

# SWIM FOR LIFE LESSONS

Private lessons are available on request time permitting

Please call Jo-Ann at 780-852-3663 to check for availability for booking private lessons.

For preschool and school-aged children

The Canadian Lifesaving Society Swim for Life program focuses on basic survival skills and fun from day one! Swim for Life starts by developing strong foundational skills and essential personal self-rescue skills, then continues on by challenging swimmers to develop good swimming strokes. Sessions run for eight classes.

## SESSION # 1 Every Tuesday & Thursday (January 8- January 31)

|             |              |             |              |
|-------------|--------------|-------------|--------------|
| Preschool 1 | 3:45– 4:15pm | Preschool 3 | 4:55– 5:25pm |
| Swimmer 2   | 4:20– 4:50pm | Swimmer 3   | 5:30– 6:15pm |

## SESSION #2 Every Tuesday & Thursday (February 5-Feb 28)

|             |              |             |             |
|-------------|--------------|-------------|-------------|
| Swimmer 1   | 3:45– 4:15pm | Swimmer 4   | 4:55–5:40pm |
| Preschool 2 | 4:20– 4:50pm | Preschool 4 | 5:45–6:15pm |

## SESSION # 3 Every Tuesday & Thursday (March 5-21, April 2&4)

no classes March 26 & 28 Spring Break

|             |              |                            |             |
|-------------|--------------|----------------------------|-------------|
| Preschool 3 | 3:45– 4:15pm | Preschool 5                | 4:55–5:25pm |
| Swimmer 5   | 4:20– 4:50pm | Rookie, Ranger Star Patrol | 5:30–6:30pm |

## SESSION #1 Every Saturday AM (January 12-Mar 9)

no class February 16- family day weekend

|                |               |
|----------------|---------------|
| Swimmer 1      | 9:30–10:00am  |
| Preschool 1    | 10:05–10:35am |
| Parent and Tot | 10:40–11:10am |
| Preschool 3    | 11:15–11:45am |

## JUNIOR LIFEGUARD CLUB

Become a River Dragon! Challenge yourself and learn new skills, including the basics of lifesaving, rescue, first aid, fitness and leadership in a fun and dynamic environment

Come and experience a free Junior Lifeguard Club session on January 7. Must be able to complete swim to survive - (side entry ,tread water for 1 minute and swim 2 lengths no breaks).

Monday and Wednesday Sessions

January 7– March 20

|                               |               |
|-------------------------------|---------------|
| Terrific Troopers (7 – 9 yrs) | 4:00 – 4:45pm |
| Super Flyers (10 – 11 yrs)    | 4:45 – 5:30pm |
| Flame Throwers (12+ yrs)      | 5:30 – 6:15pm |

No classes on Non School Days

Please arrive **5 minutes** prior to your child's lesson.

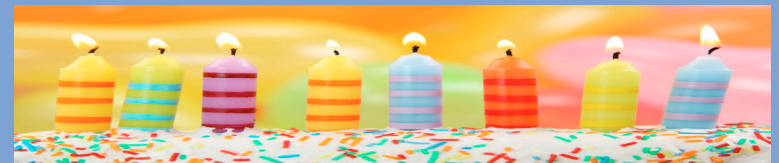
Ensure your child is showered and in their **lifejackets** (Swimmer 2 and under) and ready to go.



Did you Know... teaching a new skill in a lifejacket allows your child to be in **“learner mode” NOT “survival mode”.**

Please ensure that children bring their membership cards to scan when attending the pool to avoid delays in entry.

Having your child's birthday party at the pool during public swim? Please let the front desk know the date and the number of people so we can ensure to have space for you to avoid disappointment. Private Rentals available upon request.



To enquire please call the Jasper Fitness & Aquatic Centre at 780-852-3663