

Swimming Lessons & Leadership Courses

Fall 2024

Registration Deadlines apply, see date under session listings @ 4:00 pm
Minimum registration numbers must be met for classes to run. Details subject to change at any time.

Level	<u>Session 1</u> Mondays Sep 16 – Nov 4 NO CLASS Sep 30 & Oct 14 Deadline: Sep 11	<u>Session 2</u> Fridays Sep 20 – Nov 1 NO CLASS Oct 11 Deadline: Sep 13	<u>Session 3</u> Sundays Sep 22 – Nov 3 NO CLASS Oct 13 Deadline: Sep 15	<u>Session 4</u> Sundays & Mondays Nov 17 – Dec 2 Deadline: Nov 10
Swim for Life Parent & Tot: PARENTED: 1 (4 – 12 months): 2 (12 – 24 months): 3 (24 – 36 months)				
Parent and Tot 1/2/3 \$42.00	9:30 am – 10:00 am	N/A	5:30 pm – 6:00 pm	6:15 pm – 6:45 pm
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs				
Preschool 1 \$42.00	10:15 am – 10:45 am 5:45 pm – 6:15 pm	10:30 am – 11:00 am 5:30 pm – 6:00 pm	5:00 pm – 5:30 pm	5:00 pm – 5:30 pm
Preschool 2 \$42.00	10:15 am – 10:45 am 5:15 pm – 5:45 pm	10:00 am – 10:30 am 5:30 pm – 6:00 pm	5:45 pm – 6:15 pm	5:00 pm – 5:30 pm
Preschool 3 \$42.00	11:00 am – 11:30 am 5:15 pm – 5:45 pm	10:00 am – 10:30 am 4:00 pm – 4:30 pm	5:45 pm – 6:15 pm	5:30 pm – 6:00 pm
Preschool 4 \$42.00	11:00 am – 11:30 am	9:30 am – 10:00 am 4:00 pm – 4:30 pm	N/A	5:30 pm – 6:00 pm
Preschool 5 \$42.00	N/A	9:30 am – 10:00 am	N/A	N/A
Swim for Life Swimmer: UNPARENTED. 6 – 12 yrs				
Swimmer 1 \$54.00	6:30 pm – 7:15 pm	4:30 pm – 5:15 pm	6:15 pm – 7:00 pm	5:00 pm – 5:45 pm
Swimmer 2 \$54.00	6:00 pm – 6:45 pm	4:00 pm – 4:45 pm	5:00 pm – 5:45 pm	6:00 pm – 6:45 pm
Swimmer 3 \$54.00	6:00 pm – 6:45 pm	4:00 pm – 4:45 pm	5:00 pm – 5:45 pm	6:00 pm – 6:45 pm
Swimmer 4 \$68.00	4:00 pm – 5:00 pm	5:00 pm – 6:00 pm	6:30 pm – 7:30 pm	N/A
Swimmer 5 \$68.00	4:00 pm – 5:00 pm	5:00 pm – 6:00 pm	6:30 pm – 7:30 pm	7:00 pm – 8:00 pm
Swimmer 6 \$68.00	4:45 pm – 5:45 pm	N/A	7:00 pm – 8:00 pm	7:00 pm – 8:00 pm
Swim Patrol: Rookie; Ranger; Star \$68.00	4:45 pm – 5:45 pm	N/A	7:00 pm – 8:00 pm	N/A
Stroke Proficiency: to build strength and technique on just the stroke skills in a level – Stroke Development (Swimmer 2 - 4); Stroke Improvement (Swimmer 5 – Swim Patrol)				
\$42.00	4:00 pm - 4:30 pm	N/A	N/A	N/A
Teen & Adult Lessons (13 yrs +): 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!				
Teen/Adult Lessons \$58.00	7:00 pm – 7:45 pm	11:00 am – 11:45 am	7:00 pm – 7:45 pm	7:00 pm – 7:45 pm
Leadership Courses – towards becoming a Lifeguard or Instructor: Please note prerequisites* to enroll. Registration deadline is 1 week prior to the course start. Minimum registration numbers must be met for courses to run.				
Bronze Star	*must be 12 yrs of age by end of course		Winter 2025	
Bronze Medallion & CPR-C	*must be 13 yrs of age by end of course OR have Bronze Star			
Intermediate FirstAid (IFA)	Winter 2025			
Bronze Cross	*must have completed Bronze Medallion & a current IFA **can combine with IFA course within course dates		Winter 2025	
Swim Instructor	*must be 15 yrs of age by end of course and have Bronze Cross or higher		Winter & Spring 2025	
National Lifeguard	*must be 15 yrs of age by end of course and have Bronze Cross or higher & current IFA		Spring 2025	
Lifesaving Instructor	*must have Swim Instructor award		Winter 2025	
Recertifications: *must bring in previous certification card or Member ID #				
National Lifeguard \$95.00	1:00 pm – 5:00 pm		September 13	

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Rec | Arts | Culture

Registration opens August 29 @ 8:00 am

Register by phone at 823-1322, online at www.aquaplex.ca or in person.

We will also be at the Drumheller Health and Wellness Exhibit at the BCF on Sep 11 from 4 pm – 7 pm.

Dear Parents/Guardians:

Thank you for choosing the Drumheller Aquaplex for your swimming program. Below are some guidelines for our swimming lessons. At any point feel free to talk a staff member if you have any questions or concerns.

Spectator Policies:

- All spectators must stay in designated areas during lessons.
- For the outdoor pool, there are benches next to the building where spectators may view from, If you are viewing from the benches next to the Aquaplex, this area is considered part of the pool deck and therefore shoes may not be worn and no food/beverages (except water) are permitted. Parents/guardians may not view from the pool side or inside the fenced area.
- If spectators do not abide by these guidelines, they may be asked to leave and will not be permitted to watch the lessons.
- Spectators are not permitted to interfere with class instruction. If there is an immediate concern, it may be brought to the attention of the Shift Supervisor, who will speak with the instructor.
- There are a few minutes before and after each lesson where parent/guardians may speak with the instructor.

First Lesson Procedures:

- Please check in at the front desk prior to entering the change rooms. If you still need to sign a waiver form for your child, this can be done at this time.
- Please have students change and meet their instructors on the inside pool deck, sitting on the benches on the south deck under the windows. After the first day the instructor will set a meeting spot for the remainder of the lessons.
- Do NOT have a shower prior to the lesson (on any of the days), the instructors will go with/send students to shower before they enter the water.
- If you have your child's previous Progress Card, please bring it for the instructor.

Clothing items:

"A review of 20 years of unintentional water-related fatalities reveals that unexpected falls into water account for almost 20% of deaths. As the falls are unexpected, individuals were wearing clothing at the time of the incident. As part of the water safety education content, we are adding items to learn-to-swim programs to ensure swimmers understand the challenges when encumbered by clothing as well as learn how to respond in these situations."

- As a result of this initiative, a note will go home with your child at some point in the lesson as to what day they should bring clothes to the pool. Some suggested clothing items to be worn OVER your child's swimwear would be: shorts, dress, t-shirt, long pants, or socks
- Please ensure that swimwear is worn under the clothing, as they will be removing the clothing part-way through the lesson

Mid-way Lesson:

- Mid-way evaluations will be handed out part way through the lesson session. These evaluations should give you an idea of how your child is progressing in their level, their strengths and challenges. Always feel free to talk to the instructor before or after classes.

Final Lesson:

- On the last day your child will receive a Progress Card so you can see what skills your child has passed or failed. Please feel free to talk to your child's instructor if you have any questions about what has been written.
- If your child is attempting levels Swimmer 2 through Swim Patrol and they incomplete due to a Stroke skill, you may choose to enroll your child in a Stroke Proficiency class.
 - focus only on those stroke skills your child needs to work on, rather than attempting to redo an entire

level where they have already completed the skills.

- If your child completes the Stroke skills to the performance criteria required on the level they were working on, the instructor is able to check off those skills possibly leading to the completion of the level
- working on Swimmer 2 - 4, please register in Stroke Development
- working on Swimmer 5, 6 & Swim Patrol levels, please register in Stroke Improvement

Transferring classes:

- If you have registered your child for multiple classes over different sessions, and your child does not complete their current level, you have until 2 pm the week before the next session begins to try to transfer your child to another class or to withdraw your child from the class (and get a credit on your account).
- One week before a session begins, the classes will be closed and no changes will be possible to those classes.
- Refunds will not be permitted once the registration deadline has passed (7 days prior to a registered program starting).

Sunscreen:

Sunscreen with a minimum Sun Protection Factor (SPF) of 30 or higher is recommended during any outside activity; however, there are some considerations to take when applying before entering the water:

- Waterproof Sunscreen needs to be applied at least 10-15 minutes prior to entering the water (read the label on your product for the exact amount of time)
- Failure to wait the specified duration will result in the sunscreen being washed off when the child goes to shower and when they enter the pool
- If the sunscreen gets into the pool, it leaves a greasy film on the top of the water and requires more chemicals to disinfect.

Please help keep our pool clean, be sure to wait for sunscreen to dry and shower thoroughly before getting into the pool.

If you have any questions, please feel free to ask, give us a call at 403-823-1322 or send us an email at aquaplex@drumheller.ca. We are looking forward to a wonderful session!

Sincerely,

Team Aquaplex