

Specialty Aquatic Programs ♥

JUNIOR LIFEGUARD CLUB

This is an exciting concept in aquatic recreation for active youth. A great way to make friends for those who love the water. Join the club and learn the basics of life guarding in a fun, safe and controlled setting. Personal challenges, lifesaving skills, leadership and teamwork are all a part of earning 'seals', which acknowledge personal accomplishments. This club meets weekly with optional opportunities to get involved with special events and volunteer work. **Participants must be able to swim 2 lengths of the pool. No previous awards necessary.**



LIFESAVING FITNESS

This course teaches the importance of physical fitness in lifesaving. This award is designed for participants of all ages who want to learn how to measure, monitor and maintain personal physical fitness for lifesaving emergencies. This is an excellent course for participants who want to be challenged. **Participants must be able to swim 2 lengths of the pool, tread water for 2 minutes and/or have completed Swimmer 6.**

ADAPTED AQUATICS

This segregated program is designed to give individuals with special needs the opportunity to experience the benefits of aquatics. With the assistance of qualified staff and volunteers, participants will work on enhancing their swimming abilities and comfort level in the water. This is a great opportunity to interact with others and have some fun! For integration opportunities see the Reach for the Rainbow ad on page 74.

SYNCHRONIZED SWIMMING

This recreational and introductory course is designed for young swimmers who wish to explore the exciting world of synchronized swimming. **Participants must have Swimmer 4 or higher, or previous synchro experience.**

ADULT LESSONS

Whether you're just starting out or just want help with your strokes, our Adult Program is for the young at heart — no matter what your age. Set your own goals. Work with certified instructors to learn to swim, or improve your current swimming ability and water fitness. You won't be going to the Olympics, but you'll develop water confidence and smooth recognizable strokes good enough for land swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Adult Levels.

ADULT ~ 101 ~ 201 ~ 301
Never too old to start.
SWIM FOR LIFE
 LIFESAVING SOCIETY SWIM PROGRAM

Adult 101 — You work towards a 10-15m swim on your front and back. You'll be able to do jump entries from the side and support yourself at the surface for 10-20 sec. You'll be able to recover an object from the bottom of chest-deep water.

Adult 201 — Kick it up a notch by working towards a 50-100m swim. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skills and strengths over 10m, and show off your handstands in shallow water.

Program Name	Age	Day	Time	Start Date	# of Classes	Fee	Barcode
Jr. Lifeguard Club	8+ yrs	Tue.	7:30-8:30 pm	April 1	10	\$47	10590
Lifesaving Fitness	10+ yrs	Thurs.	11:30am-8:30 pm	April 3	10	\$78	10591
		M-F*	6:30-7:30 pm	June 30	10	\$78	11060
		M-F*	9:00-10:00 am	July 28	10	\$78	11127
Adapted Aquatics	6+ yrs	Wed.	5:30-6:30 pm	April 2	10	\$28	10791
		Sun.	12:00-1:00 pm	April 6	10	\$28	10792
Synchronized Swim	8+ yrs	Mon.	4:30-5:30 pm	March 31	10	\$78	10790
Adult 101	16+ yrs	Tues.	7:45-8:30 pm	April 1	10	\$78	10541
		Sun.	10:30-11:15 am	April 6	10	\$78	10542
Adult 201	16+ yrs	Thu.	7:45-8:30 pm	April 3	10	\$78	10543
		Sun.	11:15-12:00pm	April 6	10	\$78	10544

SPRING SESSION SUMMER SESSION

*There are no classes on Tuesday, July 1 and Monday, August 4, 2008



**IF YOU'RE NOT WITHIN ARMS' REACH,
YOU'VE GONE TOO FAR.**



LIFESAVING SOCIETY
The Lifeguarding Experts