

SUMMER LESSONS



June to August, 2019



SUMMER LESSON SCHEDULE

Monday - Friday (2 week sets, 10 lessons each)

Summer 1 July 1 - 12
Summer 2 July 15 - 26
Summer 3 July 29 - August 9
Summer 4 August 12 - 23

Tuesday & Thursday (5 week sets, 10 lessons each)

Summer A June 25 - July 25
Summer B July 30 - August 29

For indoor & outdoor registration, please call 604.526.4281.

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.

Canada Games Pool

Monday - Friday 9:30 am
Tuesday & Thursday 6:30 pm

Registration Fee: \$53.00

Parent & Tot 2

(13 mos. - 24 mos.)

Parent Participation

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

Canada Games Pool

Monday - Friday 9:30 am
Tuesday & Thursday 6:00, 6:30 pm

Registration Fee: \$53.00

Parent & Tot 3

(25 mos. - 3 years)

Parent Participation

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

Canada Games Pool

Monday - Friday 9:30 am
Tuesday & Thursday 6:00 pm

Registration Fee: \$53.00

PRESCHOOL

Splish Splash (3 - 5 years)

This class is for children with little water exposure or 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.

Canada Games Pool

Monday - Friday 10:00 am
Tuesday & Thursday 5:00, 6:00, 7:00 pm

Registration Fee: \$73.50

Tiny Tot Beginners (3 years)

A perfect water orientation class for your child. 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.

Canada Games Pool

Monday - Friday 9:00, 10:00 am
Tuesday & Thursday 5:00, 5:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:00, 1:00 pm

Registration Fee: \$73.50

Tiny Tot Advanced (3 years)

For the child that is 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.

Canada Games Pool

Monday - Friday 9:30, 10:30 am
Tuesday & Thursday 5:30, 6:30, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$73.50

Preschool 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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 10:30 am
Tuesday & Thursday 5:00, 5:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:00, 1:00 pm

Registration Fee: \$73.50

Preschool 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.

Canada Games Pool

Monday - Friday 9:00, 9:30, 10:30 am
Tuesday & Thursday 5:00, 5:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:00, 12:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:00, 12:30, 1:00 pm

Registration Fee: \$73.50

Preschool 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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 11:00 am
Tuesday & Thursday 5:00, 5:30, 6:30, 7:30 pm

Hume Outdoor Pool

Monday - Friday 12:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:00 pm

Registration Fee: \$73.50

Preschool 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.

Canada Games Pool

Monday - Friday 9:00, 10:00 am
Tuesday & Thursday 5:00, 6:00, 7:00 pm

Moody Park Outdoor Pool

Monday - Friday

July 1 - 12 12:30

Registration Fee: \$53.00

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.

Preschool 5 (4 - 6 years)

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

Canada Games Pool

Monday - Friday 10:00, 10:30 am
Tuesday & Thursday

June 25 - July 25 5:30, 6:00, 7:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$53.00

Preschool 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.

Canada Games Pool

Monday - Friday 10:00, 10:30 am
Tuesday & Thursday 5:30, 6:00, 7:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$53.00

CHILDREN

Level 1 (6 - 14 years)

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

Canada Games Pool

Monday - Friday 9:00, 9:30, 10:30 am
Tuesday & Thursday 5:00, 5:30, 6:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:30 am

Moody Park Outdoor Pool

Monday - Friday 12:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:30, 10:00, 11:00 am
Tuesday & Thursday 5:00, 5:30, 6:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:00, 1:00 pm

Registration Fee: \$52.00

Level 3 (6 - 14 years)

This class will 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.

Canada Games Pool

Monday - Friday 9:00, 9:30, 10:30 am
Tuesday & Thursday 5:00, 5:30, 6:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$53.00

PLEASE NOTE:

All lessons run 25 minutes in length.

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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 11:00 am

Tuesday & Thursday 5:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm

Hume Outdoor Pool

Monday - Friday 12:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:00, 1:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:00, 9:30, 10:30 am

Tuesday & Thursday 6:00, 6:30, 7:00, 7:30, 8:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30, 1:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:30, 11:00 am

Tuesday & Thursday 6:30, 7:00, 7:30, 8:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30, 1:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 11:00 am

Tuesday & Thursday 5:30, 6:00, 7:00, 7:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:00, 1:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 11:00 am

Tuesday & Thursday 5:30, 6:30, 7:00, 7:30 pm

Moody Park Outdoor Pool

Monday - Friday 1:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 11:00 am

Tuesday & Thursday 5:30, 6:30, 7:30 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:00, 10:00, 11:00 am

Tuesday & Thursday 5:30, 6:30, 7:30 pm

Moody Park Outdoor Pool

Monday - Friday 1:00 pm

Registration Fee: \$53.00

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.

Canada Games Pool

Monday - Friday 9:30, 10:30 am

Tuesday & Thursday 6:00, 7:00, 8:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$53.00

Level 12 (6 - 14 years)

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

Canada Games Pool

Monday - Friday 9:30, 10:30 am

Tuesday & Thursday 6:00, 7:00, 8:00 pm

Moody Park Outdoor Pool

Monday - Friday 12:30 pm

Registration Fee: \$53.00

Moderate Training Swimfit for Kids (6 - 14 years)

Designed to increase endurance in all strokes and introduce knowledge of swim workouts. Good preparation for the Bronze Medallion and Bronze Cross timed swims.

Canada Games Pool

Monday - Friday 9:30, 10:30 am

Tuesday & Thursday 6:30, 7:00, 8:00 pm

Registration Fee: \$53.00

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. The purpose of this course is to practice stroke improvement.

Canada Games Pool

Tuesday & Thursday

June 25 - July 9 5:30 pm

July 11 - 25 5:30 pm

Tuesday & Thursday

July 30 - Aug. 13 5:00 pm

Aug. 15 - 29 5:00 pm

Registration Fee: \$28.00

Private Lessons

MORNINGS

Monday, Wednesday, Friday & Saturday

EVENINGS

Wednesday

Tuesday/Thursday

Fee: \$30.70 per session

Private lesson sets (5 sessions) are available on Tuesday/Thursday evenings.

Junior Lifeguard Club (10 - 14 years)

JLC is about being part of a club and a team environment. Members will learn about lifesaving, lifeguarding and first aid while improving their swimming skills in a fun environment. This course is a great way to stay active after you are finished your swimming lesson levels and help prepare you for the Bronze Medallion and Bronze Cross courses. Members can earn their Rookie, Ranger and Star Patrol awards.

Pre-requisites: Must have a Level 7 swimming ability or higher.

Canada Games Pool

Sunday, 9:00 - 11:00 am

July 7 - August 18

Registration Fee: \$156.00

22976

Dive 1 (6 - 14 years)

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

Canada Games Pool

Monday - Friday 9:30 am

Tuesday & Thursday 6:00, 7:00 pm

Registration Fee: \$53.00

Dive 2 (6 - 14 years)

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

Canada Games Pool

Tuesday & Thursday 6:30 pm

Registration Fee: \$53.00

ADULT

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.

Canada Games Pool

Monday - Friday 9:00 am

Tuesday & Thursday 5:00, 6:30, 8:00 pm

Registration Fee: \$59.00

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.

Canada Games Pool

Monday - Friday 9:00 am

Tuesday & Thursday 5:30 pm

Registration Fee: \$59.00

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.

Canada Games Pool

Tuesday & Thursday 6:00, 7:30 pm

Registration Fee: \$59.00

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.

Canada Games Pool

Tuesday & Thursday 6:30 pm

Registration Fee: \$59.00

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

Moderate Training Swimfit (M.T.S.)

for Adults (15+ years)

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

Canada Games Pool

Tuesday & Thursday 6:30 pm

Registration Fee: \$59.00

Bronze Medallion & Cross Combo

(13+ years)

The Bronze Medallion/Cross Combo course is a 35 hour advanced leadership course which teaches an understanding of lifesaving principles, self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types. Livesavers develop stroke efficiency and endurance in a timed swim. This course includes the CPR "C" certification. A course manual and pocket mask for are included in the cost of the course. 100% attendance is mandatory. This course is worth 2 grade 11 high school credits. Pre-requisites: Must swim at a CGP level 11 ability or Red Cross level 10 (recommended).

Canada Games Pool

Monday - Friday, 8:00 am - 3:30 pm

July 8 - July 12

Registration Fee: \$192.85

22975

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.

Canada Games Pool

Saturday, 8:30 am - 12:30 pm

June 22

Registration Fee: \$29.72

22977

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.

Canada Games Pool

Saturday, 8:30 am - 12:30 pm

June 29

Registration Fee : \$242.71

22978

Water Safety Instructor (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..

Canada Games Pool

Tuesday, July 16 9:30 am - 11:30 am

Wednesday July 17 9:30 am - 11:30 am

Thursday, July 18 9:30 am - 11:30 am

Friday, July 19 9:30 am - 5:30 am

Saturday, July 20 8:00 am - 4:30 pm

Saturday, July 27 8:00 am - 4:30 pm

Registration Fee : \$247.74

22979

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