

**DEEP RIVER RECREATION DEPARTMENT
COMMUNITY POOL SUMMER SWIM INSTRUCTION 2010**

****NEW 6 x ONE WEEK SESSIONS****

**SESSION I – July 5 - 9 (pool day & evening) 5 classes
SESSION II - July 12 - 16 (pool day & evening) 5 classes
SESSION III - July 19 - 23 (pool day & evening) 5 classes
SESSION IV - July 26 - 30 (pool day) 5 classes
SESSION V - August 3 - 6 (pool day) 4 classes
SESSION VI - August 9 - 13 (pool day) 5 classes**

**Lessons operate Monday thru Friday for one week
Evening classes Session I, II & III**

REGISTRATION - Tuesday, MAY 25, 2010, 6:30 - 8:00 PM UPSTAIRS OF THE COMMUNITY POOL

LEVEL	MAX	DESCRIPTION	TIME	FEE
PRIVATE LESSONS				
Private Lessons		20 minutes available for levels Preschool to Swim Kids level 6 10:35-10:55 am, 11:10-11:30 am, 1:50-2:10 pm, 2:10-2:30 pm, 2:25-2:45 pm, 5:00-5:20 pm Session I, II & III: 7:10-7:30 pm		20 min. \$36.70

PRE-SCHOOL (ages 3 to 5 years of age)				
STARFISH	12	4 to 6 months of age or older, able to hold their head up and participating with a parent or caregiver	Session I, II, III 6:35-7:05 pm	\$16.10
DUCK	12	16 months of age or older, and participating with a parent or caregiver	Session I, II, III 6:35-7:05 pm	\$16.10
SEA TURTLE	2	3 years of age and just starting out	10:35-11:05 am 4:45-5:15 pm Session I, II & III 6:35-7:05 pm	\$32.20
SALAMANDER	2	3 - 5 years and can comfortably move and float with assistance and put their face in the water	10:35-11:05 am 1:00-1:30 pm 4:45-5:15 pm Session I, II & III 6:35-7:05 pm	\$32.20
SUNFISH	4	Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times	1:35-2:05 pm Session I & II 6:35-7:05 pm	\$30.90
CROCODILE	4	Can jump into chest deep water, do front and back floats and recover in deep water, do surface support for 5 seconds and swim on front for 10 meters	3:35-4:05 pm	\$30.90
WHALE	6	Can float/move in deep water with assistance; breathe rhythmically 10 times; flutter kick while gliding on front, back and side; do surface support for 10 seconds and swim 10 meters continuously	4:10-4:40 pm	\$30.10

RED CROSS SWIM KIDS (ages 6 and older)				
RED CROSS SWIM KIDS LEVEL 1	6	Can jump into chest deep water, do front and back floats and recover in deep water, do surface support for 5 seconds and swim on front for 2 meters	11:00-11:30 am Session I, II & III 7:10-7:40 pm	\$30.10
RED CROSS SWIM KIDS LEVEL 2	6	Can float/move in deep water with assistance; breathe rhythmically 10 times; flutter kick while gliding on front, back and side; do surface support for 10 seconds and swim 5 meters continuously	3:35-4:05 pm	\$30.10
RED CROSS SWIM KIDS LEVEL 3	6	Are comfortable in deep water; can breathe rhythmically 15 times; do front crawl at least 5 meters, arms recovering above the water; and swim 15 meters continuously	1:00-1:30 pm	\$30.10
RED CROSS SWIM KIDS LEVEL 4	6	Can swim front crawl at least 10 meters while comfortably breathing to the side; and swim 25 meters continuously	Session I, II & III 7:10-7:40 pm	\$30.10
RED CROSS SWIM KIDS LEVEL 5	6	Can tread water 1 minute; swim front crawl at least 15 meters; swim back crawl at least 15 meters; arms recovering above the water; and swim 50 meters continuously	4:10-4:40 pm	\$30.10

RED CROSS SWIM KIDS LEVEL 6	8	Can swim efficient front and back crawl at least 25 meters; perform the whip kick on the front and back at least 10 meters; and swim 75 meters continuously	1:00-1:45 pm	\$23.80
RED CROSS SWIM KIDS LEVEL 7	8	Can swim front crawl and back crawl at least 50 meters; swim coordinated elementary backstroke and breaststroke at least 15 meters; and swim 150 meters continuously	1:35-2:20 pm	\$23.80
RED CROSS SWIM KIDS LEVEL 8 & ROOKIE PATROL	10	Can swim front crawl and back crawl at least 75 meters; swim elementary backstroke and breaststroke at least 25 meters; and swim 300 meters continuously	3:55-4:55 pm	\$25.75
RED CROSS SWIM KIDS LEVEL 9	10	Can swim front crawl and back crawl at least 100 meters; swim elementary backstroke and breaststroke at least 50 meters, swim coordinated sidestroke at least 15 meters; perform dolphin kick at least 10 meters; and swim 400 meters continuously	2:50-3:50 pm	\$23.80
RED CROSS SWIM KIDS LEVEL 10 & RANGER PATROL	10	Can swim front crawl and back crawl at least 100 meters; swim elementary backstroke and breaststroke at least 50 meters; swim 500 meters continuously	2:50-3:50 pm	\$25.75
STROKE IMPROVEMENT	10	Program for individuals to develop and improve their stroke techniques. This class will increase your stroke proficiency and endurance. 4 classes	Session I & II Tues. & Thurs. 2:45-3:30 pm	\$20.00

ADDITIONAL FUN				
DIVING		This program will introduce the fundamental skills of diving in logical progressions for all ages. A Canadian Amateur Diving Instructor will be coaching this exciting new program. Participants must be able to swim 10 meters. 8 classes	Session I & II Mon. - Thurs. 3:45-4:30 pm	\$41.20
AQUA SQUIRTS SYNCHRO		Introduction to synchronized swimming in a fun environment. 4 classes	Session I & II Tues. & Thurs. 10:45-11:30 am	\$20.00

LEADERSHIP				
BRONZE STAR	MIN. 6	Pre-Bronze Medallion- for youth 12 yrs of age. This will better prepare participants in decision making, problem solving and skills needed to successfully complete the Bronze Medallion level.*Facility recommended.	July 5-16 6:35-7:35 pm	\$60.20
BRONZE MEDALLION	MIN. 6	Learn how to respond in water safety situations. Develop endurance in a timed swim. Jr. Lifeguard or Bronze Star is recommended. Candidates must be 13 years of age by exam date. Manual and exam fee included.	July 5-21 Mon. - Thurs. 6:30-8:30 pm Exam: July 22	\$130.00 + GST
BRONZE CROSS	MIN. 6	Emphasis is placed on the candidates' ability to respond to a variety of aquatic emergencies using principles of teamwork & emergency procedures. An introduction to emergency first aid in a water setting. Candidates must be 14 years of age & have completed Bronze Medallion. Candidate will be trained in Emergency 1 st Aid and receive a recognized certificate. Exam fees included	July 26 - Aug 11 Mon-Thurs 6:30-8:30 pm Exam: Aug 12	\$113.00 + GST
RED CROSS STANDARD FIRST AID	MIN. 6	The standard first aid course covers CPR, choking, splinting and treating other types of injuries. This qualification is to be re-certified every 3 years. Prerequisite for National Lifeguard.	Aug. 18 & 19 9:00 am-5:00 pm	\$125.00 + GST
NLS RE-CERTIFICATION	MIN. 6	To re-certify lifeguarding skills, techniques and first aid in a water setting. Register your interest. 6 candidates required to run recert.	June	\$55.00 + GST
NATIONAL LIFEGUARD SERVICE (NLS)	MIN. 6	Minimum of 16 years or older and completion of Bronze Cross and Standard First Aid A 40 hour course comprised of life guarding skills and techniques, as well as an introduction to first aid in a water setting	July	\$155.00 + GST
WATERFRONT NLS		Minimum of 16 years or older and Pool NLS. A 20 hour course comprised of lifeguarding skills and techniques for a waterfront facility	July	\$110.00 + GST
BEACH JR LIFEGUARD CLUB		This program offers an opportunity for those interested in becoming a lifeguard who are not 16 years old. It is a fun and relaxed approach to lifesaving skills and fitness. Passport, whistle and t-shirt included.	Beach July 5-15 Mon-Thurs 1:00-2:00 pm	\$51.50

EXERCISE				
AQUAFIT		June 28 th to August 13	Tues & Thurs 9:30 - 10:30 am Mon. & Wed. 7:40 - 8:40 pm	5 Tickets \$35.75 + GST 10 Tickets \$51.00 + GST
ADULT LESSONS		Private, semi-private and group lessons available for beginners up to stroke correction. 2x per week = 4 classes	Mon & Wed 9:30 - 10:30 am Tues. & Thurs 7:40-8:40 pm	1:1 (1 hour) \$41.20 1:1 (½ hr) \$25.75 1:2 (½ hour)\$15.45 Group of 6 \$18.03 + GST
SUMMER TRAINING	12	This program is designed in a coaching environment; a one hour workout to meet your training needs for triathlons and the Deep River Cross River Swim. Improve your strokes with a certified level 1 NCCP coach	June 7-June 25 Mon., Wed. & Fri. 6:00-7:00 pm June 28-Aug. 11 Mon. Wed. & Fri. 5:30-6:30 pm	\$140.00 + GST