



PRESCHOOL SWIMMING

Highlights

Private Lessons

Sometimes extra help can make a really big difference! Does your child need some work on a specific stroke or skill or could they benefit from one-on-one instruction? We are happy to help.

See page 14 for days times.

Fun in the Sun!

Sunday, May 29 1:30 – 4 PM

Join us for a Fun in the Sun swim! Hunt for sun fish! Try the tropical ocean snorkel swim but watch out for sharks! Test your skills in a cannonball dive contest, who can make the biggest splash? Go for a relaxing ride on the big inner tube! We will have loads of sunny fun during the Fun in the Sun swim!

Regular Admission

Have a suggestion or idea?

For aquatics program ideas or suggestions please contact

Kristy MacKinnon

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Chris McGregor

cmcgregor@westshorerecreation.ca

PRESCHOOL LESSONS

Our preschool levels have been fine tuned to enable your children to have more successful experiences at the pool. Our well trained instructors offer a balanced program that allows children to learn in a fun and encouraging environment. If your child is currently enrolled in preschool lessons with WSPR, please check with your instructor to determine level to register in.

LEARNING OBJECTIVES

DIAPER DIVE

6 M – 2 YEARS

To complete this program parent and tots will be comfortable entering and exiting the pool safely. Bubble blowing, front and back floats and submersions will be taught through creative games and songs. Parent participation is required.

LITTLE LEARNERS

6 M – 2 YEARS

To complete, swimmers will be comfortable floating on their fronts and backs independently. Students must comfortably perform jumps, bobs and rollover floats. Parent participation is required.

TWOS IN TRAINING

2 YEARS

To complete, children will be confident participating independently, blowing bubbles, submerging and doing front floats and kicks with teacher. Parent participation required.

TERRIFIC TWOS

2 YEARS

This level is designed for swimmers who are ready to participate without parent support. To complete, they will be proficient doing front floats, glides and kicks on their own. (Prerequisite: Twos in Training)

YELLOW SEAHORSE

3 – 5 YEARS

For 3 to 5 year old beginners! To move on to Orange Jellyfish, children will be comfortable submerging. They perform assisted front and back floats & glides.

ORANGE JELLYFISH

3 – 5 YEARS

Focusing on front and back glides! Children will be confident gliding and kicking independently on their fronts and backs before moving on to Red Snapper.

RED SNAPPER

3 – 5 YEARS

Front and back swims are developed here! Children will be skilled doing front swims with big arms and back swims. Recovery to the pool edge in the big pool is also required to advance to Maroon Starfish.

MAROON STARFISH

3 – 5 YEARS

Students refine their front and back swims and continue with confidence building in the Big Pool. To complete, swimmers must to be competent with side glides, change of direction and deep water skills.

BLUE DOLPHIN

3-5 YEARS

Children will demonstrate basic front crawl and back swims with shoulder rolls. They can perform kneeling dives and deep-water surface support.



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Facebook

www.facebook.com/westshorerecreation



To Register Online call reception **250-478-8384** to receive your family **Barcode and PIN #** See details on page 72.



PRESCHOOL SWIMMING LESSONS

Occasionally, classes may be overbooked due to special circumstances or if a child requires a support worker. Whenever possible we will have a volunteer assistant with these classes.

		Diaper Dive	Little Learners	Twos in Training*	Terrific Twos*	Yellow Seahorse	Orange Jellyfish	Red Snapper	Maroon Starfish	Blue Dolphin
MAY & JUNE LESSONS <i>Registration for SPRING SWIMMING PROGRAMS has been ongoing since December 9, 2010.</i>										
MONDAY & WEDNESDAY	#1 May 2-Jun 1 <i>9 Classes</i> <i>No class May 23</i>	2:00 PM	1:30 PM	2:00 PM	1:30 PM	1:00 PM	2:00 PM	1:00 PM	1:00 PM	1:30 PM
	#2 Jun 6-Jun 29 <i>8 Classes</i>									
TUESDAY & THURSDAY	#1 May 3-Jun 2 <i>10 Classes</i>	10:00 AM 6:00 PM	10:30 AM 6:30 PM	9:30 AM 5:30 PM 7:00 PM	9:00 AM 5:00 PM 6:30 PM	9:30 AM 3:30 PM 4:30 PM 5:30 PM 6:00 PM 7:00 PM	9:00 AM 10:30 AM 4:00 PM 5:00 PM 6:00 PM 7:00 PM	9:00 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM	9:30 AM 4:00 PM	10:00 AM
	#2 Jun 7-Jun 30 <i>8 Classes</i>									
WEDNESDAY & FRIDAY	#1 May 4-Jun 3 <i>10 Classes</i>					3:30 PM 4:30 PM 5:00 PM 5:30 PM	4:00 PM 4:30 PM 5:30 PM	5:00 PM	4:30 PM	
	#2 Jun 8-Jun 29 <i>7 Classes</i>									
JULY & AUGUST LESSONS										
MONDAY	#1 Jul 4-Aug 29 <i>8 Classes</i> <i>No class Aug 1</i>	6:00 PM	6:30 PM	6:00 PM 7:30 PM	7:00 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM	6:00 PM 7:00 PM 7:30 PM	7:00 PM	6:30 PM	6:30 PM
TUESDAY THRU FRIDAY	#1 Jul 5-Aug 22 <i>12 Classes</i> #2 Jul 26-Aug 12 <i>12 Classes</i> #3 Aug 16-Sep 2 <i>12 Classes</i>					10:30 AM 11:00 AM	11:00 AM	9:30 AM		
TUESDAY & THURSDAY	#1 Jul 5-Jul 28 <i>8 Classes</i>	6:00 PM	6:30 PM	9:00 AM 4:00 PM 5:30 PM	11:00 AM 6:30 PM	10:00 AM 10:30 AM 4:00 PM 5:00 PM 5:30 PM 6:00 PM 6:30 PM 7:00 PM	11:00 AM 4:30 PM 6:00 PM 7:00 PM	9:00 AM 6:00 PM	9:30 AM	
	#2 Aug 2-Sep 1 <i>10 Classes</i>									
WEDNESDAY	#1 Jul 6-Aug 31 <i>8 Classes</i> <i>No class Aug 3</i>			6:00 PM 7:30 PM	6:30 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM	6:30 PM 7:30 PM	7:00 PM	7:00 PM
SATURDAY	#1 Jul 9-Aug 27 <i>7 Classes</i> <i>No class Jul 30</i>	9:30 AM	9:00 AM	9:00 AM 10:30 AM	10:00 AM	9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:00 AM	9:30 AM 10:30 AM 11:00 AM	11:00 AM		
SUNDAY	#1 Jul 10-Aug 28 <i>7 Classes</i> <i>No class Jul 31</i>	9:30 AM	10:30 AM	10:00 AM 11:00 AM	10:30 AM	9:30 AM 10:30 AM 11:00 AM	9:30 AM 10:00 AM	10:00 AM		

LESSON COSTS	7 CLASSES	8 CLASSES	9 CLASSES	10 CLASSES	12 CLASSES
Twos in Training & Terrific Twos*	\$40.00	\$46.00	\$52.00	\$58.00	\$69.00
Diaper Dive, Little Learners & Yellow Seahorse – Blue Dolphin	\$37.00	\$42.00	\$47.00	\$53.00	\$63.00

Number of classes are detailed in session dates information. *No Refunds



SCHOOL AGE SWIMMING

Coming this Fall ...

We are pleased to announce that we will be offering the revised Red Cross Swim Kids program for school age children. This revised program has fine tuned the skills in SwimKids Levels 4 thru 6 to help students become more successful in their lessons.



PRIVATE LESSONS

Sometimes extra help can make a really big difference! Does your child need some work on a specific stroke or skill or could they benefit from one-on-one instruction? One of our instructors will be happy to help.

Juan de Fuca Pool requires 24 hours notice to re-book a private lesson. In the event of illness a doctor's note may be required.

INDIVIDUAL PRIVATE:

\$25 for 1 Lesson

\$78 for 4 Lessons

SEMI PRIVATE: (Max 2 students)

\$39 for 1 Lesson

\$125 for 4 Lessons

MAY to JUNE PRIVATE LESSONS			
MON	6:00 PM 6:30 PM	7:00 PM	7:30 PM
TU/TH	3:30 PM 4:00 PM	4:30 PM 5:00 PM	5:30 PM 6:00 PM
WED/FRI	3:30 PM	4:00 PM	
WED	6:00 PM 6:30 PM	7:00 PM	7:30 PM
SAT	9:00 AM 9:30 AM 10:00 AM 10:30 AM	11:00 AM 11:30 AM 4:00 PM	4:30 PM 5:00 PM 5:30 PM
SUN	9:00 AM 9:30 AM 10:00 AM 10:30 AM	11:00 AM 11:30 AM 4:00 PM	4:30 PM 5:00 PM 5:30 PM

JULY to AUG PRIVATE LESSONS			
MON	1:00 PM 1:30 PM 6:00 PM	6:30 PM 7:00 PM 7:30 PM	
TU - FRI	9:00 AM	9:30 AM	
TU/TH	10:00 AM 10:30 AM 1:00 PM 1:30 PM	4:00 PM 4:30 PM 5:00 PM 5:30 PM	6:00 PM 6:30 PM 7:00 PM
WED	1:00 PM 1:30 PM	6:00 PM 6:30 PM	7:00 PM 7:30 PM
FRI	1:00 PM	1:30 PM	
SAT	9:00 AM 9:30 AM	10:00 AM 10:30 AM	
SUN	10:00 AM	10:30 AM	11:00 AM

SCHOOL AGE LESSONS

Red Cross SwimKids Program is designed for school aged children (6-13 yrs) and will help your child achieve their best with every stroke. We teach more than swimming skills and encourage kids to strive for and reach their personal bests. Our well trained instructors offer a balanced program of swimming and water safety skills that allow youth to learn alongside peers in a fun, encouraging environment.

LEARNING OBJECTIVES

SWIMKIDS 1 30 MINUTES

For school age beginners! To complete this level, children will be comfortable floating on their front and back. Glides with kicks will be mastered.

SWIMKIDS 2 30 MINUTES

Confidence performing front and back swims will determine advancement to Level 3. Children will be comfortable performing deep water activities.

SWIMKIDS 3 30 MINUTES

Front crawl is the focus of this level. Diving, change of direction and treading water are also introduced in this level.

SWIMKIDS 4 30 MINUTES

Front crawl, back glides and shoulder rolls are developed. Students must complete a 25 metres endurance swim to move to Level 5.

SWIMKIDS 5 45 MINUTES

Back crawl is introduced, along with sculling and whip kick on the back. Stride dives are taught and endurance is increased to 50 metres.

SWIMKIDS 6 & 7 45 MINUTES

Continue work on front and back crawl. Elementary backstroke is introduced, endurance increases to 150 metres and basic rescue skills are taught.

SWIMKIDS 8, 9, & 10 45 MINUTES

All strokes are refined, butterfly and scissor kick are introduced. Sun and ice safety are discussed and children learn about making wise choices and peer influence. Endurance swim increases to 500 metres.



SCHOOL AGE SWIMMING LESSONS

Occasionally, classes may be overbooked due to special circumstances or if a child requires a support worker. Whenever possible we will have a volunteer assistant with these classes.

SwimKids 1

SwimKids 2

SwimKids 3

SwimKids 4

SwimKids 5

SwimKids 6 & 7

SwimKids 8, 9 & 10

MAY to JUNE LESSONS

Registration for SPRING SWIMMING PROGRAMS has been ongoing since December 9, 2010.

		SwimKids 1	SwimKids 2	SwimKids 3	SwimKids 4	SwimKids 5	SwimKids 6 & 7	SwimKids 8, 9 & 10
TUESDAY & THURSDAY	#1 May 3-Jun 2 <i>10 Classes</i>	5:00 PM	5:00 PM	4:00 PM	4:30 PM	4:15 PM	6:45 PM	
	#2 Jun 7-Jun 30 <i>8 Classes</i>	6:00 PM	6:30 PM	7:00 PM	6:30 PM	6:00 PM		
WEDNESDAY & FRIDAY	#1 May 4-Jun 3 <i>10 Classes</i>	5:00 PM	5:30 PM	4:00 PM	4:30 PM	3:45 PM	4:15 PM	3:30 PM
	#2 Jun 8-Jun 29 <i>7 Classes</i>							

JULY to AUGUST LESSONS

		SwimKids 1	SwimKids 2	SwimKids 3	SwimKids 4	SwimKids 5	SwimKids 6 & 7	SwimKids 8, 9 & 10
MONDAY	#1 Jul 4-Aug 29 <i>8 Classes</i>	6:30 PM	7:30 PM	7:00 PM	6:00 PM	6:00 PM	6:30 PM	6:45 PM
	<i>No class Aug 1</i>	7:30 PM			7:30 PM			
TUESDAY THRU FRIDAY	#1 Jul 5-Aug 22 <i>12 Classes</i>	10:30 AM	10:00 AM	9:00 AM	10:30 AM	9:00 AM	9:45 AM	
	#2 Jul 26-Aug 12 <i>12 Classes</i>	11:00 AM		10:00 AM				
	#3 Aug 16-Sep 2 <i>12 Classes</i>							
TUESDAY & THURSDAY	#1 Jul 5-Jul 28 <i>8 Classes</i>	10:30 AM	9:30 AM	9:30 AM	9:00 AM	6:45 PM	6:00 PM	
	#2 Aug 2-Sep 1 <i>10 Classes</i>	5:00 PM	4:30 PM	10:00 AM	7:00 PM			
		7:00 PM	5:30 PM	6:30 PM				
WEDNESDAY	#1 Jul 6-Aug 31 <i>8 Classes</i>	6:00 PM	6:30 PM	7:00 PM	6:30 PM	6:00 PM	6:45 PM	
	<i>No class Aug 3</i>	7:00 PM		7:30 PM				
SATURDAY	#1 Jul 9-Aug 27 <i>7 Classes</i>	10:00 AM	11:00 AM	10:30 AM	10:00 AM	9:00 AM		
	<i>No class Jul 30</i>							
SUNDAY	#1 Jul 10-Aug 28 <i>7 Classes</i>	9:30 AM	11:00 AM					
	<i>No class Jul 31</i>							

LESSON COSTS

	7 CLASSES	8 CLASSES	10 CLASSES	12 CLASSES
SwimKids 1 – 4 (30 min)	\$37.00	\$42.00	\$53.00	\$63.00
SwimKids 5 – 10 (45 min)	\$55.00	\$64.00	\$80.00	\$96.00

Number of classes are detailed in session dates information.



SWIMMING SCHEDULE

Spring IN EFFECT April 11 to July 3, 2011

HOLIDAY HOURS IN EFFECT April 22, 25 & May 23

Leisure & Lengths 11–1 PM • Public Swim 1–4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6 - 9 AM					CLOSED	Rental Block 474-8616
Lengths & Lessons 9 - 11:30 AM	Lengths, Lessons & Little Ones 9 - 11:30 AM	Lengths & Lessons 9 - 11:30 AM	Lengths, Lessons & Little Ones 9 - 11:30 AM	Lengths & Lessons 9 - 11:30 AM	Lengths & Lessons 9 - 12:00 PM <i>(Limited Lengths)</i>	
Leisure & Lengths 11:30 - 3 PM <i>(Shared with Lessons on Monday & Wednesday 1-2:30 PM)</i>					Leisure & Lengths* 12 - 1:30 PM	Family Swim* 12 - 1:30 PM
Public Swim* 3 - 5 PM	Lengths & Lessons 3 - 7:30 PM	Lengths & Lessons 3 - 5 PM	Lengths & Lessons 3 - 7:30 PM	Lengths & Lessons 3 - 5 PM	Public Swim* 1:30 - 4 PM	
Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM	Lengths & Lessons 4 - 6 PM <i>(Limited Lengths)</i>	
Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>		Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>		Family Swim & Lessons* 6 - 8 PM	Public Swim* 6 - 8:30 PM	
Leisure & Lengths 8 - 9:30 PM		Toonie Swim* 7:30 - 8:30 PM		Leisure & Lengths 8 - 9:30 PM	Toonie Swim* 7:30 - 8:30 PM	Public Swim* 8 - 9:30 PM
	Leisure & Lengths* 8:30 - 9:30 PM		Leisure & Lengths* 8:30 - 9:30 PM			

* Indicates Slide & Spray Toys are available during this session. Children under. **Schedule subject to change.**

DESCRIPTIONS

PUBLIC SWIM

240' slide, try it on your front, on your back, or on a tube. No length swimming available.

LEISURE & LENGTHS

Lengths and leisure available. Adventure pool, spray toys, toddler & big water slide are open.

LENGTHS, LESSONS & LITTLE ONES

Drop-in playtime for you and your preschooler, lengths and registered lessons offered.

EARLY BIRD

Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-7:30 AM. Water Fit offered M-F, see schedule for times.

LENGTHS & LESSONS

Need flexibility? Some lane swimming will be available (# of lanes varies on lessons and rentals). Sauna, steam & swirl pool open.

FAMILY SWIM

Join us Friday night and Sunday afternoon for this family only swim time. Children must be accompanied by an adult.

Children under 7 years must be accompanied in the pool at all times by a person 16 years or older. Ratio: 1 adult for 4 children.

Waterslide Please be aware that the waterslide has a height requirement, and children must be 48" tall to slide.

Change Rooms Men's, Women's and a Family change room for those with little ones who require assistance are available.

Parents if your child has not "mastered" toilet training, we ask they wear a swim diaper while in the pool. Available at Reception.

SWIMMING SCHEDULE

Summer IN EFFECT July 4 to September 4, 2011

WE ARE CLOSED SUMMER STAT HOLIDAYS July 1, August 2 & September 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6 - 9 AM					CLOSED	Rental Block 474-8616
Lengths & Lessons 9 - 11:30 AM						
Leisure & Lengths* 11:30 - 1 PM					Family Swim* 11:30 AM - 1 PM	
Lengths & Lessons 1 - 2 PM					Public Swim* 1 - 4 PM	
Public Swim* 2 - 4 PM						
Leisure & Lengths* 4 - 6 PM	Lengths & Lessons 4 - 7:30 PM	Leisure & Lengths* 4 - 6 PM	Lengths & Lessons 4 - 7:30 PM	Leisure & Lengths* 4 - 6 PM	Leisure & Lengths* 4 - 6 PM	
Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>	Toonie Swim* 7:30 - 8:30 PM	Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>	Toonie Swim* 7:30 - 8:30 PM	Family Swim & Lessons* 6 - 8 PM	Public Swim* 6 - 8:30 PM	
Leisure & Lengths 8 - 9:30 PM	Leisure & Lengths 8:30 - 9:30 PM	Leisure & Lengths 8 - 9:30 PM	Leisure & Lengths 8:30 - 9:30 PM	Public Swim* 8 - 9:30 PM	Rental Block Call 474-8616	

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LENGTHS, LESSONS & LITTLE ONES

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