

Private Lessons

Red Cross - Private Swim Lessons Age: 3Y and up

Personalized instruction for swimmers of all ages 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 Aquatics Coordinator at 403-567-4483 if interested in Semi-private options for a discounted price.

Sa	Jan 7-Feb 25	09:00 AM-09:30 AM	\$200/8	[23841]
Sa	Jan 7-Feb 25	09:15 AM-09:45 AM	\$200/8	[23842]
Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$200/8	[23843]
Sa	Jan 7-Feb 25	09:45 AM-10:15 AM	\$200/8	[23844]
Sa	Jan 7-Feb 25	10:15 AM-10:45 AM	\$200/8	[23846]
Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$200/8	[23847]
Sa	Jan 7-Feb 25	10:45 AM-11:15 AM	\$200/8	[23848]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$200/8	[23849]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$200/8	[23850]
Su	Jan 8-Feb 26	08:45 AM-09:15 AM	\$200/8	[23851]
Su	Jan 8-Feb 26	09:15 AM-09:45 AM	\$200/8	[23853]
Su	Jan 8-Feb 26	09:45 AM-10:15 AM	\$200/8	[23855]
Su	Jan 8-Feb 26	10:00 AM-10:30 AM	\$200/8	[23856]
Su	Jan 8-Feb 26	10:30 AM-11:00 AM	\$200/8	[23857]
Su	Jan 8-Feb 26	10:45 AM-11:15 AM	\$200/8	[23859]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$200/8	[23860]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$200/8	[23861]
M	Jan 9-Feb 27	04:30 PM-05:00 PM	\$175/7	[23862]
M	Jan 9-Feb 27	05:30 PM-06:00 PM	\$175/7	[23863]
M	Jan 9-Feb 27	06:30 PM-07:00 PM	\$175/7	[23865]
Tu	Jan 10-Feb 28	12:00 PM-12:30 PM	\$200/8	[23866]

Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$200/8	[23867]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$200/8	[23869]
Tu	Jan 10-Feb 28	06:00 PM-06:30 PM	\$200/8	[23871]
Tu	Jan 10-Feb 28	06:30 PM-07:00 PM	\$200/8	[23872]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$200/8	[23873]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$200/8	[23875]
W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$200/8	[23876]
Th	Jan 12-Mar 1	10:00 AM-10:30 AM	\$200/8	[23877]
Th	Jan 12-Mar 1	12:00 PM-12:30 PM	\$200/8	[23878]
Th	Jan 12-Mar 1	04:00 PM-04:30 PM	\$200/8	[23879]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$200/8	[23880]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$200/8	[23881]
Th	Jan 12-Mar 1	06:00 PM-06:30 PM	\$200/8	[23882]
Th	Jan 12-Mar 1	06:30 PM-07:00 PM	\$200/8	[23883]
Sa	Mar 3-Apr 21	08:45 AM-09:15 AM	\$175/7	[23884]
Sa	Mar 3-Apr 21	09:15 AM-09:45 AM	\$175/7	[23887]
Sa	Mar 3-Apr 21	10:00 AM-10:30 AM	\$175/7	[23888]
Sa	Mar 3-Apr 21	10:30 AM-11:00 AM	\$175/7	[23889]
Sa	Mar 3-Apr 21	10:45 AM-11:15 AM	\$175/7	[23891]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$175/7	[23892]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$175/7	[23893]
Su	Mar 4-Apr 22	09:00 AM-09:30 AM	\$175/7	[23894]
Su	Mar 4-Apr 22	09:15 AM-09:45 AM	\$175/7	[23895]
Su	Mar 4-Apr 22	09:30 AM-10:00 AM	\$175/7	[23896]
Su	Mar 4-Apr 22	09:45 AM-10:15 AM	\$175/7	[23897]
Su	Mar 4-Apr 22	10:15 AM-10:45 AM	\$175/7	[23899]
Su	Mar 4-Apr 22	10:30 AM-11:00 AM	\$175/7	[23900]
Su	Mar 4-Apr 22	10:45 AM-11:15 AM	\$175/7	[23902]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$175/7	[23903]
Su	Mar 4-Apr 15	11:30 AM-12:00 PM	\$175/7	[23904]
M	Mar 5-Apr 23	05:30 PM-06:00 PM	\$175/7	[23905]
Tu	Mar 6-Apr 24	12:00 PM-12:30 PM	\$200/8	[23908]
Tu	Mar 6-Apr 24	04:00 PM-04:30 PM	\$200/8	[23909]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$200/8	[23910]
Tu	Mar 6-Apr 24	05:30 PM-06:00 PM	\$200/8	[23911]
Tu	Mar 6-Apr 24	06:00 PM-06:30 PM	\$200/8	[23912]
Tu	Mar 6-Apr 24	06:30 PM-07:00 PM	\$200/8	[23913]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$200/8	[23914]
W	Mar 7-Apr 25	05:00 PM-05:30 PM	\$200/8	[23915]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$200/8	[23918]
W	Mar 7-Apr 25	06:30 PM-07:00 PM	\$200/8	[23919]
Th	Mar 8-Apr 26	12:00 PM-12:30 PM	\$200/8	[23920]
Th	Mar 8-Apr 26	05:00 PM-05:30 PM	\$200/8	[23921]
Th	Mar 8-Apr 26	05:30 PM-06:00 PM	\$200/8	[23924]
Th	Mar 8-Apr 26	06:00 PM-06:30 PM	\$200/8	[23925]
Th	Mar 8-Apr 26	06:30 PM-07:00 PM	\$200/8	[23926]

Red Cross Swim Lessons

Red Cross Starfish Age: 4M - 12M

Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation-based only, without formal evaluation.

Sa	Jan 7-Feb 25	10:00 AM-10:30 AM	\$50/8	[23235]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$50/8	[23236]
Su	Jan 8-Feb 26	09:30 AM-10:00 AM	\$50/8	[23237]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$50/8	[23238]
M	Jan 9-Feb 27	04:30 PM-05:00 PM	\$44/7	[23239]
Tu	Jan 10-Feb 28	11:30 AM-12:00 PM	\$50/8	[23240]
Tu	Jan 10-Feb 28	06:00 PM-06:30 PM	\$50/8	[23282]
W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$50/8	[23283]

Th	Jan 12-Mar 1	10:30 AM-11:00 AM	\$50/8	[23284]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$50/8	[23285]
Sa	Mar 3-Apr 21	09:30 AM-10:00 AM	\$44/7	[23286]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$44/7	[23287]
Su	Mar 4-Apr 22	10:00 AM-10:30 AM	\$44/7	[23288]
Su	Mar 4-Apr 22	11:30 AM-12:00 PM	\$44/7	[23289]
M	Mar 5-Apr 23	06:00 PM-06:30 PM	\$44/7	[23290]
Tu	Mar 6-Apr 24	10:30 AM-11:00 AM	\$50/8	[23291]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$50/8	[23292]
W	Mar 7-Apr 25	04:00 PM-04:30 PM	\$50/8	[23293]
Th	Mar 8-Apr 26	11:30 AM-12:00 PM	\$50/8	[23294]
Th	Mar 8-Apr 26	06:00 PM-06:30 PM	\$50/8	[23295]

Red Cross Duck Age: 12M - 24M

Orientation to water for toddlers and their parent/caregiver. Age is the only criteria for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. This level is participation based only, without formal evaluation.

Sa	Jan 7-Feb 25	09:00 AM-09:30 AM	\$50/8	[23296]
Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$50/8	[23297]
Su	Jan 8-Feb 26	10:00 AM-10:30 AM	\$50/8	[23298]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$50/8	[23299]
M	Jan 9-Feb 27	05:30 PM-06:00 PM	\$50/8	[23300]
Tu	Jan 10-Feb 28	09:30 AM-10:00 AM	\$50/8	[23301]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$50/8	[23302]
W	Jan 11-Feb 29	06:00 PM-06:30 PM	\$50/8	[23303]
Th	Jan 12-Mar 1	11:30 AM-12:00 PM	\$50/8	[23304]
Th	Jan 12-Mar 1	06:00 PM-06:30 PM	\$50/8	[23305]
Sa	Mar 3-Apr 21	10:00 AM-10:30 AM	\$44/7	[23306]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$44/7	[23307]
Su	Mar 4-Apr 22	09:00 AM-09:30 AM	\$44/7	[23308]
Su	Mar 4-Apr 22	10:30 AM-11:00 AM	\$44/7	[23309]
M	Mar 5-Apr 23	04:30 PM-05:00 PM	\$44/7	[23310]
Tu	Mar 6-Apr 24	11:30 AM-12:00 PM	\$50/8	[23311]
Tu	Mar 6-Apr 24	06:00 PM-06:30 PM	\$50/8	[23312]
W	Mar 7-Apr 25	06:00 PM-06:30 PM	\$50/8	[23313]
Th	Mar 8-Apr 26	09:30 AM-10:00 AM	\$50/8	[23314]
Th	Mar 8-Apr 26	04:30 PM-05:00 PM	\$50/8	[23315]

Red Cross Sea Otter Age: 3Y - 5Y

Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.

Red Cross Sea Otter

Sa	Jan 7-Feb 25	08:30 AM-09:00 AM	\$56/8	[23348]
Sa	Jan 7-Feb 25	09:00 AM-09:30 AM	\$56/8	[23349]
Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$56/8	[23350]
Sa	Jan 7-Feb 25	10:00 AM-10:30 AM	\$56/8	[23351]
Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$56/8	[23352]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$56/8	[23353]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$56/8	[23354]
Su	Jan 8-Feb 26	08:30 AM-09:00 AM	\$56/8	[23355]
Su	Jan 8-Feb 26	09:00 AM-09:30 AM	\$56/8	[23356]
Su	Jan 8-Feb 26	09:30 AM-10:00 AM	\$56/8	[23357]
Su	Jan 8-Feb 26	10:00 AM-10:30 AM	\$56/8	[23358]
Su	Jan 8-Feb 26	10:30 AM-11:00 AM	\$56/8	[23359]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$56/8	[23360]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$56/8	[23361]
M	Jan 9-Feb 27	04:00 PM-04:30 PM	\$49/7	[23362]
M	Jan 9-Feb 27	05:00 PM-05:30 PM	\$49/7	[23363]
M	Jan 9-Feb 27	06:00 PM-06:30 PM	\$49/7	[23364]

Tu	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[23365]
Tu	Jan 10-Feb 28	09:30 AM-10:00 AM	\$56/8	[23366]
Tu	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[23367]
Tu	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[23368]
Tu	Jan 10-Feb 28	04:00 PM-04:30 PM	\$56/8	[23369]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23370]
Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$56/8	[23371]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$56/8	[23372]
Tu	Jan 10-Feb 28	06:00 PM-06:30 PM	\$56/8	[23373]
W	Jan 11-Feb 29	04:00 PM-04:30 PM	\$56/8	[23374]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$56/8	[23375]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[23376]
W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$56/8	[23377]
W	Jan 11-Feb 29	06:00 PM-06:30 PM	\$56/8	[23378]
Th	Jan 12-Mar 1	09:00 AM-09:30 AM	\$56/8	[23379]
Th	Jan 12-Mar 1	09:30 AM-10:00 AM	\$56/8	[23380]
Th	Jan 12-Mar 1	10:30 AM-11:00 AM	\$56/8	[23381]
Th	Jan 12-Mar 1	11:00 AM-11:30 AM	\$56/8	[23382]
Th	Jan 12-Mar 1	04:00 PM-04:30 PM	\$56/8	[23383]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[23384]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$56/8	[23385]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$56/8	[23386]
Th	Jan 12-Mar 1	06:00 PM-06:30 PM	\$56/8	[23387]
Sa	Mar 3-Apr 21	08:30 AM-09:00 AM	\$49/7	[23388]
Sa	Mar 3-Apr 21	09:00 AM-09:30 AM	\$49/7	[23389]
Sa	Mar 3-Apr 21	09:30 AM-10:00 AM	\$49/7	[23390]
Sa	Mar 3-Apr 21	10:00 AM-10:30 AM	\$49/7	[23391]
Sa	Mar 3-Apr 21	10:30 AM-11:00 AM	\$49/7	[23392]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$49/7	[23393]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$49/7	[23394]
Su	Mar 4-Apr 22	08:30 AM-09:00 AM	\$49/7	[23395]
Su	Mar 4-Apr 22	09:00 AM-09:30 AM	\$49/7	[23396]
Su	Mar 4-Apr 22	09:30 AM-10:00 AM	\$49/7	[23397]
Su	Mar 4-Apr 22	10:00 AM-10:30 AM	\$49/7	[23398]
Su	Mar 4-Apr 22	10:30 AM-11:00 AM	\$49/7	[23399]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$49/8	[23400]
Su	Mar 4-Apr 22	11:30 AM-12:00 PM	\$49/7	[23401]
M	Mar 5-Apr 23	04:00 PM-04:30 PM	\$49/7	[23402]
M	Mar 5-Apr 23	05:00 PM-05:30 PM	\$49/7	[23403]
M	Mar 5-Apr 23	06:00 PM-06:30 PM	\$49/7	[23404]
Tu	Mar 6-Apr 24	09:00 AM-09:30 AM	\$56/8	[23405]
Tu	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[23406]
Tu	Mar 6-Apr 24	10:30 AM-11:00 AM	\$56/8	[23407]
Tu	Mar 6-Apr 24	11:00 AM-11:30 AM	\$56/8	[23408]
Tu	Mar 6-Apr 24	04:00 PM-04:30 PM	\$56/8	[23410]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[23411]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$56/8	[23412]
Tu	Mar 6-Apr 24	05:30 PM-06:00 PM	\$56/8	[23413]
Tu	Mar 6-Apr 24	06:00 PM-06:30 PM	\$56/8	[23414]
W	Mar 7-Apr 25	04:00 PM-04:30 PM	\$56/8	[23415]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[23416]
W	Mar 7-Apr 25	05:00 PM-05:30 PM	\$56/8	[23417]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$56/8	[23418]
W	Mar 7-Apr 25	06:00 PM-06:30 PM	\$56/8	[23419]
Th	Mar 8-Apr 26	09:00 AM-09:30 AM	\$56/8	[23420]
Th	Mar 8-Apr 26	09:30 AM-10:00 AM	\$56/8	[23421]
Th	Mar 8-Apr 26	10:30 AM-11:00 AM	\$56/8	[23422]
Th	Mar 8-Apr 26	11:00 AM-11:30 AM	\$56/8	[23423]
Th	Mar 8-Apr 26	04:00 PM-04:30 PM	\$56/8	[23424]
Th	Mar 8-Apr 26	04:30 PM-05:00 PM	\$56/8	[23425]
Th	Mar 8-Apr 26	05:00 PM-05:30 PM	\$56/8	[23426]

Th	Mar 8-Apr 26	05:30 PM-06:00 PM	\$56/8	[23427]
Th	Mar 8-Apr 26	06:00 PM-06:30 PM	\$56/8	[23428]

Red Cross Sea Turtle Age: 24M - 36M

Orientation to water for toddlers and their parent/caregiver. Age is the only criteria for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. This level is participation-based only, without formal evaluation.

Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$50/8	[23316]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$50/8	[23317]
Su	Jan 8-Feb 26	10:30 AM-11:00 AM	\$50/8	[23319]
M	Jan 9-Feb 27	06:30 PM-07:00 PM	\$44/7	[23320]
Tu	Jan 10-Feb 28	10:30 AM-11:00 AM	\$50/8	[23321]
Tu	Jan 10-Feb 28	12:00 PM-12:30 PM	\$50/8	[23322]
Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$50/8	[23323]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$50/8	[23324]
Th	Jan 12-Mar 1	10:00 AM-10:30 AM	\$50/8	[23325]
Th	Jan 12-Mar 1	11:00 AM-11:30 AM	\$50/8	[23326]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$50/8	[23327]
Sa	Mar 3-Apr 21	09:00 AM-09:30 AM	\$44/7	[23328]
Sa	Mar 3-Apr 21	10:30 AM-11:00 AM	\$44/7	[23329]
Su	Mar 4-Apr 22	09:30 AM-10:00 AM	\$44/7	[23330]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$44/7	[23331]
M	Mar 5-Apr 23	05:30 PM-06:00 PM	\$44/7	[23332]
Tu	Mar 6-Apr 24	10:00 AM-10:30 AM	\$50/8	[23333]
Tu	Mar 6-Apr 24	11:00 AM-11:30 AM	\$50/8	[23334]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$50/8	[23335]
W	Mar 7-Apr 25	05:00 PM-05:30 PM	\$50/8	[23336]
Th	Mar 8-Apr 26	10:30 AM-11:00 AM	\$50/8	[23337]
Th	Mar 8-Apr 26	12:00 PM-12:30 PM	\$50/8	[23338]
Th	Mar 8-Apr 26	05:00 PM-05:30 PM	\$50/8	[23339]

Red Cross Salamander Age: 3Y - 5Y

Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.

Sa	Jan 7-Feb 25	08:30 AM-09:00 AM	\$56/8	[23429]
Sa	Jan 7-Feb 25	09:00 AM-09:30 AM	\$56/8	[23430]
Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$56/8	[23431]
Sa	Jan 7-Feb 25	10:00 AM-10:30 AM	\$56/8	[23432]
Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$56/8	[23433]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$56/8	[23434]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$56/8	[23435]
Su	Jan 8-Feb 26	08:30 AM-09:00 AM	\$56/8	[23436]
Su	Jan 8-Feb 26	09:00 AM-09:30 AM	\$56/8	[23437]
Su	Jan 8-Feb 26	09:30 AM-10:00 AM	\$56/8	[23438]
Su	Jan 8-Feb 26	10:00 AM-10:30 AM	\$56/8	[23439]
Su	Jan 8-Feb 26	10:30 AM-11:00 AM	\$56/8	[23440]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$56/8	[23441]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$56/8	[23442]
M	Jan 9-Feb 27	04:00 PM-04:30 PM	\$49/7	[23443]
M	Jan 9-Feb 27	05:00 PM-05:30 PM	\$49/7	[23444]
M	Jan 9-Feb 27	06:00 PM-06:30 PM	\$49/7	[23445]
Tu	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[23446]
Tu	Jan 10-Feb 28	09:30 AM-10:00 AM	\$56/8	[23447]
Tu	Jan 10-Feb 28	10:30 AM-11:00 AM	\$56/8	[23448]
Tu	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[23449]
Tu	Jan 10-Feb 28	12:00 PM-12:30 PM	\$56/8	[23450]
Tu	Jan 10-Feb 28	04:00 PM-04:30 PM	\$56/8	[23451]

Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23452]
Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$56/8	[23453]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$56/8	[23454]
Tu	Jan 10-Feb 28	06:00 PM-06:30 PM	\$56/8	[23455]
W	Jan 11-Feb 29	04:00 PM-04:30 PM	\$56/8	[23456]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$56/8	[23457]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[23458]
W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$56/8	[23459]
W	Jan 11-Feb 29	06:00 PM-06:30 PM	\$56/8	[23460]
Th	Jan 12-Mar 1	09:00 AM-09:30 AM	\$56/8	[23461]
Th	Jan 12-Mar 1	09:30 AM-10:00 AM	\$56/8	[23462]
Th	Jan 12-Mar 1	10:00 AM-10:30 AM	\$56/8	[23463]
Th	Jan 12-Mar 1	11:00 AM-11:30 AM	\$56/8	[23464]
Th	Jan 12-Mar 1	11:30 AM-12:00 PM	\$56/8	[23465]
Th	Jan 12-Mar 1	04:00 PM-04:30 PM	\$56/8	[23466]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[23467]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$56/8	[23468]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$56/8	[23469]
Th	Jan 12-Mar 1	06:00 PM-06:30 PM	\$56/8	[23470]
Sa	Mar 3-Apr 21	08:30 AM-09:00 AM	\$49/7	[23471]
Sa	Mar 3-Apr 14	09:00 AM-09:30 AM	\$49/7	[23472]
Sa	Mar 3-Apr 21	09:30 AM-10:00 AM	\$49/7	[23474]
Sa	Mar 3-Apr 21	10:00 AM-10:30 AM	\$49/7	[23475]
Sa	Mar 3-Apr 21	10:30 AM-11:00 AM	\$49/7	[23476]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$49/7	[23477]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$49/7	[23478]
Su	Mar 4-Apr 22	08:30 AM-09:00 AM	\$49/7	[23479]
Su	Mar 4-Apr 22	09:00 AM-09:30 AM	\$49/7	[23480]
Su	Mar 4-Apr 22	09:30 AM-10:00 AM	\$49/7	[23481]
Su	Mar 4-Apr 22	10:00 AM-10:30 AM	\$49/7	[23482]
Su	Mar 4-Apr 22	10:30 AM-11:00 AM	\$49/7	[23483]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$49/7	[23484]
Su	Mar 4-Apr 22	11:30 AM-12:00 PM	\$49/7	[23485]
M	Mar 5-Apr 23	04:00 PM-04:30 PM	\$49/7	[23486]
M	Mar 5-Apr 23	05:00 PM-05:30 PM	\$49/7	[23487]
M	Mar 5-Apr 23	06:30 PM-07:00 PM	\$49/7	[23488]
Tu	Mar 6-Apr 24	05:30 AM-06:00 PM	\$56/8	[23497]
Tu	Mar 6-Apr 24	09:00 AM-09:30 AM	\$56/8	[23489]
Tu	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[23490]
Tu	Mar 6-Apr 24	10:00 AM-10:30 AM	\$56/8	[23491]
Tu	Mar 6-Apr 24	11:00 AM-11:30 AM	\$56/8	[23492]
Tu	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[23493]
Tu	Mar 6-Apr 24	04:00 PM-04:30 PM	\$56/8	[23494]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[23495]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$56/8	[23496]
Tu	Mar 6-Apr 24	06:00 PM-06:30 PM	\$56/8	[23498]
W	Mar 7-Apr 25	04:00 PM-04:30 PM	\$56/8	[23499]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[23500]
W	Mar 7-Apr 25	05:00 PM-05:30 PM	\$56/8	[23501]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$56/8	[23502]
W	Mar 7-Apr 25	06:00 PM-06:30 PM	\$56/8	[23503]
Th	Mar 8-Apr 26	09:00 AM-09:30 AM	\$56/8	[23504]
Th	Mar 8-Apr 26	09:30 AM-10:00 AM	\$56/8	[23505]
Th	Mar 8-Apr 26	10:30 AM-11:00 AM	\$56/8	[23506]
Th	Mar 8-Apr 26	11:00 AM-11:30 AM	\$56/8	[23507]
Th	Mar 8-Apr 26	12:00 PM-12:30 PM	\$56/8	[23508]
Th	Mar 8-Apr 26	04:00 PM-04:30 PM	\$56/8	[23509]
Th	Mar 8-Apr 26	04:30 PM-05:00 PM	\$56/8	[23510]
Th	Mar 8-Apr 26	05:00 PM-05:30 PM	\$56/8	[23511]
Th	Mar 8-Apr 26	05:30 PM-06:00 PM	\$56/8	[23512]
Th	Mar 8-Apr 26	06:00 PM-06:30 PM	\$56/8	[23513]

Red Cross Sunfish Age: 3Y - 5Y

Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their rollover glide, side glide and front swim. Safety skills include deep water skills and use of a Personal Flotation Device (PFD).

Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.

Sa	Jan 7-Feb 25	08:30 AM-09:00 AM	\$56/8	[23536]
Sa	Jan 7-Feb 25	09:15 AM-09:45 AM	\$56/8	[23537]
Sa	Jan 7-Feb 25	10:00 AM-10:30 AM	\$56/8	[23539]
Sa	Jan 7-Feb 25	10:45 AM-11:15 AM	\$56/8	[23541]
Su	Jan 8-Feb 26	08:30 AM-09:00 AM	\$56/8	[23542]
Su	Jan 8-Feb 26	09:45 AM-10:15 AM	\$56/8	[23543]
Su	Jan 8-Feb 26	10:45 AM-11:15 AM	\$56/8	[23546]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$56/8	[23547]
M	Jan 9-Feb 27	05:00 PM-05:30 PM	\$49/7	[23548]
M	Jan 9-Feb 27	06:00 PM-06:30 PM	\$49/7	[23551]
Tu	Jan 10-Feb 28	09:00 AM-09:30 AM	\$56/8	[23554]
Tu	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[23555]
Tu	Jan 10-Feb 28	11:00 AM-11:30 AM	\$56/8	[23556]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23559]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$56/8	[23560]
Tu	Jan 10-Feb 28	06:30 PM-07:00 PM	\$56/8	[23561]
W	Jan 11-Feb 29	04:00 PM-04:30 PM	\$56/8	[23563]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[23566]
W	Jan 11-Feb 29	06:00 PM-06:30 PM	\$56/8	[23567]
Th	Jan 12-Mar 1	09:30 AM-10:00 AM	\$56/8	[23568]
Th	Jan 12-Mar 1	10:30 AM-11:00 AM	\$56/8	[23569]
Th	Jan 12-Mar 1	11:30 AM-12:00 PM	\$56/8	[23574]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[23575]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$56/8	[23576]
Th	Jan 12-Mar 1	06:30 PM-07:00 PM	\$56/8	[23578]
Sa	Mar 3-Apr 21	08:30 AM-09:00 AM	\$49/7	[23581]
Sa	Mar 3-Apr 21	09:45 AM-10:15 AM	\$49/7	[23582]
Sa	Mar 3-Apr 21	10:45 AM-11:15 AM	\$49/7	[23583]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$49/7	[23584]
Su	Mar 4-Apr 22	08:30 AM-09:00 AM	\$49/7	[23585]
Su	Mar 4-Apr 22	09:15 AM-09:45 AM	\$49/7	[23588]
Su	Mar 4-Apr 22	10:00 AM-10:30 AM	\$49/7	[23589]
Su	Mar 4-Apr 22	10:45 AM-11:15 AM	\$49/7	[23592]
M	Mar 5-Apr 23	04:30 PM-05:00 PM	\$49/7	[23595]
M	Mar 5-Apr 16	06:00 PM-06:30 PM	\$49/6	[23596]
Tu	Mar 6-Apr 24	09:30 AM-10:00 AM	\$56/8	[23599]
Tu	Mar 6-Apr 24	10:30 AM-11:00 AM	\$56/8	[23600]
Tu	Mar 6-Apr 24	11:30 AM-12:00 PM	\$56/8	[23605]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[23606]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$56/8	[23611]
Tu	Mar 6-Apr 24	06:30 PM-07:00 PM	\$56/8	[23612]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[23613]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$56/8	[23614]
W	Mar 7-Apr 25	06:30 PM-07:00 PM	\$56/8	[23615]
Th	Mar 8-Apr 26	09:00 AM-09:30 AM	\$56/8	[23616]
Th	Mar 8-Apr 26	10:00 AM-10:30 AM	\$56/8	[23617]
Th	Mar 8-Apr 26	11:00 AM-11:30 AM	\$56/8	[23618]
Th	Mar 8-Apr 26	04:00 PM-04:30 PM	\$56/8	[23623]
Th	Mar 8-Apr 26	05:30 PM-06:00 PM	\$56/8	[23624]

Red Cross Crocodile Age: 3Y - 5Y

Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres.

Safety skills include jumping into deep water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.

Sa	Jan 7-Feb 25	08:45 AM-09:15 AM	\$56/8	[23625]
Sa	Jan 7-Feb 25	10:00 AM-10:30 AM	\$56/8	[23627]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$56/8	[23628]
Su	Jan 8-Feb 26	09:00 AM-09:30 AM	\$56/8	[23629]
Su	Jan 8-Feb 26	10:15 AM-10:45 AM	\$56/8	[23631]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$56/8	[23634]
M	Jan 9-Feb 27	04:30 PM-05:00 PM	\$49/7	[23635]
Tu	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[23638]
Tu	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[23639]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23640]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$56/8	[23643]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$56/8	[23644]
W	Jan 11-Feb 29	06:30 PM-07:00 PM	\$56/8	[23645]
Th	Jan 12-Mar 1	12:00 PM-12:30 PM	\$56/8	[23648]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[23649]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$56/8	[23650]
Sa	Mar 3-Apr 21	09:00 AM-09:30 AM	\$49/7	[23651]
Sa	Mar 3-Apr 21	10:15 AM-10:45 AM	\$49/7	[23652]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$49/7	[23655]
Su	Mar 4-Apr 22	08:45 AM-09:15 AM	\$49/7	[23656]
Su	Mar 4-Apr 22	10:00 AM-10:30 AM	\$49/7	[23657]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$49/7	[23658]
M	Mar 5-Apr 23	04:30 PM-05:00 PM	\$49/7	[23659]
M	Mar 5-Apr 23	06:30 PM-07:00 PM	\$49/7	[23660]
Tu	Mar 6-Apr 24	12:00 PM-12:30 PM	\$56/8	[23661]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[23662]
Tu	Mar 6-Apr 24	05:30 PM-06:00 PM	\$56/8	[23663]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[23664]
W	Mar 7-Apr 25	06:00 PM-06:30 PM	\$56/8	[23665]
Th	Mar 8-Apr 26	04:30 AM-05:00 PM	\$56/8	[23668]
Th	Mar 8-Apr 26	05:30 AM-06:00 PM	\$56/8	[23669]
Th	Mar 8-Apr 26	10:00 AM-10:30 AM	\$56/8	[23666]
Th	Mar 8-Apr 26	11:30 AM-12:00 PM	\$56/8	[23667]

Red Cross Whale Age: 3Y - 5Y

Swimmers enter this level when they have successfully completed Crocodile. Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5 metres, surface support for 20 seconds a return to safety, throwing assists and sitting dives.

Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 6 years or older are ready for the appropriate level of Red Cross Swim Kids.

Sa	Jan 7-Feb 25	08:45 AM-09:15 AM	\$56/8	[23794]
Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$56/8	[23797]
Sa	Jan 7-Feb 25	10:00 AM-10:30 AM	\$56/8	[23795]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$56/8	[23796]
Su	Jan 8-Feb 26	09:30 AM-10:00 AM	\$56/8	[23798]
Su	Jan 8-Feb 26	10:15 AM-10:45 AM	\$56/8	[23799]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$56/8	[23800]
M	Jan 9-Feb 27	06:30 PM-07:00 PM	\$49/7	[23801]
Tu	Jan 10-Feb 28	10:00 AM-10:30 AM	\$56/8	[23802]
Tu	Jan 10-Feb 28	11:30 AM-12:00 PM	\$56/8	[23803]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23804]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[23805]
W	Jan 11-Feb 29	06:30 PM-07:00 PM	\$56/8	[23806]
Th	Jan 12-Mar 1	12:00 PM-12:30 PM	\$56/8	[23807]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[23808]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$56/8	[23809]
Sa	Mar 3-Apr 21	09:30 AM-10:00 AM	\$49/7	[23810]

Sa	Mar 3-Apr 21	10:15 AM-10:45 AM	\$49/7	[23811]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$49/7	[23812]
Su	Mar 4-Apr 22	08:45 AM-09:15 AM	\$49/7	[23813]
Su	Mar 4-Apr 22	10:00 AM-10:30 AM	\$49/7	[23814]
Su	Mar 4-Apr 15	11:30 AM-12:00 PM	\$49/7	[23815]
M	Mar 5-Apr 23	05:00 PM-05:30 PM	\$49/7	[23816]
M	Mar 5-Apr 23	06:30 PM-07:00 PM	\$49/7	[23817]
Tu	Mar 6-Apr 24	12:00 PM-12:30 PM	\$56/8	[23818]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[23819]
Tu	Mar 6-Apr 24	05:30 PM-06:00 PM	\$56/8	[23820]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[23821]
W	Mar 7-Apr 25	06:00 PM-06:30 PM	\$56/8	[23822]
Th	Mar 8-Apr 26	10:00 AM-10:30 AM	\$56/8	[23823]
Th	Mar 8-Apr 26	11:30 AM-12:00 PM	\$56/8	[23824]

Red Cross Aqua Squirts Age: 3Y - 5Y

Roll, twist and hang upside down in the water. AquaSquirts is an activity based swimming program developed with Red Cross and Synchro Canada. Designed to keep 3-5 year olds who have completed Crocodile or Whale active in the water and continuing progress until they can join the Swim Kids Program.

Red Cross Aqua Squirts

Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$56/8	[23825]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[23826]
Sa	Mar 3-Apr 21	09:15 AM-09:45 AM	\$49/7	[23827]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$56/8	[23828]

Red Cross Swim Kids Level 1 Age: 6Y - 14Y

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

Sa	Jan 7-Feb 25	09:00 AM-09:30 AM	\$56/8	[23927]
Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$56/8	[23928]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$56/8	[23929]
Su	Jan 8-Feb 26	09:30 AM-10:00 AM	\$56/8	[23930]
Su	Jan 8-Feb 26	10:30 AM-11:00 AM	\$56/8	[23931]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$56/8	[23932]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23933]
Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$56/8	[23934]
Tu	Jan 10-Feb 28	06:00 PM-06:30 PM	\$56/8	[23935]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$56/8	[23936]
W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$56/8	[23937]
W	Jan 11-Feb 29	06:00 PM-06:30 PM	\$56/8	[23938]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$56/8	[23939]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$56/8	[23940]
Th	Jan 12-Mar 1	06:00 PM-06:30 PM	\$56/8	[23941]
Sa	Mar 3-Apr 21	09:30 AM-10:00 AM	\$49/7	[23942]
Sa	Mar 3-Apr 21	10:30 AM-11:00 AM	\$49/7	[23943]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$49/7	[23944]
Su	Mar 4-Apr 22	09:00 AM-09:30 AM	\$49/7	[23945]
Su	Mar 4-Apr 22	10:30 AM-11:00 AM	\$49/7	[23946]
Su	Mar 4-Apr 22	11:30 AM-12:00 PM	\$49/7	[23947]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$56/8	[23948]
Tu	Mar 6-Apr 24	05:30 PM-06:00 PM	\$56/8	[23949]
Tu	Mar 6-Apr 24	06:00 PM-06:30 PM	\$56/8	[23950]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[23951]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$56/8	[23952]
Th	Mar 8-Apr 26	04:30 PM-05:00 PM	\$56/8	[23953]
Th	Mar 8-Apr 26	06:00 PM-06:30 PM	\$56/8	[23954]

Red Cross Swim Kids Level 2 Age: 6Y - 14Y

Focus on front propulsion skills to move through the water and remain at the surface. Work on front and back swims (3 x 5m), awareness about deep water activities and proper use of a Personal Flotation Device (PFD). Swim Preschool Transfer: Sunfish (completed) or Crocodile (incomplete).

Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$56/8	[23955]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$56/8	[23956]
Su	Jan 8-Feb 26	09:00 AM-09:30 AM	\$56/8	[23957]
Su	Jan 8-Feb 26	10:00 AM-10:30 AM	\$56/8	[23958]
Su	Jan 8-Feb 26	11:30 AM-12:00 PM	\$56/8	[23959]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23960]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$56/8	[23961]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[23962]
W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$56/8	[23963]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[23964]
Th	Jan 12-Mar 1	05:30 PM-06:00 PM	\$56/8	[23965]
Sa	Mar 3-Apr 21	09:00 AM-09:30 AM	\$49/7	[23966]
Sa	Mar 3-Apr 21	10:00 AM-10:30 AM	\$49/7	[23967]
Sa	Mar 3-Apr 21	11:30 AM-12:00 PM	\$49/7	[23968]
Su	Mar 4-Apr 22	09:30 AM-10:00 AM	\$49/7	[23969]
Su	Mar 4-Apr 22	10:15 AM-10:45 AM	\$49/7	[23970]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$49/7	[23971]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[23972]
Tu	Mar 6-Apr 24	05:30 PM-06:00 PM	\$56/8	[23973]
W	Mar 7-Apr 25	05:00 PM-05:30 PM	\$56/8	[23974]
W	Mar 7-Apr 25	06:00 PM-06:30 PM	\$56/8	[23975]
Th	Mar 8-Apr 26	04:30 PM-05:00 PM	\$56/8	[23976]
Th	Mar 8-Apr 26	05:30 PM-06:00 PM	\$56/8	[23977]

Red Cross Swim Kids Level 3 Age: 6Y - 14Y

Introduction to front crawl (3 x 5m) and diving. Teaches how to make wise choices about where and when to swim. Swim Preschool Transfer: Crocodile (completed) or Whale (incomplete).

Sa	Jan 7-Feb 25	09:00 AM-09:30 AM	\$56/8	[23978]
Sa	Jan 7-Feb 25	10:30 AM-11:00 AM	\$56/8	[23979]
Sa	Jan 7-Feb 25	11:30 AM-12:00 PM	\$56/8	[23980]
Su	Jan 8-Feb 26	09:30 AM-10:00 AM	\$56/8	[23981]
Su	Jan 8-Feb 26	10:30 AM-11:00 AM	\$56/8	[23982]
Tu	Jan 10-Feb 28	04:30 PM-05:00 PM	\$56/8	[23983]
Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$56/8	[23984]
W	Jan 11-Feb 29	04:30 PM-05:00 PM	\$56/8	[23985]
W	Jan 11-Feb 29	06:00 PM-06:30 PM	\$56/8	[23986]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$56/8	[23987]
Th	Jan 12-Mar 1	06:00 PM-06:30 PM	\$56/8	[23988]
Sa	Mar 3-Apr 21	09:30 AM-10:00 AM	\$49/7	[23989]
Sa	Mar 3-Apr 21	10:30 AM-11:00 AM	\$49/7	[23990]
Su	Mar 4-Apr 22	09:00 AM-09:30 AM	\$49/7	[23991]
Su	Mar 4-Apr 22	10:30 AM-11:00 AM	\$49/7	[23992]
Su	Mar 4-Apr 22	11:30 AM-12:00 PM	\$49/7	[23993]
Tu	Mar 6-Apr 24	05:00 PM-05:30 PM	\$56/8	[23994]
Tu	Mar 6-Apr 24	06:00 PM-06:30 PM	\$56/8	[23995]
W	Mar 7-Apr 25	05:30 PM-06:00 PM	\$56/8	[23996]
Th	Mar 8-Apr 26	04:30 PM-05:00 PM	\$56/8	[23997]
Th	Mar 8-Apr 26	05:00 PM-05:30 PM	\$56/8	[23998]

Red Cross Swim Kids level 4 Age: 6Y - 14Y

Further development of front crawl (3 x 10m) and back glides. Swimmers work on kneeling dives, surface support and develop self-safety by understanding personal limits. Swim Preschool Transfer: Whale (completed).

Sa	Jan 7-Feb 25	09:30 AM-10:00 AM	\$56/8	[23999]
Sa	Jan 7-Feb 25	11:00 AM-11:30 AM	\$56/8	[24000]
Su	Jan 8-Feb 26	09:00 AM-09:30 AM	\$56/8	[24001]
Su	Jan 8-Feb 26	10:00 AM-10:30 AM	\$56/8	[24002]
Su	Jan 8-Feb 26	11:00 AM-11:30 AM	\$56/8	[24003]
Tu	Jan 10-Feb 28	05:00 PM-05:30 PM	\$56/8	[24004]
Tu	Jan 10-Feb 28	06:00 PM-06:30 PM	\$56/8	[24005]
W	Jan 11-Feb 29	05:00 PM-05:30 PM	\$56/8	[24006]

W	Jan 11-Feb 29	05:30 PM-06:00 PM	\$56/8	[24007]
Th	Jan 12-Mar 1	04:30 PM-05:00 PM	\$56/8	[24008]
Th	Jan 12-Mar 1	05:00 PM-05:30 PM	\$56/8	[24009]
Sa	Mar 3-Apr 21	09:00 AM-09:30 AM	\$49/7	[24010]
Sa	Mar 3-Apr 21	10:00 AM-10:30 AM	\$49/7	[24011]
Sa	Mar 3-Apr 21	11:00 AM-11:30 AM	\$49/7	[24012]
Su	Mar 4-Apr 22	09:30 AM-10:00 AM	\$49/7	[24013]
Su	Mar 4-Apr 22	11:00 AM-11:30 AM	\$49/7	[24014]
Tu	Mar 6-Apr 24	04:30 PM-05:00 PM	\$56/8	[24015]
W	Mar 7-Apr 25	04:30 PM-05:00 PM	\$56/8	[24016]
W	Mar 7-Apr 25	05:00 PM-05:30 PM	\$56/8	[24017]
Th	Mar 8-Apr 26	05:00 PM-05:30 PM	\$56/8	[24018]
Th	Mar 8-Apr 26	06:00 PM-06:30 PM	\$56/8	[24019]

Red Cross Swim Kids Level 5 Age: 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.

Sa	Jan 7-Feb 25	09:00 AM-09:45 AM	\$62/8	[24020]
Sa	Jan 7-Feb 25	11:00 AM-11:45 AM	\$62/8	[24021]
Su	Jan 8-Feb 26	08:45 AM-09:30 AM	\$62/8	[24022]
Su	Jan 8-Feb 26	09:45 AM-10:30 AM	\$62/8	[24023]
Tu	Jan 10-Feb 28	04:30 AM-05:15 AM	\$62/8	[24024]
W	Jan 11-Feb 29	04:30 PM-05:15 PM	\$62/8	[24025]
W	Jan 18-Mar 7	05:30 PM-06:15 PM	\$62/8	[24026]
Sa	Mar 3-Apr 21	08:45 AM-09:30 AM	\$55/7	[24027]
Sa	Mar 3-Apr 21	09:45 AM-10:30 AM	\$55/7	[24028]
Su	Mar 4-Apr 22	09:30 AM-10:15 AM	\$55/7	[24029]
Su	Mar 4-Apr 22	11:00 AM-11:45 AM	\$55/7	[24030]
Tu	Mar 6-Apr 24	05:30 PM-06:15 PM	\$62/8	[24031]
W	Mar 7-Apr 25	05:15 PM-06:00 PM	\$62/8	[24032]
Th	Mar 8-Apr 26	04:30 PM-05:15 PM	\$62/8	[24033]

Red Cross Swim Kids Level 6 Age: 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). 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.

Sa	Jan 7-Feb 25	09:00 AM-09:45 AM	\$62/8	[24034]
Su	Jan 8-Feb 26	09:30 AM-10:15 AM	\$62/8	[24035]
Su	Jan 8-Feb 26	11:00 AM-11:45 AM	\$62/8	[24036]
Tu	Jan 10-Feb 28	05:45 PM-06:30 PM	\$62/8	[24037]
W	Jan 11-Feb 29	06:00 PM-06:45 PM	\$62/8	[24038]
Th	Jan 12-Mar 1	06:15 PM-06:45 PM	\$62/8	[24039]
Sa	Mar 3-Apr 21	09:30 AM-10:15 AM	\$55/7	[24040]
Su	Mar 4-Apr 22	09:00 AM-09:45 AM	\$55/7	[24041]
Su	Mar 4-Apr 22	11:15 AM-12:00 PM	\$55/7	[24042]
Tu	Mar 6-Apr 24	06:15 PM-07:00 PM	\$62/8	[24043]
W	Mar 7-Apr 25	04:30 PM-05:15 PM	\$62/8	[24044]
Th	Mar 8-Apr 26	05:15 PM-06:00 PM	\$62/8	[24045]

Red Cross Swim Kids Level 7 Age: 6Y - 14Y

Continuation of front crawl (50m), back crawl (50m) and elementary backstroke (3 x 25m) with an introduction to whip kick on the front. Learn about airway and breathing obstructions and tread water for 3 minutes.

Sa	Jan 7-Feb 25	08:45 AM-09:30 AM	\$62/8	[24046]
Su	Jan 8-Feb 26	10:15 AM-11:00 AM	\$62/8	[24047]
Tu	Jan 10-Feb 28	05:30 PM-06:00 PM	\$62/8	[24049]
W	Jan 11-Feb 29	05:30 PM-06:15 PM	\$62/8	[24050]
Th	Jan 12-Mar 1	06:00 PM-06:45 PM	\$62/8	[24051]
Sa	Mar 3-Apr 21	06:00 PM-06:45 PM	\$55/7	[24052]
Su	Mar 4-Apr 22	08:45 AM-09:30 AM	\$55/7	[24053]
Tu	Mar 6-Apr 24	06:00 PM-06:45 PM	\$62/8	[24054]

W	Mar 7-Apr 25	06:00 PM-06:45 PM	\$62/8	[24055]
Th	Mar 8-Apr 26	05:30 PM-06:15 PM	\$62/8	[24056]

Red Cross Swim Kids Level 8 Age: 6Y - 14Y

Introduction to breaststroke (3 x 15m), feet-first surface dives and rescue entries. Learn about the dangers of open water, hypothermia and the performance of rescue breathing.

Sa	Jan 7-Feb 25	09:45 AM-10:30 AM	\$62/8	[24057]
Su	Jan 8-Feb 26	11:15 AM-12:00 PM	\$62/8	[24058]
Tu	Jan 10-Feb 28	06:15 PM-07:00 PM	\$62/8	[24059]
W	Jan 11-Feb 29	06:15 PM-07:00 PM	\$62/8	[24060]
Th	Jan 12-Mar 1	04:30 PM-05:15 PM	\$62/8	[24061]
Sa	Mar 3-Apr 14	11:15 AM-12:00 PM	\$55/7	[24062]
Su	Mar 4-Apr 22	09:45 AM-10:30 AM	\$55/7	[24063]
Tu	Mar 6-Apr 24	04:30 PM-05:15 PM	\$62/8	[24064]
W	Mar 7-Apr 25	06:15 PM-07:00 PM	\$62/8	[24065]
Th	Mar 8-Apr 26	06:15 PM-07:00 PM	\$62/8	[24066]

Red Cross Swim Kids Level 9/10 Age: 6Y - 14Y

In Level 9, work on refinement of front crawl, back crawl, elementary backstroke, and breaststroke. Work on head-first shallow dives and standing dives, learn about self-rescue from ice and how to combine different strokes and kicks for fitness. In Level 10, refine all strokes for technique and distance. Introduction to butterfly and scissor kick as a warm-up or cool-down for fitness. Learn about sun safety, rescue of others from ice and head-first and feet first surface dives.

Sa	Jan 7-Feb 25	10:15 AM-11:00 AM	\$62/8	[24067]
Su	Jan 8-Feb 26	09:00 AM-09:45 AM	\$62/8	[24068]
Tu	Jan 10-Feb 28	06:00 PM-06:45 PM	\$62/8	[24069]
Tu	Jan 17-Mar 6	05:15 PM-06:00 PM	\$62/8	[24070]
W	Jan 18-Mar 7	05:15 PM-06:00 PM	\$62/8	[24071]
Sa	Mar 3-Apr 14	09:00 AM-09:45 AM	\$55/7	[24072]
Su	Mar 4-Apr 22	10:15 AM-11:00 AM	\$55/7	[24073]
Tu	Mar 6-Apr 24	05:15 PM-06:00 PM	\$62/8	[24074]
W	Mar 7-Apr 25	05:30 PM-06:15 PM	\$62/8	[24075]
Th	Mar 8-Apr 26	06:00 PM-06:45 PM	\$62/8	[24076]

Red Cross Swim Teen Sports Age: 10Y - 16Y

Boating, Lifesaving Sport, Swim Workout, Synchronized Swimming, Triathlon Swim, Underwater Hockey, and Water Polo. Designed as an 'aquatic sampler', Red Cross Swim Sports introduces fundamental water sport skills. Each sport includes two fun and interactive lessons in the water.

Red Cross Swim Teen Sports

Sa	Jan 7-Feb 25	11:15 AM-12:00 PM	\$83/8	[23837]
W	Jan 11-Feb 29	06:00 PM-06:45 PM	\$83/8	[23838]
Sa	Mar 3-Apr 14	11:00 AM-11:45 AM	\$83/7	[23839]
W	Mar 7-Apr 25	06:00 PM-06:45 PM	\$83/8	[23840]

Swim- Adult

Red Cross Swim - Adult Basics Age: 15Y and up

It's never too late to learn! Float, glide, kick and stroke to build your skill level - designed for beginners with little or no swim experience.

Sa	Jan 7-Feb 25	11:15 AM-12:00 PM	\$80/8	[23829]
Tu	Jan 10-Feb 28	06:00 PM-06:45 PM	\$80/8	[23830]
Su	Mar 4-Apr 22	11:15 AM-12:00 PM	\$70/7	[23831]
Th	Mar 8-Apr 26	06:00 PM-06:45 PM	\$80/8	[23832]

Red Cross Swim - Adult Strokes Age: 15Y and up

Develop one or more swimming strokes while working toward proficiency and increased endurance. Work with a Water Safety Instructor to choose your strokes and set goals.

Su	Jan 8-Feb 26	11:15 AM-12:00 PM	\$60/8	[23833]
Th	Jan 12-Mar 1	06:00 PM-06:45 PM	\$60/8	[23834]
Sa	Mar 3-Apr 21	11:00 AM-11:45 AM	\$70/7	[23835]
Tu	Mar 6-Apr 24	06:15 PM-07:00 PM	\$80/8	[23836]