

# Aquatics Program Schedule

## Winter 2023

### Preschool (non-parented lessons)

**Preschool 1:** The main goal of this class is to ensure children, ages 3-5, are comfortable in the water and have fun while developing a foundation of water skills. Children will learn how to enter and exit shallow water safely as well as jump into chest-deep water with the assistance of their instructor. Other skills that will be focused on will be putting their face in the water and blowing bubbles, floating on their front and back (assisted), gliding on front and back (assisted), and learning how to safely use a lifejacket.

**Preschool 2:** The main goal of this class is to ensure children, ages 3-5, learn how to be comfortable in the water and continue to have fun while developing a foundation of water skills more independently. Some of the main focuses in this course will be learning how to float, roll laterally, glide front and back and flutter kick using various buoyant aids. Another key skill taught will be how to safely submerge and exhale underwater. Must have completed Preschool 1 and fit within the age limits.

**Preschool 3:** The main goal of this class is to ensure children, ages 3-5, learn how to be comfortable in the water and continue to have fun while developing a foundation of water skills more independently. Children will learn how to jump into deep water and do a sideways entry wearing a lifejacket, as well as further their confidence in submerging underwater by retrieving objects in waist deep water. They will also continue working on their flutter kicks, gliding, rolling and floating on their front and back without any assistance. Must have completed Preschool 2 and fit within the age limits.

**Preschool 4:** The main goal of this class is to ensure children, ages 3-5, learn how to be comfortable in the water and continue to have fun while developing a foundation of water skills more independently. Children will practise and gain confidence jumping into and exiting deep water on their own, sideways entries and opening their eyes underwater, and learning how to tread water. Other skills they will focus on will be completing a 5 m front crawl with support from a lifejacket.

**Preschool 5:** The main goal of this class is to ensure children, ages 3-5, learn how to be comfortable in the water and continue to have fun while developing a foundation of water skills more independently. Participants will practice forward roll entries wearing a lifejacket, treading water for 10 seconds, submerging and holding their breath for 5 seconds. Other skills that will be focused on will be assisted whip kicks in vertical position for 20 seconds, a 5 m front and back crawl and assisted sideways entries into the deep end.

**Low Ratio Classes:** These are programs with approximately half the number of participants in our regular classes. Each participant receives more individual attention and more of an opportunity to practice their skills. See specific levels for course description.

### Swim for Life

**Swimmer 1:** A beginner friendly course, for ages 6+, which introduces kids to the water and starts to build the foundation of solid swimming strokes and skills. Children will learn how to enter and exit shallow water and deep water (assisted), as well as, tread water for 30 seconds, submerge, open their eyes, and hold their breath underwater for 5 seconds. Swimmer 1 also focuses on gaining confidence completing front and back floats, glides and a 5 m front crawl wearing a lifejacket.

**Swimmer 2:** For kids ages 6+, children will practice entering and exiting deep water, sideways entries with a lifejacket, treading water for 15 seconds and recovering objects from chest deep water. Other skills that will be practiced will be a 10 m front and back crawl, an assisted whip kick in a vertical position for 30 seconds, and a 10 m flutter kick on one's front, back and side.

**Swimmer 3:** For kids ages 6+, kids will focus on learning how to complete a forward entry roll, front somersault, kneeling dive, and handstand in shallow water. Other skills that will be further developed will be treading water, 5 m flutter and 10 m whip kicks, as well as, a 15 m front and back crawl.

**Swimmer 4:** For kids ages 6+, children will learn how to complete a standing dive, swim 5 m underwater, and practice breaststroke arm drill. Other key skills that will be further developed will be treading water for 1 minute, 15 m whip kick and a 25 m front crawl sprint.

**Swimmer 5:** For kids ages 6+, children will learn how to complete a tuck jump and shallow dive into deep water, as well as, a back somersault and a 10 m head-up front crawl. Other skills that will be focused on are a 30 sec stationary eggbeater kick, jump and roll entry into deep water, 25 m breaststroke and 50 m front and back crawl.

**Swimmer 6:** For kids ages 6+, children will learn how to complete a compact and stride entry into deep water, legs-only surface support and a 10 m underwater swim to recover an object. Other skills that will be focused on are 15 m eggbeater and scissor kicks, 50 m breaststroke, 25 m head-up swim, 100 m of front and back crawl.

**Low Ratio Classes:** These are programs with approximately half the number of participants in our regular classes. Each participant receives more individual attention and more of an opportunity to practice their skills. See specific levels for course description.

### Swim Patrol

**Rookie Patrol:** For kids ages 8 to 13. The main goal in this class is to continue to develop participants' swim strokes and further develop their skills in the water. Participants must complete a 100 m swim in 3 minutes using one of the stroke practiced throughout Swimmer 1-6. A special focus will also be placed on learning first aid skills such as primary assessments of a conscious and/or bleeding victim as well as when to call EMS.

**Ranger Patrol:** For kids ages 8 to 13. The main goal in this class is to continue to develop participants' swim strokes and further develop their skills in the water. Participants will practice swimming 100 m using a variety of different strokes and must complete a 200 m swim in 6 minutes. First aid skills such as assisting a victim with an obstructed airway, assessing an unconscious victim in regards to hazards and the ABC's method, as well as victim recognition will be taught.

**Star Patrol:** For kids ages 8 to 13. The main goal in this class is to continue to develop participants' swim strokes, provide a strong foundation of skills and help to prepare those who may be interested in becoming a lifeguard once the patrols are complete. Participants must complete a 300 m swim in 9 minutes using a stroke(s) of their choice. A special focus will also be placed on recognizing and caring for a bone or joint injury, a victim in respiratory distress and rescuing with a towing aid.

### Private

Private instruction provides children or adults an opportunity to focus on developing and/or 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.

Not to replace Rookie, Ranger, or Star Patrol as the information covered in those lessons cannot be covered in 4 private lessons.

### Youth and Adult

**Youth Swimmer 1 / 2:** This course is designed for youth ages 9 + who are just learning to swim. This will allow youth ages 9+ to learn the basic swim skills while working through Swimmer 1 & 2 (see specific levels for more information).

**Adult Learn to Swim:** This course is designed for anyone who would like to become more comfortable in the water as well as improve their swimming skills. The swimming basics will be taught in this class.

**Female Only Learn to Swim/Stroke Improvement:** This course is designed only for people who identify as FEMALE, of all abilities who would like to become more comfortable in the water as well as improve their swimming skills. The swimming basics, stroke improvement and beginning to work on endurance will be taught in this class. Beginners and those with experience are welcome.

## Winter Aquatics Class Schedule | No Classes On: Feb. 18 and 19

CRN	Title	Day	Start Date	End Date	Start Time	End Time	Fee
14734	Preschool 1	Sat	21-Jan	18-Mar	9:30	10:00	\$42.00
14832	Preschool 1	Sun	22-Jan	19-Mar	10:00	10:30	\$42.00
14735	Preschool 2	Sat	21-Jan	18-Mar	10:20	10:50	\$42.00
14833	Preschool 2	Sun	22-Jan	19-Mar	10:00	10:30	\$42.00
14736	Preschool 3	Sat	21-Jan	18-Mar	10:55	11:25	\$42.00
14834	Preschool 3	Sun	22-Jan	19-Mar	12:15	12:45	\$42.00
14737	Preschool 4	Sat	21-Jan	18-Mar	10:05	10:35	\$42.00
14835	Preschool 4	Sun	22-Jan	19-Mar	12:10	12:40	\$42.00
14738	Preschool 5	Sat	21-Jan	18-Mar	10:20	10:50	\$42.00
14836	Preschool 5	Sun	22-Jan	19-Mar	11:55	12:25	\$42.00
14748	Low Ratio Preschool 1/2	Sat	21-Jan	18-Mar	11:10	11:40	\$84.00
14849	Low Ratio Preschool 1/2	Sun	22-Jan	19-Mar	12:50	1:20	\$84.00
14749	Low Ratio Preschool 3/4/5	Sat	21-Jan	18-Mar	11:30	12:00	\$84.00
14739	Swimmer 1	Sat	21-Jan	18-Mar	11:30	12:00	\$42.00
14837	Swimmer 1	Sat	21-Jan	18-Mar	11:25	11:55	\$42.00
14838	Swimmer 1	Sat	21-Jan	18-Mar	10:35	11:05	\$42.00
14839	Swimmer 1	Sun	22-Jan	19-Mar	10:35	11:05	\$42.00
14740	Swimmer 2	Sat	21-Jan	18-Mar	9:30	10:00	\$42.00
14840	Swimmer 2	Sat	21-Jan	18-Mar	11:45	12:15	\$42.00
14841	Swimmer 2	Sun	22-Jan	19-Mar	12:10	12:40	\$42.00
14741	Swimmer 3	Sat	21-Jan	18-Mar	10:40	11:25	\$49.00
14842	Swimmer 3	Sun	22-Jan	19-Mar	11:20	12:05	\$49.00
14742	Swimmer 4	Sat	21-Jan	18-Mar	10:35	11:20	\$49.00
14843	Swimmer 4	Sun	22-Jan	19-Mar	11:05	11:50	\$49.00
14743	Swimmer 5	Sat	21-Jan	18-Mar	9:30	10:15	\$49.00
14844	Swimmer 5	Sun	22-Jan	19-Mar	11:25	12:10	\$49.00
14744	Swimmer 6	Sat	21-Jan	18-Mar	9:30	10:15	\$49.00
14845	Swimmer 6	Sun	22-Jan	19-Mar	10:35	11:20	\$49.00
14750	Low Ratio Swimmer 1/2	Sat	21-Jan	18-Mar	11:45	12:15	\$84.00
14856	Low Ratio Swimmer 1/2	Sun	22-Jan	19-Mar	12:30	1:00	\$84.00
14745	Rookie Patrol	Sat	21-Jan	18-Mar	9:30	10:30	\$56.00
14846	Rookie Patrol	Sun	22-Jan	19-Mar	11:05	12:05	\$56.00
14746	Ranger Patrol	Sat	21-Jan	18-Mar	10:05	11:05	\$56.00
14847	Ranger Patrol	Sun	22-Jan	19-Mar	10:00	11:00	\$56.00
14747	Star Patrol	Sat	21-Jan	18-Mar	9:30	10:30	\$56.00
14848	Star Patrol	Sun	22-Jan	19-Mar	10:00	11:00	\$56.00
14756	Private	Sat	21-Jan	11-Feb	11:30	12:00	\$90.00
14757	Private	Sat	21-Jan	11-Feb	12:05	12:35	\$90.00
14758	Private	Sat	21-Jan	11-Feb	12:40	1:10	\$90.00
14759	Private	Sat	21-Jan	11-Feb	12:00	12:30	\$90.00
14760	Private	Sat	21-Jan	11-Feb	12:20	12:50	\$90.00
14761	Private	Sat	21-Jan	11-Feb	12:55	1:25	\$90.00
14762	Private	Sat	21-Jan	11-Feb	10:55	11:25	\$90.00
14763	Private	Sat	21-Jan	11-Feb	12:05	12:35	\$90.00
14764	Private	Sat	21-Jan	11-Feb	12:40	1:10	\$90.00
14765	Private	Sat	21-Jan	11-Feb	11:10	11:40	\$90.00
14766	Private	Sat	21-Jan	11-Feb	12:20	12:50	\$90.00
14767	Private	Sat	21-Jan	11-Feb	12:55	1:25	\$90.00
14792	Private	Sat	25-Feb	18-Mar	11:30	12:00	\$90.00
14793	Private	Sat	25-Feb	18-Mar	12:05	12:35	\$90.00
14794	Private	Sat	25-Feb	18-Mar	12:40	1:10	\$90.00
14795	Private	Sat	25-Feb	18-Mar	12:00	12:30	\$90.00
14796	Private	Sat	25-Feb	18-Mar	12:20	12:50	\$90.00
14797	Private	Sat	25-Feb	18-Mar	12:55	1:25	\$90.00
14798	Private	Sat	25-Feb	18-Mar	10:55	11:25	\$90.00
14799	Private	Sat	25-Feb	18-Mar	12:05	12:35	\$90.00
14800	Private	Sat	25-Feb	18-Mar	12:40	1:10	\$90.00
14801	Private	Sat	25-Feb	18-Mar	11:10	11:40	\$90.00
14802	Private	Sat	25-Feb	18-Mar	12:20	12:50	\$90.00
14803	Private	Sat	25-Feb	18-Mar	12:55	1:25	\$90.00
14804	Private	Sun	22-Jan	12-Feb	12:45	1:15	\$90.00
14805	Private	Sun	22-Jan	12-Feb	12:45	1:15	\$90.00
14806	Private	Sun	26-Feb	19-Mar	12:45	1:15	\$90.00
14807	Private	Sun	26-Feb	19-Mar	12:45	1:15	\$90.00
14768	Private	Sat/Sun	7-Jan	15-Jan	10:00	10:30	\$90.00
14769	Private	Sat/Sun	7-Jan	15-Jan	10:00	10:30	\$90.00
14770	Private	Sat/Sun	7-Jan	15-Jan	10:00	10:30	\$90.00
14771	Private	Sat/Sun	7-Jan	15-Jan	10:00	10:30	\$90.00

CRN	Title	Day	Start Date	End Date	Start Time	End Time	Fee
14772	Private	Sat/Sun	7-Jan	15-Jan	10:35	11:05	\$90.00
14773	Private	Sat/Sun	7-Jan	15-Jan	11:10	11:40	\$90.00
14774	Private	Sat/Sun	7-Jan	15-Jan	11:45	12:15	\$90.00
14775	Private	Sat/Sun	7-Jan	15-Jan	12:20	12:50	\$90.00
14776	Private	Sat/Sun	7-Jan	15-Jan	12:55	1:25	\$90.00
14777	Private	Sat/Sun	7-Jan	15-Jan	10:35	11:05	\$90.00
14778	Private	Sat/Sun	7-Jan	15-Jan	11:10	11:40	\$90.00
14779	Private	Sat/Sun	7-Jan	15-Jan	11:45	12:15	\$90.00
14780	Private	Sat/Sun	7-Jan	15-Jan	12:20	12:50	\$90.00
14781	Private	Sat/Sun	7-Jan	15-Jan	12:55	1:25	\$90.00
14782	Private	Sat/Sun	7-Jan	15-Jan	10:35	11:05	\$90.00
14783	Private	Sat/Sun	7-Jan	15-Jan	11:10	11:40	\$90.00
14784	Private	Sat/Sun	7-Jan	15-Jan	11:45	12:15	\$90.00
14785	Private	Sat/Sun	7-Jan	15-Jan	12:20	12:50	\$90.00
14786	Private	Sat/Sun	7-Jan	15-Jan	12:55	1:25	\$90.00
14787	Private	Sat/Sun	7-Jan	15-Jan	10:35	11:05	\$90.00
14788	Private	Sat/Sun	7-Jan	15-Jan	11:10	11:40	\$90.00
14789	Private	Sat/Sun	7-Jan	15-Jan	11:45	12:15	\$90.00
14790	Private	Sat/Sun	7-Jan	15-Jan	12:20	12:50	\$90.00
14791	Private	Sat/Sun	7-Jan	15-Jan	12:55	1:25	\$90.00
14808	Private	Sat/Sun	25-Mar	2-Apr	10:00	10:30	\$90.00
14809	Private	Sat/Sun	25-Mar	2-Apr	10:00	10:30	\$90.00
14810	Private	Sat/Sun	25-Mar	2-Apr	10:00	10:30	\$90.00
14811	Private	Sat/Sun	25-Mar	2-Apr	10:00	10:30	\$90.00
14812	Private	Sat/Sun	25-Mar	2-Apr	10:35	11:05	\$90.00
14813	Private	Sat/Sun	25-Mar	2-Apr	11:10	11:40	\$90.00
14814	Private	Sat/Sun	25-Mar	2-Apr	11:45	12:15	\$90.00
14815	Private	Sat/Sun	25-Mar	2-Apr	12:20	12:50	\$90.00
14816	Private	Sat/Sun	25-Mar	2-Apr	12:55	1:25	\$90.00
14817	Private	Sat/Sun	25-Mar	2-Apr	10:35	11:05	\$90.00
14818	Private	Sat/Sun	25-Mar	2-Apr	11:10	11:40	\$90.00
14819	Private	Sat/Sun	25-Mar	2-Apr	11:45	12:15	\$90.00
14820	Private	Sat/Sun	25-Mar	2-Apr	12:20	12:50	\$90.00
14821	Private	Sat/Sun	25-Mar	2-Apr	12:55	1:25	\$90.00
14822	Private	Sat/Sun	25-Mar	2-Apr	10:35	11:05	\$90.00
14823	Private	Sat/Sun	25-Mar	2-Apr	11:10	11:40	\$90.00
14824	Private	Sat/Sun	25-Mar	2-Apr	11:45	12:15	\$90.00
14825	Private	Sat/Sun	25-Mar	2-Apr	12:20	12:50	\$90.00
14826	Private	Sat/Sun	25-Mar	2-Apr	12:55	1:25	\$90.00
14827	Private	Sat/Sun	25-Mar	2-Apr	10:35	11:05	\$90.00
14828	Private	Sat/Sun	25-Mar	2-Apr	11:10	11:40	\$90.00
14829	Private	Sat/Sun	25-Mar	2-Apr	11:45	12:15	\$90.00
14830	Private	Sat/Sun	25-Mar	2-Apr	12:20	12:50	\$90.00
14831	Private	Sat/Sun	25-Mar	2-Apr	12:55	1:25	\$90.00
14751	Swimmer 1/2 for Youth	Sat	21-Jan	18-Mar	12:05	12:35	\$42.00
14753	Adult Swimmer 1	Sat	21-Jan	18-Mar	12:40	1:25	\$52.00
14752	Adult Swimmer 1/2	Sat	21-Jan	18-Mar	12:35	1:20	\$52.00
14754	Female only Adult Swimmer 1/2	Sat	21-Jan	18-Mar	6:05	6:50	\$52.00
14851	Female only Adult Swimmer 1/2	Sat	21-Jan	18-Mar	6:05	6:50	\$52.00
14852	Female only Adult Swimmer 1/2	Sat	21-Jan	18-Mar	7:00	7:45	\$52.00
14755	Female only Adult Swimmer 2/3	Sat	21-Jan	18-Mar	7:00	7:45	\$52.00

**Registration begins November 15, 2022 at 6:00 am online: [www.uregina.ca/recservices](http://www.uregina.ca/recservices)**

**In Person at 8:30 am: CK 170, Center for Kinesiology & Health Studies**

**Contact KHS Client Services by Phone: (306) 585-4371 Email: [KHS.CS@uregina.ca](mailto:KHS.CS@uregina.ca)**

**Hours of Operation: 8:30 am – 12:00 pm & 1:00 pm - 4:15 pm, Monday to Friday**