

Summer 2019 Swimming Lessons

Registration opens Monday, June 3rd at 9:00 am by phone or in person

Visit our website for course descriptions

<https://www.banffcentre.ca/aquatics>

Phone: 403.762.6450

Red Cross Swimming Lessons

Red Cross Swimming programs strive to make water safety active, engaging and age appropriate. Red Cross Water Safety Instructors train for more than 75 hours and have practical teaching experience. Our programs also come with recognition tools to encourage each swimmer's success.

Swim Lesson Guidelines

1. Help our instructors ensure everyone's safety by keeping swim lesson participants close at hand before and after lessons as there are NO lifeguards on duty.
2. Entry into the 25m, Wade, or Whirl Pool before and or after lessons is NOT included in the swim lesson fee.
3. All swim lesson participants must wear proper swim attire and take a shower prior to entering the pool.

Thank you and we look forward to seeing you during our summer session swim lessons!

Frequently asked questions:

How do I know what class to register my child in?

Schedule a Swim Evaluation by contacting Hannah Moore, Aquatics Coordinator by phone [403.762.6451](tel:403.762.6451) or by email hannah_moore@banffcentre.ca

How can we enjoy swimming before or after lessons?

Program partnership is available to participants enrolled in swim lessons and their family members who wish to swim before, during and or after swim lessons. Those who wish to swim before, during and or after swim lessons will have to show proof of membership, day pass, or program partnership pass to SBF&R Staff.

Summer Session #1 July 2 nd – 5 th and July 8 th -11 th Lessons run Tuesday - Friday, and Monday – Thursday (8 classes)			
Level	Time	Registration Number	Cost
Preschool Levels 6 months – 5 years of age			
Starfish	9:00-9:30 am	9547	\$50.00
Duck	9:00-9:30 am	9548	\$50.00
Sea Turtle	9:35-10:05 am	9554	\$60.00
	10:45-11:15 am	9555	
Sea Otter	9:35-10:05 am	9549	\$60.00
	10:45-11:15 am	9550	
Salamander	9:35-10:05 am	9552	\$60.00
	10:10-10:40 am	9551	
	12:10-12:40 pm	9553	
Sunfish	9:35-10:05 am	9557	\$60.00
	10:10-10:40 am	9558	
	12:10-12:40 pm	9556	
Crocodile	10:45-11:15 am	9560	\$60.00
	12:20-12:50 pm	9559	
Whale	10:45-11:15 am	9562	\$60.00
	12:20-12:50 pm	9561	
Swim Kids 6 – 12 years of age			
Level 1	10:10-10:40 am	9563	\$60.00
	11:20-11:50 am	9564	
Level 2	10:10-10:40 am	9565	\$60.00
	11:20-11:50 am	9566	
Level 3	9:00-9:30 am	9567	\$60.00
	11:45 am-12:15 pm	9568	
	11:55 am-12:25 pm	9569	
Level 4	9:00-9:30 am	9570	\$60.00
	11:45 am-12:15 pm	9571	
	11:55 am-12:25 pm	9572	
Level 5	10:55-11:40 am	9573	\$75.00
	11:20 am-12:05 pm	9574	
Level 6	10:55-11:40 am	9575	\$75.00
	11:20 am-12:05 pm	9576	
Level 7	10:05-10:50 am	9577	\$75.00
Level 8	10:05-10:50 am	9578	\$75.00
Level 9	9:00-10:00 am	9579	\$90.00
Level 10	9:00-10:00 am	9580	\$90.00

Summer Session #2 July 15 th - 19 th and July 22 nd - 24 th Lessons run Monday – Friday and Monday- Wednesday (8 classes)			
Level	Time	Registration Number	Cost
Preschool Levels 6 months – 5 years of age			
Sea Turtle	9:35-10:05 am	9581	\$60.00
	10:10-10:40 am	9582	
Sea Otter	9:35-10:05 am	9583	\$60.00
	10:10-10:40 am	9584	
Salamander	9:35-10:05 am	9586	\$60.00
	11:20-11:50 am	9585	
Sunfish	9:35-10:05 am	9590	\$60.00
	11:20-11:50 am	9588	
Crocodile	10:45-11:15 am	9592	\$60.00
	12:10-12:40 pm	9591	
Whale	10:45-11:15 am	9593	\$60.00
	12:10-12:40 pm	9594	
Swim Kids 6 – 12 years of age			
Level 1	9:00-9:30 am	9595	\$60.00
	10:45-11:15 am	9596	
Level 2	9:00-9:30 am	9597	\$60.00
	10:45-11:15 am	9598	
Level 3	9:00-9:30 am	9599	\$60.00
	11:55 am-12:25 pm	9600	
Level 4	9:00-9:30 am	9604	\$60.00
	11:55 am-12:25 pm	9605	
Level 5	10:10-10:55 am	9602	\$75.00
	11:20 am-12:05 pm	9603	
Level 6	10:10-10:40 am	9607	\$75.00
	11:20 am-12:05 pm	9608	
Lifesaving Society Leadership Courses 13 + years of age			
Bronze Medallion	9:00 am-12:00 pm	9610	\$225.00
Bronze Cross	9:00 am-12:00 pm	9610	\$225.00

Summer Session #3

July 29th – August 1st and August 6th – 9th

Lessons run Monday – Thursday and Tuesday – Friday (8 classes)

Level	Time	Registration Number	Cost
Preschool Levels			
6 months – 5 years of age			
Starfish	12:10-12:40 pm	9611	\$50.00
Duck	12:10-12:40 pm	9612	\$50.00
Sea Turtle	9:50-10:20 am 10:45-11:15 am	9613 9614	\$60.00
Sea Otter	9:50-10:20 am 10:45-11:15 am	9615 9616	\$60.00
Salamander	9:00-9:30 am 10:25-10:55 am	9617 9618	\$60.00
Sunfish	9:00-9:30 am 10:25-10:55 am	9619 9620	\$60.00
Crocodile	9:35-10:05 am 11:00-11:30 am	9621 9622	\$60.00
Whale	9:35-10:05 am 11:00-11:30 am	9624 9623	\$60.00
Swim Kids			
6 – 12 years of age			
Level 1	9:35-10:05 am 10:10-10:40 am 11:35 am-12:05 pm	9625 9626 9627	\$60.00
Level 2	9:35-10:05 am 10:10-10:40 am 11:35 am-12:05 pm	9628 9629 9630	\$60.00
Level 3	9:00-9:30 am 10:10-10:40 am 12:10-12:40 pm	9631 9632 9633	\$60.00
Level 4	9:00-9:30 am 10:10-10:40 am 12:10-12:40 pm	9634 9635 9636	\$60.00
Level 5	9:00-9:45 am 11:20 am-12:05 pm	9637 9638	\$75.00
Level 6	9:00-9:45 am 11:20 am-12:05 pm	9639 9640	\$75.00
Level 7	11:50 am-12:35 pm	9642	\$75.00
Level 8	11:50 am-12:35 pm	9643	\$75.00
Level 9	10:45-11:45 am	9644	\$90.00
Level 10	10:45-11:45 am	9645	\$90.00

Summer Session # 4
August 12th -16th and August 19th – 21st
Lessons run Monday – Friday and Monday – Wednesday (8 classes)

Level	Time	Registration Number	Cost
Preschool Levels			
6 months – 5 years of age			
Sea Turtle	9:35-10:05 am	9646	\$60.00
Sea Otter	9:35-10:05 am	9649	\$60.00
Salamander	9:00-9:30 am 10:10-10:40 am	9650 9651	\$60.00
Sunfish	9:00-9:30 am 10:10-10:40 am	9652 9653	\$60.00
Crocodile	9:00-9:30 am	9654	\$60.00
Whale	9:00-9:30 am	9657	\$60.00
Swim Kids			
6 – 12 years of age			
Level 1	9:35-10:05 am 11:35 am – 12:05 pm	9658 9659	\$60.00
Level 2	9:35-10:05 11:35 am – 12:05 pm	9661 9662	\$60.00
Level 3	10:10-10:40 am 12:10-12:40 pm	9664 9665	\$60.00
Level 4	10:10-10:40 am 12:10-12:40 pm	9668 9669	\$60.00
Level 5	10:45-11:30 am	9670	\$75.00
Level 6	10:45-11:30 am	9672	\$75.00
Level 7	11:50 am – 12:35 pm	9674	\$75.00
Level 8	11:50 am – 12:35 pm	9675	\$75.00
Level 9	10:45-11:45 am	9676	\$90.00
Level 10	10:45-11:45 am	9677	\$90.00

NEW!!! Saturday Summer Morning Lessons

Summer Saturdays July 6 – August 24 No lessons August 3rd (7 Classes)			
Level	Time	Registration Number	Cost
Preschool Levels 6 months – 5 years of age			
Starfish	9:00-9:30 am	6978	\$43.75
Duck	9:00-9:30 am	6979	\$43.75
Sea Turtle	9:00-9:30 am	9680	\$52.50
Sea Otter	9:00-9:30 am	9682	\$52.50
Salamander	10:10-10:40 am	9684	\$52.50
Sunfish	10:10-10:40 am	9688	\$52.50
Crocodile	9:35-10:05 am	9690	\$52.50
Whale	9:35-10:05 am	9692	\$52.50
Swim Kids 6 – 12 years of age			
Level 1	10:10-10:40 am	9693	\$52.50
	12:10-12:40 pm	9694	
Level 2	10:10-10:40 am	9695	\$52.50
	12:10-12:40 pm	9696	
Level 3	9:35-10:05 am	9697	\$52.50
	11:35 am – 12:05 pm	9698	
Level 4	9:35-10:05 am	9700	\$52.50
	11:35 am – 12:05 pm	9701	
Level 5	10:45-11:30 am	9703	\$65.65
Level 6	10:45-11:30 am	9705	\$65.65
Level 7	11:50 am – 12:35 pm	9707	\$65.65
Level 8	11:50 am – 12:35 pm	9708	\$65.65
Level 9	10:45-11:45 am	9709	\$78.75
Level 10	10:45-11:45 am	9710	\$78.75

Summer Adult Lessons (ages 18+)

Wednesdays July 3 – August 21, 2019 8 classes			
Level	Time	Registration Number	Cost (including tax)
Learn to Swim	5:45-6:30pm	9712	\$73.50
Laps, Skills & Drills	6:30-7:15pm	9714	\$73.50
Masters	7:30-8:30pm	9713	\$94.50

Mondays July 8 – August 19, 2019 6 classes (No class August 5th)			
Level	Time	Registration Number	Cost (including tax)
Masters	7:30-8:30pm	9715	\$70.88

Mondays and Wednesdays July 3 – August 21, 2019 (Wednesday – 8 classes) July 8 – August 19, 2019 (Monday – 6 classes, no class August 5th) 14 classes			
Level	Time	Registration Number	Cost (including tax)
Masters	7:30-8:30pm	9716	\$147

LEARN TO SWIM: In this course we work towards a 25m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness with interval training and kick it up a notch with dive entries, surface support and breaststroke. No previous experience is required.

LAPS, SKILLS & DRILLS: In this course participants will be taught proper lane etiquette and how to read a variety of workouts that incorporates all 4 competitive strokes (Freestyle, backstroke, breaststroke and butterfly) while working on their technique. Participants should be comfortable swimming 25-50 meters of breaststroke, backstroke and freestyle prior to starting this course.

MASTERS: This course provides participants an opportunity to improve physical fitness, receive regular coaching and stroke improvement. This program is geared to experienced swimmers and triathletes. Participants should be proficient in all 4 competitive stokes (Freestyle, backstroke, breaststroke and butterfly) prior to starting this course.