

Fall 2020 Swimming Lessons

> Session 9

October 5 - December 14

Monday Evenings

4:00	Salamander	4:05	SK 1	4:10	SK 5
4:30	SK 6	4:35	Sea Otter	4:40	SK 4
5:00	SK 3	5:05	Starfish/Duck	5:10	Sunfish
5:30	Sea Turtle	5:35	SK 5	5:40	SK 2
6:00	SK 1	6:05	SK 3	6:10	SK 7/8
6:30	SK 2	6:35	SK 4		
7:00	Adult Lessons				

No Lessons: Monday, October 12th (Thanksgiving Day)

> Session 10

October 7- December 16

Wednesday Mornings PRE-SCHOOL

10:30	Starfish/Duck/Sea Turtle	Salamander
11:00	Sunfish	Sea Otter

No Lessons: Wednesday, November 11th

October 7- December 16

Wednesday Evenings

4:00	Sea Turtle	4:05	SK 2	4:10	SK 4
4:30	SK 3	4:35	Croc/Whale	4:40	SK 1
5:00	SK 6	5:05	SK 2	5:10	Sea Otter
5:30	Salamander	5:35	SK 5	5:40	SK 3
6:00	SK 1	6:05	SK 4	6:10	SK 9/10
6:30	SK 6	6:35	SK 5		

No Lessons: Wednesday, November 11th

> Session 11

October 10- December 12

Saturday Mornings

9:00	SK 3	9:05	SK 9/10	9:10	Sea Otter
9:30	Salamander	9:50	SK 7/8	9:40	SK 5
10:00	Sunfish	10:35	SK 2	10:10	SK 4
10:30	SK 4	11:05	Sea Turtle	10:40	SK 1
11:00	SK 1	11:35	SK 6	11:10	SK 6
11:30	SK 3	11:40	Starfish/Duck		



REGISTRATION BEGINS
Wednesday September 9th 2020 at 9am
Online www.strideplace.ca or by calling 204-857-7772

Red Cross Swim Levels

STARFISH/DUCK (4 to 30 months) *Parented*

An introductory class for babies and their parent or caregiver. Must be able to hold their head up. / A parented program which helps build confidence while enjoying the water through games, songs and active water play.

SEA TURTLE (24 to 36 months) *Parented*

(3 to 5 years of age) *Transitional*

This is a transitional level for preschoolers and their parents or entry level for children who have never taken lessons. Parents can gradually transfer the preschoolers to the care of the instructor. This level develops skills in swimming, glides and floating.

SEA OTTER (3 to 5 years of age) *Parented*

Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills. Transitional level that transfers the preschooler to the care of the Instructor.

SALAMANDER (3 to 5 years) *Parented*

Preschoolers actively learn new swimming skills including assisted floats and glides through games and song. Learns to jump into chest deep water.

SUNFISH (3 to 5 years) *Parented*

Assisted by an instructor, preschoolers work on stroke and skill progression. Focuses on good judgment in, on and around the water. Includes entries and floats in deep water.

CROCODILE/WHALE (3 to 5 years) *Parented*

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Learns the dolphin kick and synchronized swimming skills. Will increase their distance and improve their skills in front and back swims.

PLEASE NOTE:

ALL PRE-SCHOOL CLASSES WILL BE PARENTED



SWIM KIDS LEVEL 1 (SK1) This is the entry level for children ready to move in shallow water. Provides an orientation to the water and the pool and introduces floats and glides with kicks. Child builds endurance by improving distance.



SWIM KIDS LEVEL 2 (SK2) Helps the child build skills in front and back swims. Child is introduced to deep water activities and proper use of PFD. Endurance is built on flutter kicking with assisted aids and 5 metre swim.



SWIM KIDS LEVEL 3 (SK3) Provides an introduction to the front crawl and diving. Child works on floats and changing direction in water. Endurance is achieved by building strength in flutter kicking and a 15 metre swim.

SWIM KIDS LEVEL 4 (SK4) Front crawl, back glide and should roll are further developed. Child works on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built by a 25 metre swim.



SWIM KIDS LEVEL 5 (SK5) Back crawl is introduced, along with sculling skills and whip kick on the back. Child tries stride dives and receives an introduction to safe boating skills. Endurance is developed through dolphin kicking and a 50 metre swim.



SWIM KIDS LEVEL 6 (SK6) Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Child is also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75 metre swim.

SWIM KIDS LEVEL 7 & 8 (SK7/8) 7: This level continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Endurance is built through timed treading water and a 150 metre swim. **8:** This level provides an introduction to the breast-stroke, foot first surface dives and rescue entries. Child learns about the dangers of open water, hypothermia and rescuing. Endurance is built on the dolphin kick and 300 metre swim.



SWIM KIDS LEVEL 9 & 10 (SK9/10) Front crawl, back crawl, elementary back stroke and breast-stroke continue to be refined. They work on head-first surface dives and standing dives./ Refinement of strokes, with an introduction to butterfly and scissor kick. Endurance is built on dolphin kick and butterfly drills and 500 metre swim.



STROKES 1 & 2 This course is designed for a child experiencing difficulty completing the swim kids levels. Classes focus on refining the strokes and improving the cardiovascular fitness endurance a child needs to progress to the next level. Strokes 1: levels SK4—SK6

