

REFUND & CREDIT POLICY

REFUND

Please keep your receipt in the event that a refund may be requested. A refund may be given under the following conditions, at the sole discretion of the City:

- A) If the program is cancelled due to insufficient registration.
- B) If the participant must withdraw for medical reasons after the first lesson. A medical note is required.
- C) If notification of withdrawal is received at least three full working days prior to the start of the program.

Approved refunds will be charged a \$5.00 administration fee. A full refund may be approved if the program is cancelled by the City.

CREDIT

Full credits may be issued as an alternate to refunds, at the sole discretion of the City.

SWIMMING LESSON RECEIPT

CHILDREN'S FITNESS TAX CREDIT

Please keep your swimming lesson receipt for the children's fitness tax credit.

Duplicates will not be issued.

The children's fitness tax credit lets parents claim up to \$500 per year for eligible fitness expenses paid for each child who is under 16 years of age at the beginning of the year in which the expenses are paid.

PCU CENTRE



Please refer to the PCU Centre website for updates:
www.pcucentre.ca



Portage Regional
Recreation Authority
Inc.

Southport Community Aquaplex Swim Lesson Guide

September 14, 2009 -
June 16, 2010



Portage Regional Recreation Authority
C/o 97 Saskatchewan Avenue East
Portage la Prairie, MB R1N 0L8

For registration information please contact:
Department of Recreation & Leisure Services
204-239-8321
or at the pool
204-428-6860
email: aquatics@city-plap.com

Please visit the PCU Centre website:
www.pcucentre.ca
or the City website:
www.city.portage-la-prairie.mb.ca

Swim Programs

RED CROSS SWIM PRE-SCHOOL

PARENTED:

STARFISH/Duck (4 to 30 months)

An introductory class for babies and their parent or caregiver. Must be able to hold their head up. / A parented program which helps build confidence while enjoying the water through games, songs and active water play.

SEATURTLE (24 to 36 months - Parented) (3 to 5 years of age - Transitional)

This is a transitional level for preschoolers and their parents or entry level for children who have never taken lessons. Parents can **gradually transfer** the preschoolers to the care of the instructor. This level develops skills in swimming, glides and floating.

UN-PARENTED:

SALAMANDER (3 to 5 years)

Preschoolers actively learn new swimming skills including assisted floats and glides through games and song. Learns to jump into chest deep water.

SUNFISH (3 to 5 years)

Assisted by an instructor, preschoolers work on stroke and skill progression. Focuses on good judgment in, on and around the water. Includes entries and floats in deep water.

CROCODILE/WHALE (3 to 5 years)

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Learns the dolphin kick and synchronized swimming skills. Will increase their distance and improve their skills in front and back swims.

RED CROSS SWIM KIDS

SCHOOL AGE PROGRAMS (Starting age 6 years & Up)

SWIM KIDS LEVEL 1 - SK1

This is the entry level for children ready to move in shallow water. Provides an orientation to the water and the pool and introduces floats and glides with kicks. Child builds endurance by improving distance.

SWIM KIDS LEVEL 2 - SK2

Helps the child build skills in front and back swims. Child is introduced to deep water activities and proper use of PFD. Endurance is built on flutter kicking with assisted aids and 5 metre swim.

SWIM KIDS LEVEL 3 - SK3

Provides an introduction to the front crawl and diving. Child works on floats and changing direction in water. Endurance is achieved by building strength in flutter kicking and a 15 metre swim.

SWIM KIDS LEVEL 4 - SK4

Front crawl, back glide and should roll are further developed. Child works on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built by a 25 metre swim.

SWIM KIDS LEVEL 5 - SK5

Back crawl is introduced, along with sculling skills and whip kick on the back. Child tries stride dives and receives an introduction to safe boating skills. Endurance is developed through dolphin kicking and a 50 metre swim.

SWIM KIDS LEVEL 6 - SK6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Child is also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75 metre swim.

SWIM KIDS LEVEL 7 & 8 - SK7/8

This level continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Endurance is built through timed treading water and a 150 metre swim. / This level provides an introduction to the breast-stroke, foot first surface dives and rescue entries. Child learns about the dangers of open water, hypothermia and rescuing. Endurance is built on the dolphin kick and 300 metre swim.

SWIM KIDS LEVEL 9 & 10- SK9/10

Front crawl, back crawl, elementary back stroke and breast-stroke continue to be refined. They work on head-first surface dives and standing dives. / Refinement of strokes, with an introduction to butterfly and scissor kick. Endurance is built on dolphin kick and butterfly drills and 500 metre swim.

TEEN/ADULT 1

This course is designed for 12—17 years and adults. No previous swimming experience is required. Will learn basic floatation, movement and breathing skills and an introduction to swim strokes.

Strokes 1 & 2

This course is designed for a child experiencing difficulty completing the swim kids levels. Classes focus on refining the strokes and improving the cardiovascular fitness endurance a child needs to progress to the next level.

Strokes 1: levels SK4—SK6
Strokes 2: levels SK7—SK10

KEEP YOUR REPORT CARD

Your **report card** is an important document for your child's swimming lesson record. It will be used to document your child's progress for all of the Red Cross Swim levels. Please keep your child's report card in a safe place and **present it when registering your child for swimming lessons**. Also, please bring your child's report card to their **first swimming class** for the instructor's use.

PREPARING FOR YOUR LESSONS

- Bathing suits and towel is required; no cotton material or cut offs.
- Preschoolers under the age of two are required to wear leak proof swim diapers.
- We recommend that your child **does not eat at least a 1/2 hour before class** for an enjoyable lesson.
- We encourage parents/guardians to bring their child to public swim to practice lesson skills as outlined in their booklet and midterm report cards.
- Parents/guardians are welcomed to watch from the pool deck bleachers, but must remove all outer footwear before entering pool deck.
- Children 9 years of age and under must have adult supervision while in the facility.



THE SHINDLEMAN AQUATIC CENTRE:

- Largest indoor wave pool in Manitoba
- 212 foot-long waterslide with separate slide entry & shut down lane
- 14-person hot tub
- Birthday party room and party packages available
- Recreational swimming pool with lazy river, tot area, water spray features and six 25-meter lanes
- Beautiful scenic view of Crescent Lake from giant picture window
- Modern men's, women's and family change rooms
- Towel service and locker rentals available
- Located adjacent Splash Island Outdoor Water-park



Fall/Winter Sessions - September 14, 2009 - June 16, 2010

Swim Lesson Schedule

September 14 - November 23

Monday Evenings

4:30pm	Sea Turtle	Salamander	Sunfish
5:00pm	SK2	Stroke 1	Sea Turtle
5:30pm	Salamander	SK4	Sunfish
6:00pm	Stroke 2	Starfish/Duck	Salamander
6:30pm	↓	Croc/Whale	SK3
6:45pm	SK9/10	—	—
7:00pm	↓	SK6	Sunfish
7:30pm	SK7/8	SK3	SK1
8:00pm	↓	SK5	SK4

No class on Oct. 12

September 16 - November 25

Wednesday Evenings

4:30pm	Sea Turtle	Croc/Whale	Salamander	SK3
5:00pm	SK2	SK1	Sunfish	Sea Turtle
5:30pm	SK4	Salamander	SK3	Starfish/Duck
6:00pm	SK7/8	Sea Turtle	SK5	—
6:30pm	↓	Croc/Whale	Starfish/Duck	—
6:45pm	SK9/10	—	—	—
7:00pm	↓	Sunfish	SK2	—
7:30pm	Strokes 1	SK3	SK7/8	—
8:00pm	SK4	SK6	↓	—

No class on Nov. 11

September 19 - November 21

Saturday Mornings

9:00am	SK1	SK4	Sea Turtle	Salamander
9:30am	SK4	Croc/Whale	SK3	SK7/8
10:00am	Starfish/Duck	SK2	Sunfish	↓
10:15am	—	—	—	—
10:30am	SK4	SK3	SK6	Salamander
11:00am	SK1	Sea Turtle	SK2	Sunfish
11:30am	SK5	SK2	Sea Turtle	Strokes 1

November 28 - February 20

Saturday Mornings

9:00am	SK2	SK5	Salamander	Sunfish
9:30am	SK4	SK1	SK3	SK9/10
10:00am	Starfish/Duck	Sea Turtle	SK2	↓
10:15 am	—	—	—	—
10:30am	SK4	SK3	SK6	Salamander
11:00am	Croc/Whale	Sea Turtle	Strokes 2	SK2
11:30am	SK5	SK1	↓	Sunfish

No classes on Dec. 26, Jan. 2 & Feb. 13

November 30 - February 22

Monday Evenings

4:30pm	Croc/Whale	SK5	SK3
5:00pm	Sea Turtle	Starfish/Duck	Salamander
5:30pm	Strokes 1	SK4	Sea Turtle
6:00pm	Salamander	SK3	SK7/8
6:30pm	SK1	Croc/Whale	↓
6:45 pm	—	—	SK9/10
7:00pm	Sunfish	SK5	↓
7:30pm	SK2	Teen/Adult 1	SK3
8:00pm	SK5	↓	SK6

No classes on Dec. 21, 28 & Feb. 15

December 2 - February 17

Wednesday Evenings

4:30pm	Sea Turtle	Salamander	Sunfish	SK3
5:00pm	SK2	SK1	Salamander	Sunfish
5:30pm	SK3	Salamander	SK4	Starfish/Duck
6:00pm	SK7/8	Sea Turtle	SK1	—
6:30pm	↓	Croc/Whale	SK2	—
6:45pm	SK9/10	—	—	—
7:00pm	↓	Sunfish	Salamander	—
7:30pm	Strokes 2	SK5	Teen/Adult 1	—
8:00pm	↓	SK6	↓	—

No classes on Dec. 23 & 30

February 24 - May 5

Wednesday Evenings

4:30pm	Sea Turtle	Croc/Whale	Salamander	SK4
5:00pm	SK2	SK5	SK1	Sunfish
5:30pm	SK4	Sea Turtle	Sunfish	Starfish/Duck
6:00pm	SK7/8	SK3	Salamander	—
6:30pm	↓	Starfish/Duck	SK2	—
6:45pm	SK9/10	—	—	—
7:00pm	↓	SK5	Croc/Whale	—
7:30pm	Sunfish	SK4	Teen/Adult 1	—
8:00pm	SK6	Strokes 1	↓	—

No class on Mar. 10

February 27 - May 8

Saturday Mornings

9:00am	SK1	SK4	Sea Turtle	Sunfish
9:30am	SK4	SK2	SK5	SK7/8
10:00am	Starfish/Duck	Salamander	SK2	↓
10:15am	—	—	—	—
10:30am	SK4	SK3	SK6	SK1
11:00am	Croc/Whale	Salamander	Sunfish	SK3
11:30am	SK5	SK6	Sea Turtle	Strokes 1

No classes on Mar. 13

March 1 - May 10

Monday Evenings

4:30pm	Sea Turtle	Salamander	Sunfish
5:00pm	SK2	Stroke 1	Sea Turtle
5:30pm	Salamander	SK4	Sunfish
6:00pm	Strokes 2	Starfish/Duck	Salamander
6:30pm	↓	Croc/Whale	SK3
6:45pm	SK9/10	—	—
7:00pm	↓	SK6	Sunfish
7:30pm	Teen/Adult 1	SK3	SK1
8:00pm	↓	SK5	SK4

No classes on Mar. 8

May 12 - June 16

Monday & Wednesday Evenings (5 weeks)

4:30pm	Sea Turtle	Salamander	Sunfish	SK3
5:00pm	Sunfish	SK2	Salamander	SK1
5:30pm	SK4	Starfish/Duck	SK3	Salamander
6:00pm	SK7/8	Sea Turtle	SK5	—
6:30pm	↓	Croc/Whale	SK2	—
6:45PM	SK9/10	—	—	—
7:00pm	↓	Sunfish	Salamander	—
7:30pm	Teen/Adult 1	SK1	SK3	—
8:00pm	↓	SK4	SK6	—

No classes on May 24

LESSON RATES ** Lesson rates includes applicable GST

Red Cross Swim Pre-school	(1/2 hr. class)	\$46.00
(Starfish/Duck, Sea turtle, Salamander, Sunfish & Crocodile/Whale)		
Red Cross Swim Kids levels 1 - 6	(1/2 hr. class)	\$51.00
Red Cross Swim Kids levels 7 - 10	(45 min. class)	\$57.00
Teen/Adult 1	(1hr. class)	\$67.00
Strokes 1 (SK4—SK6)	(1/2 hr. class)	\$51.00
Strokes 2 (SK7—SK10)	(45 min. class)	\$57.00

SPECIAL PUBLIC SWIM ** Regular Public Swim Rates Apply

October 2, 12 & 23	1:30 - 8:30 pm
November 11 & 13	1:30 - 8:30 pm
December 21, 22, 23, 28, 29 & 30	1:30 - 8:30 pm
December 27	Candy Cane Swim 12:00 - 5:00 pm
January 2	Candy Cane Swim 1:00 - 5:00 pm
January 3	Candy Cane Swim 12:00 - 5:00 pm
February 12, 15 & 26	1:30 - 8:30 pm
March 8 - 12	Spring Break Swim 1:30 - 8:30 pm
March 19	1:30 - 8:30pm
April 2	1:30 - 8:30 pm
May 24	1:30 - 8:30 pm

**POOL CLOSED: Dec 24, 25, 26 & 31, 2009
Jan 1, 2010**