



# Killam Regional Aquatic Center

## Summer 2018 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 9-19	Monday to Thursday	10:30-11:00am
August 7-16	Monday to Thursday	10:30-11:00am



### **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 9-19	Monday to Thursday	11:00-11:30am
August 7-16	Monday to Thursday	11:00-11:30am



### **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 9-19	Monday to Thursday	11:30am-12:00pm
August 7-16	Monday to Thursday	11:30am-12:00pm



To Register Please Call 780-385-3080 or Email [ckinzer@town.killam.ab.ca](mailto:ckinzer@town.killam.ab.ca)



# Killam Regional Aquatic Center

## Summer 2018 Swim Lessons

### **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.

July 9-19	2 Week Session	Monday to Thursday	12:00-12:30pm
July 23-27	1 Week Session	Monday to Thursday	10:00-10:45am
August 7-16	2 Week Session	Monday to Thursday	12:00-12:30pm
August 20-24	1 Week Session	Monday to Thursday	10:00-10:45am



### **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.

July 9-19	2 Week Session	Monday to Thursday	12:30-1:00pm
July 23-27	1 Week Session	Monday to Thursday	10:45-11:30 am
August 7-16	2 Week Session	Monday to Thursday	12:30-1:00pm
August 20-24	1 Week Session	Monday to Thursday	10:45-11:30 am

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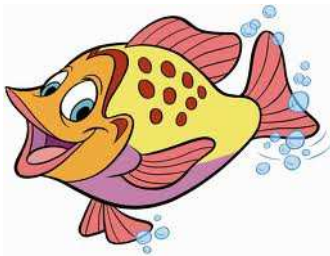
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## Summer 2018 Swim Lessons

### **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.

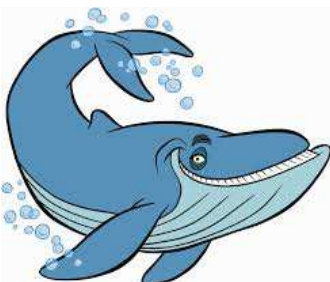
July 9-19	2 Week Session	Monday to Thursdays	10:30-11:00am
July 23-27	1 Week Session	Monday to Thursday	11:30am-12:15pm
August 7-16	2 Week Session	Monday to Thursdays	10:30-11:00am
August 20-24	1 Week Session	Monday to Thursdays	11:30am-12:15pm

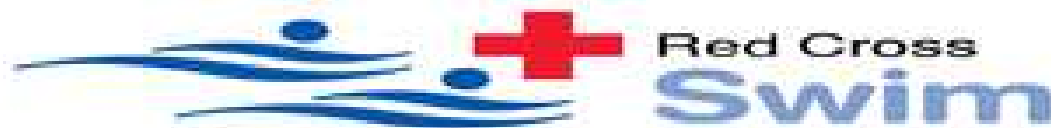


### **Crocodile/Whale: 3-5yrs**

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.

July 9-19	2 Week Session	Monday to Thursdays	11:00-11:30am
July 23-27	1 Week Session	Monday to Thursday	12:15-1:00pm
August 7-16	2 Week Session	Monday to Thursdays	11:00-11:30am
August 20-24	1 Week Session	Monday to Thursday	12:15-1:00pm





## Killam Regional Aquatic Center

### Summer 2018 Swim Lessons

#### **Swim Kids 1:**

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

July 9-19	2 Week Session	Monday to Thursday	11:30am-12:00pm
July 23-27	1 Week Session	Monday to Thursday	10:00-10:45am
August 7-16	2 Week Session	Monday to Thursday	11:30am-12:00pm
August 20-24	1 Week Session	Monday to Thursday	10:00-10:45am

#### **Swim Kids 2:**

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

July 9-19	2 Week Session	Monday to Thursday	12:00-12:30pm
July 23-27	1 Week Session	Monday to Thursday	10:45-11:30am
August 7-16	2 Week Session	Monday to Thursday	12:00-12:30pm
August 20-24	1 Week Session	Monday to Thursday	10:45-11:30am

#### **Swim Kids 3:**

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

July 9-19	2 Week Session	Monday to Thursday	12:30-1:00pm
July 23-27	1 Week Session	Monday to Thursday	11:30am-12:15pm
August 7-16	2 Week Session	Monday to Thursday	12:30-1:00pm
August 20-24	1 Week Session	Monday to Thursday	11:30am-12:15pm

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## Killam Regional Aquatic Center Summer 2018 Swim Lessons

### **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.

July 9-19	2 Week Session	Monday to Thursday	10:30-11:00am
July 23-27	1 Week Session	Monday to Thursday	12:15-1:00pm
August 7-16	2 Week Session	Monday to Thursday	10:30-11:00am
August 20-24	1 Week Session	Monday to Thursday	12:15-1:00pm

### **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.

July 9-19	2 Week Session	Monday to Thursday	11:00-11:30am
July 23-27	1 Week Session	Monday to Thursday	10:00-10:45am
August 7-16	2 Week Session	Monday to Thursday	11:00-11:30am
August 20-24	1 Week Session	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.

July 9-19	2 Week Session	Monday to Thursday	11:00-11:30am
July 23-27	1 Week Session	Monday to Thursday	10:45-11:30am
August 7-16	2 Week Session	Monday to Thursday	11:00-11:30am
August 20-24	1 Week Session	Monday to Thursday	10:45-11:30am

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## Killam Regional Aquatic Center

### Spring & Summer 2018 Swim Lessons

#### **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.

July 9-19	2 Week Session	Monday to Thursday	11:30am-12:15pm
July 23-27	1 Week Session	Monday to Thursday	11:30 am -12:30pm
August 7-16	2 Week Session	Monday to Thursday	11:30am-12:15pm
August 20-24	1 Week Session	Monday to Thursday	11:30 am -12:30pm

#### **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.

July 9-19	2 Week Session	Monday to Thursday	12:00-12:45pm
July 23-27	1 Week Session	Monday to Thursday	12:30-1:30pm
August 7-16	2 Week Session	Monday to Thursday	12:00-12:45pm
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