

Swim Programs

Swimming lessons are for everyone 6 months & up!

Registration

***NEW* THE POOL HAS A DEBIT MACHINE!**

All pool registrations MUST come to the Pool Office!

The Deadline for all Swimming Registrations is: Monday, January 16th 2012

The process will work as follows:

1. Fill out the registration form in this flyer. You will receive your first choice **UNLESS WE CALL YOU!**
2. Please drop off the registration form and payment to the Davidson Centre **POOL OFFICE.**

****cheques should be made payable to “*Municipality of Kincardine*”**

For all registration inquiries and to register after the deadline please call – 519-396-3491 or visit our website for more information WWW.KINCARDINE.NET

Please note: Insufficient registrations may result in course cancellations. Pool fouling will result in a pool closure.
Prices subject to council approval.

Guidelines for Attending Swimming Lessons

Children over 5yrs of age: Please use the family change room to change children of the opposite gender that are over 5yrs of age.

Valuables: Please do not leave any valuables in the change room. The Municipality of Kincardine will not be responsible for lost or stolen articles from our facility.

Safe Arrival Policy: Please call us if your child will be absent from swimming lessons.

Lost & Found: Lost & Found is located in the family change room. Smaller articles may be in the pool office, please ask the pool staff for assistance.

Start and End time: On the first day the instructors will call out the names of the participants in their classes, if you do not hear your child's name ask the lifeguard for assistance. The instructors will not let a preschooler leave the deck until a parent or guardian is there to pick them up.

Repeat levels: It is not uncommon for a child to repeat the same level 2 or 3 times. Swimmers often need more than one set of lessons to gain a skill, coordination and the confidence necessary to move on to the next level.

Tentative Class Times Winter 2012

LEVEL	SATURDAYS	MONDAYS	WEDNESDAYS	THURSDAYS
	Jan.21-Mar.24 Missing Mar. 17th	Jan.23-Apr 2 Miss. Feb13&Mar12	Jan.25-Mar.28 Missing Mar.14th	Jan.26-Mar.29 Missing Mar.15th
Tots (30min) Creative Water exploration for toddlers and their parents \$66	10:15 a.m.	9:30 a.m. 10:00 a.m. 6:00 p.m.		9:30 a.m. 10:00 a.m.
Duck (30min) Parents are expected to come in the water for the first few classes \$66	9:45 a.m. 10:45a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:00 p.m. 6:00 p.m.	5:00 p.m.	9:30 a.m. 10:00 a.m. 4:30 p.m. 5:00 p.m. 5:30p.m.
Turtle (30min) Assisted front & back floats \$66	9:45 a.m. 10:45 a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:00 p.m. 6:00 p.m.	5:00 p.m.	9:30 a.m. 10:00 a.m. 4:30 p.m. 5:00p.m. 5:30p.m.
Sea Otter (30min) Unassisted Front Glide \$66	10:15 a.m. 10:45 a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:00 p.m. 5:30 p.m. 6:00 p.m. 6:30 p.m.	4:00 p.m. 5:00 p.m.	9:30 a.m. 10:00a.m. 4:30p.m. 5:00p.m. 5:30p.m.
Salamander (30min) Unassisted floats & glides, swim 2m \$66	10:15 a.m. 10:45 a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:00 p.m. 5:30 p.m. 6:00p.m. 6:30p.m.	4:00 p.m. 5:00p.m.	9:30 a.m. 10:00a.m. 4:30 p.m. 5:00 p.m. 5:30 p.m.
Swim Kids 1 (30min) Swim 5m \$66	9:45 a.m. 10:15 a.m. 10:45 a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:00 p.m. 5:30 p.m. 6:30 p.m.	4:30 p.m. 5:00 p.m.	9:30 a.m. 10:00 a.m. 4:30 p.m. 5:00 p.m. 5:30 p.m.
Swim Kids 2 (30min) Swim 10m \$66	9:45 a.m. 10:45 a.m. 11:15 a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:30 p.m. 6:30 p.m.	4:30 p.m.	9:30 a.m. 10:00 a.m. 4:30 p.m. 5:00 p.m. 5:30 p.m.
Swim Kids 3 (30min) Intro to Front Crawl, Swim 15m \$66	9:45 a.m. 10:15 a.m. 11:15 a.m.	9:30 a.m. 10:00 a.m. 10:30 a.m. 5:30 p.m. 6:30 p.m.	4:30 p.m.	9:30 a.m. 10:00 a.m. 4:30 p.m. 5:00 p.m. 5:30 p.m.
Swim Kids 4 (30min) Front Crawl Swim 25m \$66	9:45 a.m. 10:15 a.m. 11:15 a.m.	5:00 p.m. 6:30 p.m.	4:00 p.m.	4:30 p.m. 5:00 p.m. 5:30 p.m.
Swim Kids 5 (1hr) Back crawl, whip kick on back, Swim 50m \$81	10:45 a.m.	5:00 p.m. 6:00 p.m.	4:00 p.m.	5:00 p.m.
Swim Kids 6 (1hr) Elementary backstroke, swim 75m \$81	10:45 a.m.	5:00 p.m. 6:00 p.m.	4:00 p.m.	5:00 p.m.
Swim Kids 7/8 (1hr) breaststroke 150m, 300m \$81	10:45 a.m.	6:00 p.m.	4:00 p.m.	5:00 p.m.
Swim Kids 9/10 (1hr) Side stroke, Swim 400/500m \$81	10:45 a.m.	6:00 p.m.	4:00 p.m.	5:00 p.m.
Bronze Star \$109		4:45 p.m.		
Diving \$66		5:30 p.m.		

****Family Rate - \$197.50 – Applies only to registrants in the above classes who exist as one economic unit****

Children's Swimming Programs

Private & Semi-Private Lessons

These lessons work well for candidates who have been in a level several times & only have one or two items left to complete. The lessons may be scheduled during any of the children's lessons times. Call Michelle at 519-396-3491 to schedule.

Prices: \$93.50 – four, ½ hour one on one
\$83.50 – per child, four ½ hour
one instructor, 2 children

Junior & Mini Underwater Hockey

Come out and try underwater hockey. Fins, snorkels and masks will be provided. Bring thin white cotton socks for use in the fins. Participants need to be at least 8 yrs. old.

Day & Time: Wednesdays 5:00-5:45pm

Starts: January 25th, 2012

Ends: March 28th, 2012

Missing: March 14th, 2012

Cost: \$70.00

Springboard Diving

The diving program teaches jumps (layout, tuck, pike) & dives in an easy progression.

Day & Time: Mondays 5:30-6:00 p.m.

Starts: January 23rd, 2012

Ends: April 2nd, 2012

Cost: \$66.00

Volunteers are needed

Responsible volunteers are needed to help with swimming classes. Duties could include: assisting instructors with a class of younger students or helping a child with special needs.

Pre-requisite: 11 years of age or older

Enjoy working with children

For more information please call 519-396-3491

Kindergym & Swim

Kindergym is an active program for children 1 to 5 years of age. The program uses a unique approach to explore balance, coordination, rhythm, social skills and much more. Kindergym will take place in the new gymnasium beginning in January 2012.

Days & Times:

Mondays: January 23rd-April 2nd, 2012

Missing: February 13th, March 12th 2012

9:30-10am Pool OR 10-10:30am Pool
10:15-11am Gym 11-11:45am Gym

Saturdays: January 21st-March 24th, 2012

Missing March 17th, 2012

9:45-10:15 Pool OR 10:15-10:45am Pool
10:30-11:15 Gym 11:15am-12pm Gym

Cost: Kindergym only \$65.00

Kindergym and Swim \$90.00

** Caregivers must accompany their child in the Gym*

**Children in "Tots" swim must be accompanied by their caregiver*

** Bring a nutritious, non messy snack to have in our quiet mat area in the gym*

** Non slip shoes should be worn or bare feet*

Bronze Star

Participants in the Bronze Star program learn valuable lifesaving skills and increase their water confidence. Bronze Star is a *pre-Bronze Medallion* program recommended for children ages 11+.

Day & Time: Mondays 4:45-6:00p.m.

Starts: January 23rd, 2012

Ends: April 2nd, 2012

Cost: \$109

Adult Swimming and Water Fitness Programs

Power Swimming

This swimming program will help you to improve your endurance, speed, efficiency and form. This program includes a coach that creates structured workouts to help participants improve their swimming ability.

Registration Start Date: Dec. 1st, 2011!

Only 25 spots available for each option!

Days & Times:

Tuesdays & Thursdays 6-7pm **OR**

Tuesdays 8-9pm & Thursdays 7-8pm

Starts: January 3rd, 2012

Ends: March 10th, 2012

Cost: \$101.70 incl.HST **early or late**

**Second Session runs from March 20th-June 2nd*

Adult Swimming Lessons

Adult lessons are taught privately or in small groups, the instructor will tailor the program to meet the participants needs. Days and times are flexible to the participants schedule.

Cost: \$94.00 including HST

Aqua Zumba

Join us for a Latin inspired dance party!

Days & Times:

Mondays 7:00-7:45 p.m.

Wednesdays 10:30-11:15 a.m.

Starts: January 16th and 18th, 2012

Ends: April 23rd and 26th, 2012

Price: \$94.00 including HST

Adult Underwater Hockey

Underwater hockey is a great workout and lots of fun! (11 weeks)

Starts: January 5th, 2012

Time: 8pm-9pm

Cost: \$99 (including HST)

Aquafit and Aquadeep

Aqua fitness provides an excellent aerobic workout to motivational music with upbeat and enthusiastic instructors. Swimming ability is not required.

Aqua deep incorporates the use of an exercise belt to allow you to participate without putting your feet on the bottom of the pool. The program uses inspirational music and the instructors encourage each participant to get a great aerobic workout!

15 WEEK SESSION

Tuesday January 10th, 2012

Days & Times:

Monday*** 7:00-7:45p.m.

Tuesday 9:30-10:30a.m.

Wednesday 9:30-10:30a.m.

Wednesday 7:00-8:00 p.m.

Thursdays*** 10:30-11:30a.m.

Friday 9:30-10:30p.m.

Price: Once a week \$120 including HST

More than once \$165 including HST

Day Pass: \$10.75 including HST

**Includes AquaZumba*

Credits will only be issued for absences for more than 3 weeks and must be approved by the Aquatic Recreation Coordinator

****music selection will be AquaZumba related*

5% OFF if you register before Dec. 30th, 2011

Gentle Fit

The Gentle Fit program is tailored to participants with joint problems, arthritis, or other health problems. The instructor uses a variety of gentle movements and stretching to increase mobility and strengthen muscles.

Day & Time: Thursdays 10:30-11:30 a.m.

Starts: January 12th, 2012

Ends: April 19th, 2012

Price: \$120 including HST

Advanced Courses

Bronze Medallion

This course focuses on knowledge, fitness, rescue and judgement related to water activities. Participants will learn Emergency First Aid including: use of an AED, wound management, and CPR "B". Bronze Medallion is a pre-requisite for Bronze Cross. **Starts Sunday January 22nd, 2012**

Pre-requisites:

- 13 years of age
- OR Bronze Star

FULL ATTENDANCE IS MANDATORY!

Day & Time: Sunday Class 4:00-5:30p.m.
Pool 5:30-7:00p.m.

Exam Date: Sunday March 25th, 2012

Price: \$214.00 (includes HST, Manual, exam fee)

***No Class on March 11th, 2012**

Bronze Cross

The Bronze Cross course focuses on lifesaving skills that a participant can use on themselves and others. The participant will learn how to protect themselves in lifesaving situations, teamwork and the use of specialized equipment. **Bronze Cross is a pre-requisite for NLS and Instructors.**

Pre-requisites:

- 14 years of age
- Bronze Medallion
- Emergency First Aid

FULL ATTENDANCE IS MANDATORY!

Starts: Sunday January 22nd, 2012

Day & Time: Sunday Class 4:00-5:30p.m.
Pool 5:30-7:00p.m.

Exam Date: Sunday March 25th, 2012

Price: \$242.00 (includes HST, mask, exam fee)

***No Class on March 11th, 2012**

National Lifeguard Service

National lifeguard Service (N.L.S), is the only nationally recognized lifeguard training program. Training includes proper guarding procedures. This is a 40 hour course and **100% ATTENDANCE IS MANDATORY.**

Pre-requisites:

- 16 years of age
- Bronze Cross
- Standard First Aid & CPR "C"

Days & Times:

Friday, April 20th	6:00p.m.-10:00p.m.
Saturday, April 21 st	9:00a.m.-6:00p.m.
Sunday, April 22 nd	9:00a.m.-6:00p.m.
Friday, April 27 th	6:00p.m.-10:00p.m.
Saturday, April 28 th	9:00a.m.-6:00p.m.
Sunday, April 29 th	9:00a.m.-6:00p.m.

Price: \$354 including HST, Manual, Exam fee

NLS Recert Date: Sunday April 29th, 2012

NLS Recert Price: \$100 including HST

Water Safety Instructor School

The Water Safety Instructor School is a dual certification course that includes certification from the Red Cross and the Lifesaving Society. This is a 40 hour course that prepares participants to teach swimming lessons.

Pre-requisites:

- 16 years of age
- AWSI
- Bronze Cross

FULL ATTENDANCE IS MANDATORY!

Days & Times:

Friday, April 13th	6:00p.m.-10:00p.m.
Saturday, April 14 th	9:00a.m.-6:00p.m.
Sunday, April 15th	9:00a.m.-6:00p.m.
Saturday, May 5th	9:00a.m.-6:00p.m.
Sunday, May 6th	9:00a.m.-6:00p.m.

Price: \$390 including HST, manual, exam fee

WSI Recert Date: Sunday April 29th, 2012

WSI Recert Price: \$100 including HST

First Aid & CPR

Emergency First Aid & CPR “B”

Emergency First Aid includes the following information: AED use, wound management, CPR for adults and children, & treatment of life threatening injuries.

Day & Time:

Saturday March 24th 9:00a.m.-6:00p.m.

Price: \$85.50 (includes HST, manual, exam fee)

Standard First Aid & CPR “C”

The Standard First Aid course includes the content from Emergency First Aid as well as: CPR for infants, environmental illnesses, bone injuries, and medical disorders.

Days & Times:

Saturday March 24th 9:00a.m.-6:00p.m.

Sunday March 25th 9:00a.m.-6:00p.m.

Price: \$139.00 (includes HST, manual, exam fee)

Recreational Swimming Program Descriptions

Early Bird: Tuesdays and Thursdays from 6:30am to 7:45am. Perfect for the early risers who enjoy getting their day started with a great lane swimming workout. During the Early Bird Swims the pool will be divided into two single fast lanes and two block lanes (Medium and Leisure).

Adult Swim: Mondays and Wednesdays from 8 to 9pm and Saturdays from 8:30-9:30am. In an attempt to promote a healthy lifestyle and fitness options for everyone in the community, the pool will be divided into two single fast lanes and two block lanes (Medium and Leisure).

Book your Child’s Birthday Party

At the pool your children will enjoy use of the rope, slide, diving board, alligator and other pool toys!

The Birthday Party Package includes: half an hour pool time and a 3 hour room rental for \$102 including HST.

Pool Only Option - \$60.75 for ½ hour
Kindergym Party: \$185 incl. HST

Noon Swim: Mondays to Fridays from 11:30am-1pm. Come to the pool to enjoy a workout over your lunch hour! Whether you want to perform therapy exercises or swim lengths, this swim time is for you!

Public Swim: Saturdays and Sundays from 2-3pm; Tuesdays, Thursdays and Fridays 7-8pm. Come out and try our Tarzan Rope, Slide and Diving Board! This swim is open to EVERYONE!!!! Please note: children under 112cm tall must be accompanied by an adult.

Family Swim: Sundays 3:30-4:30pm. This swim is dedicated to Parents and Children that wish to enjoy an afternoon of swimming together! Our Tarzan Rope, Slide and Diving board will be open and ready for your enjoyment!

***NEW* Masters Swimming:** Saturdays from 7:30am-8:30am. The pool will be divided into 6 single lanes with corresponding pace times. Participants will be expected to organize themselves according to speed and ability. Each lane will have a workout available. Please Note: proper lane etiquette will be enforced!