



OLDS
Aquatic Centre

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5303 46 Avenue
Olds, Alberta T4H 1E8
OAC Phone: 403.556.7665
Email: pool@olds.ca



Swim for Life Lessons

Swimmer 1

Cost: \$55.20

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 life jacket, opening their eyes under-water, and breath control. Once they have learned their floats, rollover, glides, and kicks from front to back, they will front crawl their way into the next level.

| | | |
|------|------------------|-----------------------------|
| T/Th | Sept 20 - Oct 13 | 4:00 pm - 4:45 pm |
| T/Th | Oct 18 - Nov 10 | 4:45 pm - 5:30 pm |
| T/Th | Nov 15 - Dec 8 | 4:00 pm - 4:45 pm |
| Wed | Sept 21 - Nov 9 | 4:45 pm - 5:30 pm |
| Sat | Sept 24 - Nov 26 | 9:00 am - 9:45 am |
| | | (No classes Oct 8 & Nov 12) |
| Sat | Sept 24 - Nov 26 | 11:15 am - 12:00 pm |
| | | (No classes Oct 8 & Nov 12) |

Swimmer 2

Cost: \$55.20

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 and back crawl for 10m.

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| Sat | Sept 24 - Nov 26 | 11:15 am - 12:00 pm |
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Swimmer 3

Cost: \$55.20

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.

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| T/Th | Nov 15 – Dec 8 | 4:00-4:45pm |
| Wed | Sept 21 – Nov 9 | 4:00-4:45pm |
| Sat | Sept 24 – Nov 26 | 9:45-10:30am |
| | | (no classes Oct 8 & Nov 12) |

Swimmer 4

Cost: \$55.20

Swimmers will move from a beginner to intermediate swimming level. Swimmers will work on improving their front crawl, back crawl, and whip kick, and will be introduced to breaststroke.

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| T/Th | Nov 15 – Dec 8 | 4:00-4:45pm |
| Wed | Sept 21 – Nov 9 | 4:00-4:45pm |
| Sat | Sept 24 – Nov 26 | 10:30-11:15am |
| | | (no classes Oct 8 & Nov 12) |

Swimmer 5

Cost: \$55.20

Technique and endurance will receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

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| | | (no classes Oct 8 & Nov 12) |

Swimmer 6

Cost: \$55.20

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will refine their strokes to increase their swimming strength, power, and endurance – critical for success in the 300m workout required to complete the level.

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Rookie Patrol

Cost: \$64.00

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving.

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Ranger Patrol

Cost: \$64.00

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness.

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|------|----------------|-------------|
| T/Th | Nov 15 – Dec 8 | 4:00-5:00pm |
|------|----------------|-------------|

**** 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.****