



## KEEP YOUR REPORT CARDS

Your report card is an important document for your child's swimming lesson record. It will be used to document your child's progress for all of the Lifesaving Society levels.

Please keep your child's report card in a safe place and present it when registering your child for swimming lessons. Please bring your child's report card to their first swimming class for the instructor's use.

## LESSON PREPARATION

- Bathing suits and towel is required; no cotton material or cut offs.
- Preschoolers under the age of two are required to wear leak proof swim diapers.
- We recommend that your child does not eat at least a 1/2 hour before class for an enjoyable lesson.
- We encourage parents/guardians to bring their child to public swim to practice lesson skills as outlined in their booklet and midterm report cards.
- Parents/guardians are welcomed to watch from the pool deck benches, but must remove all outer footwear before entering pool deck.
- Children 9 years of age and under must have adult supervision while in the facility.

## SWIMMING LESSON RATES

Parent & Tot	\$85.00
Pre-School Levels	\$85.00
Swimmer Level 1 - 4	\$85.00
Swimmer Level 5 & 6	\$90.00
Rookie/Ranger/Star	\$95.00
Adult Lessons	\$105.00

*\*Prices include GST \* 2026 Pricing*

## Stride Place - PRRA Inc.

A Place for You...

- 📍 245 Royal Rd South  
Portage la Prairie, MB
- 🕒 For Hours of Operation & Reception  
check our website [StridePlace.ca](http://StridePlace.ca)
- ☎️ 204-857-7772
- ✉️ [info@prra.ca](mailto:info@prra.ca)
- 🌐 [StridePlace.ca](http://StridePlace.ca)
- 📘 [StridePlace](https://www.facebook.com/StridePlace)
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# PRRA Swim Lessons



A PLACE FOR LEARNING

## PARENT and TOT

Class Time: 30 mins

**Parent and Tot 1 & 2** 4-48 Months (Parented)

**Parent and Tot 3** 2-3 years (Parented)

Spend quality time with your child while you both have fun, learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills.

## PRE-SCHOOL LEVELS

Class Time: 30 mins

**Preschool 1:** These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back, also learning to get their face wet and blow bubbles underwater.

**Preschool 2:** These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.

**Preschool 3:** These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

**Preschool 4:** Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.

**Preschool 5:** These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

## SWIMMER LEVELS 1 - 4

Class Time: 30 mins

**Swimmer 1:** These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.



**Swimmer 2:** These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training.

**Swimmer 3:** These junior swimmers will dive, do front somersaults, and handstands in water. They'll work on 15 m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

**Swimmer 4:** These intermediate swimmers will swim 5 m underwater, lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

## SWIMMER LEVELS 5 & 6

Class Time: 45 mins

**Swimmer 5:** These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

**Swimmer 6:** These swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks, like eggbeater & scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl & breaststroke.

## ADVANCED LEVELS

Class Time: 60 mins

**Rookie:** Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and a 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

**Ranger:** Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

**Star:** Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.



Parent & Tot : **P&T** Pre-School: **PS**  
Swimmer: **SW** **ROOKIE RANGER STAR**

### LESSON 4

APRIL 6 - JUNE 15

4:00pm	<b>P&amp;T 1/2</b>	<b>SW 4</b>	<b>SW 3</b>
4:30pm	<b>PS 4/5</b>	<b>PS 3</b>	<b>SW 6</b>
5:00pm	<b>SW 1</b>	<b>SW 3</b>	
5:15pm	<b>SW 5</b>		
5:30pm	<b>SW 2</b>	<b>PS 1</b>	
6:00pm	<b>P&amp;T 3</b>	<b>SW 1</b>	<b>ROOKIE/RANGER/STAR</b>
6:30pm	<b>PS 2</b>	<b>SW 2</b>	
7:00pm	<b>ADULT</b>		

No Lessons Monday May 18

Monday Evenings

### LESSON 5

APRIL 8 - JUNE 10

4:00pm	<b>P&amp;T 1/2</b>	<b>SW 2</b>	<b>PS 2</b>
4:30pm	<b>PS 1</b>	<b>SW 4</b>	<b>SW 5</b>
5:00pm	<b>SW 1</b>	<b>SW 3</b>	
5:15pm	<b>SW 6</b>		
5:30pm	<b>SW 3</b>	<b>P&amp;T 3</b>	
6:00pm	<b>PS 3</b>	<b>SW 4</b>	<b>PS 4/5</b>
6:30pm	<b>SW 2</b>	<b>SW 1</b>	

Wednesday Evenings

### LESSON 6

APRIL 11 - JUNE 13

8:30am	<b>SW 4</b>	<b>SW 2</b>	
9:00am	<b>SW 1</b>	<b>PS 4/5</b>	<b>ROOKIE</b>
9:30am	<b>PS 2</b>	<b>SW 3</b>	
10:00am	<b>P&amp;T 1/2</b>	<b>SW 4</b>	<b>RANGER</b>
10:30am	<b>P&amp;T 3</b>	<b>PS 1</b>	
11:00am	<b>SW 5</b>	<b>STAR</b>	<b>PS 3</b>
11:30am	<b>SW 6</b>		
11:45am	<b>SW 1</b>		
12:00pm	<b>SW 2</b>		

Saturday Mornings

### REGISTRATION BEGINS

Wed March 18 at 8:30am Online Only or 1pm (March 18)  
in person or by phone. [StridePlace.ca](http://StridePlace.ca) 204-857-7772