

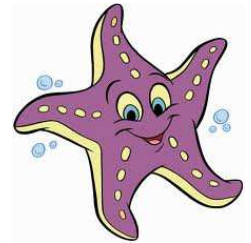


Killam Regional Aquatic Center Winter 2018 Swim Lessons

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.

Feb.6-Mar.1	Tuesday & Thursday	10:00-10:30am
Feb.26-Mar.21	Monday & Wednesday	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.

Feb.6-Mar.1	Tuesday & Thursday	10:30-11:00 am
Feb.26-Mar.21	Monday & Wednesday	10:30-11:00 am



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.

Feb.6-Mar.1	Tuesday & Thursday	11:30am-12:00pm
Feb.26-Mar.21	Monday & Wednesday	11:30am-12:00pm



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



Killam Regional Aquatic Center

Winter 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.

Feb.6-Mar.21	Tuesday & Thursday	11:30am 12:00pm
Feb.26-Mar.21	Monday & Wednesday	11:30am-12:00pm
Mar.26-29	Monday to Thursday	10:00-10:30am & 12:00-12:30pm



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.

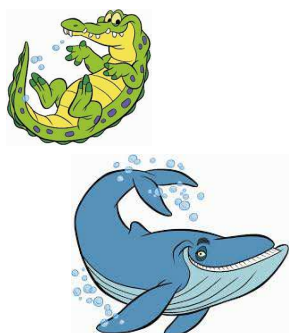
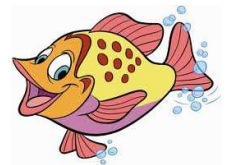
Feb.6-Mar.1	Tuesday & Thursday	12:00-12:30pm
Feb.26-Mar.21	Monday & Wednesday	5:00-5:30 pm
Mar.26-29	Monday to Thursday	10:30-11:00 am & 12:30-1:00pm



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.

Feb.26-Mar.21	Monday & Wednesday	5:30-6:00 pm
Mar.26-29	Monday to Thursday	11:00-11:30am & 1:00-1:30pm



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.

Feb.26-Mar.21	Monday & Wednesday	6-6:30 pm
Mar.26-29	Monday to Thursday	11:30-12:00pm & 1:30-2:00pm



Killam Regional Aquatic Center

Winter 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.

Feb.26-Mar.21	Monday & Wednesday	4:30 - 5:00 pm
Mar.26-29	Monday to Thursday	10:00-10:30am & 12:00-12:30pm

Swim Kids 2:

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

Feb. 26-Mar.21	Monday & Wednesday	5:00-5:30pm
Mar.26-29	Monday to Thursday	10:30-11:00am & 12:30-1:00pm

Swim Kids 3:

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

Feb.26-Mar.21	Monday & Wednesday	5:30-6:00 pm
Mar.26-29	Monday to Thursday	11:00-11:30am & 1:00-1:30pm

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.

Feb.26-Mar.21	Monday & Wednesday	6:00 –6:30 pm
Mar. 26-29	Monday to Thursday	11:30-12:00 & 1:30-2:00pm

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Killam Regional Aquatic Center Winter 2018 Swim Lessons

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.

Feb26-Mar.21	Monday & Wednesday	4:30 - 5:00pm
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Ma.26-29	Monday to Thursday	10:00-10:30am & 12:00-12:30pm
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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.

Feb. 26-Mar. 21	Monday & Wednesday	4:30 - 5:00 pm
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Mar. 26—29	Monday to Thursday	10:30-11:00am & 12:30-1:00pm
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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.

Feb. 26-Mar. 21	Monday & Wednesday	5:00 - 5:45 pm
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Mar. 26 –29	Monday to Thursday	11:00-11:30 am & 1:00-1:30 pm
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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.

Feb 26-Mar. 21	Monday & Wednesday	5:45-6:30pm
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Mar.26-29	Monday to Thursday	11:30-12:00pm & 1:30-2:00pm
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