



Killam Regional Aquatic Center Spring & Summer 2017 Swim Lessons

StarFish: 4-12months

Babies and their caregivers work on getting wet, buoyancy and movement, front, back, and vertical position in water, and shallow water entries and exits.

July 3-13	Monday to Thursday	10:00-10:30am
August 1-11	Tuesday to Friday	10:00-10:30am
August 14-24	Monday to Thursday	10:00-10:30am



Duck: 1-2yrs

Babies and their caregivers work on rhythmic breathing, moving forward in and backward, front and back float with recovery, and shallow water entries and exits.

July 3-13	Monday to Thursday	10:30-11:00am
August 1-11	Tuesday to Friday	10:30-11:00am
August 14-24	Monday to Thursday	10:30-11:00am



Sea Turtle: 2-3yrs

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest deep water with assistance, kicking on front and front swim.

July 3-13	Monday to Thursday	11:00-11:30am
August 1-11	Tuesday to Friday	11:00-11:30am
August 14-24	Monday to Thursday	11:00-11:30am



Please note that Starfish, Duck, and Sea Turtle will not run during the spring due to school lessons



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Sea Otter: 3-5yrs

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 meter upon completion of this level.

April 17-21 Mon to Fri (Spring Break) 10:00-10:30am & 12:00-12:30pm

April 3-13 Monday to Thursday 4:30-5:00pm

May 23-1 Monday to Thursday 4:00-4:30pm

June 5-15 Monday to Thursday 4:00-4:30pm

July 3-13 Monday to Thursday 11:30-12:00pm

July 17-21 Mon to Fri (1 week set) 10:00-10:30am & 12:00-12:30pm

August 1-11 Tuesday to Friday 11:30-12:00pm

August 14-24 Monday to Thursday 11:30-12:00pm



Salamander: 3-5yrs

Swimmers work on improving their front and back float and jumping into chest deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 meters upon completion.

April 17-21 Mon to Fri (Spring Break) 10:30-11:00am & 12:30-1:00pm

April 3-13 Monday to Thursday 5:00-5:30pm

May 23-June1 Monday to Thursday 4:30-5:00pm

June 5-15 Monday to Thursday 4:30-5:00pm

July 3-13 Monday to Thursday 12:00-12:30pm

July 17-21 Mon to Fri (1 week set) 10:30-11:00am & 12:30-1:00pm

August 1-11 Monday to Thursday 12:00-12:30pm

August 14--24 Monday to Thursday 12:00-12:30pm



To Register Please Call 780-385-3080 or Email ckinzer@town.killam.ab.ca

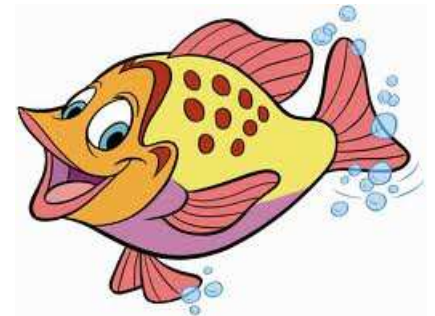


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Sunfish: 3-5yrs

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water with a PFD, and swim 5 meters continuously.

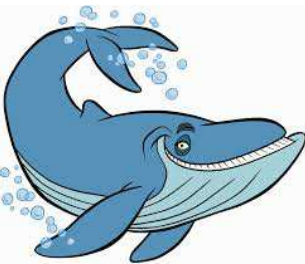


April 3-13	Monday to Thursday	5:30-6:00pm
April 17-21	Mon to Fri (Spring Break)	11:00-11:30am & 1:00-1:30pm
May 23-June 1	Monday to Thursday	5:00-5:30pm
June 5-15	Monday to Thursday	5:00-5:30pm
July 3-13	Monday to Thursday	12:30-1:00pm
July 17-21	Mon to Fri (1 week set)	11:00-11:30am & 1:00-1:30pm
August 1-11	Tuesday to Friday	12:30-1:00pm
August 14-24	Monday to Thursday	12:30-1:00pm



Crocodile/Whale: 3-5yrs

Swimmers increase their distance on front and back glides with kick, on front and back swim, learn the sitting dive, and will be able to swim 15 meters continuously upon completion of the level.



April 17-21	Mon to Fri (Spring Break)	11:30am-12:00pm & 1:30-2:00pm
July 3-13	Monday to Thursday	1:00-1:30pm
July 17-21	Mon to Fri (1 week set)	11:30am-12:00pm & 1:30-2:00pm
August 1-11	Tuesday to Friday	1:00-1:30pm
August 14-24	Monday to Thursday	1:00-1:30pm

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Swim Kids 1:

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, swim 5 meters.

April 3-13	Monday to Thursday	4:30-5:00pm
April 17-21	Mon to Fri (Spring Break)	10:00-10:30am & 12:00-12:30pm
May 23-June 1	Monday to Thursday	4:00-4:30pm
June 5-15	Monday to Thursday	4:00-4:30pm
July 3-13	Monday to Thursday	10:00-10:30am
July 17-21	Mon to Fri (1 week set)	10:00-10:30am & 12:00-12:30pm
August 1-11	Tuesday to Friday	10:00-10:30am
August 14-24	Monday to Thursday	10:00-10:30am

Swim Kids 2:

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep water activities (assisted) and swim 10meters.

April 3-13	Monday to Thursday	5:00-5:30pm
April 17-21	Mon to Fri (Spring Break)	10:30-11:00am & 12:30-1:00pm
May 23-June1	Monday to Thursday	4:30-5:00pm
June 5-15	Monday to Thursday	4:30-5:00pm
July 3-13	Monday to Thursday	10:30-11:00am
July 17-21	Mon to Fri (1 week set)	10:30-11:00am & 12:30-1:00pm
August 1-11	Tuesday to Friday	10:30-11:00am
August 14-24	Monday to Thursday	10:30-11:00am

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Swim Kids 3:

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 meters.

April 3-13	Monday to Thursday	5:30-6:00pm
April 17-21	Mon to Fri (Spring Break)	11:00-11:30am & 1:00-1:30pm
May 23-June 1	Monday to Thursday	5:00-5:30pm
June 5-15	Monday to Thursday	5:00-5:30pm
July 3-13	Monday to Thursday	11:00-11:30am
July 17-21	Mon to Fri (1 week set)	11:00-11:30am & 1:00-1:30pm
August 1-11	Tuesday to Friday	11:00-11:30am
August 14-24	Monday to Thursday	11:00-11:30am

Swim Kids 4:

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick and back, perform kneeling dive, introduction to sculling and swim 25 meters continuously.

April 3-13	Monday to Thursday	4:30-5:00pm
April 17-21	Mon to Fri (Spring Break)	11:30am-12:00pm & 1:30-2:00pm
May 23-June 1	Monday to Thursday	4:00-4:30pm
June 5-15	Monday to Thursday	4:00-4:30pm
July 3-13	Monday to Thursday	11:30-12:00pm
July 17-21	Mon to Fri (1 week set)	11:30am-12:00pm & 1:30-2:00pm
August 1-11	Tuesday to Friday	11:30-12:00pm
August 14-24	Monday to Thursday	11:30-12:00pm

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Swim Kids 5:

Swimmers develop front crawl (15m), learn back crawl(15m) and whip kick on back, learn stride dive and treading water, perform head first sculling on back and swim 50 meters continuously.

April 3-13	Monday to Thursday	5:00-5:30pm
April 17-21	Mon to Fri (Spring Break)	10:00am-10:30pm & 12:00-12:30pm
May 23-June1	Monday to Thursday	4:30-5:00pm
June 5-15	Monday to Thursday	4:30-5:00pm
July 3-13	Monday to Thursday	10:00-10:45am
July 17-21	Mon to Fri (1 week set)	10:00am-10:30pm & 12:00-12:30pm
August 1-11	Tuesday to Friday	10:00-10:45am
August 14-24	Monday to Thursday	10:00-10:45am

Swim Kids 6:

Swimmer increase their distance on front and back crawl (25m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 meters continuously.

April 3-13	Monday to Thursday	5:30-6:00pm
April 17-21	Mon to Fri (Spring Break)	10:30am-11:00pm & 12:30-1:00pm
May 23-June 1	Monday to Thursday	5:00-5:30pm
June 5-15	Monday to Thursday	5:00-5:30pm
July 3-13	Monday to Thursday	10:00-10:45am
July 17-21	Mon to Fri (1 week set)	10:30am-11:00pm & 12:30-1:00pm
August 1-11	Tuesday to Friday	10:00-10:45am
August 14-24	Monday to Thursday	10:00-10:45am

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Swim Kids 7/8:

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet first surface dive and standing shallow dive, and swim 300 meters continuously.

April 3-13th	Monday to Thursday	4:30-5:15pm
April 17-21	Mon to Fri (Spring Break)	10:00-11:00am & 1:00-2:00pm
May 23-June1	Monday to Thursday	4:00-4:45pm
June 5-15	Monday to Thursday	4:00-4:45pm
July 3-13	Monday to Thursday	10:45-11:30am
July 17-21	Mon to Fri (1 week set)	10:00-11:00am & 1:00-2:00pm
August 1-11	Tuesday to Friday	10:45-11:30am
August 14-24	Monday to Thursday	10:45-11:30am

Swim Kids 9/10:

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet first surface dive and standing shallow dive, and swim 300 meters continuously.

April 3-13th	Monday to Thursday	5:15-6:00pm
April 17-21	Mon to Fri (Spring Break)	11:00-12:00pm & 2:00-3:00pm
May 23-June1	Monday to Thursday	4:45-5:30pm
June 5-15	Monday to Thursday	4:45-5:30pm
July 3-13	Monday to Thursday	11:30-12:15pm
July 17-21	Mon to Fri (1 week set)	11:00-12:00pm & 2:00-3:00pm
August 1-11	Tuesday to Friday	11:30-12:15pm
August 14-24	Monday to Thursday	11:30-12:15pm

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Advance Red Cross Courses

Assistant Red Cross Lifeguard:

Prerequisites: 12 years old, ability to swim to the Red Cross Swim Kids level 10 equivalent or higher.

This is a pre-requisite course for the professional lifeguard certification that teaches injury prevention, teamwork, basic rescues, and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria.

March 9,10,11

9:00am-6:00pm

Red Cross Lifeguard:

Prerequisites: 15 years' old, Assistant Red Cross Lifeguard, Standard First Aid.

Professional lifeguard certification course for polos. The course prepares deck ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on a standard evaluation criteria and complete a final skills and knowledge assessments

TBA

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What's Next?

Interested in Advance Courses for Red Cross or Lifesaving Society Please contact us to discuss a future course date

