

# Swimming Lessons – Winter 2022

Registration Deadlines apply, see date under session listings @ 4 pm

Minimum registration numbers must be met for classes to run

Level	<b>Session 1 Sundays</b> Jan 9 – Feb 13 Deadline: Dec 31	<b>Session 2 Mondays</b> Jan 10 – Feb 14 Deadline: Jan 2	<b>Session 3 Fridays</b> Jan 14 – Feb 18 Deadline: Jan 7
<b>Red Cross Swim Preschool PARENTED: Starfish (4-12 mths); Duck (12-24 mths); Sea Turtle (24-36 mths)</b>			
<b>Starfish (1)/Duck (2)</b>	4:15 - 4:45 pm	10:30 – 11:00 am	N/A
<b>Sea Turtle (3)</b>	3:30 – 4:00 pm	10:30 – 11:00 am 5:45 – 6:15 pm	10:15 – 10:45 am
<b>Red Cross Swim Preschool PARENTS OPTIONAL (3-5 years)</b>			
<b>Sea Otter (4)</b>	3:30 – 4:00 pm 5:45 – 6:15 pm	11:00 – 11:30 am 5:45 – 6:15 pm	10:15 – 10:45 am 6:00 – 6:30 pm
<b>Salamander (5)</b>	5:45 – 6:15 pm	11:00 – 11:30 am 5:00 – 5:30 pm	11:00 – 11:30 am 6:00 – 6:30 pm
<b>Sunfish (6)</b>	6:15 – 6:45 pm	10:00 – 10:30 am 5:00 – 5:30 pm	11:00 – 11:30 am 5:00 – 5:30 pm
<b>Crocodile (7)</b>	6:15 – 6:45 pm	10:00 – 10:30 am	5:00 – 5:30 pm
<b>Whale (8)</b>	6:15 – 6:45 pm	N/A	5:00 – 5:30 pm
<b>Red Cross Swim Kids PARENTS OPTIONAL (ages 6+)</b>			
<b>Swim Kids 1</b>	4:45 – 5:30 pm	6:15 – 7:00 pm	5:30 – 6:15 pm
<b>Swim Kids 2/3</b>	4:00 – 4:45 pm	4:45 – 5:30 pm	5:00 – 5:45 pm
<b>Swim Kids 4</b>	5:00 – 5:45 pm	5:45 – 6:30 pm	4:00 – 4:45 pm
<b>Red Cross Swim Kids UNPARENTED</b>			
<b>Swim Kids 5</b>	6:00 – 7:00 pm	N/A	N/A
<b>Swim Kids 6</b>	6:00 – 7:00 pm	N/A	N/A
<b>Swim Kids 7</b>	N/A	6:45 – 7:45 pm	N/A
<b>Swim Kids 8</b>	N/A	6:45 – 7:45 pm	N/A
<b>Swim Kids 9/10</b>	N/A	N/A	N/A
<b>Stroke Proficiency:</b> to build strength and technique on just the stroke skills in a level – Stroke Development (SK 3-6); Stroke Improvement (SK 7-10)			
	7:00 – 7:30 pm	4:15 – 4:45 pm	N/A
<b>CBAC Prep:</b> Is your child looking to join our local swim club? Get them ready with this prep course, which will work on body positioning, stroke skills and endurance. This is also great for those beginning level CBAC swimmers to work on their strokes. Prerequisite: Entering Swim Kids 4 or equivalent			
	N/A	4:15 – 4:45 pm	N/A
<b>Adult Lessons (13 yrs +):</b> Do you want to learn to do your strokes better? How to float? How to stay safe around water? We teach the water skills YOU want to work on!			
<b>Adult Lessons (13+ yrs)</b>	Sundays only: Jan 9 – Feb 13 @ 7:00 – 7:45 pm	Mondays only: January 10 – February 14 @ 7:15 – 8:00 pm	Mon & Tue: a) Jan 9 – 24: Sun @ 7 pm/Mon @ 7:15 pm b) Jan 30 – Feb 14: Sun @ 7pm/Mon @ 7:15 pm
<b>Leadership Courses – towards becoming an instructor:</b> Please note prerequisites* to enroll. Registration deadline is 1 week prior to the course start, must be a minimum of 5 registrants for course to run.			
WSI Skills Assessment	<b>\$45</b>	*must be 15 years of age	TBD
WSI Online	<b>\$170</b>	*must be 15 years of age	Done on your own (20 hrs), package is purchased through Aquaplex
Teaching Experience (contact any facility that currently teaches the Red Cross Swim program)	After WSI Online (within 6 months of completing) : 4 hrs of Swim Preschool & 4 hours of Swim Kids		
	After WSI Pool & Classroom (within 6 months of completing): 1 session of Swim Preschool & Swim Kids 1-5 & Swim Kids 6-10		
WSI Pool and Classroom	<b>\$220</b>	*must be 15 years of age, completed WSI Online and started WSI Teaching Experience	February 22 – 25 & 27; 9:30 am – 6:00 pm

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\*Register by phone at 823-1322, online at [www.drumheller.ca](http://www.drumheller.ca) or in person

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Level	<b>Session 5</b> <b>Thursdays</b> Mar 3 – Apr 7 Deadline: Feb 24	<b>Session 6</b> <b>Fridays</b> Mar 4 – Apr 8 Deadline: Feb 25	<b>Session 7</b> <b>Sundays</b> Mar 6 – Apr 10 Deadline: Feb 26	<b>Session 8</b> <b>Monday</b> Mar 7 – Apr 11 Deadline: Feb 27
<b>Red Cross Swim Preschool PARENTED: Starfish (4-12 mths); Duck (12-24 mths); Sea Turtle (24-36 mths)</b>				
<b>Starfish (1)/Duck (2)</b>	N/A	N/A	5:15 – 5:45 pm	N/A
<b>Sea Turtle (3)</b>	5:15 – 5:45 pm	10:45 – 11:15 am	3:30 – 4:00 pm	10:00 – 10:30 am 5:00 – 5:30 pm
<b>Red Cross Swim Preschool PARENTS OPTIONAL (3-5 years)</b>				
<b>Sea Otter (4)</b>	5:15 – 5:45 pm	10:45 – 11:15 am 5:15 – 5:45 pm	3:30 – 4:00 pm	10:00 – 10:30 am 5:00 – 5:30 pm
<b>Salamander (5)</b>	4:45 – 5:15 pm	10:15 – 10:45 am 5:15 – 5:45 pm	N/A	10:45 – 11:15 am 5:45 – 6:15 pm
<b>Sunfish (6)</b>	4:45 – 5:15 pm	10:15 – 10:45 am 5:45 – 6:15 pm	4:00 – 4:30 pm	10:45 – 11:15 am 5:45 – 6:15 pm
<b>Crocodile (7)</b>	N/A	5:45 – 6:15 pm	4:00 - 4:30 pm	N/A
<b>Whale (8)</b>	N/A	N/A	4:00 – 4:30 pm	N/A
<b>Red Cross Swim Kids PARENTS OPTIONAL (ages 6+)</b>				
<b>Swim Kids 1</b>	5:45 – 6:30 pm	N/A	4:30 – 5:15 pm	6:15 – 7:00 pm
<b>Swim Kids 2/3</b>	6:00 – 6:45 pm	5:45 – 6:30 pm	3:30 – 4:15 pm	5:45 – 6:30 pm
<b>Swim Kids 4</b>	6:45 – 7:30 pm	5:00 – 5:45 pm	4:45 – 5:30 pm	4:45 – 5:30 pm
<b>Red Cross Swim Kids UNPARENTED</b>				
<b>Swim Kids 5</b>	7:00 – 8:00 pm	N/A	N/A	N/A
<b>Swim Kids 6</b>	7:00 – 8:00 pm	N/A	N/A	N/A
<b>Swim Kids 7</b>	N/A	4:00 – 5:00 pm	N/A	6:45 – 7:45 pm
<b>Swim Kids 8</b>	N/A	4:00 – 5:00 pm	N/A	6:45 – 7:45 pm
<b>Swim Kids 9/10</b>	4:00 – 5:30 pm	N/A	6:00 – 7:30 pm	N/A
<b>Stroke Proficiency:</b> to build strength and technique on just the stroke skills in a level – Stroke Development (SK 3-6); Stroke Improvement (SK 7-10)				
<b>Stroke Development/Improvement</b>	4:00 – 4:30 pm	N/A	5:45 – 6:15 pm	4:15 – 4:45 pm
<b>CBAC Prep:</b> Is your child looking to join our local swim club? Get them ready with this prep course, which will work on body positioning, stroke skills and endurance. This is also great for those beginning level CBAC swimmers to work on their strokes. Prerequisite: Entering Swim Kids 4 or equivalent				
	N/A	N/A	5:45 – 6:15 pm	4:15 – 4:45 pm
<b>Adult Lessons (13 yrs +):</b> Do you want to learn to do your strokes better? How to float? How to stay safe around water? We teach the water skills YOU want to work on!				
<b>Adult Lessons (13+ yrs)</b>	Sundays only: Mar 6 – Apr 10 @ 7:00 – 7:45 pm	Mondays only: Mar 7 – Apr 11 @ 7:15 – 8:00 pm	Mon & Tue: a) Mar 6 - 21: Sun @ 7 pm/Mon @ 7:15 pm b) Mar 27-Apr 11: Sun @ 7pm/Mon @ 7:15 pm	
<b>Junior Lifeguard Club:</b> set personal goals, have fun and learn a little bit of everything from swimming skills, first aid and rescue. Ages 8-15, must be able to swim 50 m and tread water for 2 minutes.			Mondays, Mar 7 – Apr 11; 6:00 – 7:00 pm	
<b>Leadership Courses – towards becoming a lifeguard:</b> Please note prerequisites* to enroll. Registration deadline is 1 week prior to the course start, must be a minimum of 5 registrants for course to run.				
Bronze Medallion & CPR-C	<b>\$185.00</b>	*must be 13 yrs of age by end of course	Sundays, March 6 - 27	
Bronze Cross	<b>\$175.00</b>	*must have completed Bronze Medallion & a current Standard First Aid	Sundays, Jan 30 - Feb 13; 11 am to 6 pm OR Mon – Fri, Apr 18 – 22; 8 am to 12 pm	
Standard First Aid	<b>\$165.00</b>	Sundays, Jan 9 - 23; 11 am to 5 pm OR Tue – Fri, Apr 19 – 21; 12:30 – 5 pm		
National Lifeguard	<b>\$335.00</b>	*must be 16 years of age, have Bronze Cross and a current Standard First Aid	Sundays, May 15 – 29 & Jun 12; 8:30 am to 5:00 pm	

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