

Swimming Lessons July 2022

Beaverlodge Recreation Center



Starfish/Duck/Sea Turtle (Parented)

Starfish: Babies and their caregivers work on getting wet, buoyancy and movement. Front, back and vertical position in water, and shallow water entries.

Duck: Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

Sea Turtle: Toddler and their caregiver work on submersion. Front and back floats and glides, jumping into chest deep water with assistance, and kicking on front and front swim.

July 7th - August 2nd	Tuesdays & Thursdays	9:30am-10:00am (#3209)
July 7th - August 2nd	Tuesdays & Thursdays	4:00pm-4:30pm (#3210)
July 6th - August 3rd	Mondays & Wednesdays	4:00pm-4:30pm (#3222)

Sea Otter

Sea Otter: Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 meter upon completion of this level.

July 7th - August 2nd	Tuesdays & Thursdays	9:00am-9:30pm (#3208)
July 7th - August 2nd	Tuesdays & Thursdays	4:30pm-5:00pm (#3211)
July 6th - August 3rd	Mondays & Wednesdays	4:00pm-4:30pm (#3221)
July 18th - 28th	Monday - Thursday	11:00am-11:30am (#3206)

Salamander/Sunfish

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 swimmer will be able to swim 2 meters upon completion.

Sunfish: Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 meters continuously.

July 4th - 14th	Monday - Thursday	10:30am-11:00am (#3198)
July 7th - August 2nd	Tuesday & Thursday	5:00pm-5:30pm (#3212)
July 5th - 28th	Tuesday & Thursday	6:30pm-7:00pm (#3219)
July 6th - August 3rd	Monday & Wednesday	5:00pm-5:30pm (#3223)



Crocodile/Whale

Crocodile/ 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 upon completion of the level.

July 6th - August 3rd Mondays & Wednesdays 5:30pm-6:00pm (#3224)

Swim Kids 1/2

Swim Kids 1: Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 meters.

Swim Kids 2: Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 meters continuously.

July 4th - 14th	Monday - Thursday	10:30am-11:00am (#3194)
July 5th - 28th	Tuesdays & Thursdays	6:00pm-6:30pm (#3214)
July 5th - 28th	Tuesdays & Thursdays	7:00pm-7:30pm (#3216)
July 7th - August 2nd	Tuesdays & Thursdays	5:30pm-6:00pm (#3213) * RIVER ONLY
July 18th - 28th	Monday - Thursday	10:00am-10:30am (#3203)

Swim Kids 3/4

Swim Kids 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.

Swim Kids 4: Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick and back, perform kneeling dive, introduction to sculling and swim 25 meters continuously.

July 4th - 14th	Monday - Thursday	10:30am-11:00am (#3196)
July 5th - 28th	Tuesdays & Thursdays	6:30pm-7:00pm (#3215)
July 5th - 28th	Tuesdays & Thursdays	6:00pm-6:30pm (#3218)
July 18th - 28th	Monday - Thursday	10:30am-11:00am (#3205)



Swim Kids 5/6

Swim Kids 5: Swimmers develop front crawl (15m) learn back crawl (15m) and whip kick on back, learn stride dive and tread water, perform head first sculling on back and swim 50 meters continuously.

Swim Kids 6: Swimmers increase their distance on front and back crawl (25m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 meters continuously.

July 5th - 28th
July 18th - 28th

Tuesdays & Thursdays
Monday - Thursday

7:30pm-8:00pm (#3217)
10:00am-10:30am (#3201)

Swim Kids 7/8/9/10

Swim Kids 7/8/9/10: 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.

July 5th - 28th
July 18th - 28th

Tuesdays & Thursdays
Monday - Thursday

7:00pm-8:00pm (#3220)
10:30am-11:30am (#3202)

Private Lessons

These lessons are designed to give participants individualized attention to improve or master their swimming skills. Together, the instructor, participant and/or parent determine the goals for the session and the curriculum is customized in order to meet these goals. Private lessons are an ideal time to work through Red Cross Adapted Swim Lessons. Adapted lessons are available for all of the Red Cross Swim Kids levels (SK 1-10) and give participants with impaired mobility or developmental delays the opportunity to learn a variety of swimming skills.

Private lessons can be taught with up to 3 participants per lesson given they are within the same skill level or 2 levels apart.

July 6, 13, 20, 27, Aug 3rd
July 6, 13, 20, 27, Aug 3rd
July 6, 13, 20, 27, Aug 3rd
July 4th - 7th
July 4th - 7th
July 8, 15, 22, 29, Aug 5

Wednesdays
Wednesdays
Wednesdays
Monday - Thursday
Monday - Thursday
Fridays

6:00pm-6:30pm (#3195)
6:30pm-7:00pm (#3197)
7:00pm-7:30pm (#3199)
11:30am-12:15pm (#3200)
11:30am-12:15pm (#3204)
11:00am-11:30am (#3207)



Lesson Fees and Information

Private Lesson: \$100 for the first participant and \$50 for each additional participant. Maximum of 3 participants per lesson set.

Preschool (Starfish to Whale): \$47

Swim Kids 1 to 4: \$47

Swim Kids 5 to 6: \$49

Swim Kids 7 to 10: \$52

Registration cut off will be the first day of the lesson.

Swimming Lesson/Fitness Class Refund Policy

Refunds will be provided under the following conditions, only: When a doctor's note is provided the refund is effective starting the date the doctor's note is received by recreation staff; or if a program is cancelled by the Town.

Credit will be issued for the unused portion of a program under the following conditions: When notice is provided to the facility or program operator seven (7) days prior to the start of the program; or when there is a waitlist and staff are able to resell the space in that program; or if a program is rescheduled by the Town.

Transfers are permitted when the recreation staff are notified seven (7) days prior to the course or program start date or at the recommendation of the instructor provided the course or program has not already started.

All Refunds/Transfers will be subject to a \$10 administration fee, unless altered by the Town office.

Call 780-354-2203 to register - please leave us a voicemail if your call is missed and someone will return your call as soon as possible in the order it was received.

Please note that lessons that run July 6th - August 3rd
WILL not have lessons on Canada Day (July 1st).

