



OLDS
Aquatic Centre

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Olds, Alberta T4H 1E8
OAC Phone: 403.556.7665
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**Homeschool
Lessons**

2022 Fall Rates

45 minutes x 8 - \$55.20

60 minutes x 8 - \$64.00

No classes Friday November 11, 2022

Homeschool Lessons

Swimmer 1

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

Fri Oct 7 – Dec 2 1:00-1:45pm

Swimmer 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Fri Oct 7 – Dec 2 1:45-2:30pm

Swimmer 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

Fri Oct 7 – Dec 2 1:00-1:45pm

Swimmer 4

Swimmers will move from beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

Fri Oct 7 – Dec 2 1:45-2:30pm

Swimmer 5

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their stroke.

Fri Oct 7 – Dec 2 1:00-1:45pm

Swimmer 6

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance-critical for success in the 300m workout required to complete the level.

Fri Oct 7 – Dec 2 1:00-1:45pm

Rookie Patrol

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. If your child has successfully completed RC Swim Kids Level 8 or 9, please register in this program.

**** Please refer to Red Cross Swim Lessons to Lifesaving Society Swim for Life level equivalency chart for level placement or contact the pool at 403-556-7665.****

