

# FALL LESSONS



October 9 to  
December 15, 2018



NEW WESTMINSTER

## INFANTS

### PARENT & TOT 1

(4 mos. - 12 mos.)

Parent Participation

This class offers babies a fun introduction to water through songs, gradual submersion skills and back floats.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
10:00 am, 5:00, 6:30 pm  
Thursday October 11 - December 13  
5:30 pm  
Friday October 12 - December 14  
5:00 pm 6:00 pm  
Saturday October 13 - December 15  
9:00, 10:00 am

Registration Fee: \$52.00

### PARENT & TOT 2

(13 mos. - 24 mos.)

Parent Participation

This class includes breath control skills and basic to more advanced submersion techniques.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
10:00 am, 5:00, 6:30, 7:00 pm  
Thursday October 11 - December 13  
5:30 pm  
Friday October 12 - December 14  
5:00, 6:00 pm  
Saturday October 13 - December 15  
9:00, 10:30, 11:00 am

Registration Fee: \$52.00

### PARENT AND TOT 3

(25 mos. - 3 years)

Parent Participation

This class is designed to encourage safe and independent swim skills.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
10:00 am, 5:00, 7:00 pm  
Thursday October 11 - December 13  
5:30 pm  
Friday October 12 - December 14  
5:00, 6:30 pm  
Saturday October 13 - December 15  
9:30, 10:30, 11:00 am

Registration Fee: \$52.00

## PRESCHOOL

### SPLISH SPLASH (3 - 5 years)

This class is for children with little water exposure or are nervous to be in the water without a parent. It will be taught in the shallow tot pool with a gradual integration into the shallow end of the main pool. This class is offered on a limited basis due to pool space limitations.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
6:30, 7:00 pm  
Thursday October 11 - December 13  
5:30 pm  
Friday October 12 - December 14  
5:00, 6:00 pm  
Saturday October 13 - December 15  
9:30, 10:00 am

Registration Fee: \$72.50

### TINY TOT BEGINNERS (3 years)

A perfect water orientation class for your three year old. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles, submersions and relaxed assisted back floats. Taught in the main pool.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
9:00 am, 4:00, 5:00, 6:00, 7:00, 7:30 pm  
Thursday October 11 - December 13  
4:30, 5:30 pm  
Friday October 12 - December 14  
3:30, 5:00, 6:00, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:00, 9:30, 10:00, 10:30 am

Registration Fee: \$72.50

**PLEASE NOTE:**  
All lessons run 25 minutes in length.

### TINY TOT ADVANCED (3 years)

For those comfortable submerging and able to do a relaxed assisted back float. This class will focus on working from assisted floats to unassisted glides on both front and back.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
10:30 am, 4:00, 5:00, 6:00, 7:00, 8:00 pm  
Thursday October 11 - December 13  
4:00, 5:00 pm  
Friday October 12 - December 14  
4:00, 5:00, 6:00, 6:30, 7:00, 8:00 pm  
Saturday October 13 - December 15  
9:00, 9:30, 10:00, 10:30 am

Registration Fee: \$72.50

### PRE-SCHOOL 1 (4 - 6 years)

Water orientation will include songs and imagery for a gradual introduction to getting wet, blowing bubbles, submersions and relaxed assisted back floats. Taught in the main pool.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
9:00 am, 4:00, 5:00, 6:00, 6:30, 7:00, 7:30 pm  
Thursday October 11 - December 13  
4:00, 4:30, 5:30 pm  
Friday October 12 - December 14  
3:30, 5:00, 6:00, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:00, 9:30, 10:00, 10:30 am

Registration Fee: \$72.50

### PRE-SCHOOL 2 (4 - 6 years)

For swimmers that are comfortable submerging and able to do a relaxed assisted back float. This class focuses on working from assisted floats to unassisted glides on both the front and back.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
10:30 am, 4:00, 4:30, 5:00, 6:00, 6:30, 7:00, 7:30, 8:00 pm  
Thursday October 11 - December 13  
4:00, 5:00, 5:30 pm  
Friday October 12 - December 14  
3:30, 4:00, 4:30, 5:00, 6:00, 6:30, 7:00, 7:30, 8:00 pm  
Saturday October 13 - December 15  
9:00, 9:30, 10:00, 10:30, 11:00 am

Registration Fee: \$72.50

### PRE-SCHOOL 3 (4 - 6 years)

Students will learn to kick in both front and back glides. They will also learn to transfer their body weight from one glide to another.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 4:30, 6:00, 6:30, 7:00, 7:30 pm  
Thursday October 11 - December 13  
4:30, 5:00 pm  
Friday October 12 - December 14  
3:30, 4:30, 6:00, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:00, 9:30, 10:00, 10:30 am

Registration Fee: \$72.50

### PRE-SCHOOL 4 (4 - 6 years)

This lesson will focus on learning the breathing position and breath control for front swim. Kick in back swim continues to be refined.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 6:00, 7:00, 7:30 pm  
Thursday October 11 - December 13  
5:00 pm  
Friday October 12 - December 14  
4:30, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30, 11:00 am

Registration Fee: \$52.00

### PRE-SCHOOL 5 (4 - 6 years)

Students will learn arm propulsion and coordination for front swim. The back swim will focus on streamlining and body roll.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:00, 6:30, 7:30 pm  
Thursday October 11 - December 13  
4:30 pm  
Friday October 12 - December 14  
4:30, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30 am

Registration Fee: \$52.00

### PRE-SCHOOL 6 (4 - 6 years)

Over arm recovery for both front and back crawl are introduced. Students will be challenged with distances to prepare them to move to School Age Level 3.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:00, 6:30, 7:30 pm  
Thursday October 11 - November 13  
4:30 pm  
Friday October 12 - December 14  
4:30, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30 am

Registration Fee: \$52.00

## CHILDREN

### LEVEL 1 (6 - 14 years)

This is an introductory class for students who are non-swimmers. The focus is on fundamental skills including submersions, front and back floats and glides.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 4:30, 6:30, 7:00, 8:00 pm  
Thursday October 11 - November 13  
5:00 pm  
Friday October 12 - December 14  
4:00, 6:00, 7:00, 8:00 pm  
Saturday October 13 - December 15  
9:00, 10:00, 11:00 am

Registration Fee: \$52.00

### LEVEL 2 (6 - 14 years)

Students will learn a propulsive kick on both front and back glides and will learn to transfer their body weight from one glide to another. They will also be introduced to the front swim breathing position.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 4:30, 6:00, 6:30, 7:30, 8:00 pm  
Thursday October 11 - December 13  
5:00 pm  
Friday October 12 - December 14  
4:00, 6:00, 7:00, 8:00 pm  
Saturday October 13 - December 15  
9:00, 10:00, 11:00 am

Registration Fee: \$52.00

### LEVEL 3 (6 - 14 years)

Focus on correct breathing position, breath control as well as correct timing and coordination of arm propulsion. Kick in back swim continues to be refined.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 4:30, 6:00, 7:00, 7:30, 8:00 pm  
Thursday October 11 - December 13  
4:00 pm  
Friday October 12 - December 14  
4:00, 4:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm  
Saturday October 13 - December 15  
9:00, 10:00, 11:00 am

Registration Fee: \$52.00

### LEVEL 4 (6 - 14 years)

Students will learn over arm recovery for both front and back crawl and continue to increase propulsion in preparation for moving to the middle section in Level 5.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 4:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm  
Thursday October 11 - December 13  
4:30 pm  
Friday October 12 - December 14  
4:00, 6:00, 6:30, 7:00, 7:30, 8:00 pm  
Saturday October 13 - December 15  
9:00, 9:30, 10:00, 11:00 am

Registration Fee: \$52.00

**LESSON PARENTS**  
Gym & Swim Deal: \$3.00 per admission

**PLEASE NOTE:**  
Participants cannot be registered for more than one set of swim lessons at a time and must successfully complete the pre-requisite level before registering for the next level.

### LEVEL 5 (6 - 14 years)

The focus will be on coordinating the full front crawl with a correct arm extension. Back crawl will focus on timing the body roll and kick with over arm recovery.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:00, 4:30, 6:30, 6:30, 7:00, 7:30, 8:00 pm  
Thursday October 11 - December 13  
4:00 pm  
Friday October 12 - December 14  
3:30, 4:30, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:00, 10:00, 10:30 am

Registration Fee: \$52.00

### LEVEL 6 (6 - 14 years)

Strengthen your coordination of the front and back crawls with a focus on correct arm entries. Both strokes are challenged to maintain strong technique with progressive distances in preparation for moving to the deep end in Level 7.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:00, 6:30, 7:00, 7:30 pm  
Thursday October 11 - December 13  
4:30 pm  
Friday October 12 - December 14  
3:30, 4:00, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30 am

Registration Fee: \$52.00

### LEVEL 7 (6 - 14 years)

Students will refine body rotation and arm extension in front and back crawl while maintaining stroke technique. Streamlining coordination through drill and whole stroke work will also be a priority in this level.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 6:30, 7:00, 7:30, 8:00 pm  
Thursday October 11 - December 13  
4:00 pm  
Friday October 12 - December 14  
4:30, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:00, 10:00, 10:30 am

Registration Fee: \$52.00

### LEVEL 8 (6 - 14 years)

Front and back crawl are further refined through minimizing resistance in arm recoveries and entry. Students will be introduced to the dolphin kick for the butterfly and breast stroke.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 6:30, 7:30, 8:00 pm  
Thursday October 11 - December 13  
4:00 pm  
Friday October 12 - December 14  
4:30, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:00, 10:00, 10:30 am

Registration Fee: \$52.00

### LEVEL 9 (6 - 14 years)

Strengthening dolphin kick is continued and learning the mechanics of breast stroke pull. Drill work for front and back crawl will focus on maximizing propulsive forces in the arm pull.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:30, 6:30, 7:00, 8:00 pm  
Thursday October 11 - December 13  
4:00 pm  
Friday October 12 - December 14  
4:00, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:00, 11:00 am

Registration Fee: \$52.00



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### LEVEL 10 (6 - 14 years)

Strengthening the mechanics of breast stroke pull and developing a strong isolated breast stroke kick. Will continue to develop back and front crawl.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:30, 6:30, 7:00, 8:00 pm  
Thursday October 11 - December 13  
4:00 pm  
Friday October 12 - December 14  
4:00, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:00, 11:00 am

Registration Fee: \$52.00

### LEVEL 11 (6 - 14 years)

The focus will be on developing a coordinated breast stroke. Butterfly stroke is introduced. Advanced front and back drills focus on strength and endurance.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:00, 7:00, 7:30 pm  
Thursday October 11 - December 13  
4:30 pm  
Friday October 12 - December 14  
3:30, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30 am

Registration Fee: \$52.00

### LEVEL 12 (6 - 14 years)

Butterfly is introduced. All strokes are evaluated to competitive level proficiency. Students will be introduced to an I.M. (individual medley).

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
4:00, 7:00, 7:30 pm  
Thursday October 11 - December 13  
4:30 pm  
Friday October 12 - December 14  
3:30, 6:30, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30 am

Registration Fee: \$52.00

### MODERATE TRAINING SWIMFIT

#### FOR KIDS (6 - 14 years)

Designed to increase endurance and prepare students for lifeguarding and swim instructor courses. Classes are 25 minutes. Must complete level 12 to enroll.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
3:30, 6:30, 7:30 pm  
Thursday October 11 - December 13  
4:30 pm  
Friday October 12 - December 14  
3:30, 6:30, 7:00, 7:30 pm  
Saturday October 13 - December 15  
9:30, 11:00 am

Registration Fee: \$52.00

#### BREAST STROKE WORKSHOP (6 - 14 years)

Designed for children in level 9 and above who are struggling with any aspect of breast stroke/whip kick. This course is not evaluated. Its' purpose is strictly for practicing stroke improvement.

Tues. & Thurs. October 9 - 23  
October 25 - November 8  
November 13 - 27  
November 29 - December 13  
6:00 pm

Registration Fee: \$27.00

#### JUNIOR LIFEGUARD CLUB (10 - 14 years)

This is a great way to prepare for the Bronze Medallion and Bronze Cross courses. Must have a level 7 swimming ability or higher.

Saturday, 11:00 am - 12:30 pm  
October 13 - December 15 **9262**  
Sunday, 9:30 - 11:00 am  
October 14 - December 16 **9263**  
Registration Fee: \$155.00

Private Lessons are available on Tuesday, Thursday, Friday evenings & Saturday mornings. Fee: \$30.00 per session.

### DIVE 1 (6 - 14 years)

Introduction to fundamental diving skills. Prerequisite completion of Level 5 is needed.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
6:30, 7:30 pm  
Saturday October 13 - December 15  
9:30, 10:30 am

Registration Fee: \$52.00

### DIVE 2 (6 - 14 years)

Builds on skills developed in Dive 1 with the addition of forward approaches and advanced back dives.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
7:00 pm  
Saturday October 13 - December 15  
10:00 am

Registration Fee: \$52.00

## ADULT

### ADULT LEVEL 1/2 WOMEN'S

#### ONLY CLASS (15 + years)

This women's only class is taught by a female instructor in shallow water. The focus is on water orientation skills including front/ back floats and glides.

Saturday October 13 - December 15  
8:30 am

Registration Fee: \$55.48

### ADULT LEVEL 1 (15+ years)

For adults with little or no swimming experience. Lessons are taught in shallow water and focus on water orientation floats glides and breath control.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
11:00 am, 6:00 pm  
Friday October 12 - December 14  
8:00 pm

Saturday October 13 - December 15  
8.30 am

Registration Fee: \$55.48

### ADULT LEVEL 2 (15+ years)

For adults who can glide and kick on both front and back. Lessons are taught in the shallow or middle sections and focus on adding propulsion to both front and back swims.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
11:00 am, 8:00 pm  
Friday October 12 - December 14  
8:00 pm

Saturday October 13 - December 15  
8:30 am

Registration Fee: \$55.48

### ADULT LEVEL 3 (15+ years)

Over arm recovery is introduced for both front and back crawl with a focus on coordinating both strokes. Lessons are taught in the middle section.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
8:00 pm  
Friday October 12 - December 14  
7:00 pm

Saturday October 13 - December 15  
8:30 am

Registration Fee: \$55.48

### ADULT LEVEL 4 (15+ years)

Focus of this level is to refine both front and back crawl and increase propulsion for both strokes. Lessons are taught in the deep end.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
8:00 pm  
Friday October 12 - December 14  
7:00 pm

Saturday October 13 - December 15  
8:30 am

Registration Fee: \$55.48

**LESSON PARENTS**  
Gym & Swim Deal: \$3.00 per admission

### MODERATE TRAINING SWIMFIT

#### (M.T.S.) FOR ADULTS (15+ years)

Designed to increase endurance in all strokes and introduce knowledge of swim workouts.

Tues. & Thurs. October 9 - November 8  
November 13 - December 13  
8:00 pm  
Friday October 12 - December 14  
7:00 pm  
Saturday October 13 - December 15  
8:30 am

Registration Fee: \$55.48

#### ADULT SWIM CAMP (15+ years)

This course is designed to be paired with independent training. Participants will learn Front Crawl stroke efficiency paired with technique drills. Students must have a basic Front Crawl stroke and be able to swim 100m in deep water.

Sunday, 8:00 am - 9:30 am  
October 14 - November 18

Registration Fee: \$80.95

9176

#### BRONZE MEDALLION/ CPR 'A' (13+ years)

A 24 hour leadership course teaching lifesaving skills. Must swim at a CGP level 11 ability or higher (recommended).

Tuesday, 5:00 - 9:00 pm  
Saturday, 8:00 am - 12:00 pm  
October 9 - October 27

Registration Fee: \$202.40

9290

#### BRONZE CROSS/ CPR 'C' (13+ years)

A 24 hour advanced leadership course teaching lifesaving skills. Includes CPR 'C' certification. Must hold a Bronze Medallion award.

Tuesday, 5:00 - 9:00 pm  
Saturday, 8:00 am - 12:00 pm  
October 30 - November 17

Registration Fee: \$159.12

9291

#### WSI STROKE PROFICIENCY COURSE

##### (OPTIONAL) (15+ years)

This 4 hour course gives candidates an opportunity to practice and improve their strokes to prepare them for the Skill Screening for WSI Course.

Sunday, 4:30 - 8:30 pm  
October 14

Registration Fee: \$26.00

9231

#### WSI SKILL SCREENING COURSE (STEP 1)

##### (15+ years)

Pre-Requisite for the WSI Course. Three hour skill screening of strokes in the pool (Red Cross Level 10/CGP L11). One hour course info session at the start of class. Candidates must hold a Bronze Cross certification.

Sunday, 4:30 - 8:30 pm  
October 21

Registration Fee : \$231.15

9235

#### WATER SAFETY INSTRUCTOR COURSE (STEP 2)

##### (15+ years)

Course is designed to provide candidates with the knowledge and skills to teach the Red Cross Water Safety program. Candidates must hold a Bronze Cross certification and pass the WSI Skill Screen Course. This class is worth four grade 11 high school credits.

Tuesday, November 13 6:00 pm - 8:00 pm  
Thursday, November 15 6:00 pm - 8:00 pm  
Tuesday, November 20 6:00 pm - 8:00 pm  
Thursday, November 22 6:00 pm - 8:00 pm  
Friday, November 23 4:30 pm - 9:00 pm  
Saturday, November 24 8:00 am - 3:30 pm  
Friday, November 30 4:30 pm - 9:00 pm  
Saturday, December 1 8:00 am - 3:30 pm

Registration Fee: \$320.49

9239

#### CANADA GAMES POOL

65 East Sixth Avenue • New Westminster • 604.526.4281  
Monday - Friday ..... 6:00 am - 9:30 pm  
Saturday ..... 8:00 am - 8:00 pm  
Sunday ..... 8:00 am - 9:30 pm



www.newwestcity.ca