

# 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 (**Minimum age 10 and up – depending on level completed**). Stroke specific classes allow students to fine tune the mechanics of the various strokes.

## Aquatics

<b>SPRING LESSONS</b> (8 Lessons) minimum age 10					
Youth Levels 1 to 3	Monday	7:15-7:45 pm	May 1 to June 26, 2017 (No lesson May 22, 2017)	PAC	\$73.00
Youth Levels 1 to 3	Wednesday	7:15-7:45 pm	May 3 to June 21, 2017	PAC	\$73.00
Youth Levels 1 to 3	Friday	8:00-8:30 pm	April 28 to June 23, 2017 (No lesson May 19, 2017)	PAC	\$73.00
Youth Levels 4 to 6	Monday	7:30-8:15 pm	May 1 to June 26, 2017 (No lesson May 22, 2017)	PAC	\$86.00
Youth Levels 4 to 6	Wednesday	5:15-6:00 pm	May 3 to June 21, 2017	PAC	\$86.00
Youth Levels 4 to 6	Friday	7:45-8:30pm	April 28 to June 23, 2017 (No Lesson May 19, 2017)	PAC	\$86.00
Youth Levels 7 to 9	Monday	7:45-8:30 pm	May 1 to June 26, 2017 (No lesson May 22, 2017)	PAC	\$86.00
Youth Stroke Improvement	Wednesday	7:45-8:30 pm	May 3 to June 21, 2017	PAC	\$86.00

<b>SUMMER LESSONS</b> (9 or 10 Lessons depending on set) minimum age 10					
Youth Levels 1 to 3	Tuesday to Friday/ Monday to Friday	7:30-8:00 pm	Set B - July 4 to 14 , 2017	PAC	\$78.00
Youth Levels 1 to 3	Monday to Friday	7:30-8:00 pm	Set K - August 14 to August 25, 2017	PAC	\$83.00
Youth Levels 4 to 6	Tuesday to Friday/ Monday to Friday	7:30-8:15 pm	Set B - July 4 to 14 , 2017	EDUC	\$93.00
Youth Levels 4 to 6	Monday to Friday	7:30-8:15 pm	Set E - July 17 to 28, 2017	PAC	\$100.00
Youth Levels 7 to 10	Monday to Friday	7:30-8:30 pm	Set E - July 17 to 28, 2017	EDUC	\$112.00
Youth Stroke Improvement	Monday to Friday/ Tuesday to Friday	7:30-8:15 pm	Set H - July 31 to August 11, 2017 (No lesson August 7, 2017)	PAC	\$93.00

# Adult Lessons

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.

Aquatics

<b>SPRING LESSONS</b> (8 Lessons) minimum age 17					
Adult Swim Basics 1	Monday	7:30-8:15 pm	May 1 to June 26, 2017 (No Lesson May 22, 2017)	EDUC	\$86.00
Adult Swim Basics 1	Tuesday	8:45-9:30 pm	May 2 to June 20, 2017	EDUC	\$86.00
Adult Swim Basics 1	Tuesday and Thursday Set 1	9:15-10:00 pm	May 2 to May 25, 2017	PAC	\$86.00
Adult Swim Basics 1	Tuesday and Thursday Set 2	8:30-9:15 pm	May 30 to June 22, 2017	PAC	\$86.00
Adult Swim Basics 1 (Women's Only)	Saturday	4:00-4:30 pm	April 29 to June 24, 2017 (No Lesson May 20, 2017)	EDUC	\$73.00
Adult Swim Basics 1	Sunday	12:00-12:45 pm	April 30 to June 25, 2017 (No Lesson May 21, 2017)	EDUC	\$86.00
Adult Swim Basics 2	Monday	7:45-8:30 pm	May 1 to June 26, 2017 (No Lesson May 27, 2017)	PAC	\$86.00
Adult Swim Basics 2	Tuesday and Thursday Set 1	8:30-9:15 pm	May 2 to June 25, 2017	PAC	\$86.00
Adult Swim Basics 2	Wednesday	7:30-8:15 pm	May 3 to June 21, 2017	EDUC	\$86.00
Adult Swim Basics 2 (Women's Only)	Saturday	3:30-4:00 pm	April 29 to June 24, 2017 (No Lesson May 20, 2017)	EDUC	\$73.00
Adult Swim Strokes	Tuesday and Thursday Set 2	9:15-10:00 pm	May 30 to June 22, 2017	PAC	\$86.00
Adult Swim Strokes	Wednesday	7:45-8:30 pm	May 3 to June 21, 2017	PAC	\$86.00
Adult Swim Strokes	Thursday	8:45-9:30 pm	May 4 to June 22, 2017	EDUC	\$86.00
Adult Swim Fit	Tuesday and Thursday	10:15-11:15 am	May 2 to June 29, 2017	EDUC	\$86.00

<b>SUMMER LESSONS</b> (9 or 10 Lessons depending on set) minimum age 17					
Adult Swim Basics 1	Tuesday to Friday/ Monday to Friday	8:00-8:45 pm	Set B - July 4 to 14 , 2017	PAC	\$93.00
Adult Swim Basics 1	Monday to Friday	8:15-9:00 pm	Set E - July 17 to 28, 2017	PAC	\$100.00
Adult Swim Basics 1	Monday to Friday	8:15-9:00 pm	Set H - July 31 to August 11, 2017 (No Lesson August 7, 2017)	PAC	\$93.00
Adult Swim Basics 1	Monday to Friday	8:00-8:45 pm	Set K - August 14 to August 25, 2017	PAC	\$100.00
Adult Swim Basics 2	Tuesday to Friday/ Monday to Friday	8:45-9:30 pm	Set B - July 4 to 14 , 2017	PAC	\$93.00
Adult Swim Basics 2	Monday to Friday	9:00-9:45 pm	Set E - July 17 to 28, 2017	PAC	\$100.00
Adult Swim Basics 2	Monday to Friday	8:45-9:30 pm	Set K - August 14 to August 25, 2017	PAC	\$100.00
Adult Swim Strokes	Monday to Friday/ Tuesday to Friday	9:00-9:45 pm	Set H - July 31 to August 11, 2017 (No Lesson August 7, 2017)	PAC	\$93.00

Register now for Easter Break and April's twice a week lessons

# 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.

## Aquatics

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.

Spring	Beginner	Sunday	10:00-11:45 am	April 30 to June 25, 2017 (No Lesson May 22, 2017)	\$112.00
	Advanced	Sunday	11:45-3:00 pm	April 30 to June 25, 2017 (No Lesson May 22, 2017)	\$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			
Spring	April 29 to June 24, 2017	No Swim May 20, 2017	1 x a week	\$84.00	
			2 x a week	\$86.00	
			3 x a week	\$107.00	
<b>PAC POOL</b>		Tuesday and Thursday: 5:00-6:00 pm			
Summer	July 4 to August 24, 2017	*No Saturday Swims in summer	1 x a week	\$84.00	
			2 x a week	\$86.00	

## Volunteer for PAAL

A College of Kinesiology recreation-based program for special needs individuals.

Go to page 41 for more information or call (306)966-1003.

# 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.

Aquatics

Option 1:	Tuesday/Thursday Saturday	6:00-7:15 pm 4:30-6:00 pm - Spring dates only	Option 2:	Monday/Wednesday/Friday Saturday	6:15-7:30 am 4:30-6:00 pm - Spring dates only
<b>PAC POOL</b>					
Spring	April 28 to June 26, 2017	No Swim May 20 & 22, 2017	1 x a week	\$84.00	
			2 x a week	\$86.00	
			3 x a week	\$107.00	
			4 x a week	\$118.00	
Summer	July 4 to August 25, 2017	No Swim August 7, 2017 *No Saturday Swims in summer	1 x a week	\$84.00	
			2 x a week	\$86.00	
			3 x a week	\$107.00	

