Aquatics Program Schedule
Winter 2019

Red Cross Preschool & Swim Kids

Sea Otter & Salamander: 3 years of age or older and just starting out. Previous lessons are not necessary.

Sunfish, Crocodile & Whale: 3 to 5 years of age and can enter the shallow water safely; float and glide on the front and back without assistance; move around in a PFD; perform rhythmic breathing three times.

Level 1: For children 5 years and older who can enter shallow water safely; float and glide on the front and back without assistance; swim on their front for 2 metres.

Level 2: For children 5 years and older who can float on their front and back; exhale through mouth and nose and flutter kick while gliding on front and back; swim 5 metres continuously.

Level 3: For children 6 years of age and older who can perform deep water activities; can breathe rhythmically 10 times; glides on their front and back with kick for 5 metres and swim 10 metres continuously.

Level 4: For children 6 years of age and older who can swim front crawl for at least 5 metres, arms recovering above water; swim 15 metres continuously.

Level 5: For children 7 years of age and older who can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously.

Level 6: For children 7 years of age and older who can swim front and back at least 15 metres; perform the whip kick on back at least 5 metres; perform a kneeling dive and swim 50 metres continuously.

Level 7: For children 8 years of age and older who can swim front crawl and back at least 25 metres; swim elementary backstroke 15 metres; and swim 75 metres continuously.

Level 8: For children 8 years of age and older who can swim front and back crawl for at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously.

Level 9: For children 9 years of age and older who can swim front and back crawl at least 75 metres; swim elementary backstroke and breaststroke for at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously.

Level 10: For children 9 years of age and older who can swim front and back crawl at least 100 metres; swim elementary and backstroke 25 metres; swim 400 metres continuously.

Low Ratio Classes: These are programs with approximately half the number of participants of our regular classes. Each participant receives more individual attention and more of an opportunity to practice their skills.

Private Instruction

Private Instruction: For any individual 6 years if age and older. Private lessons provide adults or children an opportunity to focus on completing specific skills. They can be an excellent option for participants who are not comfortable in a group lesson environment. Lessons will be tailored to individual needs.

Youth Programs

Youth Swim Level 1, 2, 3 and 4: This course is for youth ages 10 and up who are just learning to swim and wish to fulfill the Red Cross program's level 1, 2, 3, or 4.

Youth Stroke Improvement: This course is for youth between 11 & 16 years of age who want to improve their swimming skills.

Registration begins Thursday, November 15, 2018 at 6AM online!

Contact the Recreation & Athletic Services Office
Email: ras@uregina.ca  By Phone: (306) 585-4371  Online 24/7: www.uregina.ca/recservices  In Person: Room 170 CKHS
Hours of Operation: 8:30AM – 12PM & 1:00PM – 4:15PM, Monday to Friday
Aquatics Schedule | No class on February 16, 17, 23, & 24

<table>
<thead>
<tr>
<th>CRN</th>
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