

SWIM PROGRAMMING

Summer 2016

Registration: Tuesday June 14 2016

5:00pm in person

5:30pm over the phone

Swim Lesson Policies:

- Please have children 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 your children close at hand before and after your lessons. Entry into the water before or after lessons is only allowed when participating in the Program Partnership or with a FAMILY Membership to Sally Borden.
- **Program Partnership Policy:**
If you and your child wish to swim before or after lessons, you will need to participate in our Program Partnership. Our Program Partnership Policy helps ensure your child's safety. Swim lessons are not a lifeguarded swim. Swimming before or after a lesson is not included in the swim lesson rate, but is available for \$5.00 for adults and \$4.00 for children (0-15 years). Please purchase your Program Partnership wristband at the Recreation Desk before the lesson.

If you choose to purchase a wrist band to swim before or after swim lessons please remember that:

- Children 4 years of age and under must be supervised within arm's reach (in water supervision)
- Children 5 years of age or older who can pass a 25m swim test may be supervised from further than arm's reach (pool deck supervision)
- Children 5 years of age or older who cannot pass 25m swim test must be supervised from within arm's reach (in water supervision)

Red Cross Swimming 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 Evaluations:

Take the guessing out of Swim Lesson Registration. In ten minutes an instructor can assess your child's skill level to be sure that they are in the class that is right for them. Please call the Recreation Desk to set up this complimentary Swim Evaluation.

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PRESCHOOL SWIM LESSONS (6 – 36 months):

DUCK	SEA TURTLE
Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back floats with recovery, and shallow water entries and exits.	Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.
Session # 2: July 25-28 and August 2-5	Session # 2: July 25-28 and August 2-5
Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:00 a.m. - 9:30 a.m. \$50.00 (8 classes)	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:00 a.m.- 9:30 a.m. \$50.00 (8 classes)
Registration #: 8113	Registration #: 8165

PRESCHOOL SWIM LESSONS (3 – 5 years)

SEA OTTER		
Swimmers work on front and back floats and gliders, kicking on front with a buoyant object, and will be able to swim 1 meter upon continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
TWO AVAILABLE TIMES Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 1) 10:05 a.m. – 10:35 a.m. \$60.00 (8 classes) Registration #: 8104 2) 11:00 a.m. – 11:30 a.m. \$60.00 (8 classes) Registration #: 8105	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 10:10 a.m. – 10:40 a.m. \$60.00 (8 classes) Registration #: 8159	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:00 a.m. – 9:30 a.m. \$60.00 (8 classes) Registration #: 8162

SALAMANDER		
Swimmers work on improving their front and back float and jumping into chest deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:00 a.m. – 9:30 a.m. \$60.00 (8 classes) Registration #: 8101	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 11:00 a.m. – 11:30 a.m. \$60.00 (8 classes) Registration #: 8153	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:35 a.m. -10:05 a.m. \$60.00 (8 classes) Registration #: 8156

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SUNFISH		
Swimmers work on kicking and can perform gliders (front and back), enter deep water safely, float in deep water and swim with a PFD, and swim 5 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:00 a.m. – 9:30 a.m. \$60.00 (8 classes)	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 11:20 a.m. – 11:50 a.m. \$60.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:35 a.m. -10:05 a.m. \$60.00 (8 classes)
Registration #: 8108	Registration #: 8166	Registration #: 8169

CROCODILE		
Swimmers further develop the front and back glider with kick, front and back swim, jump into deep water, swim with PFD in deep water, and swim 10 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:35 a.m. – 10:05 a.m. \$60.00 (8 classes)	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:50 a.m. – 10:20 a.m. \$60.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 10:45 a.m. – 11:15 a.m. \$60.00 (8 classes)
Registration #: 8076	Registration #: 8114	Registration #: 8126

WHALE		
Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:35 a.m. – 10:05 a.m. \$60.00 (8 classes)	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:50 a.m. – 10:20 a.m. \$60.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 10:45 a.m. – 11:15 a.m. \$60.00 (8 classes)
Registration #: 8111	Registration #: 8172	Registration #: 8174

SWIM KIDS SWIM LESSONS (6 – 12 years)

LEVEL 1		
Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 meters.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 10:40 a.m. – 11:10 a.m. \$60.00 (8 classes)	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:35 a.m. – 10:05 a.m. \$60.00 (8 classes)	TWO AVAILABLE TIMES Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 1) 10:05 a.m. – 10:35 a.m. \$60.00 (8 classes)
Registration #: 8079	Registration #: 8116	Registration #: 8176
		2) 11:20 a.m. – 11:50 a.m. \$60.00 (8 classes)
		Registration #: 8177

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LEVEL 2		
Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 10:40 a.m. – 11:10 a.m. \$60.00 (8 classes) Registration #: 8083	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:35 a.m. – 10:05 a.m. \$60.00 (8 classes) Registration #: 8120	TWO AVAILABLE TIMES Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 1) 10:05 a.m. – 10:35 a.m. \$60.00 (8 classes) Registration #: 8123 2) 11:20 a.m. – 11:50 a.m. \$60.00 (8 classes) Registration #: 8124

LEVEL 3		
Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 11:15 a.m. – 11:45 a.m. \$60.00 (8 classes) Registration #: 8086	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 10:25 a.m. – 10:55 a.m. \$60.00 (8 classes) Registration #: 8128	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 10:10 a.m. – 10:40 a.m. \$60.00 (8 classes) Registration #: 8131

LEVEL 4		
Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick unassisted, work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25metres continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 11:15 a.m. – 11:45 a.m. \$60.00 (8 classes) Registration #: 8089	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 10:45 a.m. – 11:15 a.m. \$60.00 (8 classes) Registration #: 8134	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 10:10 a.m. – 10:40 a.m. \$60.00 (8 classes) Registration #: 8137

LEVEL 5		
Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50metres continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 10:10 a.m. - 10:55 a.m. \$70.00 (8 classes) Registration #: 8092	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:00 a.m. – 9:45 a.m. \$70.00 (8 classes) Registration #: 8140	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 10:40 a.m. – 11:25 a.m. \$70.00 (8 classes) Registration #: 8142

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LEVEL 6		
Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 meters continuously.		
Session # 1: July 11 – 15 and July 18-20	Session # 2: July 25-28 and August 2-5	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 10:10 a.m. - 10:55 a.m. \$70.00 (8 classes)	Monday July 25 – Thursday July 28 AND Tuesday August 4 – Friday August 5 9:00 a.m. – 9:45 a.m. \$70.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 10:40 a.m. – 11:25 a.m. \$70.00 (8 classes)
Registration #: 8094	Registration #: 8144	Registration #: 8146

LEVEL 7	
Swimmers increase their distance on front and back crawl (50m), and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 meters continuously.	
Session # 1: July 11 – 15 and July 18-20	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:15 a.m. – 10:00 a.m. \$70.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:15 a.m. – 10:00 a.m. \$70.00 (8 classes)
Registration #: 8097	Registration #: 8148

LEVEL 8	
Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 meters continuously.	
Session # 1: July 11 – 15 and July 18-20	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:15 a.m. – 10:00 a.m. \$70.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:15 a.m. – 10:00 a.m. \$70.00 (8 classes)
Registration #: 8098	Registration #: 8150

LEVEL 9	
Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 4000 meters continuously.	
Session # 1: July 11 – 15 and July 18-20	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:00 a.m. – 10:00 a.m. \$80.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:00 a.m. – 10:00 a.m. \$80.00 (8 classes)
Registration #: 8100	Registration #: 8152



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LEVEL 10	
Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 meters continuously.	
Session # 1: July 11 – 15 and July 18-20	Session # 3: August 8-12 and August 15-17
Monday July 11 – Friday July 15 AND Monday July 18 – Wednesday July 20 9:00 a.m. – 10:00 a.m. \$80.00 (8 classes)	Monday August 8 – Friday August 12 AND Monday August 15 – Wednesday August 17 9:00 a.m. – 10:00 a.m. \$80.00 (8 classes)
Registration #: 8082	Registration #: 8119

ADVANCED AQUATICS AND PRIVATE LESSONS

PRIVATE LESSONS
<p>If you are interested in booking a private lesson, please contact Olivia Durst, Client Services Supervisor by phone 403.762.6453 or email olivia_durst@banffcentre.ca.</p> <p>Private lessons are offered in 30 minute or 40 minute sessions. A 30 minute private lessons is \$22.50 and a 40 minute private lessons is \$30.00. Taxes are applied when applicable. Semi-private lessons are also available. The cost for a semi-private lesson is the same as the price listed above plus \$5.00 for each additional participant in the lesson.</p> <p>Private lessons are subject to instructor availability.</p>
ADVANCES AQUATICS
<p>Advanced Aquatics programs, such as Bronze Medallion, Bronze Cross, Water Safety Instructor and National Lifeguard certification may be offered throughout the summer. Please check the Sally Borden Fitness & Recreation website www.banffcentre.ca/sally-borden-fitness-and-recreation for updates on when these classes will be offered or contact the recreation desk to inquire 403.762.6450.</p>