

Red Cross Swimming Lessons

Are you a new participant to swimming lessons, and unsure what level to register in? Please follow these Red Cross guidelines for registration.

If They Are:	Register In:
4-12 months and able to hold their head up and participating with parent or caregiver	Starfish
12-24 months and participating with parent or caregiver	Duck
24-36 months and participating with parent or caregiver	Sea Turtle
3-5 years of age and just starting without parent or caregiver	Sea Otter
3-5 years and can independently move and float in water, gets eyes and face wet without goggles	Salamander
3-5 years and can float independently and glide on the front and back for 2m independently	Sunfish
3-5 years and can float on front and back in deep water, do surface support for 5 seconds and swim a distance of 5m with front, back and rollover glides	Crocodile
3-5 years and can float/move in deep water, flutter kick, do surface support for 10 seconds and swim 10 meters	Whale
6 years or older. Just starting out in swimming lessons, or have turned 6 after completing Sea Otter or Salamander	Level 1
6 years or older. Can float unassisted on front and back for 3 seconds, can glide with kick for 5 meters or have turned 6 after completing Sunfish or Crocodile	Level 2
6 years or older. Is comfortable in deep water, front swim for 5 meters and swim 10 meters continuously or have turned 6 after completing Whale	Level 3
Are comfortable floating and moving independently in deep water, can swim front swim at least 10 meters while recovering arms above water, and can perform a front/side combination, exhaling on front and inhaling in the side glide position for 10 meters	Level 4
Can tread water for 45 seconds, swim front crawl at least 10 meters with arms recovering above the water and swim 25 meters continuously	Level 5
Can tread water for 1 minute, swim efficient front and back crawl at least 15 meters, perform whip kick on back at least 10 meters and swim 50 meters continuously	Level 6
Can swim front and back crawl at least 25 meters, swim coordinated elementary backstroke at least 15 meters and swim 75 meters continuously	Level 7
Can swim front and back crawl at least 50 meters, swim elementary backstroke for 25 meters and perform whip kick on front for 15 meters and swim 150 meters continuously	Level 8
Can swim front/back crawl at least 75 meters, swim elementary backstroke for 25 meters and breaststroke for 15 meters, and swim 300 meters continuously	Level 9
Can swim front/back crawl at least 100 meters, swim elementary backstroke for 50 meters, breaststroke at least 25 meters and swim 400 meters continuously	Level 10

Set A: June 3-26, 2019

Monday & Wednesday 8 Lessons

- Parent and Tot 4:00pm - 4:30pm *SEE BELOW
- Sea Otter 4:00pm - 4:30pm \$70.00
- Salamander 4:00pm - 4:30pm \$70.00
- Swim Kids 2 4:00pm - 4:30pm \$70.00

- Sea Otter 4:30pm - 5:00pm \$70.00
- Salamander 4:30pm - 5:00pm \$70.00
- Swim Kids 1 4:30pm - 5:00pm \$70.00
- Swim Kids 3 4:30pm - 5:00pm \$70.00

- Sea Otter 5:00pm - 5:30pm \$70.00
- Swim Kids 1 5:00pm - 5:30pm \$70.00
- Swim Kids 3 5:00pm - 5:30pm \$70.00
- Swim Kids 4 5:00pm - 5:30pm \$70.00

- Sea Turtle 5:30pm - 6:00pm \$70.00
- Sunfish 5:30pm - 6:00pm \$70.00

- Swim Kids 3 5:45pm - 6:15pm \$70.00
- Swim Kids 4 5:45pm - 6:15pm \$70.00

- Swim Kids 1 6:15pm - 6:45pm \$70.00
- Swim Kids 2 6:15pm - 6:45pm \$70.00
- Swim Kids 5 6:15pm - 7:00pm \$88.35
- Swim Kids 6 6:15pm - 7:00pm \$88.35

- Sea Otter 6:45pm - 7:15pm \$70.00
- Swim Kids 9/10 6:45pm - 7:45pm \$99.00

- Swim Kids 1 7:00pm - 7:30pm \$70.00
- Swim Kids 3 7:00 pm - 7:30pm \$70.00

- Swim Kids 7/8 7:15pm – 8:00pm \$88.35

- Salamander 7:30pm – 8:00pm \$70.00
- Crocodile/Whale 7:30pm – 8:00pm \$70.00

Set A P & T:

***Parent and Tot Lessons-** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	June 3-12, 2019	4:00-4:30 pm	\$34.40
Starfish/Duck	June 17-26, 2019	4:00-4:30 pm	\$34.40

Set B: July 6-28, 2019

Saturday & Sunday 8 Lessons

- Swim Kids 3/4 9:45am – 10:15am \$70.00
- Swim Kids 5/6 9:45am – 10:15am \$70.00

- Starfish/Duck/Sea Turtle 10:15am – 10:45am \$70.00
- Sea Otter/Salamander 10:15am – 10:45am \$70.00

- Swim Kids 1/2 10:45am – 11:15am \$70.00
- Sunfish/Crocodile/Whale 10:45am – 11:15am \$70.00

Set C: July 1-12, 2019

Monday-Friday 10 Lessons

- Swim Kids 1 9:00am - 9:30am \$86.10
- Swim Kids 2 9:00am - 9:30am \$86.10
- Swim Kids 4 9:00am - 9:30am \$86.10

- Sea Otter 9:15am - 9:45am \$86.10
- Salamander 9:15am - 9:45am \$86.10

- Sea Otter 9:30am - 10:00am \$86.10
- Crocodile/Whale 9:30am - 10:00am \$86.10
- Swim Kids 3 9:30am - 10:00am \$86.10

- Swim Kids 1 9:45am - 10:15am \$86.10
- Swim Kids 4 9:45am - 10:15am \$86.10

- Sea Turtle 10:00am - 10:30am \$86.10
- Sea Otter 10:00am - 10:30am \$86.10

- Sunfish 10:15am - 10:45am \$86.10
- Swim Kids 2 10:15am - 10:45am \$86.10
- Swim Kids 3 10:15am - 10:45am \$86.10

- Salamander 10:45am - 11:15am \$86.10
- Swim Kids 1 10:45am - 11:15am \$86.10
- Swim Kids 2 10:45am - 11:15am \$86.10

- Sea Otter 11:00am - 11:30am \$86.10
- Swim Kids 4 11:00am - 11:30am \$86.10

- Parent and Tot 11:15am - 11:45am *SEE BELOW
- Sea Otter 11:15am - 11:45am \$86.10
- Swim Kids 3 11:15am - 11:45am \$86.10

- Salamander 11:30am - 12:00pm \$86.10

- Swim Kids 5 11:30am - 12:15pm \$107.60
- Swim Kids 7/8 11:45am - 12:30pm \$107.60
- Swim Kids 9/10 12:00pm - 1:00pm \$122.70
- Swim Kids 6 12:15pm - 1:00pm \$107.60

Set C P & T:

***Parent and Tot Lessons** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	July 1-5, 2019	11:15-11:45 am	\$43.00
Starfish/Duck	July 8-12, 2019	11:15-11:45 am	\$43.00

Set D: July 1-24, 2019

Monday & Wednesday 8 Lessons

Parent and Tot 5:15pm - 5:45pm *SEE BELOW

Swim Kids 1 5:15pm - 5:45pm \$70.00

- Swim Kids 2 5:15pm - 5:45pm \$70.00
- Swim Kids 4 5:15pm - 5:45pm \$70.00
- Sea Otter 5:30pm - 6:00pm \$70.00
- Sea Otter 5:45pm - 6:15pm \$70.00
- Swim Kids 1 5:45pm - 6:15pm \$70.00
- Swim Kids 2 5:45pm - 6:15pm \$70.00
- Swim Kids 3 5:45pm - 6:15pm \$70.00
- Sea Turtle 6:00pm - 6:30pm \$70.00
- Sea Otter 6:15pm - 6:45pm \$70.00
- Swim Kids 2 6:15pm - 6:45pm \$70.00
- Salamander 6:30pm - 7:00pm \$70.00
- Swim Kids 5 6:30pm - 7:15pm \$88.35
- Sunfish 6:45pm - 7:15pm \$70.00
- Sea Otter 7:00pm - 7:30pm \$70.00
- Salamander 7:00pm - 7:30pm \$70.00
- Swim Kids 4 7:00pm - 7:30pm \$70.00
- Swim Kids 1 7:15pm - 7:45pm \$70.00
- Swim Kids 6 7:15pm - 8:00pm \$88.35
- Salamander 7:30pm - 8:00pm \$70.00

- Crocodile/Whale 7:30pm - 8:00pm \$70.00
- Swim Kids 3 7:30pm - 8:00pm \$70.00
- Adult 7:45pm - 8:15pm \$70.00

Set D P&T:

***Parent and Tot Lessons-** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	July 1-10, 2019	5:15-5:45 pm	\$34.40
Starfish/Duck	July 15-24, 2019	5:15-5:45 pm	\$34.40

Adult Swimming Lessons: Returning to the Martinsville Aquatic Centre for the 2019 season. Adult swimming lessons are designed for adults who are new to swimming and are looking to learn the basics of swimming and water safety. The focus of this course is learning basic swimming movements and how to keep yourself and others safe around water.

Set E: July 15-26, 2019

Monday-Friday 10 Lessons

- Crocodile/Whale 9:00am - 9:30am \$86.10
- Swim Kids 1 9:00am - 9:30am \$86.10
- Swim Kids 2 9:00am - 9:30am \$86.10
- Sea Otter 9:15am - 9:45am \$86.10
- Salamander 9:15am - 9:45am \$86.10
- Sea Otter 9:30am - 10:00am \$86.10
- Swim Kids 3 9:30am - 10:00am \$86.10
- Swim Kids 4 9:30am - 10:00am \$86.10
- Salamander 9:45am - 10:15am \$86.10
- Swim Kids 1 9:45am - 10:15am \$86.10
- Swim Kids 2 10:00am - 10:30am \$86.10
- Swim Kids 3 10:00am - 10:30am \$86.10
- Sea Otter 10:15am - 10:45am \$86.10
- Salamander 10:15am - 10:45am \$86.10
- Swim Kids 1 10:15am - 10:45am \$86.10
- Parent and Tot 10:45am - 11:15am *SEE BELOW
- Sea Otter 10:45am - 11:15am \$86.10
- Swim Kids 3 10:45am - 11:15am \$86.10
- Swim Kids 4 11:00am - 11:30am \$86.10
- Swim Kids 5 11:00am - 11:45am \$107.60

- Sea Turtle 11:15am - 11:45am \$86.10
- Sea Otter 11:15am - 11:45am \$86.10
- Sunfish 11:15am - 11:45am \$86.10

- Swim Kids 2 11:30am - 12:00pm \$86.10

- Swim Kids 7/8 11:45am - 12:30pm \$107.60
- Swim Kids 9/10 11:45am - 12:45pm \$122.70

- Swim Kids 6 12:00pm - 12:45pm \$107.60

Set E P&T:

***Parent and Tot Lessons-** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	July 15-19, 2019	10:45-11:15 am	\$43.00
Starfish/Duck	July 22-26, 2019	10:45-11:15 am	\$43.00

Set F: August 3-25, 2019

Saturday & Sunday 8 Lessons

- Swim Kids 3/4 9:45am – 10:15am \$70.00
- Swim Kids 5/6 9:45am – 10:15am \$70.00

- Starfish/Duck/Sea Turtle 10:15am – 10:45am \$70.00
- Sea Otter/Salamander 10:15am – 10:45am \$70.00

- Swim Kids 1/2 10:45am – 11:15am \$70.00
- Sunfish/Crocodile/Whale 10:45am – 11:15am \$70.00

Set G: July 29 - August 9, 2019

Monday-Friday 10 Lessons

- Swim Kids 1 9:00am - 9:30am \$86.10
- Swim Kids 2 9:00am - 9:30am \$86.10
- Swim Kids 4 9:00am - 9:30am \$86.10

- Sea Otter 9:15am - 9:45am \$86.10
- Salamander 9:15am - 9:45am \$86.10

- Sea Otter 9:30am - 10:00am \$86.10
- Crocodile/Whale 9:30am - 10:00am \$86.10
- Swim Kids 3 9:30am - 10:00am \$86.10

- Swim Kids 1 9:45am - 10:15am \$86.10
- Swim Kids 4 9:45am - 10:15am \$86.10

- Sea Turtle 10:00am - 10:30am \$86.10
- Sea Otter 10:00am - 10:30am \$86.10

- Sunfish 10:15am - 10:45am \$86.10
- Swim Kids 2 10:15am - 10:45am \$86.10
- Swim Kids 3 10:15am - 10:45am \$86.10

- Salamander 10:45am - 11:15am \$86.10
- Swim Kids 1 10:45am - 11:15am \$86.10
- Swim Kids 2 10:45am - 11:15am \$86.10

- Sea Otter 11:00am - 11:30am \$86.10
- Swim Kids 4 11:00am - 11:30am \$86.10

- Parent and Tot 11:15am - 11:45am *SEE BELOW
- Sea Otter 11:15am - 11:45am \$86.10
- Swim Kids 3 11:15am - 11:45am \$86.10

- Salamander 11:30am - 12:00pm \$86.10
- Swim Kids 5 11:30am - 12:15pm \$107.60

- Swim Kids 7/8 11:45am - 12:30pm \$107.60

- Swim Kids 9/10 12:00pm - 1:00pm \$122.70

- Swim Kids 6 12:15pm - 1:00pm \$107.60

Set G P&T:

***Parent and Tot Lessons-** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	July 29-August 2, 2019	11:15-11:45 am	\$43.00
Starfish/Duck	August 5-9, 2019	11:15-11:45 am	\$43.00

Set H: July 29 – August 21, 2019

Monday & Wednesday 8 Lessons

- Parent and Tot 5:15pm - 5:45pm *SEE BELOW
- Swim Kids 1 5:15pm - 5:45pm \$70.00
- Swim Kids 2 5:15pm - 5:45pm \$70.00
- Swim Kids 4 5:15pm - 5:45pm \$70.00

- Sea Otter 5:30pm - 6:00pm \$70.00

- Sea Otter 5:45pm - 6:15pm \$70.00
- Swim Kids 1 5:45pm - 6:15pm \$70.00
- Swim Kids 2 5:45pm - 6:15pm \$70.00
- Swim Kids 3 5:45pm - 6:15pm \$70.00

- Sea Turtle 6:00pm - 6:30pm \$70.00

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- Sea Otter 6:15pm - 6:45pm \$70.00
- Swim Kids 2 6:15pm - 6:45pm \$70.00

- Salamander 6:30pm - 7:00pm \$70.00
- Swim Kids 5 6:30pm - 7:15pm \$88.35

- Sunfish 6:45pm - 7:15pm \$70.00

- Sea Otter 7:00pm - 7:30pm \$70.00
- Salamander 7:00pm - 7:30pm \$70.00
- Swim Kids 4 7:00pm - 7:30pm \$70.00

- Swim Kids 1 7:15pm - 7:45pm \$70.00
- Swim Kids 6 7:15pm - 8:00pm \$88.35

- Salamander 7:30pm - 8:00pm \$70.00
- Crocodile/Whale 7:30pm - 8:00pm \$70.00
- Swim Kids 3 7:30pm - 8:00pm \$70.00

- Adult 7:45pm - 8:15pm \$70.00

Set H P&T:

***Parent and Tot Lessons-** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	July 29-August 7, 2019	5:15-5:45 pm	\$34.40
Starfish/Duck	August 12-21, 2019	5:15-5:45 pm	\$34.40

Adult Swimming Lessons: Returning to the Martinsville Aquatic Centre for the 2019 season. Adult swimming lessons are designed for adults who are new to swimming and are looking to learn the basics of swimming and water safety. The focus of this course is learning basic swimming movements and how to keep yourself and others safe around water.

Set I: August 12-23, 2019

Monday-Friday 10 Lessons

- Crocodile/Whale 9:00am - 9:30am \$86.10
- Swim Kids 1 9:00am - 9:30am \$86.10
- Swim Kids 2 9:00am - 9:30am \$86.10

- Sea Otter 9:15am - 9:45am \$86.10
- Salamander 9:15am - 9:45am \$86.10

- Sea Otter 9:30am - 10:00am \$86.10
- Swim Kids 3 9:30am - 10:00am \$86.10
- Swim Kids 4 9:30am - 10:00am \$86.10

- Salamander 9:45am - 10:15am \$86.10
- Swim Kids 1 9:45am - 10:15am \$86.10
- Swim Kids 2 10:00am - 10:30am \$86.10
- Swim Kids 3 10:00am - 10:30am \$86.10
- Sea Otter 10:15am - 10:45am \$86.10
- Salamander 10:15am - 10:45am \$86.10
- Swim Kids 1 10:15am - 10:45am \$86.10
- Parent and Tot 10:45am - 11:15am *SEE BELOW
- Sea Otter 10:45am - 11:15am \$86.10
- Swim Kids 3 10:45am - 11:15am \$86.10
- Swim Kids 4 11:00am - 11:30am \$86.10
- Swim Kids 5 11:00am - 11:45am \$107.60
- Sea Turtle 11:15am - 11:45am \$86.10
- Sea Otter 11:15am - 11:45am \$86.10
- Sunfish 11:15am - 11:45am \$86.10
- Swim Kids 2 11:30am - 12:00pm \$86.10
- Swim Kids 7/8 11:45am - 12:30pm \$107.60
- Swim Kids 9/10 11:45am - 12:45pm \$122.70
- Swim Kids 6 12:00pm - 12:45pm \$107.60

Set I P&T:

***Parent and Tot Lessons-** Can sign up for one or both at time of Registration.

Level	Date	Time	Price
Starfish/Duck	August 12-16, 2019	10:45-11:15 am	\$43.00
Starfish/Duck	August 19-23, 2019	10:45-11:15 am	\$43.00

Private Lessons

Private lessons are a way to personalize your lesson to suit the needs of any swimmer. They are a good option if your swimmer has only a few items left to complete a level, needs feedback and correction on certain strokes or just needs one-on-one time with their instructor to build confidence. Private lessons can be booked as a one-time clinic session or can be used to complete a level. If you are trying to complete a level, a minimum of five private lessons must be purchased at time of enrolment. The instructor may request additional lessons if they are unable to meet the goals of the swimmer in the time provided.

To Register: Email aquatic@martensville.ca to request an available time. Private lessons are paid for at the time of booking Private lessons are booked at a rate of \$30.00 per half hour.

Available Times for Private Swimming Lessons:

Day of the Week	June	July & August
Monday	3:30-4:00pm 7:45-8:15pm 8:00-8:30pm	8:30-9:00am 11:45-12:15pm 12:15-12:45pm 12:30-1:00pm 12:45-1:15pm 4:45-5:15pm 5:00-5:30pm 8:00-8:30pm
Tuesday	7:00-7:30pm 7:30-8:00pm	8:30-9:00am 11:45-12:15pm 12:15-12:45pm 12:30-1:00pm 12:45-1:15pm 7:00-7:30pm (Swim Kids 5 +) 7:30-8:00pm (Swim Kids 5 +)
Wednesday	3:30-4:00pm 7:45-8:15pm 8:00-8:30pm	8:30-9:00am 11:45-12:15pm 12:15-12:45pm 12:30-1:00pm 12:45-1:15pm 4:45-5:15pm 5:00-5:30pm 8:00-8:30pm
Thursday	7:00-7:30pm 7:30-8:00pm	11:45-12:15pm 12:15-12:45pm 12:45-1:15pm 12:30-1:00pm 7:00-7:30pm (Swim Kids 5 +) 7:30-8:00pm (Swim Kids 5 +)
Friday	7:00-7:30pm 7:30-8:00pm	11:45-12:15pm 12:15-12:45pm 12:30-1:00pm 12:45-1:15pm 7:00-7:30pm 7:30-8:00pm
Saturday	12:00-12:30pm 12:30-1:00pm 7:00-7:30pm 7:30-8:00pm	12:45-1:15pm 7:00-8:30pm 7:30-8:00pm
Sunday	12:00-12:30pm 12:30-1:00pm 7:00-7:30pm 7:30-8:00pm	12:45-1:15pm 7:00-8:30pm 7:30-8:00pm

Leadership Courses

Canadian Lifesaving Society Bronze Star/Medallion: \$150.00

Required Materials: Canadian Lifesaving Manual (\$50.00). Can be purchased at Martensville Aquatic Centre.

July 29 – Aug. 1, 2019 8:00am – 1:00pm Martensville Aquatic Centre

Canadian Lifesaving Society Bronze Medallion/Cross: \$150.00

Pre-requisite: 13 years of age or Bronze Star

Required Materials: Canadian Lifesaving Manual (\$50.00). Can be purchased at Martensville Aquatic Centre.

August 6 – 9, 2019 8:00am – 1:00pm Martensville Aquatic Centre

Canadian Lifesaving Society First Aid/CPR-C/AED Recertification: \$90.00

Must be recertified every three years.

May 25, 2019 8:00am – 2:00pm Martensville Athletic Pavilion

Canadian Lifesaving Society First Aid/CPR-C/AED Full Course: \$150.00

July 27 & 28, 2019 8:00am – 4:00pm Martensville Athletic Pavilion

Canadian Lifesaving Society Instructor: \$300.00

Pre-requisites: 16 years of age, Bronze Cross and CPR-C/Standard First Aid

Required Materials: Lifesaving Society Instructor Manual (\$110.00). Can be purchased at Martensville Aquatic Centre.

June 7-9, 14-15, 2019 5:00pm – 10:00pm/8:00am – 6:00pm Martensville Aquatic Centre
8:00am – 6:00pm/5:00pm – 10:00pm Martensville Aquatic Centre
Centre 8:00am – 6:00pm Martensville Aquatic Centre
Centre

Canadian Lifesaving Society National Lifeguard Recertification: \$80.00

Pre-requisite: Proof of National Lifeguard Award certification.

Must be recertified every two years.

June 22, 2019 8:30am – 12:30pm Martensville Aquatic Centre

Water Safety Instructor:

Candidates must complete all four components before becoming a certified Water Safety Instructor.

Pre-requisites: 15 years of age and either Red Cross Assistant Lifeguard or Bronze Cross.

1. Skills Evaluation Component: \$20.00

Candidates must demonstrate Red Cross Swim Kids Level 10 standard as well as emergency response skills.

June 13, 2019 5:00pm – 9:00pm Martensville Aquatic Centre

2. Online Learning Component: \$160.00

Approximately 20 hours in length and to be completed at home. Included in the course package are the WSI workbook and Red Cross Swim deck book. A PIN and password to access the WSI online will be provided by the Red Cross. Visit Martensville Aquatic Centre to purchase this component.

3. **Teaching Experience Component: Free**
Must have successfully completed the Skills Evaluation Component and the Online Learning Component. Participants practice-teach Red Cross swimming lessons with a certified Red Cross Water Safety Instructor for a lesson set of 8-10 lessons. Contact Martensville Aquatic Centre to register: 306-931-0003.

4. **Classroom and Pool Component: \$225.00**
Pre-requisite: Completed the Skills Evaluation, Online Learning and Teaching Experience Components. Participants are required to bring completed WSI workbook and Red Cross Swim Deck Book. Candidates are evaluated on their ability to apply the theory for effectively planning, teaching, and evaluation swimmers in the Red Cross Swim program.
August 12-16, 2019 8:30am – 1:00pm Martensville Aquatic Centre

Water Safety Instructor Recertification: \$80.00

Pre-requisite: Proof of Water Safety Instructor Certification.

June 23, 2019 8:00am – 1:00pm Martensville Aquatic Centre