

About the Lessons at Dr. Lander Memorial Swimming Pool

Lessons are taught using the Lifesaving Society's Swim for Life® program which emphasizes lots of in-water practice to develop solid swimming strokes and skills. We incorporate valuable Water Smart® education that will last a lifetime. Program content is stroke and skill driven: entries and exits; surface support; underwater skills; Swim to Survive skills; movement/swimming skills; fitness, and Water Smart education. A fun program with achievable content is enjoyable for participants.

2017 Session Dates

- Session 1: July 3 - 14
- Session 2: July 17 - 28
- Session 3: July 31 - August 11
- Session 4: August 14 - 25

Advanced and Adult Lessons

Inquire at the pool about:

- Bronze Star (12 years and up)
- Bronze Medallion
- Bronze Cross
- National Lifeguard

Swimming Lessons - Cost

Preschool (ages 3-5): \$50 for ten (10) 30-minute group lessons (held Monday to Friday for 2 weeks)

Swimmer (ages 6 and up): \$60 for ten (10) 45-minute group lessons (held Monday to Friday for 2 weeks)

Private Lessons: \$70 per hour

Bronze Medallion: \$150 plus the cost of materials

Bronze Cross: \$150 plus the cost of materials

Swimming lesson refunds: A full refund, less the \$10.00 administration fee, for cancellations made more than 2 weeks in advance. A refund of 50% for cancellations made seven (7) to fourteen (14) days prior to the lesson start date. No refund will be issued for cancellations made with less than 7 days notice.

An administration fee of \$10.00 will be charged on all refunds.

Registration Night:

Monday, June 12, 2017

6:00 - 9:00 pm

Flare 'n' Derrick Community Hall
131 Main Street N.E., Turner Valley



2017 Swimming Lesson Information

Dr. Lander Memorial Swimming Pool

207 Main Street N.E.

PO Box 330

Turner Valley, AB

403-933-7483

www.turnervalley.ca

Dr. Lander Memorial Swimming Pool

Swimming Lesson Information

Parent & Tot

9:00 - 9:30 am

Level 1, designed for the 4 to 12-month-olds all about helping your child feel and explore the water – tickling, floating, splashing, reaching, paddling. You'll learn how to help your child play in and play with the water with comfort and confidence. Level 2, designed for the 12 to 24-month-old teaches children to get their face wet and blow bubbles (the first step in breath control). With your guidance, your child recovers objects below the surface, performs front and back floats and learns how to travel at the surface by kicking. Level 3 is an advanced level for 2–3 year -olds. They'll have fun jumping into the water and getting out without assistance. They learn to hold their breath and open their eyes underwater to recover an object from the bottom. Mastering front and back floats in "starfish" and "pencil" positions and kicking on front and back provide the building blocks for swimming stroke development in the Preschool program.

Preschool 1 (3 – 5 years)

9:00 - 9:30 am

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll try floats on their front and back, and glides on their back while wearing a personal flotation device (PFD). They'll learn to get their face wet and blow bubbles underwater.

Preschool 2 (3-5 years)

9:00 - 9:30 am

These youngsters will jump into chest deep water and learn to submerge and exhale underwater. They will be introduced to lateral rollovers and will practice front and back glides as well as flutter kick wearing a PFD.

Preschooler 3 (3 – 5 years)

9:30 - 10:00 am

These youngsters will perform a side roll entry into deep water wearing a PFD. They will recover objects from the bottom of waist deep water. They will master independent front and back floats, lateral rollovers, front and back glides and flutter kicks of varying distances.

Preschooler 4 (3 – 5 years)

9:30 - 10:00 am

These independent preschoolers will master short swims of front crawl and will be introduced to side glides and flutter kick preformed on their side. New challenges such as opening the eyes underwater, pendulum rollovers onto the back and treading water using the sculling arm action are presented at this level.

Preschooler 5 (3 – 5 years)

9:30 - 10:00 am

These skilled preschoolers will demonstrate that they can support themselves in deep water for 10-15 seconds using the sculling arm action and any kick. Wearing a PFD, they will practice a forward roll entry into deep water. Preschool 5 graduates will be prepared to enter Swimmer 2.

Swimmer 1 (6 years and up)

9:00 - 9:45 am

This level is the foundation for swimming skill development. It includes safe entries into various depths of water, treading water with sculling arm action, breath control, opening eyes underwater, front and back floats, lateral rollovers, front, back and side glides, and flutter kick on front and back.

Swimmer 2 (6 years and up)

10:00 - 10:45 am

Side roll entries into deep water wearing a PFD as well as interval training will be introduced at this level. Other swimming skills include flutter kick on their side, whip kick in vertical position and 10 – 15 metre swims of both front and back crawl.

Swimmer 3 (6 years and up)

10:00 - 10:45 am

These swimmers will perform kneeling dives and forward rolls into deep water. Handstands and front somersaults in the water will help teach them body orientation skills.

Swimmer 4 (6 years and up)

10:00 - 10:45 am

Standing dives into deep water and underwater swims of 5 metres will be introduced. New swimming skills include whip kick on front and breaststroke arm drills. Greater swimming distances of 25 – 50 metres are set for both front and back crawl. The 25 metre front crawl will further challenge the swimmer's fitness.

Swimmer 5 (6 years and up)

10:45 - 11:30 am

Shallow dives and tuck jumps (cannonballs) are the entries into the water practised at this level. These swimmers will master back somersaults in the water, stationary eggbeater kick, head up front crawl and breaststroke.

Swimmer 6 (6 years and up)

10:45 - 11:30 am

Stride entries and compact jumps into deep water are introduced. Swimmers are treading water using legs only using a lifesaving kick such as scissor kick. They will easily accomplish a 300 metre workout with their effective strokes for front crawl, back crawl and/or breaststroke.

Swim Patrol (8 years and up)

10:45 - 11:45 am

Rookie Patrol features somersaults in the water, surface dives, throwing assists, timed 100 metre swims, 350 metre workouts and swims with clothes. The swimmer will develop swimming strength and efficiency with emphasis on personal responsibility.

Ranger Patrol features underwater swims, search skills, timed 200 metre swims, 100 metre fitness medley, 20 metre rescue and support/carry a 5 lb weight. Skill drills enhance capability in the water including a non-contact rescue.

Star Patrol features underwater search drill, kicking and object support drills, timed 300 metre swims, 600 metre workouts, lifeguard whistle signals, as well as breathing and bleeding first aid priorities.