

Adult & Seniors Programming

Red Cross Adult/Teen Intermediate

Days: Fridays

Dates: April 5-May 24 2019

Time: 9:40 am-10:25 am

This class is planned around the goals of the participants. This is a beginner class for those of you who are uncomfortable in the water wanting to learn basic front and back swims, treading water and a variety of water safety skills you can choose from if you desire.

Fee: \$55.20



Red Cross Adult/Teen Stroke Correction

Days: Tuesdays & Thursday

Dates: March 26-April 18 2019

Time: 5:30-6:15

This class is planned around participant goals. The aim of this class is to either learn strokes or improve technique and endurance of the strokes you already know. Water Safety components can be chosen by class.

Pre-requisite: must be ready to improve or learn strokes, comfortable in deeper water.

Fee: \$55.20



National Senior's Week June 3-7 2019

Wednesday June 5:

FREE: Learn to Float Class 10:30 am

Thursday June 6:

FREE: Surprise Pack 1:00 pm

Friday June 7:

Combo Deep and Shallow 9:15-10:00 am

Potluck to follow



The Canadian Red Cross National Lifejacket Day,

Thursday, May 16 2019

an annual campaign to encourage and promote the use of lifejackets and PFDs among boaters.



Discover Scuba Diving is coming

Time Commitment:

1 hour of class room

2 hour in the pool

Swim Ability:

Swim Kids Level 3 ability.

(Swim 25 meters and tread water for 1 minute)

Ages

10 to Adult

Will be required to sign a PAR Q form to say you are medically fit to participate in the program.

Watch for details