

Red Cross + Adult Swim Lessons

Sally Borden Fitness & Recreation

WINTER 2019

Registration opens Monday, January 28 at 9:00 am by phone or in person

Visit our website for course descriptions

Red Cross Swim Lessons

- Sally Borden Fitness and Recreation offers swim lessons for all ages and abilities. When you choose Red Cross Swim Programs, you are getting a program based on research, proven excellence in teaching, age-appropriate learning through games and songs and focus on your child's safety, comfort, and love of aquatic environments.

Swim Lesson Policies

- Please have swim participants wait near the sign indicating their level prior to swim lessons. Having all the participants in one place and ready to go will help instructors start classes on time.
- Please help the instructors ensure everyone's safety by keeping swim lesson participants close at hand before and after lessons. Entry into the water before and or after lessons is NOT included in the swim lesson fee. If swimmers and their family members wish to swim before, during and or after swim lessons, please refer to the Program Partnership details.

Program Partnership

- 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.

Reminders

- There are NO lifeguards on duty during swim lessons
- Access to the pool(s) is NOT included in the swim lesson fee
- Lock and towel(s) are NOT included in the swim lesson fee
- Children 4 years of age and under must be supervised within arm's reach
- Children, 8 years of age or older who CAN pass a 25m swim test may be supervised from further than arms reach
- Children 8 years of age or older who CANNOT pass a 25m swim test must be supervised from within arm's reach

Rates: Adult (15+): \$5.00, Youth (0-15): \$4.00, Senior (60+): \$4.00

Please obtain a wrist band from the Recreation Desk prior to swimming

Sally Borden Fitness and Recreation
403.762.6450
<https://www.banffcentre.ca/aquatics>
<https://www.facebook.com/sallybfit/>

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Monday Swim Lessons February 25 – April 1 6 Classes			
Class	Time	Price	Registration Number
Preschool 6 months- 5 years			
Sea Turtle	3:30pm - 4:00pm	\$45.00	#9448
Sea Otter	3:30pm – 4:00pm	\$45.00	#9446
Salamander	4:05pm – 4:35pm	\$45.00	#9452
Sunfish	4:05pm – 4:35pm	\$45.00	#9454
Crocodile	5:15pm – 5:45pm	\$45.00	#9450
Whale	5:15pm – 5:45pm	\$45.00	#9451
Swim Kids 6-12 years			
Level 1	4:40pm – 5:10pm	\$45.00	#9456
Level 2	4:40pm – 5:10pm	\$45.00	#9459
Level 3	5:50pm – 6:20pm	\$45.00	#9462
Level 4	5:50pm – 6:20pm	\$45.00	#9464
Level 5	6:25pm – 7:10pm	\$52.50	#9466
Level 6	6:25pm – 7:10pm	\$52.50	#9469
Level 7	7:15pm – 8:00pm	\$52.50	#9472
Level 8	7:15pm – 8:00pm	\$52.50	#9473
Level 9	7:15pm – 8:00pm	\$52.50	#9474

Tuesday Adult Lessons February 26 – April 2 6 Classes			
Class	Time	Price	Registration Number
Adults 16+ years			
Learn to Swim	6:45pm - 7:30pm	\$52.50	#9475
Laps, Skills and Drills	6:45pm - 7:30pm	\$52.50	#9477
Masters	7:30pm - 8:30pm	\$67.50	#9476