

Advanced Aquatic Leadership

Bronze Medallion

This course teaches lifesavers how to respond in complex rescue situations, helps to develop physical fitness, decision-making and judgement skills. Bronze Medallion is a pre-requisite for all advanced lifesaving awards.

Pre-requisite: *Candidates must be 13 years of age (proof of age is required) and must have completed Swim Kids Level 10 (equivalent to AquaQuest 12) or have equivalent swimming ability.*

Time: April 20 - June 22
Sunday 3 p.m. - 6 p.m.

Fee: \$170 (tax deductible)

Bronze Cross

This 20 hour course teaches the difference between life saving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment. Bronze Cross is a pre-requisite for lifeguard training in the National Lifeguard Service (NLS) program.

Pre-requisite: *Candidates must have a current Bronze Medallion certificate.*

Time: April 20 - June 22
Sunday 4 p.m. - 6 p.m.

Fee: \$125 (tax deductible)

Babysitter's Course (ages 11+)

This Red Cross course will teach you the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills, what to do in case of an emergency, as well as games and other ideas for having fun with children while babysitting.

Time: Saturday, May 24 9 a.m. - 5 p.m. **Fee:** \$40

Emergency First Aid (ages 16+)

Learn first aid skills and CPR that will help you make healthy lifestyle choices and prevent injuries. This course will prepare you to feel confident in applying the necessary skills in an emergency situation.

Time: Saturday, June 7 9 a.m. - 5 p.m. **Fee:** \$65

Refund Policy: Refunds will be issued if you withdraw before the second class or lesson.

After this time refunds will be given with a medical note only.

- Swimming refunds will be subject to a \$5.00 administration charge.
- Refunds for Health & Wellness programs will be subject to a 10% administration charge.



Sir Wilfred Grenfell College

Community Education & College Relations



AQUATIC PROGRAMS SPRING 2008

Swim Kids
Program

Aquatic
Leadership

Private
Swimming
Lessons

Birthday
Parties

Health &
Wellness
Programs

Ask about our pool rentals!

Registration: Monday, April 7 (Pre-Registration: for those registered in the Winter 2008 Program)

Tuesday, April 8 (Open-Registration: for those not currently registered in swimming lessons)

- Registration is on a *first-come, first-serve* basis.
- Phone registration (with Visa or Mastercard payment) will be accepted after the in-person line up has ended.



Community Education & College Relations

University Drive, Corner Brook, NL A2H 6P9

Phone: 637-6208/Fax: 637-6201/Email: commeduc@swgc.ca

Walk-in: AS271 (office hours 8:30 a.m. - 5:00 p.m.)

Limit	Fee	Class	Weekdays	Saturday	Sunday
12	\$39	StarFish (4-18 mths) with parent		9 - 9:30 a.m.	9:30 - 10 a.m.
12	\$39	Duck (18-30 mths) with parent		9:30 - 10 a.m.	10 - 10:30 a.m.
12	\$39	Sea Turtle (30-36 mths) with parent		10 - 10:30 a.m.	10:30 - 11 a.m.
6	\$39	Salamander (ages 3-5)	Thu. 4 - 4:30 p.m.	10:30 - 11 a.m.	11 - 11:30 a.m.
6	\$39	Sunfish (ages 3-5)	Thu. 4:30 - 5 p.m.	11 - 11:30 a.m.	11:30 - 12 p.m.
6	\$39	Crocodile (ages 3-5)	Fri. 4 - 4:30 p.m.	11:30 - 12 p.m.	12 - 12:30 p.m.
6	\$39	Whale (ages 5-6)	Fri. 4:30 - 5 p.m.	1 - 1:30 p.m.	1:30 - 2 p.m.
8	\$45	Level 1 – Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres	Mon. 4 - 4:45 p.m.	12 - 12:45 p.m.	12:30 - 1:15 p.m.
8	\$45	Level 2 – Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously	Tue. 4 - 4:45 p.m.	12 - 12:45 p.m.	12:30 - 1:15 p.m.
8	\$45	Level 3 – Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5 metres, and swim 10 metres continuously	Wed. 4 - 4:45 p.m.	1 - 1:45 p.m.	1:30 - 2:15 p.m.
10	\$50	Level 4 – Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously	Mon. 4 - 5 p.m.	9 - 10 a.m.	9:30 - 10:30 a.m.
10	\$50	Level 5 – Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously	Mon. 4 - 5 p.m.	9 - 10 a.m.	9:30 - 10:30 a.m.
10	\$50	Level 6 – Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously	Tue. 4 - 5 p.m.	10 - 11 a.m.	10:30 - 11:30 a.m.
10	\$50	Level 7 – Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously	Tue. 4 - 5 p.m.	10 - 11 a.m.	10:30 - 11:30 a.m.
10	\$50	Level 8 – Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously	Wed. 4 - 5 p.m.	11 - 12 p.m.	11:30 - 12:30 p.m.
10	\$50	Level 9 – Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously	Wed. 4 - 5 p.m.	11 - 12 p.m.	11:30 - 12:30 p.m.
10	\$50	Level 10 – Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously	Thu. 4 - 5 p.m.	12 - 1 p.m.	12:30 - 1:30 p.m.

Limit	Fee	Class	Weekdays	Saturday	Sunday
12	\$50	Rookie Patrol – Preparation for future	Fri. 4 - 5 p.m.	1 - 2 p.m.	
12	\$50	Ranger Patrol – advanced aquatics	Fri. 4 - 5 p.m.	1 - 2 p.m.	
12	\$50	Star Patrol – programs	Fri. 4 - 5 p.m.	1 - 2 p.m.	
12	\$58	AquaAdults 1 – The beginner			7 - 8 p.m.
12	\$58	AquaAdults 2 – Learn front & back crawl			7 - 8 p.m.
12	\$58	AquaAdults 3 – Refinement of strokes			7 - 8 p.m.

Private Swimming Classes

Private Lessons are designed to provide individual instruction for children or adults who need to work on a particular aspect of a swimming level. **Fee:** \$75

Semi-Private Lessons are designed for a maximum of 2 children, teens or adults entering the same level. **Fee:** \$90 (\$45 per person)

Private/Semi-Private Lessons run in two 5-week blocks (five 1/2 hour sessions):

Block I: Beginning the week of April 19

Block II: Beginning the week of May 24

PLEASE NOTE: SEMI-PRIVATE PARTICIPANTS MUST REGISTER AT THE SAME TIME.

Health and Wellness Programs

Early Bird Swim Monday, Wednesday & Friday, 7 - 8 a.m. April 21 - June 27

- Fee: \$68 Seniors: \$61

Evening Swim Tuesday & Thursday, 8 - 9 p.m. April 22 - June 26

- Fee: \$46 Seniors: \$41

Swimmer's Special April 21 - June 27

Participate in 30 swims of your choice of Early Bird or Evening Swim times

- Fee: \$68 Seniors: \$61

Aquacise (mornings) Monday, Wednesday & Friday, 9:30 - 10:30 a.m. April 21 - June 27

- Fee: \$100 Seniors: \$90

Aquacise (evenings) Monday & Wednesday, 7 - 8 p.m. April 21 - June 25

- Fee: \$70 Seniors: \$63

Aquacise (evenings) Tuesday & Thursday, 7 - 8 p.m. April 22 - June 26

- Fee: \$70 Seniors: \$63

Aquacise Special April 21 - June 27

Choose 30 workouts from our morning or evening Aquacise classes

- Fee: \$100 Seniors: \$90

Arthritic Aquacise Monday & Thursday, 3 - 4 p.m. April 21 - June 26

- Fee: \$70 Seniors: \$63

Seniors in Action (60+) Monday & Thursday, 2 - 3 p.m. April 21 - June 26 **POOL ONLY**

- Fee: \$35

Seniors Swim (60+) Tuesday & Friday, 1:30 - 2:30 p.m. April 22 - June 27

- Fee: \$35