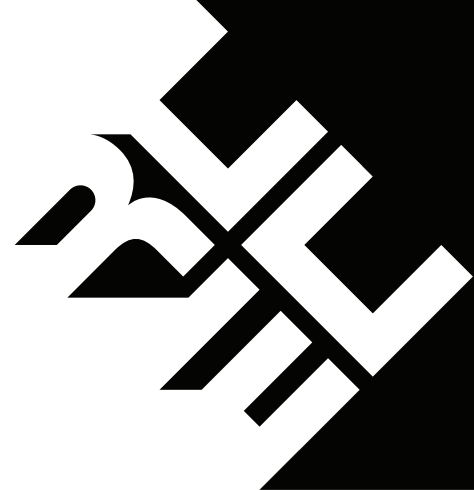


SWIM FOR LIFE LESSONS FALL 2024



SEPTEMBER 10 - NOVEMBER 7 (8 LESSONS)

REGISTRATION OPENS WEDNESDAY SEPT 4TH AT 12PM FOR MEMBERS

(IN-PERSON REGISTRATION ONLY AT THE RECC - 625 ABENAKI RD)

PUBLIC ONLINE REGISTRATION OPENS THURSDAY SEPT 5TH AT 12PM

ONLINE REGISTRATION: www.ratheastlinkcommunitycentre.ca/programs/swim-lessons

	Sundays September 15th to November 3	Saturdays September 14th to November 2	Tuesdays September 10- October 29	Wednesdays September 11- 30th	Thursdays September 12- October 31/ November 7th
Parent & Tot 1		1&2 9-9:30			
Parent & Tot 2					3:45-4:15
Parent & Tot 3		11:35-12:03	3:45-4:15		4:45-5:15
Preschool 1		10:30-11(x2)?	4:20-4:50		
Preschool 2		10-10:30 12:05-12:35	4-4:30		5:20-5:50
Preschool 3		10:35-11:05 11:20-11:50	3:45-4:15		
Preschool 4		(4&5) 9:45-10:25	(4&5) 5:15-5:55p		5:30-6:10
Preschool 5					5:05-5:45

Swimmer 1 Beg		12:20-1	4:55-5:35		5:15-5:55, 5:50-6:30
Swimmer 1Adv		9-9:40	4:30-5:10		6:15-6:55
Swimmer 2		9:45-10:25	4:35-5:15 & 6:20-7		4:30-5:10
Swimmer 3		9-9:40	5:05-5:45		4:00-4:40
Swimmer 4		9-9:55 (Comp)			
Swimmer 5/6		10:20-11:15	6:05-7:00		
Swimmer 7/8/9		11:30-12:45			
Swim for life		9-10:30 (comp) 11:30-1 (leisure)			
Bronze Cross/Med.				5-8pm	

Adult 1	3pm-3:40				6:00-6:40
Adult 2/3	3:45-4:25				6:45-7:25

Private lessons (max 2 registrants no more than one level apart)		9-9:40, Semi- 9:35-10:15 9:45-10:25/9:35-10:15, 10:30-11:10, 11:20-12 11:25-12:15, 11:55-12:35 12:10-12:50	3:45-4:25 3:45-4:15 5:20-6 5:40-6:20 5:50-6:30	4:35-5:15	4:00-4:40 4:20-5:00 4:45-5:25 5:55-6:35
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	GENERAL	ANNUAL FAMILY MEMBERSHIPS*
PARENT & TOT	\$75	\$37.50
PRESCHOOL 1 to 3	\$75	\$37.50
PRESCHOOL 4 to 5	\$95	\$47.50
SWIMMER 1 to 3	\$95	\$52.50
SWIMMER 4 to 6	\$105	\$52.50
SWIMMER 7 to 9	\$115	\$57.50
PRIVATE LESSONS*	\$195	\$175.50
SEMI-PRIVATE LESSONS (per child)	\$112.50	\$101.25
ADULT	\$95 + Tax	\$47.50 + Tax

*Private lesson registration is in person only

*Private lessons can have up to two registrations that are no more than one level apart

*Must be 4 years old by the end of the session to register for private lessons

*FAMILY ANNUAL MEMBERS:

(INCLUDING RECC LIFE FAMILY MEMBERSHIPS)

Group Lessons 50% OFF

Private Lessons 10% OFF

Semi-Private Lessons ... 10% OFF

Cours de français

Cours privés disponibles sur demande

JR LIFEGUARDS NIPPERS (UNDER 12 YRS)



Nippers are the kids nipping at the heels of their local idols, and want to do the cool lifeguard thing. This program is for kids aged 8-12 who have a strong swimming background and want to learn new lifesaving and lifesaving sport related skills. The program has no set criteria for evaluation, instead a waterlog is used to track participants personal bests and show their progress with skills. Skills include, swimming strokes, general first aid and rescue knowledge, water safety, team building, basic teaching principles, and physical strength. Many kids come back for multiple sessions to stay involved with their friends and continually get stronger in the water.

Members \$65, Non-Members \$72

**THURSDAYS
MAY 9 - JUN 22
6:00 - 6:45 PM**

JR LIFEGUARDS GROMMS (12 YRS & OLDER*)



Gromms are the up and comers, the soon to be the real deal, and in the lifesaving world these are the kids working on their path to be a lifeguard. This program is for kids aged 12-15 with a strong swimming background and either Bronze experience or previous junior guard experience. The Gromms work the same as the nippers with a log book tracking personal bests. This program gives the kids a bit more responsibility with a more communal teaching environment, long time kids helping newcomers, passing on skills and sharing knowledge. There are also opportunities with this program for shadow guarding and teaching with facility staff to learn more about the role lifeguards have on the pool deck beyond watching people swim.

Members \$65, Non-Members \$72

**THURSDAYS
MAY 9 - JUN 22
7:00 - 8:00 PM**

*Gromms are the up and comers, the soon to be the real deal, and *participants who are under the age of twelve may register for this program with the approval of the instructor. Contact the Aquatics and Youth Programming Supervisor at jphillips@therecc.ca for further inquiries.