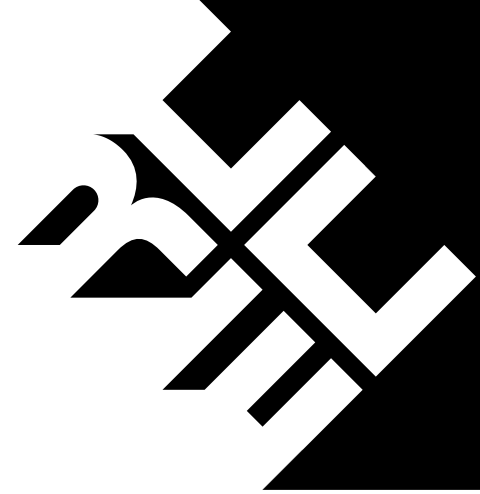


SWIM FOR LIFE LESSONS

SUMMER 2023



JULY 3 - AUGUST 27, 2023 (8 LESSONS)

REGISTRATION OPENS TUESDAY JUNE 13TH AT 9AM FOR MEMBERS

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

PUBLIC ONLINE REGISTRATION OPENS WEDNESDAY JUNE 14TH AT 9AM



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

		MON	TUE	WED	THU	FRI	SAT	SUN
PRESCHOOL PROGRAMS	PARENT TOT 1/2		5:35 - 6:05 PM					
	PARENT TOT 3				5:00 - 5:30 PM			
	PRESCHOOL 1		4:00 - 4:30 PM		4:35 - 5:05 PM			
	PRESCHOOL 2		4:45 - 5:15 PM		4:00 - 4:30 PM			
	PRESCHOOL 3		5:00 - 5:30 PM		4:00 - 4:30 PM			
	PRESCHOOL 4		4:45 - 5:25 PM		4:35 - 5:15 PM			
	PRESCHOOL 5		4:45 - 5:25 PM		4:35 - 5:15 PM			
SWIM FOR LIFE PROGRAMS: AGE 6+	SWIMMER 1 B	11:30 AM - 12:10 PM	11:30 AM - 12:10 PM 6:05 - 6:45 PM	11:30 AM - 12:10 PM	11:30 AM - 12:10 PM 5:15 - 5:55 PM			
	SWIMMER 1 A				5:10 - 5:50 PM			
	SWIMMER 2		4:00 PM - 4:40 PM 5:30 - 6:10 PM		6:05 - 6:45 PM			
	SWIMMER 3		4:35 - 5:15 PM		6:20 - 7:00 PM			
	SWIMMER 4			4:30 - 5:25 PM				
	SWIMMER 5/6			5:30 - 6:25 PM				
AQUAGO!	LEVEL 3/4		4:00 - 4:45 PM					
	LEVEL 5/6		4:50 - 5:50 PM					
	ADULT 1/2		6:10 - 6:50 PM					
	ADULT 3			6:30 - 7:10 PM				
	SWIMFIT				6:00 - 7:00 PM			
	PRIVATE or SEMI-PRIVATE		5:20 - 6:00 PM 5:20 - 6:00 PM 6:05 - 6:45 PM 6:15 - 6:55 PM		5:20 - 6:00 PM 5:35 - 6:15 PM 6:00 - 6:40 PM			

SEE NEXT PAGE FOR ADDITIONAL CLASS TIMES

FOR SWIMMERS THAT HAVE SUCCESSFULLY COMPLETED SWIMMER 4

FOR SWIMMERS THAT HAVE SUCCESSFULLY COMPLETED SWIMMER 4

Cours de français

PRIVATE LESSONS NOW AVAILABLE UPON REQUEST

PARENT & TOT & PRESCHOOL 1 to 3 \$65
 PRESCHOOL 4 to 5 & SWIMMER 1 to 3 \$85
 SWIMMER 4 to 6 \$95
 PRIVATE LESSONS \$180
 PER CHILD SEMI-PRIVATE LESSONS \$100
 AQUAGO! LEVEL 3/4 PUBLIC: \$95 - MEMBERS: \$85 (Tax inc.)
 AQUAGO! LEVEL 5/6 PUBLIC: \$115 - MEMBERS \$103.50 (Tax inc.)
 SWIMFIT PUBLIC: \$60 - MEMBERS \$54 (Tax inc.)

FAMILY ANNUAL MEMBERS:

Group Lessons 50% OFF
 Private Lessons 10% OFF
 Semi-Private Lessons ... 10% OFF

JULY 3 RD - 13 TH MONDAY - THURSDAY	
PRESCHOOL 1	9:45 AM - 10:15 AM
PRESCHOOL 2	10:45 AM - 11:15 AM
PRESCHOOL 4	9:00 AM - 9:40 AM
SWIMMER 1B	11:30 AM - 12:10 PM
SWIMMER 2	11:15 AM - 11:55 AM
SWIMMER 4	9:45 AM - 10:40 AM
PRIVATE	9:00 AM - 9:40 AM 10:20 AM - 11:55 AM 12:00 PM - 12:40 PM 12:15 PM - 12:55 PM

JULY 17 TH - 27 TH MONDAY - THURSDAY	
PRESCHOOL 1	10:45 AM - 11:15 AM
PRESCHOOL 2	9:45 AM - 10:15 AM
PRESCHOOL 5	11:30 AM - 12:10 PM
SWIMMER 1A	9:00 AM - 9:40 AM
SWIMMER 2	10:20 AM - 11:00 AM
SWIMMER 5/6	9:45 AM - 10:40 AM
PRIVATE	9:00 AM - 9:40 AM 11:15 AM - 11:55 AM 12:00 PM - 12:40 PM 12:15 PM - 12:55 PM

PARENT & TOT & PRESCHOOL 1 to 3	\$65
PRESCHOOL 4 to 5 & SWIMMER 1 to 3	\$85
SWIMMER 4 to 6	\$95
PRIVATE LESSONS	\$180
PER CHILD SEMI-PRIVATE LESSONS	\$100

Cours de français	FAMILY ANNUAL MEMBERS:
PRIVATE LESSONS NOW AVAILABLE UPON REQUEST	Group Lessons 50% OFF Private Lessons 10% OFF Semi-Private Lessons ... 10% OFF

Classes may not run with less than 3 registered participants. All schedules are weather permitting and are subject to change or cancellation. Please check our website at therecc.ca or call our Welcome Desk at 902-893-2224 for schedule confirmation.

RECC BRONZE STAR



The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Prerequisite: Swimmer 7-9 and minimum age 10+ is recommended

Members \$99 +Tax, Non-Members \$110 +Tax *includes books

JULY 10 - 9:00 - 11:30 AM

JULY 11 - 9:00 - 11:30 AM

JULY 12 - 9:00 - 11:30 AM

JULY 13 - 9:00 - 11:30 AM

RECC BRONZE MEDALLION



Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite: Bronze Star **OR** 13+years of age on or before exam date

Members \$121.50 +Tax, Non-Members \$135 +Tax *books not included

JULY 17 - JULY 20
9:00 - 12:00

JULY 24 - JULY 27
9:00 - 12:00

RECC BRONZE CROSS



The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: Bronze Medallion - YOUTH/ADULTS (13+)

Members \$153 +Tax, Non-Members \$170 +Tax *books not included
For Lifeguard Course: New minimum age is (15)

JULY 31 - AUGUST 4
9:00 - 1:00

AUGUST 8 - AUGUST 11
9:00 - 1:00

RECC SWIM FOR LIFE INSTRUCTOR



In this course, candidates will become certified to teach the Lifesaving Society's Swim for Life program. This is the certification required to teach swimming lessons at most aquatic facilities. Candidates will learn the required skills to teach all ages, and gain a thorough understanding of how to move in the water for the purpose of teaching swimming lessons.

*This course require co-teaching outside of scheduled course hours

Prerequisite: Must have proof of completion of Bronze Cross, and be 15 years old on or before finishing co-teaching
Members TBD Non-Members \$175 +Tax

AUGUST 11
4:00 - 8:30 PM

AUGUST 12 & 13
10:00 AM - 6:00 PM

RECC NATIONAL LIFEGUARD



Recognized as the standard measurement of lifeguard performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. The National Lifeguard's primary role is the prevention of emergency situations and where this fails, the timely and effective resolution of emergencies.

Prerequisite: Must have proof of completion of Bronze Cross, and be 15 years old on or before exam date

Members \$211.50 + Tax, Non-Members \$235 + Tax **includes books

AUGUST 21 - 25
9:00 AM - 6:00 PM

AUGUST 28
9:00 AM - 2:00 PM

ONLINE REGISTRATION: www.ratheastlinkcommunitycentre.ca/programs/aquatic-leadership

KIP MOORE

2023
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PURE
COUNTRY 1995

RECC
SUMMER
ONZE

GROUP FITNESS CLASS
SUMMER 2023 SCHEDULE
COMING SOON