-Apr 28	05:00 PM-05:30 PM	\$56/8	[16813]
W	Mar 10-Apr 28	05:30 PM-06:00 PM	\$56/8	[16814]
Th	Mar 11-Apr 29	05:00 PM-05:30 PM	\$56/8	[16815]
Th	Mar 11-Apr 29	05:30 PM-06:00 PM	\$56/8	[16816]
Th	Mar 11-Apr 29	06:00 PM-06:30 PM	\$56/8	[16824]

### Swim Kids – Level 5 (6Y-14Y)

Sa	Jan 9-Feb 27	09:00 AM-09:45 AM	\$62/8	[16504]
Sa	Jan 9-Feb 27	09:45 AM-10:30 AM	\$62/8	[16507]
Sa	Jan 9-Feb 27	10:45 AM-11:30 AM	\$62/8	[16503]
Su	Jan 10-Feb 28	09:45 AM-10:30 AM	\$62/8	[16508]
Su	Jan 10-Feb 28	11:00 AM-11:45 AM	\$62/8	[16509]
Tu	Jan 12-Mar 2	04:30 PM-05:15 PM	\$62/8	[16500]
W	Jan 13-Mar 3	04:30 PM-05:15 PM	\$62/8	[16505]
W	Jan 13-Mar 3	05:45 PM-06:30 PM	\$62/8	[16501]

# Swim

Th	Jan 14-Mar 4	04:30 PM-05:15 PM	\$62/8	[16502]
Sa	Mar 6-Apr 24	09:00 AM-09:45 AM	\$62/8	[16830]
Sa	Mar 6-Apr 24	09:45 AM-10:30 AM	\$62/8	[16833]
Sa	Mar 6-Apr 24	10:45 AM-11:30 AM	\$62/8	[16829]
Su	Mar 7-Apr 25	09:45 AM-10:30 AM	\$62/8	[16834]
Su	Mar 7-Apr 25	11:00 AM-11:45 AM	\$62/8	[16835]
Tu	Mar 9-Apr 27	04:30 PM-05:15 PM	\$62/8	[16826]
W	Mar 10-Apr 28	04:30 PM-05:15 PM	\$62/8	[16827]
W	Mar 10-Apr 28	05:45 PM-06:30 PM	\$62/8	[16831]
Th	Mar 11-Apr 29	04:30 PM-05:15 PM	\$62/8	[16828]

## Swim Kids – Level 6 (6Y-14Y)

Sa	Jan 9-Feb 27	09:00 AM-09:45 AM	\$62/8	[16513]
Su	Jan 10-Feb 28	10:30 AM-11:15 AM	\$62/8	[16514]
Tu	Jan 12-Mar 2	04:30 PM-05:15 PM	\$62/8	[16510]
W	Jan 13-Mar 3	05:15 PM-06:00 PM	\$62/8	[16512]
Th	Jan 14-Mar 4	05:00 PM-05:45 PM	\$62/8	[16511]
Sa	Mar 6-Apr 24	09:00 AM-09:45 AM	\$62/8	[16839]
Su	Mar 7-Apr 25	10:30 AM-11:15 AM	\$62/8	[16840]
Tu	Mar 9-Apr 27	04:30 PM-05:15 PM	\$62/8	[16836]
W	Mar 10-Apr 28	05:15 PM-06:00 PM	\$62/8	[16838]
Th	Mar 11-Apr 29	05:00 PM-05:45 PM	\$62/8	[16837]

## Swim Kids – Level 7 (6Y-14Y)

Sa	Jan 9-Feb 27	11:00 AM-11:45 AM	\$62/8	[16517]
Su	Jan 10-Feb 28	10:45 AM-11:30 AM	\$62/8	[16518]
Tu	Jan 12-Mar 2	05:15 PM-06:00 PM	\$62/8	[16519]
W	Jan 13-Mar 3	05:00 PM-05:45 PM	\$62/8	[16516]
Sa	Mar 6-Apr 24	11:00 AM-11:45 AM	\$62/8	[16843]
Su	Mar 7-Apr 25	10:45 AM-11:30 AM	\$62/8	[16844]
Tu	Mar 9-Apr 27	05:15 PM-06:00 PM	\$62/8	[16845]
W	Mar 10-Apr 28	05:00 PM-05:45 PM	\$62/8	[16842]

## Swim Kids – Level 8 (6Y-14Y)

Sa	Jan 9-Feb 27	09:45 AM-10:30 AM	\$62/8	[16522]
Tu	Jan 12-Mar 2	05:15 PM-06:00 PM	\$62/8	[16520]
Th	Jan 14-Mar 4	05:45 PM-06:30 PM	\$62/8	[16521]
Sa	Mar 6-Apr 24	09:45 AM-10:30 AM	\$62/8	[16848]
Tu	Mar 9-Apr 27	05:15 PM-06:00 PM	\$62/8	[16846]
Th	Mar 11-Apr 29	05:45 PM-06:30 PM	\$62/8	[16847]

## Swim Kids – Level 9/10 (6Y-14Y)

Sa	Jan 9-Feb 27	10:30 AM-11:15 AM	\$62/8	[16443]
Su	Jan 10-Feb 28	09:00 AM-09:45 AM	\$62/8	[16444]
Th	Jan 14-Mar 4	05:15 PM-06:00 PM	\$62/8	[16442]
Sa	Mar 6-Apr 24	10:30 AM-11:15 AM	\$62/8	[16769]

Su	Mar 7-Apr 25	09:00 AM-09:45 AM	\$62/8	[16770]
Th	Mar 11-Apr 29	05:15 PM-06:00 PM	\$62/8	[16768]

## Adult Swim

### Red Cross Adult Basics (15Y+)

Increase comfort and confidence in the water with floats, glides, kicks and swim strokes. Set personal goals and priorities with a Water Safety Instructor so you can build your skill level. Designed for beginners with little or no swimming experience.

Sa	Jan 9-Feb 27	11:15 AM-12:00 PM	\$64/8	[16439]
M	Jan 11-Mar 1	05:15 PM-06:00 PM	\$56/7	[16438]
Sa	Mar 6-Apr 24	11:15 AM-12:00 PM	\$64/8	[16765]
M	Mar 8-Apr 26	05:15 PM-06:00 PM	\$64/8	[16764]

### Red Cross Adult Strokes (15Y+)

Develop one or more swimming strokes while working toward proficiency and increased endurance. Choose the strokes and set your goals and priorities with a Water Safety Instructor.

Su	Jan 10-Feb 28	11:15 AM-12:00 PM	\$60/8	[16441]
Tu	Jan 12-Mar 2	05:45 PM-06:30 PM	\$60/8	[16440]
Su	Mar 7-Apr 25	11:15 AM-12:00 PM	\$60/8	[16767]
Tu	Mar 9-Apr 27	05:45 PM-06:30 PM	\$60/8	[16766]

## INFANT SWIMMING RESOURCE

Cardel Place is proud to be the first facility in Canada to offer the Infant Swimming Resource (ISR) program. ISR teaches babies (6M-12M) how to orient themselves in the water and to roll to a back float position to rest and breathe. Children 13M-6Y are taught to swim for a short distance then roll into a back float position to breathe, to turn back over to swim again in search of an exit and to perform this swim-float-swim sequence as many times as necessary until they are able to get themselves out of the water. For more information visit [www.infantswim.com](http://www.infantswim.com). Call 403-831-2591 to obtain schedule and pricing information or to register your infant/child today.

