Red Cross Swim Kids 09

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. Swimmers learn side stroke kick and head-first surface dive. They will be able to swim 400 meters continuously.

T/Th   Mar 1 – Mar 24   4:00-5:00pm
Sat   Jan 15 – Mar 12   10:00-11:00am
                                    (no class Feb 19)

Red Cross Swim Kids 10

There is further refinement of strokes. They learn side stroke, dolphin kick (vertical), and feet- and head-first surface dives with underwater swim. They will be able to swim 500 meters continuously.

T/Th   Mar 1 – Mar 24   4:00-5:00pm
Sat   Jan 15 – Mar 12   10:00-11:00am
                                    (no class Feb 19)

Red Cross Swim Kids

OLDS
Aquatic Centre

5303 46 Avenue

Olds, Alberta T4H 1E8

OAC Phone: 403.556.7665

Email: pool@olds.ca

Town of **OLDS**

OLDS
Aquatic Centre

2022 Winter

Red Cross Swim Kids

Town of OLDS

Red Cross Swim Kids

2022 Winter Rates

45 minutes x 8 - $55.20
60 minutes x 8 - $64.00

Red Cross Swim Kids 01

Swimmers receive an orientation to water and pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 meters front swim.

T/Th	Jan 11 – Feb 3	4:45-5:30pm
T/Th	Mar 1 – Mar 24	4:00-4:45pm
Wed	Jan 12 – Mar 9	4:00-4:45pm (no class Feb 23)
Wed	Jan 12 – Mar 9	4:45-5:30pm (no class Feb 23)
Sat	Jan 15 – Mar 12	9:00-9:45am (no class Feb 19)
Sat	Jan 15 – Mar 12	10:30-11:15am (no class Feb 19)

Red Cross Swim Kids 02

Swimmers work on propulsion skills to move through the water and to remain at surface while doing front, back and side glides. Swimmers work on front swim, learn about deep-water activities, the proper use of Personal Floating Device (PFD), and perform a 10 meters swim.

T/Th	Jan 11 – Feb 3	4:00-4:45pm
T/Th	Mar 1 – Mar 24	4:45-5:30pm
Wed	Jan 12 – Mar 9	4:45-5:30pm (no class Feb 23)
Sat	Jan 15 – Mar 12	11:15am-12:00pm (no class Feb 19)

Red Cross Swim Kids 03

Swimmers increase their distance on front and back. Swimmers receive an orientation to water and pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 meters front swim; side glide with kick, increase distance on front and back swim, learn the sitting dive and will be able to swim 15 meters.

T/Th	Jan 11 – Feb 3	4:00-4:45pm
T/Th	Mar 1 – Mar 24	4:45-5:30pm
Wed	Jan 12 – Mar 9	4:00-4:45pm (no class Feb 23)
Sat	Jan 15 – Mar 12	9:00-9:45am (no class Feb 19)

Red Cross Swim Kids 04

Swimmers learns back swim and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and can swim 25 meters continuously.

T/Th	Jan 11 – Feb 3	4:00-4:45pm
T/Th	Mar 1 – Mar 24	4:45-5:30pm
Wed	Jan 12 – Mar 9	4:45-5:30pm (no class Feb 23)
Sat	Jan 15 – Mar 12	9:45-10:30am (no class Feb 19)

Red Cross Swim Kids 05

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dives, treading water, perform head-first sculling on back, and swim 50 meters continuously..

T/Th	Jan 11 – Feb 3	4:45-5:30pm
T/Th	Mar 1 – Mar 24	4:00-4:45pm
Wed	Jan 12 – Mar 9	4:00-4:45pm (no class Feb 23)
Sat	Jan 15 – Mar 12	9:45-10:30am (no class Feb 19)

Red Cross Swim Kids 06

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke and the dolphin kick. They also swim 75 meters continuously.

T/Th	Jan 11 – Feb 3	4:45-5:30pm
T/Th	Mar 1 – Mar 24	4:00-4:45pm
Wed	Jan 12 – Mar 9	4:00-4:45pm (no class Feb 23)
Sat	Jan 15 – Mar 12	10:30-11:15am (no class Feb 19)

Red Cross Swim Kids 07

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke and the dolphin kick. They also swim 150 meters continuously.

| T/Th | Jan 11 – Feb 3 | 4:00-5:00pm |
| Sat | Jan 15 – Mar 12 | 9:00-10:00am (no class Feb 19) |

Red Cross Swim Kids 08

Front crawl, back crawl and elementary backstroke to be refined. They learn breaststroke, eggbeater/tread water, feet-first surface dive and standing shallow dives. They will be able to swim 300 meters continuously.

| T/Th | Jan 11 – Feb 3 | 4:00-5:00pm |
| Sat | Jan 15 – Mar 12 | 9:00-10:00am (no class Feb 19) |

Red Cross Swim Kids 09 & 10 continued...