

## AQUATICS

### ATTENTION

When accompanying a younger participant (age 12 and under), we request that only one family member enter the facility. However, we understand that babysitting could be an issue, therefore, siblings of the participant may be entering as well and as a courtesy to participants in other programmes we ask that the noise level be kept to a minimum while walking in the hallways. Programme participants aged 13 and older are to enter the facility without accompaniment.

Your cooperation is greatly appreciated and should you have any questions please feel free to ask any of our membership office staff.

### REGISTRATION

#### FALL

Swimming lessons begin the week of Sept. 26, 2011 and run for 10 weeks ending Dec. 5, 2011 depending on the programme. Registration will be held on the following dates:

**Members \* & Members' immediate family only ♦**

Tuesday, Sept. 13, 2011 at 6:00 p.m.

**Non-Members †** - Thursday, Sept. 15, 2011 at 6:00 p.m.

#### WINTER

Swimming lessons begin the week of Jan. 16, 2012 and run for 10 weeks ending March 26, 2012 depending on the programme. . Registration will be held on the following dates:

**Members \* & Members' immediate family only ♦**

Tuesday, Jan. 10, 2012 at 6:00 p.m.

**Non-Members †** - Thursday, Jan. 12, 2012 at 6:00 p.m.

**Please Note:** Ticket policy will be in effect on the above dates. Please pick up a number prior to registration. Distribution of numbers will begin at 6:00 p.m. Registration will be accepted after the above dates at the Membership Office until the beginning of lessons.

**All sign-ups must be done in person.**

**Fee:** (unless otherwise stated) 10 classes

**Members** \$ 99.00

**Non-Members** \$ 120.00

*Participants who were in previous swimming programmes must present their progress cards upon registration.*

**Refund Policy: REFUND issued only** if request is received **5 days** prior to start of the programme. Refunds will be subject to a \$10.00 administrative fee.

**Please Note:** Any classes which fall on the Oct. 10th Thanksgiving and Feb. 20th Family Day holiday will be cancelled.



**NO EXCEPTIONS.** The Columbus Centre reserves the right to cancel or combine classes due to insufficient registration.

Please bring your last Report Card at time of registration

**Keep in mind . . .** There is a pre-determined limited enrollment for all swimming levels. Once this limit has been reached, registration for that level will be closed. No exceptions will be made. Please contact the Athletic Membership Office for availability to avoid any inconvenience. If the class you wish to register for is full, please leave your name and phone number with Membership Office staff so you may be contacted if additional classes are added (based on demand). Columbus Centre reserves the right to change or cancel swim classes should registration be insufficient on the first day of classes. If you are not sure what level to register for, registration staff will help you on the above dates. Otherwise, please contact the aquatics department at 416-789-7011 ext. 215 for further assistance.

\* On Members registration day, children with memberships, and parents members with children 5 years of age or younger may register for the upcoming session. The Members fee will apply.

♦ Members' immediate family of the Columbus Centre, Joseph D. Carrier Art Gallery, Daycare and other recognized affiliations of Columbus Centre may register on this day. The Non-Members fee will apply to all who do not have an athletic membership.

† All other non-members must register on this day. The Non-Members fee will apply.

**NO EXCEPTIONS will be made to the registration dates!**

### PRIVATE LESSONS

Private lessons and semi-private lessons for both adults and children are available. Dates and times can be arranged by filling out a Private Lesson Request Form at the Membership Office. We do not guarantee the arrangement due to limited availability of instructors. Private lessons are \$170 for Members and \$195 for Non-Members / set of five per person. Semi-private lessons are \$220 - Members and \$245 for Non-Members / set of five for two students of similar swimming ability. Lessons are 30 minutes each.

All private and Semi-private swimming lessons must be completed within 6 months. There will not be any credit or refund after that period

### AQUAFIT Included with your Athletic Membership

A great total body workout for all ages and for all fitness levels in the pool. You have a choice of exercising in the deep end or shallow end with music. We are focusing on cardio, strengthening, flexibility and increasing endurance with minimal or zero impact on the joints in a safe, effective and enjoyable environment.

## THE WATER SAFETY PROGRAMME

### CHILDREN'S AQUATIC PROGRAM

The Red Cross is introducing a new programme for your children. It involves swimming and water safety as well as making sure they learn the skills for a lifetime of health and safety around the water.

#### PARENT AND TOT

This is a programme for infants and toddlers accompanied by their parents/caregivers. Infants can enter the programme when they are six months old and are able to hold their head up on their own and stay with the programme until their third birthday.

#### RED CROSS SWIM PRESCHOOL

Each level is built around an aquatic animal theme and has its own mascot which will make learning engaging and fun. This programme is designed for children three to five years of age. Parents can transfer the preschoolers to the care of the instructor.

#### RED CROSS SWIM KIDS

This ten level programme for kids ages 6+ will teach and develop their swimming strokes in front crawl, back crawl, breast stroke, elementary back stroke and butterfly. They will learn to be safe around water and increase their fitness and endurance through fun activities and by being challenged to to achieve personal bests in distance and through all levels.

### JUNIOR SWIM CLUB

The Swim Club is a programme geared to youths 10-15 yrs. old who wish to work on swimming for fitness or stroke improvement. Motivated by a qualified instructor the participant will improve their stroke mechanics, strength and endurance in rigorous one hour workouts.

*Note: The Swim Club is designed to fill the gap between Red Cross Swim Kids Programme and Bronze Medallion*

**Fee:** Member: \$ 99.00  
 Non-Members: \$ 120.00

**Prerequisite:** Participants are expected to have completed Level 10 or have equivalent swimming ability.

### ADULT LESSONS

This program offers an integrated swimming skills/water safety program for adults or adolescents. The key to AquaAdults is the built-in flexibility designed to enable Instructors to tailor the program to meet individual needs. The program is based on the premise that each individual determines their goals and rate of progress, based on their ability and interests. The program is divided into stages, based on swimming ability: basic skills, swimming strokes and lifetime swimming fitness. Each stage is accompanied by a "core" of basic water safety skills and knowledge, designed to address the key issues identified by the drowning research, pertaining to adults.

#### Red Cross Swim Preschool (for babies six months to five-year-old children)

This seven-level program allows your children to enter levels based on their age and abilities:

- During levels 1, 2 and 3 in the Parents & Tots classes the parent or caregiver will participate in the classes together with their child.
- Levels 4 to 7 are unparented - the children will be with the Instructor at all times.

Each level is built around an aquatic species theme and has its own mascot, which will make learning engaging and fun for young children.

## Red Cross Swimming Program Level Registration Guide

LEVEL	PARTICIPANT REQUIREMENTS
Red Cross Swim Parents & Tots Starfish Level (6 - 18 mons)	An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.
Red Cross Swim Parents & Tots Duck Level (18 - 36 mons)	For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.
Red Cross Swim Parents & Tots Sea Turtle Level (18 - 36 mons)	A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the Instructor. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.
Red Cross Swim Preschool - Salamander Level (3 - 5 yrs)	Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.
Red Cross Swim Preschool - Sunfish Level (3 - 5 yrs)	Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.
Red Cross Swim Preschool - Crocodile Level (3 - 5 yrs)	Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.
Red Cross Swim Preschool - Whale Level (3 - 5 yrs)	In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

## New Program Level Registration Guide

LEVEL	PARTICIPANT REQUIREMENTS
<b>Red Cross Swim Kids (Ages 6 and over)</b>	<i>This 10-level program for school aged children will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.</i>
Red Cross Swim Kids Level 1	This is the entry level for those who didn't take the Red Cross Swim Preschool lessons. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.
Red Cross Swim Kids Level 2	A second orientation level which helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.
Red Cross Swim Kids Level 3	This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.
Red Cross Swim Kids Level 4	The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.
Red Cross Swim Kids Level 5	Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.
Red Cross Swim Kids Level 6	Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75- metre swim.
Red Cross Swim Kids Level 7	Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.
Red Cross Swim Kids Level 8	Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.
Red Cross Swim Kids Level 9	Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400- metre swim.
Red Cross Swim Kids Level 10	Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.
Teen Learn to Swim	Teen Learn to Swim is designed for teens who wish to learn to swim. From basic beginner swimming skills to intermediate to wanting to improve any stroke or safety skill.

## Aquafitness Classes

**Especially designed for people who want to improve their personal best in strengthening, core work, balance, coordination and flexibility in shallow or deep water (assisted with BETS)**

### Deep and Shallow

**Fall Sessions - 11 Classes**

**Thursday Sept. 22 - Dec. 1**

**Time: 8:30 - 9:15 am**

**Winter Sessions - 11 Classes**

**Thursday Jan. 19 - Mar. 29**

**Time: 2:15 - 3:15 pm**

### Deep End Only - High Energy

**Fall Sessions - 11 Classes**

**Tuesday Sept. 20 - Nov. 29**

**Thursday Sept. 22 - Dec. 1**

**Time: 2:15 - 3:15 pm**

**Winter Sessions - 11 Classes**

**Tuesday Jan. 27 - Mar. 27**

**Thursday Jan. 19 - Mar. 29**

**Time: 2:15 - 3:15 pm**

**Fees: Members \$40 + HST, Non-Members \$84 + HST**

Registration will be held at the Membership Office on a first come, first serve basis. No prorated fee or exchanges