

Aquatic Programs

ADULT GROUP LESSONS, PRIVATE LESSONS & JR. LIFEGUARD CLUB

ADULT GROUP LESSONS DESCRIPTIONS

SWIM FOR LIFE: SCARED STIFF

These adult classes are for swimmers who are uncomfortable or experience fear when putting their faces in the water, swimming without assists (lifejacket, floaty, etc), or appreciate learning at a slower pace.

ADULT 1

These adult classes are for beginners who are just starting to swim. Participants will set goals to gain confidence in the water and improve strokes with instructor support. Water Smart education is a part of all classes. Fulfill your dream of learning to swim with us!

ADULT 2

Participants learn deep water entries, underwater swimming skills, develop front and back crawl skills and start learning the components of breast stroke. Swimmers should be comfortable swimming in deep water prior to joining this class.

ADULT 3

Participants learn to set their own goals, developing water confidence and smooth and efficient strokes.

FITNESS SWIMMER

Fitness Swimmer focuses on teaching participants how to set workouts and further incorporate swimming into their regular fitness routine.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Scared Stiff	Sat	Oct 1-Dec 10	12:20-1:05 p.m.	8	8926	P: \$90 M: \$82 S: \$74	Sep 23	No lessons Oct 8, Nov 5, 12
Adult 1	Sat	Oct 1-Dec 10	12:15-1 p.m.	8	8928	P: \$90 M: \$82 S: \$74	Sep 23	No lessons Oct 8, Nov 5, 12
Adult 2	Sat	Oct 1-Dec 10	10:35-11:20 a.m.	8	8929	P: \$90 M: \$82 S: \$74	Sep 23	No lessons Oct 8, Nov 5, 12
Adult 3	Sat	Oct 1-Dec 10	11:25 a.m.-12:10 p.m.	8	8930	P: \$90 M: \$82 S: \$74	Sep 23	No lessons Oct 8, Nov 5, 12
Fitness Swimmer	Sat	Oct 1-Dec 10	11:25 a.m.-12:10 p.m.	8	8931	P: \$90 M: \$82 S: \$74	Sep 23	No lessons Oct 8, Nov 5, 12

PRIVATE LESSONS

REGISTERED PRIVATE LESSONS

Led by our highly trained instructors, these sessions are ideal for anyone wanting personalized instruction to improve their swimming. These 30-minute lessons are tailored to each individual or group with a maximum of two participants per group. The cost of the lesson is the same for a single participant or a group—so grab a friend and swim for half the cost! We suggest that individuals participating are similar in swimming skills to optimize their time with the instructor. Registered Private lessons can be booked online at SportandWellnessReg.MacEwan.ca

SEMI-PRIVATE LESSONS

These 30-minute adult, child, and preschool lessons are ideal for swimmers who learn best in a small-group setting. With two to four participants these lessons fill up quickly! Book online at SportandWellnessReg.MacEwan.ca

Got Pool Questions? We've Got Answers!

Get in touch and we'll be happy to help you the best way we can, be it a quick answer to your email, a phone call or an in-pool meeting. Whether you have questions about pool etiquette, programs, lessons or skill assessments, we can clarify it all! Call [780-497-5779](tel:780-497-5779) or email Aquatics@MacEwan.ca

BUILD YOUR OWN LESSON PACKAGE

Not seeing a lesson offering that works with your schedule? Email Aquatics@MacEwan.ca and we can build a package together. Subject to instructor availability and pool space.

WITHDRAWAL DEADLINES

Prior to the withdrawal deadline, you may withdraw from any registered course for a full refund. **No refunds will be issued for withdrawals after the withdrawal deadline.** Missed lessons are not eligible for refunds or rescheduling.

Late registrations may be accepted, pending available space. Call the Welcome Desk at [780-497-5300](tel:780-497-5300) or email WelcomeDesk@MacEwan.ca for assistance.

JR. LIFEGUARD CLUB Ages 7-15

Everyone can stay active in the water while learning leadership and lifesaving skills, and challenging individuals to excel in lifesaving knowledge, skills, fitness and leadership. Jr. Lifeguard Club practices include fun-filled activities that help improve swimming, teach basic rescues and develop safe behaviours in, on and around the water.

Prerequisites: Lifesaving Society Swim Test: safe entry into shallow water, 25 m swim without stopping or resting, followed by treading water for 30 seconds.

DAY	DATE	TIME	CLASSES	CODE	PRICE	DEADLINE	INFO
Sun	Oct 2-Dec 11	4-5 p.m.	10	8962	S/M/P: \$110	Sep 25	No class Oct 9
Mon & Wed	Oct 3-Dec 7	5-6 p.m.	17	8966	S/M/P: \$187		No class Oct 10, Nov 7, 9
Sun, Mon & Wed	Oct 2-Dec 11	Sun: 4-5 p.m. Mon/Wed: 5-6 p.m.	27	8971	S/M/P: \$297		No class Oct 9, 10, Nov 7, 9

All Aquatic programs require minimum participation numbers to run. Programs with low numbers are subject to cancellation.



Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca
 [CLICK HERE TO FIND YOUR COURSE AND REGISTER](http://SportandWellnessReg.MacEwan.ca)