

# SUMMER

## Aquatics Program



### Private & Semi-Private Lessons

Whether you wish to proceed through the Red Cross Swim Levels or simply want to learn how to swim, we offer lessons tailored to your goals. Private lessons are a one-on-one opportunity for participants of all ages and abilities to work towards their goals with a qualified Red Cross instructor. Small groups of participants of similar swimming ability may register together for Semi-Private lessons.

#### Daytime Lessons:

Monday - Friday: 10:00am - 1:00pm

#### Sessions Are Available as Follows

**Week 1:** Monday June 25 - Friday June 29

**Week 2:** Tuesday July 3 - Friday July 6 (\*4-day week)

**Week 3:** Monday July 9 - Friday July 13

**Week 4:** Monday July 16 - Friday July 20

**Week 5:** Monday July 23 - Friday July 27

**Week 6:** Monday July 30 - Friday August 3

**Week 7:** Tuesday August 6 - Friday August 10 (\*4-day week)

**Week 8:** Monday August 13 - Friday August 17

**Week 9:** Monday August 20 - Friday August 24

**Week 10:** Monday August 27 - Friday August 31

#### Weekly Lessons Available: 4:00-8:00pm

Tuesdays June 26 – August 28

Thursdays June 28 – August 30

#### Prices

	Member	Non-Member
Private 5 x 30 minutes	\$125	\$145
Private 5 x 45 minutes	\$175	\$210
Private 5 x 60 minutes	\$230	\$270
Semi-Private 5x 30 minutes	\$80	\$100
Semi-Private 5 x 45 minutes	\$115	\$155
Semi-Private 5 x 60 minutes	\$155	\$205
Parent & Tot 10 x 30 minutes	\$130	\$150
Power Swim 10 x 60 minutes	\$200	\$250
Red Cross Babysitting Course	\$65	\$85
Bronze Medallion	\$140	\$165
Bronze Cross	\$135	\$160

### Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.

**(Minimum 6 participants)**

**Monday - Friday:** July 16 - 20 (9:00am-2:00pm)

### Bronze Cross

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim.

**(Minimum 6 participants)**

**Monday Friday:** Aug. 13 - 17 (9:00am-2:00pm)

### Red Cross Babysitting Course

**Tuesdays and Thursdays:**

July 10 & 12 (9:00am-1:00pm)

August 7 & 9 (9:00am-1:00pm)

Get ready for your first job as a babysitter! This program provides helpful hints on accident prevention, child behaviour, home safety, injury prevention, emergency procedures and creative children's activities.

### Power Swim

**Thursdays 4:30pm-5:30pm**

**June 28 – August 30**

Strong swimmers, aged 8 to 14 or Level 6+, will be motivated by this power swim program. A swimming workout, filled with drills and stroke correction, made fun by our certified leaders. Progress is encouraged by races and personal bests are celebrated!

### Parent & Tot Swim

**Tuesdays 10:00am-10:30pm**

(6 to 30 months of age)

This orientation level for babies/toddlers and caregivers aims to help them discover buoyancy and movement through songs and play in water and to teach caregivers age-specific water safety.

Youth Program Director: Kayleigh Armstrong

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