

GENERAL SWIM LESSON INFORMATION

- **Not sure which level to register for?** City of Vaughan offers free screenings. Please call your local pool (page 158) to arrange a time.
- Dry land water safety lessons are part of all learn-to-swim programs. Where a pool may close in an untimely manner due to a pool fouling or mechanical problem, instructors will use the time to focus on dry land water safety lessons that are a part of the Red Cross Learn-to-Swim program. If this is not possible, a credit is issued for the missed class.
- Reduce the number of pool closures due to pool fouling by a) ensuring

participants who are not toilet-trained wear swimmer pull-ups (i.e. Huggies, Gabby's, Lil' Swimmers) - no diapers - and b) if necessary, only feeding young children a light snack before swimming activities.

- Support your child's learning through participation in the recreational swimming program. Set realistic goals for your child, encouraging them to do their best. Learning to swim can be enjoyable, but like many skills, it takes time, practice and patience.
- **Repeating a level?** Show your last report card to the Instructor to allow practice time on skills requiring development. To progress to the next level, all items must be completed.

- **Questions?** Speak to the on-site Deck Supervisor or contact the Aquatic Coordinator at your pool.

SWIMMING/POOL INDEX:

Al Palladini102-104, 134-135
 Aquafitness Classes165-168
 Chancellor105-106, 136-137
 Dufferin Clark107-112, 138-141
 Fr. Ermanno Bulfon . .113-115, 142-143
 Garnet A. Williams . .116-119, 144-146
 Leadership Programs158-164
 Learn-to-Swim Program Descriptions97-101
 Maple Pool120-124, 147-150
 North Thornhill: *Opening 2010*
 Recreational Swimming165-169
 Vellore Village125-131, 150-155
 Woodbridge132-133, 156-157

Swim Progression Chart



Lifesaving Club Development

Vaughan Lifesaving Club:
Youth Division **Requires SK Level 5**

Lifesaving Courses

- Bronze Star **Recommended SK Level 10**
- Star Patrol **Recommended SK Level 9**
- Ranger Patrol **Recommended SK Level 8**
- Rookie Patrol **Recommended SK Level 7**

Adult Swim Programs (13 years+)

- Adult Water Polo
- Teen/Adult F.A.S.T. Forward Advanced
- Teen/Adult F.A.S.T. Forward
- Teen/Adult Swim Strokes
- Teen/Adult Swim Basic

LEADERSHIP CONTINUUM (See page 158)

Bronze Medallion (13 yrs or Bronze Star)

- Swim Kids Level 10
- Swim Kids Level 9
- Swim Kids Level 8
- Swim Kids Level 7
- Swim Kids Level 6
- Swim Kids Level 5
- Swim Kids Level 4
- Swim Kids Level 3
- Swim Kids Level 2
- Swim Kids Level 1

SWIM KID (SK) LEVELS (6 YEARS+)

Junior Specialty Courses (Youth)

- F.A.S.T. Advanced (8-13 yrs) **Requires SK Level 10**
- F.A.S.T. (8-13 yrs) **Requires SK Level 8**
- Water Polo (8-14 yrs) **Requires SK Level 5**
- Beginner/Advanced Synchro (6-14 yrs) **Requires SK Level 5**
- Beginner/Advanced Diving (6-14 yrs) **Requires SK Level 6**
- Lifesaving Fitness (8 yrs+) **Requires SK Level 8**

Learn-to-Swim Preschool (3-5 years)

- Whale
- Crocodile
- Sunfish
- Salamander
- Sea Turtle (3-5 yrs)

Parent & Tot Swim Preschool

- Duck (18-48 months)
- Starfish (4-18 months)



LEARN-TO-SWIM PROGRAMS

Starfish

An introductory class for infants and their parent or caregiver. To enter this level, your child must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, songs and play in the water. **Please Note: Parents/guardians must participate in the water with their child.**

Age: 4 - 18 months **Ratio:** 1:10
Prerequisite: Age only
Class Length: 30 minutes

Starfish/Duck

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group.

An introductory class for infants and toddlers and their parent or caregiver. To enter this level, your child must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, songs and play in the water. Children build confidence while enjoying the water through games, songs, and active water play. **Please Note: Parents or guardians must participate in the water with their child.**

Age: 4 - 48 months **Ratio:** 1:10
Prerequisite: Age only
Class Length: 30 minutes

Duck

For toddlers or young children with a parent or caregiver. Children build confidence while enjoying the water through games, songs and active water play. **Please Note: Parents or guardians must participate in the water with their child.**

Age: 18 - 48 months **Ratio:** 1:10
Prerequisite: Age only
Class Length: 30 minutes

Sea Turtle

A transitional level for preschoolers without their parents. This level develops skills in swimming, glides, and floating, and builds awareness of deep water and safe entries.

Age: 3 - 5 years **Ratio:** 1:4
Prerequisite: Age only
Class Length: 30 minutes

Salamander

Preschoolers actively learn new swimming skills including 2m front swim, floats and assisted glides through games and songs. The fun includes learning to jump into chest deep water.

Age: 3 - 5 years **Ratio:** 1:5
Prerequisite: Sea Turtle
Class Length: 30 minutes

Sunfish

Assisted by an instructor, preschoolers work on stroke and skill progressions. Learning also focuses on good judgement, in and around water, entries and floats in deep water, and 2m front swim and 5 second front glides.

Age: 3 - 5 years **Ratio:** 1:5
Prerequisite: Salamander
Class Length: 30 minutes

Crocodile

Crocodile preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for 5m front and back swims and 10 second surface support. Swimmers learn about the dolphin kick and try synchro skills in the water.

Age: 3 - 5 years **Ratio:** 1:6
Prerequisite: Sunfish
Class Length: 30 minutes

Crocodile/Whale

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group. Please see Red Cross Crocodile and Whale program descriptions for swim components. Perfect for families with children in either level!

Age: 3 - 5 years **Ratio:** 1:6
Class Length: 30 minutes

Whale

Whale preschoolers learn to swim independently and participate in team games. Preschoolers increase their distance and improve skills in 7m front and back swims, along with 10m distance swim. Swimmers also learn about throwing assists to help another person in the water.

Age: 3 - 5 years **Ratio:** 1:6
Prerequisite: Crocodile
Class Length: 30 minutes

Swim Kids Levels 1/2/3: Girls Only

A multi-level teaching concept allowing instructors to teach girls with various skill levels within the same group.

Your daughter can learn to swim in a controlled environment with a female instructor. Blinds will be drawn and only the female parent/guardian may watch this lesson in progress. Please see program descriptions for Swim Kids Levels 1, 2 and 3 for swim components.

Perfect for families with daughters in each level!

Age: 6 - 13 years **Ratio:** 1:6
Prerequisite: Age only
Class Length: 30 minutes

Swim Kids Level 1

This is the entry level for Red Cross Swim Kids. This level provides an orientation to the water and the pool area and develops floats and glides with kicks. Children build their endurance by working on 3 second front and back glide.

Age: 6 - 13 years **Ratio:** 1:6
Prerequisite: Age only
Class Length: 30 minutes

Swim Kids Level 2

Children continue to develop skills fundamental to front and back swims. Children are introduced to deep water activities and proper use of a Personal Floatation Device (PFD). Endurance is built using flutter kicking with assisted glides and 5m front swims and 10m distance swims.

Age: 6 - 13 years **Ratio:** 1:6
Prerequisite: Swim Kids Level 1
Class Length: 30 minutes

Swim Kids Level 3

This level provides an introduction to 5m front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children work on deep water floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15m distance swim.

Age: 6 - 13 years **Ratio:** 1:6
Prerequisite: Swim Kids Level 2
Class Length: 30 minutes

98 Swimming / PROGRAM DESCRIPTIONS

Swim Kids

Levels 4/5/6: Girls Only



A multi-level teaching concept allowing instructors to teach girls with various skill levels within the same group.

Your daughter can learn to swim in a controlled environment with a female instructor. Blinds will be drawn and only the female parent or guardian may watch this lesson in progress. Please see program descriptions for Swim Kids Levels 4, 5 and 6 for swim components. Perfect for families with daughters in each level!

Age: 6 - 13 years

Ratio: 1:6

Prerequisite: Age only

Class Length: 45 minutes

Swim Kids Level 4



10m front crawl, 10m back glide with shoulder roll, and rhythmic breathing are further developed. Children work on kneeling dives, surface support, and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m distance swim.

Age: 6 - 13 years

Ratio: 1:6

Prerequisite: Swim Kids Level 3

Class Length: 30 minutes

Swim Kids

Levels 4/5: Swim Strong



THIS IS NOT AN OFFICIAL RED CROSS LEARN-TO-SWIM PROGRAM.

Does your child need to repeat Swim Kids Levels 4 or 5? Register for skill-specific training.

A multi-level teaching concept focusing on stroke development and technique; it also strengthens endurance through a 10-15m swim. Once 'incomplete' requirements are fulfilled, a badge will be issued for the appropriate level. Perfect for families with children in each level!

Please Note: Program offered at Chancellor Pool only.

Age: 6 - 13 years

Ratio: 1:6

Class Length: 45 minutes

Swim Kids Level 5



Back crawl (15m) is introduced, along with sculling skills and whip kick on the back. Stride dives are attempted and children receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50m distance swim.

Age: 6 - 13 years

Ratio: 1:6

Prerequisite: Swim Kids Level 4

Class Length: 45 minutes



Swim Kids Level 6



Front and back crawl (25m) continue to be refined as the elementary backstroke is introduced. Children explore safety on ice, rescue of others with throwing assists, treading water and front dives. Endurance is built through a 75m distance swim.

Age: 6 - 13 years

Ratio: 1:8

Prerequisite: Swim Kids Level 5

Class Length: 45 minutes

Swim Kids

Levels 7/8/9/10: Girls Only



A multi-level teaching concept allowing instructors to teach girls with various skill levels within the same group.

Your daughter can learn to swim in a controlled environment with a female instructor. Blinds will be drawn and only the female parent or guardian may watch this lesson in progress. Please see program descriptions for Swim Kids Levels 7, 8, 9 and 10 for swim components. Perfect for families with daughters in each level!

Age: 6 - 13 years

Ratio: 1:10

Prerequisite: Age only

Class Length: 45 minutes

Swim Kids Level 7



Build skills and endurance for 50m front crawl and back crawl and 25m elementary back stroke. Children learn basic choking techniques and increase endurance through timed treading water and a 150m distance swim.

Age: 6 - 13 years

Ratio: 1:6

Prerequisite: Swim Kids Level 6

Class Length: 45 minutes

Swim Kids Levels 7/8



A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group.

Please see program descriptions for Swim Kids Levels 7 and 8 for swim components.

Perfect for families with children in either level!

Age: 6 - 13 years

Ratio: 1:10

Prerequisite: Swim Kids Level 6/7

Class Length: 45 minutes

Rookie Patrol



Features a 100m timed swim and swimming with clothes. A work-hard, play-hard approach develops swimming strength and efficiency, with an emphasis on personal responsibility for water smart behaviour.

Age: 6 - 13 years

Ratio: 1:10

Recommended: Swim Kids Level 7

Class Length: 1 hour

Swim Kids Level 8



An introduction to 15m breaststroke; footfirst surface dive; and rescue entries. Children learn about the dangers of open water; hypothermia; and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300m distance swim.

Age: 6 - 13 years

Ratio: 1:10

Prerequisite: Swim Kids Level 7

Class Length: 45 minutes

Rookie/Ranger Patrol



A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group.

Rookie/Ranger Patrol features 100m timed swim and swimming with clothes. A work-hard, play-hard approach develops swimming strength and efficiency, with an emphasis on personal responsibility for water smart behaviour. Perfect for families with children in each level!

Age: 6 - 13 years

Ratio: 1:10

Recommended: Swim Kids Level 8

Class Length: 1 hour

Ranger Patrol



Features 200m timed swim completed in 6 minutes; stride entries; supporting and carrying a 2.3 kg object; assisted removal of victims; individual medleys; rescue breathing; and choking procedures.

Take 'Ranger Patrol' and stay on course to becoming a lifeguard.

Age: 6 - 13 years

Ratio: 1:10

Recommended: Swim Kids Level 9

Class Length: 1 hour

This program is eligible for the Children's Fitness Tax Credit (page 84).

Swim Kids Level 9 ✓

100m front crawl and back crawl; 50m elementary backstroke; 25m breaststroke, continue to be refined and diving. Participants also learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400m distance swim.

Age: 6 - 13 years **Ratio:** 1:10
Prerequisite: Swim Kids Level 8
Class Length: 45 minutes

Rookie/Ranger/Star Patrol ✓

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group.

Please see program descriptions for Rookie, Ranger and/or Star Patrol for swim components. Perfect for families with children in either level!

Age: 6 - 13 years **Ratio:** 1:10
Class Length: 1 hour

Star Patrol ✓

Features 300m timed swim completed in 9 minutes; swimming with clothes; defence methods; support and carry 4.5 kg; scene assessment; obstructed airways; towing rescue; and whistle signals.

Age: 6 - 13 years **Ratio:** 1:10
Recommended: Swim Kids Level 9
Class Length: 1 hour

Swim Kids Level 9/10 ✓

A multi-level teaching concept allowing instructors to teach participants at various skill levels within the same group.

Please see program descriptions for Swim Kids Level 9 and/or 10 for swim components. Perfect for parents/guardians with children in either level!

Age: 6 - 13 years **Ratio:** 1:10
Class Length: 45 minutes

Swim Kids Level 10 ✓

The highest learn-to-swim level, strokes are refined, with an introduction to butterfly. Children learn about sun safety, rescue of others from the ice, and head-first and foot-first surface dives. Endurance is built using dolphin kick and butterfly drills and a 500m distance swim.

Age: 6 - 13 years **Ratio:** 1:10
Prerequisite: Swim Kids Level 9
Class Length: 45 minutes

Swim Kids Levels 8/9/10: Swim Strong ✓

THIS IS NOT AN OFFICIAL RED CROSS LEARN-TO-SWIM PROGRAM.

Does your child need to repeat Swim Kids Levels 8, 9 or 10? Register for skill-specific training.

A multi-level teaching concept focusing on stroke development and technique; it also strengthens endurance through a 10-15m swim. Once 'incomplete' requirements are fulfilled, a badge will be issued for the appropriate level. Perfect for families with children in each level!

Please Note: Program offered at Chancellor Pool only.

Age: 6 - 13 years **Ratio:** 1:10
Class Length: 45 minutes

Bronze Star ✓

Build problem solving and decision making skills, individually and in partners; learn CPR. Participants develop water-smart confidence and lifesaving skills. Timed 400m swim; support and carry a 4.5 kg object; and 100m individual medley.

Age: 8 - 13 years **Ratio:** 1:10
Prerequisite: Swim Kids Level 8 or Star Patrol
Class Length: 1 hour

1-on-1 Lessons; 1-on-3 Swim Kids Level 3; 1-on-5 Swim Kids Levels 8/9/10 ✓

These classes are available on a limited basis and not at all locations. They are intended as a support for participants who have repeated a level several times. This is an opportunity to focus on completing specific skills in order to move to the next level.

These classes are available only when classes, which have not reached minimum enrolment levels, have been cancelled, or waiting lists have been accommodated.

Age: 3 years+ **Ratio:** 1:1; 1:3; 1:5
Class Length: 30 minutes



SPECIAL INTEREST

F.A.S.T. (Fun Active Swim Time) ✓

'Fun Active Swim Time' enhances the Red Cross program. It teaches new skills such as flip turns and diving from starting blocks. The instructors assist in stroke correction and stroke efficiency, improving endurance. The end of session progress report indicates areas of improvement based on the principle of feedback rather than incomplete or complete demonstration of skills.

Age: 8 - 13 years **Ratio:** 1:10
Prerequisite: Swim Kids Level 8
Class Length: 45 minutes

NEW F.A.S.T. Advanced ✓

This program builds upon the competitive swim strokes and racing techniques learned in F.A.S.T. In this introduction to competitive swimming, participants learn to swim streamlined and faster. A qualified instructor teaches proper stroke technique in front crawl, back crawl, breaststroke and/or butterfly, and racing skills including flip turns and diving from starting blocks, to improve efficiency and endurance in the water. The end of session progress report indicates areas of improvement based on the principle of feedback rather than incomplete or complete demonstration skills.

Age: 8 - 13 years **Ratio:** 1:10
Prerequisite: Swim Kids Level 10
Class Length: 45 minutes

H₂O Running ✓

Running is one of the best forms of cardiovascular exercise. It is also one of the primary contributors to lower body injuries. The unique environment of water running can help you reduce the risk of injury and increase fitness levels in ways that cannot be accomplished with land exercise alone. In a world of impact, start thinking amphibious. Explore how you can combine land and water exercise and stay in top form longer and with few injuries. Speedo water equipment provided for class duration.

Age: 16 years+ **Ratio:** 1:10
Recommended: Participants who are experienced or elite runners and comfortable in deep water.
Class Length: 1 hour

✓ This program is eligible for the Children's Fitness Tax Credit (page 84).

100 Swimming / PROGRAM DESCRIPTIONS

NEW Interactive Adapted Aquatics



This adaptive aquatics program is an interactive water play time for children of all abilities and their caregivers. With a focus on fun and inclusion, a qualified instructor teaches participants water games and sports that increase muscle tone, agility, and confidence in the water. All activities are adapted to suit individual needs and swimming level.

Please Note: Participants must be accompanied by a parent/sibling and or caregiver.

Age: 3 - 7 years; 8 - 13 years **Ratio:** 1:10

Prerequisite: Age

Class Length: 1 hour

Lifesaving Fitness



The Lifesaving Fitness award teaches the importance of physical fitness in lifesaving. This award challenges you to swim faster, longer and stronger. Success is evaluated at gold, silver and bronze level standards.

Age: 8 - 16 years **Ratio:** 1:8

Class Length: 45 minutes

NEW Swim Sports Sampler



This non-competitive sports program introduces swimmers to the exciting world of water sports.

With an emphasis on fun and friendship, participants will have the exciting opportunity to sample some of the following specialty aquatic programs offered at our pools, including water polo, synchronized swimming, FAST, diving, and Vaughan Lifesaving Club. Through this combination of challenging cardio activities swimmers increase endurance and confidence, develop teamwork and communication skills, and learn valuable lifesaving skills.

Age: 8 - 13 years **Ratio:** 1:10

Prerequisite: Teen/Adult Swim Basic or Swim Kids Level 6

Class Length: 45 minutes

Springboard Diving: Beginner



This course teaches would be diving stars the fundamentals to safe diving, including take offs, various entries and safety.

Age: 6 - 14 years **Ratio:** 1:10

Prerequisite: Swim Kids Level 5.

Class Length: 45 minutes



Springboard Diving: Advanced



Building on the skills from 'Springboard Diving: Beginner', this course further strengthens and challenges divers with more complicated and technical dives.

Age: 6 - 14 years **Ratio:** 1:10

Prerequisite: Swim Kids Level 5

Class Length: 45 minutes

Synchronized Swimming: Beginner



A dynamic water sport combining grace and beauty with strength, endurance, and power. Skills include sculling, layout positions, somersaults, and various travelling techniques.

Age: 6 - 14 years **Ratio:** 1:10

Prerequisite: Swim Kids Level 5

Class Length: 45 minutes

Synchronized Swimming: Advanced



This course is a continuation of 'Synchro: |Beginner', where students refine their synchro techniques and develops increasingly complicated routines and choreography.

Age: 6 - 14 years **Ratio:** 1:10

Prerequisite: Swim Kids Level 5

Class Length: 45 minutes

Vaughan Lifesaving Club: Junior, Youth, Senior Divisions

Learn how to save lives while getting physically fit with lifesaving - a competitive sport recently established by the Canadian Lifesaving Society.

Throughout the year, Lifesaving Society (LSS) coaches train swimmers in 5 individual lifesaving events including an obstacle swim, tow with fins, lifesaving medley, throwing accuracy, and object support; and 2 team events, the obstacle relay and medley relay.

Emphasis is placed on improving the overall fitness of young athletes, including, strength, power, and endurance and promoting teamwork, sportsmanship, achieving personal bests and having fun.

Athletes participate in the National Junior Telegames and end the competition season at the Provincial Championships in June.

Please note: Swimmers may join the Club throughout the season at a pro-rated fee.

For more information, contact Alexandria Weatherup-Leach at 905-832-8585 ext.7201.

Age: Junior 7 - 9 years **Ratio:** 1:10

Youth 10 - 15 years

NEW Senior 14 - 17 years

Prerequisite: Teen & Adult Swim Strokes, or Swim Kids Level 5

Class Length: 1 hour

Vaughan Lifesaving Club: Development Division

Throughout the year, LSS coaches focus on improving the overall fitness level of young athletes. Swimmers focus on teamwork, sportsmanship, achieving personal bests and having fun. Athletes participate in the National Junior Telegames ending the competition season at the Provincial Championships in June.

The Development Division will train athletes who are willing to commit to two practices a week.

Please note: Swimmers may join the Club throughout the season at a pro-rated fee.

For more information, contact Alexandria Weatherup-Leach at 905-832-8585 ext.7201.

Age: 10 - 15 years **Ratio:** 1:10

Prerequisite: Teen & Adult Swim Strokes, or Swim Kids Level 6

Class Length: 1 hour

This program is eligible for the Children's Fitness Tax Credit (page 84).

Water Polo ✓

Swimmers learn the theory and skills behind this competitive water sport in a fun, positive atmosphere. Through drills in ball handling, kicking, and stroke technique, participants improve their efficiency and endurance in the water, and practice their new skills in exciting and challenging water polo games.

This group program develops teamwork, sportsmanship and decision making skills, while improving overall fitness levels and swimming strokes.

Age: 8 - 13 years **Ratio** 1:24
Prerequisite: Swim Kids Level 5
Class Length: 45 minutes

Teen/Adult Swim Strokes ✓

Swimmers work with a qualified instructor to identify areas of weakness and set individual goals, with an emphasis on learning proper and efficient techniques for front crawl, back crawl, breaststroke and/or butterfly. Through a variety of drills participants build a strong swimming foundation while increasing their endurance, speed and distance. This stroke development program is ideal for triathletes in training and individuals interested in the Water Safety Instructor (WSI) course.

Age: 13 years+ **Ratio** 1:8
Prerequisite: Teen/Adult Swim Basic or Swim Kids Level 4
Class Length: 45 minutes



TIP:
 Choose a further parking spot,
 or get off the bus early
 and walk the extra steps.

TEEN & ADULT PROGRAMS

Teen/Adult Swim Basic ✓

This beginner's course provides non-swimmers with an orientation to the water and pool area.

A qualified instructor teaches participants skills fundamental to front and back swims, such as floats, glides and kicking. Swimmers work with the instructor to identify areas of focus and set individual goals, with an emphasis on building basic swimming skills. With practice, participants increase their confidence and comfort level in the water and move toward stroke development and swimming without assistance.

Age: 13 years+ **Ratio** 1:8
Prerequisite: Age Only
Class Length: 45 minutes

Teen/Adult Swim Basic: Ladies Only ✓

This beginner's course provides female non-swimmers with an orientation to the water and pool area.

A qualified female instructor teaches participants skills fundamental to front and back swims, such as floats, glides and kicking. Swimmers work with the instructor to identify areas of focus and set individual goals, with an emphasis on building basic swimming skills.

With practice, participants increase their confidence and comfort level in the water and move toward stroke development and swimming without assistance.

Age: 13 years+ **Ratio** 1:8
Prerequisite: Age Only
Class Length: 45 minutes

Teen/Adult Swim Strokes: Ladies Only ✓

Female swimmers work with a qualified female instructor to identify areas of weakness and set individual goals, with an emphasis on learning proper and efficient techniques for front crawl, back crawl, breaststroke and/or butterfly. Through a variety of drills participants build a strong swimming foundation while increasing their endurance, speed and distance.

This stroke development program is ideal for triathletes in training and individuals interested in the Water Safety Instructor (WSI) course.

Age: 13 years+ **Ratio** 1:10
Prerequisite: Teen/Adult Swim Basic or Swim Kids Level 4
Class Length: 45 minutes

NEW Teen/Adult Water Polo ✓

Swimmers learn the theory and skills behind this competitive water sport in a fun, positive atmosphere.

Through drills in ball handling, kicking, and stroke technique, participants improve their efficiency and endurance in the water, and practice their new skills in exciting and challenging water polo games.

This group program develops teamwork, sportsmanship and decision making skills, while improving overall fitness levels and swimming strokes.

Age: 13 years+ **Ratio** 1:16
Prerequisite: Teen/Adult Swim Strokes or Swim Kids Level 8
Class Length: 45 minutes

NEW Teen/Adult F.A.S.T. Forward ✓

In this introduction to competitive swimming, participants learn to swim streamlined and faster. A qualified instructor teaches proper stroke technique in front crawl, back crawl, breaststroke and/or butterfly, and racing skills including flip turns and diving from starting blocks, to improve efficiency and endurance in the water.

The end of session progress report indicates areas of improvement based on the principle of feedback rather than incomplete or complete demonstration skills.

Age: 13 years+ **Ratio** 1:10
Prerequisite: Teen/Adult Swim Strokes or Swim Kids Level 8
Class Length: 45 minutes

NEW Teen/Adult F.A.S.T. Forward: Advanced ✓

This program builds on the competitive swim strokes and racing techniques learned in F.A.S.T. Forward.

With the guidance of an experienced instructor, participants master proper and efficient strokes in front crawl, back crawl, breaststroke and/or butterfly, and perfect racing techniques such as flip turns, dives from starting blocks and using the pace clock. Through practice, swimmers increase their endurance, speed and short distance swim (sprint) times.

This program provides a foundation for individuals interested in joining an age group or Masters competitive swim club.

Age: 13 years+ **Ratio** 1:10
Prerequisite: Teen/Adult Swim Strokes or Swim Kids Level 10
Class Length: 45 minutes

✓ This program is eligible for the Children's Fitness Tax Credit (page 84) if participant is under the age of 16.