

# Youth Lessons

These classes follow the Red Cross Swim Program and are designed for the youth age group who are late starters to the swim program so they can learn with peers that are their own age. This is also a great option for those youth looking to be involved in the academic outdoor education programs. **(Minimum age 10 and up – depending on level completed).**

## Aquatics

FALL LESSONS - Minimum age 10						
Youth Level 1/2/3	Monday	7:30-8:00 pm	September 18 to December 4, 2017 <i>(No lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$85.00
Youth Level 1/2/3	Tuesday	7:15-7:45 pm	September 19 to November 28, 2017 <i>(No lesson November 14, 2017)</i>	10 lessons	EDUC	\$85.00
Youth Level 1/2/3	Wednesday	7:45-8:15 pm	September 20 to November 29, 2017 <i>(No lesson November 15, 2017)</i>	10 lessons	PAC	\$85.00
Youth Level 1/2/3	Friday	7:30-8:00 pm	September 15 to December 1, 2017 <i>(No lessons October 6 &amp; November 17, 2017)</i>	10 lessons	PAC	\$85.00
Youth Level 1/2/3	Saturday	11:15-11:45 am	September 16 to December 2, 2017 <i>(No lessons October 7 &amp; November 11, 2017)</i>	10 lessons	PAC	\$85.00
Youth Level 4/5/6	Monday	6:45-7:30 pm	September 18 to December 4, 2017 <i>(No lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$102.00
Youth Level 4/5/6	Wednesday	7:45-8:30 pm	September 20 to November 29, 2017 <i>(No lesson November 15, 2017)</i>	10 lessons	PAC	\$102.00
Youth Level 4/5/6	Thursday	7:00-7:45 pm	September 21 to November 30, 2017 <i>(No lesson November 16, 2017)</i>	10 lessons	EDUC	\$102.00
Youth Level 4/5/6	Friday	6:45-7:30 pm	September 15 to December 1, 2017 <i>(No lessons October 6 and November 17, 2017)</i>	10 lessons	PAC	\$102.00
Youth Level 4/5/6	Saturday	12:00-12:45 pm	September 16 to December 2, 2017 <i>(No lessons October 7 &amp; November 11, 2017)</i>	10 lessons	PAC	\$102.00
Youth Level 7/8/9/10	Monday	7:30-8:30 pm	September 18 to December 4, 2017 <i>(No lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$114.00
Youth Level 7/8/9/10 - Set 2	Tuesday & Thursday	8:30-9:30 pm	October 24 to November 30, 2017 <i>(No lessons November 14 &amp; 16, 2017)</i>	10 lessons	EDUC	\$114.00
Youth Level 7/8/9/10	Wednesday	7:15-8:15 pm	September 20 to November 29, 2017 <i>(No lesson November 15, 2017)</i>	10 lessons	PAC	\$114.00
Youth Level 7/8/9/10	Saturday	12:30-1:30 pm	September 16 to December 2, 2017 <i>(No lessons October 7 &amp; November 11, 2017)</i>	10 lessons	PAC	\$114.00
Youth Stroke Improvement	Monday	7:30-8:30 pm	September 18 to December 4, 2017 <i>(No lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$114.00
Youth Stroke Improvement	Wednesday	7:30-8:30 pm	September 20 to November 29, 2017 <i>(No lesson November 15, 2017)</i>	10 lessons	PAC	\$114.00

About two thirds of drowning victims are near the water, but hadn't intended to get wet.

WINTER LESSONS - Minimum age 10						
Youth Level 1/2/3	Monday	8:00-8:30 pm	January 15 to March 26, 2018 (No lesson February 19, 2018)	10 lessons	PAC	\$85.00
Youth Level 1/2/3	Wednesday	7:30-8:00 pm	January 17 to March 28, 2018 (No lesson February 21, 2018)	10 lessons	PAC	\$85.00
Youth Level 1/2/3	Friday	7:00-7:30 pm	January 19 to March 23, 2018 (No lesson February 23, 2018)	9 lessons	PAC	\$80.00
Youth Level 1/2/3	Tuesday & Thursday	8:15-8:45 pm	April 3 to 26, 2018	8 lessons	EDUC	\$75.00
Youth Level 4/5/6	Monday	8:00-8:45 pm	January 15 to March 26, 2018 (No lesson February 19, 2018)	10 lessons	PAC	\$102.00
Youth Level 4/5/6	Wednesday	7:45-8:30 pm	January 17 to March 28, 2018 (No lesson February 21, 2018)	10 lessons	PAC	\$102.00
Youth Level 4/5/6	Friday	7:30-8:15 pm	January 19 to March 23, 2018 (No lesson February 23, 2018)	9 lessons	PAC	\$95.00
Youth Level 4/5/6	February Break	11:00-11:45 am & 3:00-3:45 pm	February 20 to 23, 2018	8 lessons	PAC	\$88.00
Youth Level 4/5/6	Easter Break	11:00-11:45 am & 3:00-3:45 pm	April 2 to 6, 2018	10 lessons	PAC	\$102.00
Youth Level 4/5/6	Tuesday & Thursday	7:45-8:30 pm	April 3 to 26, 2018	8 lessons	EDUC	\$88.00
Youth Level 7/8/9/10	Monday	8:00-9:00 pm	January 15 to March 26, 2018 (No lesson February 19, 2018)	10 lessons	PAC	\$114.00
Youth Level 7/8/9/10	Friday	7:30-8:30 pm	January 19 to March 23, 2018 (No lesson February 23, 2018)	9 lessons	PAC	\$106.00
Youth Level 7/8/9/10	Easter Break	9:45-10:45 am & 1:45-2:45 pm	April 2 to 6, 2018	10 lessons	PAC	\$114.00
Youth Level 7/8/9/10	Tuesday & Thursday	8:00-9:00 pm	April 3 to 26, 2018	8 lessons	EDUC	\$97.00
Youth Stroke Improvement	February Break	9:45-10:45 am & 1:45-2:45 pm	February 20 to 23, 2018	8 lessons	PAC	\$97.00
Youth Stroke Improvement	Tuesday & Thursday	8:15-9:15 pm	April 3 to 26, 2018	8 lessons	EDUC	\$97.00

## Junior Lifeguard Club

The Lifesaving Society designed the Junior Lifeguard Club for a serious purpose – but the process is all fun! Children, ages 8 and up, work to develop and improve swimming and other aquatic skills with emphasis on: swimming skills, lifesaving skills, fitness, lifesaving knowledge and community education. All classes will be held at the Physical Activity Complex.

The Junior Lifeguard Club is divided into two groups based on skill level.

The beginner group will focus on components from the Rookie, Ranger and Star Patrol – participants must be able to swim 150 meters and tread water for 3 minutes.

The advanced session will include the Bronze awards – completion of Swim Kids Level 10 is strongly recommended.

Fall	Beginner	Monday	5:30-6:30 pm	Sept. 18 to Dec. 4, 2017 (No lessons Oct. 9 & Nov. 13, 2017)	\$112.00
	Advanced	Tuesday	7:30-9:30 pm	Sept. 19 to Nov. 28, 2017 (No lesson Nov. 14, 2017)	\$160.00
Winter	Beginner	Monday	5:30-6:30 pm	Jan. 15 to March 26, 2018 (No lesson Feb. 19, 2018)	\$112.00
	Advanced	Tuesday	7:30-9:30 pm	Jan. 16 to March 27, 2018 (No lesson Feb. 20, 2018)	\$160.00

# Junior Masters

This program is for youth, aged 10-17 looking for a fitness program based on the speed-swimming workout. Game sessions are included at the end of each pool time. Participants may choose which days of the week they wish to swim. Participants must be able to proficiently swim 100 meters of Front Crawl, Back Crawl and Breast Stroke. Swim distances per workout will range from 700 m to 1200 m. All workouts are held at the Physical Activity Complex.

<b>PAC POOL</b>		Tuesday and Thursday: 7:15-8:15 pm / Saturday: 3:30-4:30 pm	
Fall	September 16 to December 21, 2017	<i>(No swims October 7 &amp; November 11, 2017)</i>	1 x a week \$135.00
			2 x a week \$145.00
			3 x a week \$175.00
<b>PAC POOL</b>		Tuesday and Thursday: 7:15-8:15 pm / Saturday: 3:30-4:30 pm	
Winter	January 9 to April 26, 2018	<i>(No swims February 17 &amp; March 31, 2018)</i>	1 x a week \$135.00
			2 x a week \$145.00
			3 x a week \$175.00

Aquatics

# Masters

This program is for adults, ages 18 and up, who are looking for a fitness program based on the speed-swimming workout. Swimmers are placed in lanes according to their abilities. Recreational and competitive swimmers with all abilities welcome! Participants will be registered with Swim Saskatchewan and may take part in optional competitions! This is a great way to meet new people and stay in shape! All workouts are held at the Physical Activity Complex.

Option 1:	Tuesday/Thursday Saturday	6:00-7:15 pm 4:30-6:00 pm	Option 2:	Monday/Wednesday/Friday Saturday	6:15-7:30 am 4:30-6:00 pm
<b>PAC POOL</b>					
Fall	September 15 to December 22, 2017	<i>(No swims October 7 &amp; 9 &amp; November 11 &amp; 13, 2017)</i>	1 x a week \$135.00		
			2 x a week \$145.00		
			3 x a week \$175.00		
			4 x a week \$195.00		
Winter	January 8 to April 26, 2018	<i>(No swims February 17 &amp; 19 and March 30 &amp; 31, 2018)</i>	1 x a week \$135.00		
			2 x a week \$145.00		
			3 x a week \$175.00		
			4 x a week \$195.00		

Registration begins Monday, August 14th, 2017!

<http://recservices.usask.ca>

Register at [beactive.usask.ca](http://beactive.usask.ca) or call (306) 966-1001.



# Adult Lessons

## Aquatics

These lessons are a three level program designed to meet the needs of adolescents and adults. Learn to swim in the comfortable atmosphere of the University pools. The basic skills to swimming such as floats, glides, face submersion, rhythmic breathing, and comfort are the focus of Adult Swim Basics 1. Adult Basics 2 is an introduction to swimming strokes and more in-depth water safety skills. Adult Swim Strokes focuses on refining strokes and skill enhancement. The strokes that are taught include: front crawl, back crawl, breaststroke, sidestroke and elementary backstroke. Water safety knowledge and skills are also included in the class instruction. Ages 17 and up are welcome with all levels of ability.

FALL LESSONS- Minimum Age 17						
Adult Swim Basics 1	Monday	8:30-9:15 pm	September 18 to December 4, 2017 <i>(No Lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$102.00
Adult Swim Basics 1 - Set 1	Tuesday & Thursday	8:45-9:30 pm	September 19 to October 19, 2017	10 lessons	EDUC	\$102.00
Adult Swim Basics 1	Wednesday	7:30-8:15 pm	September 20 to November 29, 2017 <i>(No Lesson November 15, 2017)</i>	10 lessons	EDUC	\$102.00
Adult Swim Basics 1	Saturday	2:45-3:30 pm	September 16 to December 2, 2017 <i>(No Lesson October 7 &amp; November 11, 2017)</i>	10 lessons	PAC	\$102.00
Adult Swim Basics 1 (WOMEN'S ONLY)	Saturday	4:00-4:30 pm	September 16 to December 2, 2017 <i>(No Lesson October 7 &amp; November 11, 2017)</i>	10 lessons	EDUC	\$85.00
Adult Swim Basics 2	Monday	8:15-9:00 pm	September 18 to December 4, 2017 <i>(No Lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$102.00
Adult Swim Basics 2 - Set 2	Tuesday & Thursday	9:00-9:45 pm	October 24 to November 30, 2017 <i>(No Lesson November 14 &amp; 16, 2017)</i>	10 lessons	EDUC	\$102.00
Adult Swim Basics 2	Wednesday	7:15-8:00 pm	September 20 to November 29, 2017 <i>(No Lesson November 15, 2017)</i>	10 lessons	PAC	\$102.00
Adult Swim Basics 2	Saturday	2:30-3:15 pm	September 16 to December 2, 2017 <i>(No Lessons October 7 &amp; November 11, 2017)</i>	10 lessons	PAC	\$102.00
Adult Swim Basics 2 (WOMEN'S ONLY)	Saturday	3:30-4:00 pm	September 16 to December 2, 2017 <i>(No Lessons October 7 &amp; November 11, 2017)</i>	10 lessons	EDUC	\$85.00
Adult Swim Strokes	Monday	8:15-9:00 pm	September 18 to December 4, 2017 <i>(No Lessons October 9 &amp; November 13, 2017)</i>	10 lessons	PAC	\$102.00
Adult Swim Strokes	Wednesday	7:45-8:30 pm	September 20 to November 29, 2017 <i>(No Lesson November 15, 2017)</i>	10 lessons	PAC	\$102.00
Swim Fit	Tuesday & Thursday	10:15-11:15 am	September 12 to December 21, 2017	28 lessons	EDUC	\$90.00

WINTER LESSONS - Minimum Age 17						
Adult Swim Basics 1	Monday	7:45-8:30 pm	January 15 to March 26, 2018 (No lesson February 19, 2018)	10 lessons	EDUC	\$102.00
Adult Swim Basics 1 Set 1	Tuesday & Thursday	8:30-9:15 pm	January 16 to February 15, 2018	10 lessons	EDUC	\$102.00
Adult Swim Basics 1	Friday	7:15-8:00 pm	January 19 to March 23, 2018 (No lesson February 23, 2018)	9 lessons	PAC	\$95.00
Adult Swim Basics 1 (WOMEN'S ONLY)	Saturday	4:00-4:30 pm	January 20 to March 24, 2018 (No lesson February 17, 2018)	9 lessons	EDUC	\$80.00
Adult Swim Basics 1	Tuesday & Thursday	8:15-9:00 pm	April 3 to 26, 2018	8 lessons	EDUC	\$88.00
Adult Swim Basics 2	Monday	8:30-9:15 pm	January 15 to March 26, 2018 (No lesson February 19, 2018)	10 lessons	PAC	\$102.00
Adult Swim Basics 2	Monday	7:45-8:30 pm	January 15 to March 26, 2018 (No lesson February 19, 2018)	10 lessons	EDUC	\$102.00
Adult Swim Basics 2 Set 2	Tuesday & Thursday	8:30-9:15 pm	February 27 to March 29, 2018	10 lessons	EDUC	\$102.00
Adult Swim Basics 2	Friday	7:30-8:15 pm	January 19 to March 23, 2018 (No lesson February 23, 2018)	9 lessons	PAC	\$95.00
Adult Swim Basics 2 (WOMEN'S ONLY)	Saturday	3:30-4:00 pm	January 20 to March 24, 2018 (No lesson February 17, 2018)	9 lessons	EDUC	\$80.00
Adult Swim Basics 2	Tuesday & Thursday	8:30-9:15 pm	April 3 to 26, 2018	8 lessons	EDUC	\$88.00
Adult Swim Strokes	Wednesday	7:45-8:30 pm	January 17 to March 28, 2018 (No lesson February 21, 2018)	10 lessons	PAC	\$102.00
Adult Swim Strokes	Tuesday & Thursday	8:15-9:00 pm	April 3 to 26, 2018	8 lessons	EDUC	\$88.00
Adult Swim Fit	Tuesday & Thursday	10:15-11:15 am	January 9 to April 26, 2018 (No lesson February 20 & 22 and April 3 & 5, 2018)	28 lessons	EDUC	\$90.00

Register Now for February Break,  
Easter Break and April's  
twice a week lessons

Pages 25 & 26