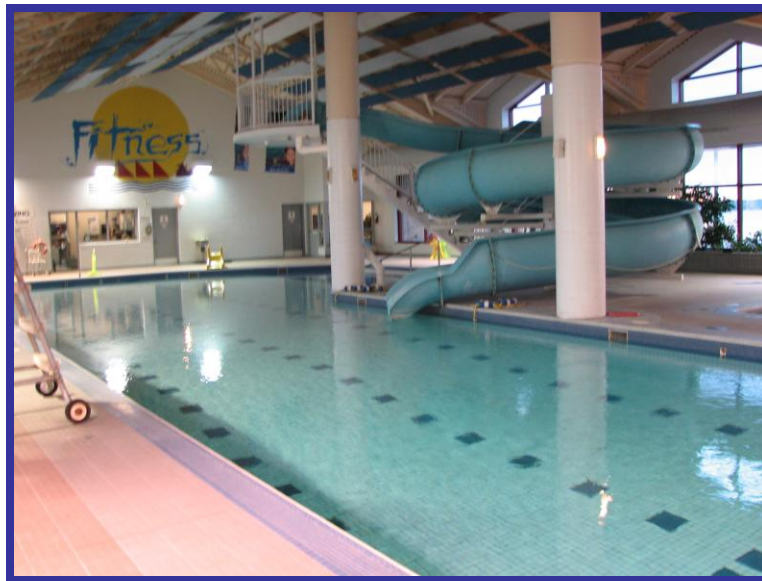


Discover a whole new Ontario • Découvrez un tout nouvel Ontario
Waterfront Pool/Fitness Centre
77 Wellington Street; New Liskeard, On; PoJ 1Po
705-647-5709 telephone
705-647-8688 fax

FALL 2010



Squash & Weight Room Hours of Operation

| | <i>Mon</i> | <i>Tues</i> | <i>Wed</i> | <i>Thurs</i> | <i>Fri</i> | <i>Sat</i> | <i>Sun</i> |
|--------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|----------------------------------|---------------------------------|
| <i>Members</i> | <i>6:00am- 10:00pm</i> | <i>6:00am- 10:00pm</i> | <i>6:00am- 10:00pm</i> | <i>6:00am- 10:00pm</i> | <i>7:00am- 9:00pm</i> | <i>8:00am- 8:00pm</i> | <i>12:00- 5:00pm</i> |
| <i>Non- Members</i> | <i>6:00am- 10:00pm</i> | <i>6:00am- 10:00pm</i> | <i>6:00am- 10:00pm</i> | <i>6:00am- 10:00pm</i> | <i>7:00am- 9:00pm</i> | <i>8:00am- 8:00pm</i> | <i>12:00- 5:00pm</i> |

Pool Hours: Please refer to enclosed schedule

Leisure Services Department Business Hours:
Monday to Friday 8:30am-4:30pm

**** Waterfront Pool/Fitness Centre Closed on Statutory Holidays****

ARTHRITIC AND AQUAFITNESS PROGRAMS

Arthritic Program

Join in this fun filled class scheduled Mondays/Wednesdays/Fridays from 1:00 – 1:45 pm and get moving! You will be brought through a safe & energizing workout geared to those with arthritis or joint problems. The cost for this program is \$2.90/class.

A Physicians Approval is required prior to attending class.

Aquafitness Classes

There are many reasons why aquafitness is so popular, and there are many redeeming qualities for the body when you come to aquafitness, but the best feature about aquafitness is the fact that, it is FUN!

Aquafitness Prices

| Session Rates PUNCH CARDS | Member Rate | Non Resident Member Rate | Non Member Rate | Non Resident Non Member Rate |
|------------------------------|-------------|-----------------------------|-----------------|---------------------------------|
| 8* 1 class per week | \$26.00 | \$29.45 | \$28.00 | \$31.72 |
| 16* 2 classes per week | \$52.00 | \$58.90 | \$56.00 | \$63.43 |
| 24* 3 classes per week | \$78.00 | \$88.35 | \$84.44 | \$95.15 |

Arthritic & Aquafitness Classes Schedule


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Aquafitness 9:00 – 9:45 am | Aquafitness 9:00 – 9:45 am and 7:15 – 8:00 pm | Aquafitness 9:00 – 9:45 am | Aquafitness 9:00 – 9:45 am and 7:15 – 8:00 pm | Aquafitness 9:00 – 9:45 am |
| Arthritic Program 1:00 – 1:45 pm | | Arthritic Program 1:00 – 1:45 pm | | Arthritic Program 1:00 – 1:45 pm |

Aquafitness Sessions

August 30th to October 22nd 2010
October 25th to December 17th 2010



**PRIVATE FITNESS CLASSES
Fall 2010**

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--|--|---|--|--|
| | 6:00 – 7:00 am Fusion Fitness Shirley | 6:45 – 7:45am Sunrise Yoga & Pilates Level 2 Lorrie | | |
| 8:45 – 9:45 Lower Body Blast Tamara | 6 :00 – 6:45 am Total Body Conditioning Val | 8:45 – 9:45 Upper Body Blast Tamara | 9:45 – 10:45 Building bones All Levels Lorrie | 8:45 – 9:45 Total Body Blast Tamara |
| Low Impact Cardio/Strength 10:00 – 11:00 Tamara | 11:00 – 12:00 Building Bones All Levels Lorrie | Low Impact Cardio/Strength 10:00 – 11:00 Tamara | 11:00 – 12:00 Restorative Yoga Lorrie | 10:30 – 12:00 Yoga and Pilates Level 2 Lorrie |
| 1:00 – 2:15 pm Cardiac Rehab Program Lorrie | 12:10 – 12:50 Noon Hour Yoga & Pilates All Levels Lorrie | | 1:00 – 2:15 pm Cardiac Rehab Program Lorrie |  |
| 5:30 – 6:30 pm H.I.T. Tamara | 4:30 - - 5:30 pm Beginner Yoga Level one Lorrie | <i>Exercise is good for your mind, body and soul.</i> | 4:30 – 5:30 Yoga All Levels Lorrie | <u>SATURDAY</u> 8:00 – 9:00 am Total Body Conditioning Val |
| 6 :00 – 7:00 pm Total Body Conditioning Val | 6:15 – 7:00pm Pilates Mari Starts Sept 14 | 6 :00 – 7:00 pm Total Body Conditioning Val | | 9-10 am 30/30 Cycling & Boxing Shirley |
| 7:00 – 8:00 pm Boot Camp Shirley | 7:15 – 8:30pm Pilates on the Ball Mari | | 6:00 – 7:00pm Zumba Basic/Gold Shirley | |

| Fitness Trainers Contact information | Telephone | Email Address |
|---|-------------------|--|
| Tamara Elford | 647-9201 | elford@ntl.sympatico.ca |
| Lorrie Mickelson | 647-3048 | activeoptions@ntl.sympatico.ca |
| Kelly O'Reilly "Must Pre-Register" | 647-8158/676-6351 | kjacksic@hotmail.com |
| Valerie Kennedy | 647-9416 | avalonbyexperience@yahoo.ca |
| Terry Eckensviller | 647-9405 | ecky3076@yahoo.ca |
| Shirley Watchorn "Must Pre-register" | 647-0776 | shirleywatchorn@msn.com |
| Chris Hill | 672-1055 | christopher-hill@hotmail.com |
| Mari Naumowski | 672-2526 | vitalmoves@hotmail.com |

Active options Fit for a Lifetime. Lorrie Mickelson

First Session: September 7 – October 22nd

Second Session: October 25th – Friday December 10th

Tuesday Noon Hour Yoga and Pilates (12:10-12:50) – All Levels

Re-focus, re-align and re-balance half way through your work day. This class will be particularly beneficial to those people who sit at a desk/computer for part or all of their day. The yoga and pilates exercises are specifically designed to stretch and release tight and tired neck, shoulder, upper back, low back and hip muscles that become short and tight through sitting for long periods of time.

Monday & Thursday, 1:00-2:15 p.m. CardioRehab Program

This program is specifically designed for graduates of the Temiskaming Hospital's 8-Week CardiacRehab Program.

Tuesday 4:30-5:30 Restorative Yoga (Level 1)

Unwinding, releasing, and restoring...all accomplished in one hour. We use breathing techniques combined with movement to enhance the release of tight and sore muscles. Strengthening and Lengthening is also a major component of this class, focusing on abdominal and back strength to support your spine.

Wednesday 6:45 – 7:45 a.m. Sunrise Yoga & Pilates (Level 2)

An invigorating start to the day! This class is will follow a flow-type format combining yoga, pilates and Integrated Movement Therapy. We prepare the body for a day of movement by focusing on exercises that awaken the spine and breathing exercises that clear the mind and set the tone for the day ahead.

Tuesday and Thursday Building Bones (All Levels)

Combining low impact aerobics, strength training and a touch of yoga and pilates, this class has it all. The focus of the class is on bone building for the prevention of osteoporosis. The movements are kept low impact and are done at a moderate speed to allow for proper technique and integration of the breath. Balance and posture exercises are done using body weight and resistance bands, free weights and balls.

Thursday 11:00 a.m. Restorative Yoga (Level 1)

This class is a beginner class for those people who are new to yoga or want a slow, gentle class with beginner level yoga postures to increase flexibility and strength and to promote relaxation.

Thursday 4:30-5:30 p.m. Yoga and Pilates (All Levels)

A wonderful end to your afternoon. The exercises are designed to lengthen and release tight sore muscles, to strengthen weak muscles and to give you an overall alignment sequence to improve posture and balance. It is perfect compliment to other activities that you might be doing such as walking, biking, spinning, swimming, strength training, etc. You will learn how to integrate the breath in to movement and the importance of allowing the body to rest. Adaptations for all exercises are provided so that all levels feel comfortable participating in this class.

Friday 10:30-noon Yoga & Pilates (Level 2)

An excellent way to unwind from the week and prepare for the weekend. It is 1.5 hours of stretching, releasing, breathing and focussing. This program incorporates flow sequences and breathing techniques and allows you the extra time to experiment with some more challenging postures. We use balls, bands, straps and the wall to deepen and support these postures. We end with an invigorating breathing practice and short meditation.

Fee Details

| | |
|-------------------------|---|
| 7 Week Session: | \$56.00 for one class per week \$105.00 for two classes per week |
| 10 Class Punch Card: | \$90.00 (valid for one year) |
| Drop-in Rate per class: | \$10.00 |



Kelly O'Reilly

Certified Can Fit Pro Fitness Instructor Specialist,
Personal Trainer 647-8158 or 676-6351

kjacksic@hotmail.com

Cycling/Strength Class

This spinning and strength training class will provide you with the best combination for maximum weight loss and toning. The first 35 minutes focuses on cardiovascular endurance during the spinning portion of the class and the remainder of the class is dedicated to waking up those muscles through the use of weights, tubing and balls.

Cycling Class

This 60 minutes class is all cardio baby! The last 10 minutes focuses on abdominal work, core strength and stretching. Bring a towel and water and be prepared to sweat!!!!

New Body Strength Class

This class is just what you need to top off any exercise routine. Through the proper use of free weights, tubing and exercise balls, learn how to safely and effectively strengthen your body.

Registration and Fees:

| | |
|---------------------------|------------------------|
| \$60.00 – 1 class/week | \$12.00 – Drop in rate |
| \$120.00 – 2 classes/week | |
| \$180.00 – 3 classes/week | |
| \$240.00 – 4 classes/week | |

Participants must pre-register directly with instructor. Space is limited, so register early!



Zumba

Shirley Watchorn 647-0776

shirleywatchorn@msn.com

JTS Fun!!!!!!

Jts Different !!!!!!

Jts Effective !!!!!!

| <i>Zumba Basic</i> | <i>Zumba Gold</i> |
|---|--|
| <p><i>Zumba is a Latin inspired fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exciting and effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique balance of cardio and muscle toning benefits.</i></p> | <p><i>Zumba Gold is a fitness class specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba and bring them to the active older and the beginner participant.</i></p> |
| <p align="center"><i>\$50.00 for a 6 week session</i></p> | |

Are You Interested in an Early Morning Fusion Fitness Class?

I am currently developing an interest list of participants who would like to experience an early morning fusion fitness class on Tuesdays from 6-710am at the Waterfront Pool/Fitness Center.

This class incorporates pilates, yoga and functional strength movements while maintaining a mindful connection to exercise execution and breathing technique.

Please contact me at 647-0776 or through e-mail at activateenergy@gmail.com to identify your interest.

\$60 for a 6-week session.

Email This Blog This! Share to Twitter Share to Facebook Share to Google Buzz

Join the Party! Try a Free Zumba Class on Thursday, Sep 30, 2010

This class is fun! It is different! It is effective! It is free!

This Zumba Basic class will be taking place on Thursday, Sep 30 from 6-7pm at the Waterfront Pool/Fitness Center. Visit <http://www.zumba.com/> for information. For specific information on my classes starting in October, visit <http://54958.zumba.com/>

Bring a friend and join the party!

Cycling/Boxing Classes

Saturdays from 9-1015am Cycling/Boxing Class

Join us on Saturday mornings to give yourself a boost for the day! This class will increase your energy. All fitness levels welcome.

Part A - Cycle: On the cycle, we will work on our speed on flat land, endurance on hills and intensity with interval training through seated, sprint and standing positions. **Optional: Gel seat cover.**

Part B - Boxing: With our energy still high, we will move to boxing punches, jabs and upper cuts along with front, back and side kicks. **Required: Attitude.**

Abdominal work and stretch to end this class.

Current Session: Aug 14, 21, Sep 18, Oct 2, 9 and 23 (no class Aug 28, Sep 4, Hospital Fun Run is on Sep 11)

\$60 for 6 week session. Drop in participants are welcome.

Wellness Within Personal Best Performance Challenge



Do you want to create and commit to a personal life vision, tone and firm your body, achieve greater cardiovascular fitness, strength and flexibility?

This is a 6 week Personal Best Performance Boot Camp that is about

empowering

Women through an

Experience of

Laughter,

Love of life,

New beginnings and friendships, and

Education about fitness in a

Supportive environment to achieve individual

Success!

You will experience improved cardiovascular fitness and interval training through plyometric exercises, use of free weights, balls (medicine, kettle, bosu and resist a ball), and your own body weight. Get ready to burn calories, increase your level of energy and feel the heat! *What do you want to achieve? Start thinking about your goal statement and your level of commitment to the Boot Camp Contract!! A+ for personal best...*

We will meet in the lobby of the Waterfront PFC at 6pm and head outdoors for some cardiovascular fitness. We will conclude at the PFC, indoors or outdoors (depending on weather) with a focus on strength and muscular endurance. Camp will end at 8pm. You will need water, focused energy and a positive attitude!

Pre-registration Required

Contact Shirley Watchorn, Personal Trainer at 647-0776 or shirleywatchorn@msn.com

Total Body Conditioning

Valerie Kennedy Personal Trainer

647-9416

Enter the next level of fitness with this Total Body Conditioning work-out. Feel your muscle endurance being tested while enjoying the high levels of energy and motivation created by both the instructor and other class participants.

This is a great class for all fitness levels.

Let Personal Trainer and Fitness Specialist , Valerie Kennedy, Coach for Team Avalon, help YOU reach your health & fitness goals.

If you are looking to bring your fitness training to the next level and need a little motivation THIS IS THE CLASS FOR YOU!!!!

| <u>Classes:</u> | <u>Fees:</u> |
|---|------------------------------|
| Monday and Wednesday 6 to 7 pm | 12 Week New Session |
| Tuesday 6 – 645 am | 3 days per week ----\$260.00 |
| Saturday Sunrise 8 to 9 am | 2 days per week ---\$200.00 |
| Classes will be held at the Pool Fitness Centre | 1 day per week -----\$120.00 |
| Starting Wed Sept 8 2010 | Drop in - ----- \$ 12.00 |
| Team Avalon will start in Jan. or Feb. 2011 | |

- The above fees do not include Pool/Fitness Centre membership.
- A three month membership is recommended.

2010 FALL Swim Lessons

| Monday (10 Lessons) October 18 – December 20 2010 | | | |
|---|-----------------------|---------------------------|----------------------|
| 7 :00 – 7 :30pm | ADULT 201 BEGINNER | ADULT 202 INTERMEDIATE | ADULT 203 ADVANCE |
| 7 :30 – 8 :00pm | ADULT 201 BEGINNER | ADULT 202 INTERMEDIATE | |

| Tuesday (10 Lessons) October 12 – December 14 2010 | | Thursday (10 Lessons) October 14 – December 16 2010 | |
|--|-------------|---|---------------------------------------|
| 5:00 – 5:30pm | PRESCHOOL A | PRESCHOOL C | SWIM PATROL ROOKIE / RANGER / STAR |
| 5:30 – 6:00pm | SWIMMER 1 | SWIMMER 2 | |
| 6:00 – 6:30pm | PRESCHOOL B | PRESCHOOL D | SWIMMER 5 / 6 |
| 6:30 – 7:00pm | SWIMMER 4 | SWIMMER 3 | |

| Saturday (10 Lessons) October 16 – December 18 2010 | | | |
|---|--------------|-------------|---------------------------------------|
| 10:00 – 10:30am | PRESCHOOL A | PRESCHOOL B | SWIMMER 5 / 6 |
| 10:30 – 11:00am | PARENT & TOT | SWIMMER 1 | |
| 11:00 – 11:30am | PRESCHOOL D | SWIMMER 3 | Swimmer 4 |
| 11:30 – 12:00pm | PRESCHOOL C | SWIMMER 2 | SWIM PATROL ROOKIE / RANGER / STAR |
| 12:00 – 12:30pm | PRESCHOOL A | SWIMMER 1 | |

RATES FOR SWIMMING LESSONS

| <u>Swim Lesson Rate :</u> | <u>Member</u> | | <u>Non – Member</u> | |
|--|--|-------------------------|---------------------|-------------------------|
| | <u>Resident Fee</u> | <u>Non-resident Fee</u> | <u>Resident Fee</u> | <u>Non-resident Fee</u> |
| Individual 10 lessons | \$30.24 | \$34.25 | \$39.06 | \$44.25 |
| One hour class | \$45.36 | \$51.38 | \$58.60 | \$66.38 |
| Family Rate (3 or more) 10 lessons | \$75.71 | \$85.76 | \$97.51 | \$110.45 |
| With at least one child in a one hour class | \$105.95 | \$120.01 | \$136.57 | \$154.70 |
| Private Lesson For more information contact the PFC | \$22.05 per class or \$220.50 (10 lessons) | | | |



Discover a whole new Ontario • Découvrez un tout nouvel Ontario

**WATERFRONT POOL / FITNESS CENTRE
SWIM SESSION
FALL 2010**

REGISTRATION

SEPTEMBER 20TH 2010

7:00 – 9:00pm

WATERFRONT POOL / FITNESS CENTRE



Waterfront Pool/Fitness

Centre Rates



Price per Visit

| | Adult | Student | Family |
|---------------|--------|---------|---------|
| Pool | \$4.10 | \$3.55 | \$10.00 |
| Fitness Rooms | \$6.15 | \$5.70 | \$11.95 |
| Squash | \$4.20 | \$4.05 | ----- |

Facility Passes

Can't make up your mind? Want to choose from a variety of activities?

5 Full Facility passes: Adult \$24.25 Youth/Student/Senior \$18.10

Membership Rates

| Fitness | Adult | Non-Resident Fee | Youth/Student /Senior | Non-Resident Fee | Family | Non-Resident Fee |
|----------------|-----------------|------------------|------------------------------|------------------|-----------------|------------------|
| 1 month | \$46.22 | \$52.35 | \$33.36 | \$37.79 | \$80.87 | \$91.61 |
| 3 month | \$109.34 | \$123.85 | \$84.75 | \$96.00 | \$209.32 | \$237.11 |
| 6 month | \$165.68 | \$187.67 | \$127.20 | \$144.09 | \$329.75 | \$373.52 |
| 1 year | \$276.15 | \$312.81 | \$210.72 | \$238.69 | \$538.09 | \$609.52 |

| Squash | Adult | Non-Resident Fee | Youth/Student /Senior | Non-Resident Fee | Family | Non-Resident Fee |
|---------------|-----------------|------------------|------------------------------|------------------|-----------------|------------------|
| 1 month | \$52.74 | \$59.74 | \$37.23 | \$42.18 | \$98.80 | \$111.91 |
| 3 month | \$137.43 | \$155.67 | \$101.49 | \$114.96 | \$269.58 | \$305.37 |
| 6 month | \$210.55 | \$238.50 | \$156.70 | \$177.50 | \$414.65 | \$469.70 |
| 1 year | \$325.23 | \$368.40 | \$256.88 | \$290.98 | \$685.80 | \$776.83 |

| Pool | Adult | Non-Resident Fee | Youth/Student /Senior | Non-Resident Fee | Family | Non-Resident Fee |
|-------------|-----------------|------------------|------------------------------|------------------|-----------------|------------------|
| 1 month | \$33.36 | \$37.79 | \$26.91 | \$30.48 | \$79.53 | \$90.09 |
| 3 month | \$84.75 | \$96.00 | \$65.48 | \$74.18 | \$156.64 | \$177.43 |
| 6 month | \$119.45 | \$135.31 | \$92.55 | \$104.83 | \$247.84 | \$280.74 |
| 1 year | \$202.97 | \$229.91 | \$156.70 | \$177.50 | \$411.05 | \$465.61 |

| Full | Adult | Non-Resident Fee | Youth/Student /Senior | Non-Resident Fee | Family | Non-Resident Fee |
|-------------|-----------------|------------------|------------------------------|------------------|------------------|------------------|
| 1 month | \$79.53 | \$90.09 | \$60.05 | \$68.02 | \$209.85 | \$237.71 |
| 3 month | \$202.97 | \$229.91 | \$156.70 | \$177.50 | \$385.33 | \$436.48 |
| 6 month | \$304.46 | \$344.87 | \$240.20 | \$272.09 | \$603.58 | \$683.70 |
| 1 year | \$502.15 | \$568.81 | \$385.27 | \$436.42 | \$1003.07 | \$1136.22 |

SWIM PROGRAM REGISTRATION CHART

| If your child..... | Register in The Lifesaving Society Swim Program: |
|---|---|
| is 6 to 12 months old and ready to learn to enjoy the water with a parent. | Parent and Tot 1 |
| is 12 to 24 months old and ready to enjoy the water with a parent. | Parent and Tot 2 |
| is 24 to 36 months old and ready to enjoy the water with a parent. | Parent and Tot 3 |
| is 3 to 5 years and just starting out on his or her own. | Preschool A |
| Can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get face wet. | Preschool B |
| Can get in and out alone, jump into shallow water submerge and exhale underwater, and with a buoyant aid move through the water on front and back. | Preschool C |
| Can jump into chest-deep water wearing a PFD recover objects from the bottom; move through water on front and back, and while wearing a PFD. | Preschool D |
| Is 5 to 13 years and just starting out. | Swimmer 1 |
| Can jump into water with and without a PFD; open eyes and exhale underwater, get objects off the bottom, and float and move through the water on front and back. | Swimmer 2 |
| Can jump into deeper water; fall sideways into water wearing a PFD; support self at the surface without an aid; do whip kick; and swim 10-15m on front and back. | Swimmer 3 |
| Does cannonballs, dives and rolls into deep water; can tread water; swim underwater; swim front and back crawl; and can do endurance swims of 25-50m. | Swimmer 4 |
| Can do dives and stride entries; eggbeater kick; foot-first surface dives; front crawl and back crawl; whip kick; breaststroke arms with breathing; and endurance swims of 50-100m. | Swimmer 5 |
| Can do shallow dives; eggbeater kick; foot-first sculling; surface dives; front and back crawl and breaststroke over 50m; sprint 25m; and endurance swim of 100-200m | Swimmer 6 |
| Can do compact jumps; eggbeater kick for 1 minute; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, and breaststroke; and endurance swims 200-300m. | Swim Patrol – Rookie |
| Preferred successful completion of Rookie | Ranger |
| Preferred successful completion of Ranger | Star |
| Preferred successful completion of Star | Bronze Star |

AQUATICS – LEARN TO SWIM

Parent and Tot

Through 30 minutes of structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions. Because activities and progressions are based on child development, register in the level appropriate for your child's age.

Parent and Tot 1 – Age 6 to 12 months

Designed for the 6 to 12 month old to learn and enjoy the water with the parent.

Parent and Tot 2 – Age 12 to 24 months

Designed for the 6 to 12 month old to learn and enjoy the water with the parent.

Parent and Tot 2 – Age 24 to 36 months

Designed for the 6 to 12 month old to learn and enjoy the water with the parent.

Preschool A - Age: 3-5

These preschoolers will have fun learning to get in and out of the water and we will help them jump in the shallow water. They'll try floats and glides on their front and back, and wearing a Personal Flotation Device. They'll learn to open their eyes and blow bubbles underwater. The skills for this program mimic the requirements for Preschool A in an effort to prepare your child to attend preschool programs on their own.

Preschool B – Age 3-5

These preschoolers learn to jump into shallow water by themselves, and get in and out wearing a Personal Flotation Device. They'll submerge and exhale under water. With a buoyant aid, they'll work on moving through the water kicking on their front and back and while wearing a PFD.

Preschool C – Age 3-5

These youngsters will try jumping into chest-deep water, and into deep water wearing a Personal Flotation Device. They'll recover objects from the bottom. They'll work on moving efficiently through the water on their front and back, and while wearing a PFD.

Preschool D – Age 3-5

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll learn to support themselves at the surface, and to recover objects from the bottom in deeper water. They'll master short (3-5m) swims on their front and back.

Learn to Swim

Swimmer 1 – Ages 5-13

These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom of the pool. They'll work on floats and moving through the water on their front and back

Swimmer 2 – Ages 5-13

These swimmers will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick, and swim 15m on their front and back.

Swimmer 3 – Ages 5-13

These junior swimmers will cannonball, dive and roll into the water. A new bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They'll work on front crawl and back crawl over short distances, and endurance swims of 25m.

Swimmer 4 – Ages 5-13

These intermediate swimmers will refine dives and stride entries. They'll wrestle with eggbeater kick, and master foot-first surface dives, and in-water back somersaults. They'll learn to scull and swim lengths of front crawl, back crawl, whip kick, and breaststroke over 50m.

Swimmer 5 – Ages 5-13

These swimmers will master shallow dive entries eggbeater kicks, and foot-first sculling. Surface dives will take them down to underwater swims. They'll refine their front crawl, back crawl and breaststroke over 50m.

Swimmer 6 – Ages 5-13

These Advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries and egg beater kick for 2 minutes while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl and breaststroke and be challenged with the 4x25m sprints in interval training. The 200m endurance swim will become easy.

Rookie Patrol – Ages 8-12

This program features a timed 100m swim, 350m workouts and swims with clothes. A work-hard-play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart behaviour.

Ranger Patrol – Ages 8-15

Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Star Patrol – Ages 8-15

Swimmers are challenged with 600m workouts, 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods victim removals and rolling over and supporting a victim face up in shallow water.