

Swimming Lesson Level Descriptions

Parent & Tot (6 – 35 months) \$43.00/10 classes

We introduce your young child to water, build their water confidence, and educate you as the parent on pertinent water safety. Our program consists of singing songs, playing interactive games, and fun group activities in order to appeal to your child's curiosity and desire for play, while we increase their comfort in and under the water; promote balance and movement; and begin swim skill acquisition.

Preschool 1 – 2 (Ages 3 – 5) \$49.00/10 classes

Focus is on helping your child become comfortable and safe in the water. Water movement and assisted floats are covered. Level two includes full-body submerging. Class size no more than 4 students.

Preschool 3 – 5 (Ages 3 – 5) \$49.00/10 classes

Focus is on floats, glides, rollovers, underwater swims, sit dive and glides, and developmental breaststroke. If the swimmers are ready we'll even teach them to front crawl for up to 10 meters! Class size: no more than 4 students.

Swim Kids 1 – 2 (Ages 6+) \$50.00/10 classes

This entry level provides an orientation to safety around the water and pool area. Floats and glides with kick are introduced. Children build their endurance using flutter kick with assisted glides.

Swim Kids 3 – 5 (Ages 6+) \$46.00/10 classes

These levels build the child's skills in front and back crawl, diving, sculling, and whip kick. They are taught to be water safe by understanding their own limits and learning boating skills. Endurance is achieved by building strength in the flutter kick and dolphin kick, up to a 50-metre swim.

Swim Kids 6 – 7 \$51.00/10 classes

Front and back crawl continue to be refined. Elementary backstroke and whip kick on the front are introduced. Ice safety, choking, and elementary rescue of others with throwing assists are taught. Endurance is built to a 150-metre swim.

Swim Kids 8 – 10 \$52.00/10 classes

Breaststroke, butterfly and scissor kick are introduced, and all strokes continue to be refined. Surface dives, rescues from ice, and rescue breathing are taught. They learn about fitness and making wise choices. Endurance is built using dolphin kick, butterfly drills and a 500-metre swim.

Private Swimming Lessons \$22.00/half hour

Enjoy exclusive one on one instruction! Our private lessons offer flexibility and personalized attention. Contact us to book yours today, and remember if you book three, the fourth one is FREE. Flexible times available. Private or Semi-Private available.

>> SWIMMING LESSONS

WINTER 2012



45501 Market Way
Chilliwack, BC V2R 0M9
Tel: 604.824.0231
Fax: 604.824.0853



www.leisurerecgroup.com

Lesson Sets

- Classes run either Monday & Wednesdays, Tuesdays & Thursdays, or Saturdays only. The following are the start and end dates of the courses we have programmed.

- First choose the days you prefer, and then choose one of the times available for the appropriate swim level.

- lessons are subject to availability.

- Please register early - space is limited

Mondays / Wednesdays Classes

Set 1 9-Jan to 8-Feb 10 classes

Set 2 13-Feb to 14-Mar 10 classes

Tuesday / Thursdays Classes

Set 1 10-Jan to 9-Feb 10 classes

Set 2 14-Feb to 15-Mar 10 classes

Saturdays Only Classes

Set 1 7-Jan to 17-Mar 10 classes

Good things to know:

- If your child has not been in lessons within the past 6-12 months, we recommend that you bring them to any public swim. Ask the front desk to have an instructor complete an assessment so we can get your child registered in the appropriate level.

- Parents (and siblings) swim for only \$2.00 each when their child (sibling) is in lessons.

- Register over the phone by calling 604.824.0231; please have your credit card ready.

PRIVATE LESSONS - Enjoy exclusive one on one instruction! Our private lessons offer flexibility and personalized attention. Contact us to book yours today, and remember if you book three, the fourth one is FREE.

Flexible times available. Private (\$22/half hour). Semi (\$18ea/half hour)



Preschool 1 - 2 (3 - 5yrs)

Days	Time
<u>M/W</u>	9:30am - 10:00am 10:30am - 11:00am 3:30pm - 4:00pm 4:00pm - 4:30pm 4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm 6:00pm - 6:30pm
<u>T/Th</u>	9:30am - 10:00am 10:30am - 11:00am 3:30pm - 4:00pm 4:00pm - 4:30pm 4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm 6:00pm - 6:30pm
<u>Sat</u>	9:00am - 9:30am 9:30am - 10:00am 10:00am - 10:30am 10:30am - 11:00am 11:00am - 11:30am 12:00pm - 12:30pm 12:30pm - 1:00pm

Preschool 3 - 5 (3 - 5yrs)

Days	Time
<u>M/W</u>	9:30am - 10:00am 11:00am - 11:30am 4:00pm - 4:30pm 4:30pm - 5:00pm 6:00pm - 6:30pm
<u>T/Th</u>	9:00am - 9:30am 10:00am - 10:30am 3:30pm - 4:00pm 5:00pm - 5:30pm
<u>Sat</u>	9:00am - 9:30am 10:00am - 10:30am 12:00pm - 12:30pm 12:30pm - 1:00pm

Swim Kids 1 - 2 (6+ years)

Days	Time
<u>M/W</u>	3:30pm - 4:00pm 4:00pm - 4:30pm 4:30pm - 5:00pm 5:00pm - 5:30pm 6:00pm - 6:30pm 6:30pm - 7:00pm
<u>T/Th</u>	3:30pm - 4:00pm 4:00pm - 4:30pm 4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm 6:30pm - 7:00pm
<u>Sat</u>	9:00am - 9:30am 9:30am - 10:00am 10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:30pm - 1:00pm

Swim Kids 3 - 5 (6+ years)

Days	Time
<u>M/W</u>	3:30pm - 4:00pm 4:00pm - 4:30pm 5:30pm - 6:00pm 6:30pm - 7:00pm
<u>T/Th</u>	3:30pm - 4:00pm 4:00pm - 4:30pm 5:00pm - 5:30pm 5:30pm - 6:00pm
<u>Sat</u>	9:00am - 9:30am 10:00am - 10:30am 11:30am - 12:00pm 12:30pm - 1:00pm

Swim Kids 6 - 7

Days	Time
<u>M/W</u>	4:30pm - 5:15pm 6:00pm - 6:45pm
<u>T/Th</u>	6:00pm - 6:45pm 6:15pm - 7:00pm
<u>Sat</u>	10:30am - 11:15am 11:00am - 11:45am

Swim Kids 8 - 10

Days	Time
<u>M/W</u>	5:15pm - 6:00pm 6:30pm - 7:15pm
<u>T/Th</u>	6:00pm - 6:45pm
<u>Sat</u>	11:15am - 12:00pm

Aqua Adult

Days	Time
<u>M/W</u>	7:00pm - 7:45pm
<u>T/Th</u>	11:30am - 12:00pm 5:30pm - 6:15pm
<u>Sat</u>	11:45am - 12:30pm

Parent & Tot (6 - 35 months)

Days	Time
<u>M/W</u>	10:00am - 10:30am 5:00pm - 5:30pm
<u>T/Th</u>	11:00am - 11:30am 6:00pm - 6:30pm
<u>Sat</u>	10:00am - 10:30am



LEISURE RECREATION

◀ January 2012 ▶

S	M	T	W	T	F	S
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2012

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						