

# Swim Lessons

## CHILD GROUP LESSONS I

MacEwan University Sport and Wellness Swim Lessons allow participants to focus on developing swimming skills, endurance, stroke efficiency and Water Smart® habits.

Lifesaving Society Swim for Life™ is a comprehensive swim program built on the development of fundamental swim strokes and skills for swimmers 6 months to 5 years.

### CLASS DESCRIPTIONS

#### PARENT & TOT LESSONS

Parent & Tot 1 & 2 are for children ages 6 months to 2 years old.

Parent & Tot 2 & 3 are for children ages 2 to 3 years old.

#### PRESCHOOL 1 Ages 3-5

These preschoolers learn to get in and out of the water safely. They'll learn to move safely in shallow water and use a lifejacket to be comfortable with their floats and glides.

#### PRESCHOOL 2 Ages 3-5

These preschoolers will explore the water, learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and flutter kicks.

#### PRESCHOOL 3 Ages 3-5

These preschoolers will master their floats, glides and short 3 m swims on their front and back. They'll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into deep water.

#### PRESCHOOL 4 Ages 3-5

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and in the end, they'll do solo jumps and side rolls into deep water. Their lifejacket will support them while they learn to tread water and swim 5 m to safety in deep water.

#### PRESCHOOL 5 Ages 3-5

These skilled and independent preschoolers will master short swims doing 5 m front crawl and 5 m back crawl. They are ready to take on a forward roll into deep water with their lifejacket and to tread water without support. In this level they will get their first chance to try whip kick and fitness training.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Parent and Tot* 1 & 2	Sat	Oct 1-Dec 10	9:05-9:35 a.m.	8	8946	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
Parent and Tot* 2 & 3	Mon & Wed	Oct 3-Nov 2	6:05-6:35 p.m.	9	8980	P: \$78.75	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	8982	P: \$70	Nov 6	
	Sat	Oct 1-Dec 10	9:40-10:10 a.m.	8	8978	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
		11:45 a.m.-12:15 p.m.	8979					
Preschool 1	Mon & Wed	Oct 3-Nov 2	5-5:30 p.m.	9	9018	P: \$78.75	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	9017	P: \$70	Nov 6	
	Sat	Oct 1-Dec 10	10:35-11:05 a.m.	8	9016	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
			11:10-11:40 a.m.		9015			
			12:55-1:25 p.m.		9014			
Preschool 2	Mon & Wed	Oct 3-Nov 2	5:30-6 p.m.	9	9019	P: \$78.75	Sep 25	No lessons Oct 10
			6:05-6:35 p.m.		9020			
		Nov 14-Dec 7	5:30-6 p.m.	8	9021	P: \$70	Nov 6	
			6:05-6:35 p.m.		9023			
	Sat	Oct 1-Dec 10	10:35-11:05 a.m.	8	9030	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
11:10-11:40 a.m.			9031					
1:05-1:35 p.m.			9033					
Preschool 3	Mon & Wed	Oct 3-Nov 2	6:05-6:35 p.m.	9	9034	P: \$78.75	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	9038	P: \$70	Nov 6	
	Sat	Oct 1-Dec 10	11:10-11:40 a.m.	8	9040	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
Preschool 4	Sat	Oct 1-Dec 10	9:40-10:10 a.m.	8	9043	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
			12:20-12:50 p.m.		9044			
Preschool 5	Sat	Oct 1-Dec 10	9:40-10:10 a.m.	8	9045	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
			12:20-12:50 p.m.		9046			

\*Caregiver must be in the water with swimmer at all times.

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

### 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.**

Late registrations may be accepted, pending available space. Speak to a Welcome Desk representative or email [WelcomeDesk@MacEwan.ca](mailto:WelcomeDesk@MacEwan.ca) for assistance.

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

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# Swim Lessons

## CHILD GROUP LESSONS II

Lifesaving Society Swim for Life™ is a comprehensive swim program built on the development of fundamental swim strokes and skills for swimmers 5 years and older.

### CLASS DESCRIPTIONS

#### SWIMMER 1 Ages 5 and older

These beginner swimmers will work on moving through shallow water, and safe entries and exits. They'll do floats, glides and kicking on their front and back without assistance, when they are ready. They'll even explore jumping into deep water and treading water with their lifejackets.

#### SWIMMER 2 Ages 5 and older

These swimmers will jump into deep water, tread water and swim 10 m of both front and back crawl. They'll learn vertical whip kick and begin to work on their endurance by stepping into the world of fitness interval training.

#### SWIMMER 3 Ages 5 and older

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl, whip kick over short distances and add some interval fitness training to their practice.

#### SWIMMER 4 Ages 5 and older

These swimmers will swim full lengths of both front crawl and back crawl. They'll get introduced to breaststroke arm drills, underwater swims and front crawl sprints. Interval training will boost their fitness level. By the end, they'll be able to meet the Swim to Survive standard, roll into deep water, tread water for one minute and swim 50 m.

#### SWIMMER 5 Ages 5 and older

These swimmers will try eggbeater kick, head-up front crawl, shallow dives, and just for fun, some tuck jumps and underwater back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

#### SWIMMER 6 Ages 5 and older

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. With the interval training and sprint racing drills they'll be ready to make the 300 m endurance workout. And, just for fun, they'll try stride jumps and compact jumps.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Swimmer 1	Mon & Wed	Oct 3-Nov 2	6:40-7:10 p.m.	9	8937	P: \$78.75	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	8940	P: \$70	Nov 6	
Swimmer 2	Sat	Oct 1-Dec 10	10:35-11:05 a.m.	8	8927	P: \$70	Sep 23	No lessons Oct 8, Nov 5, 12
			12:20-12:50 p.m.		8934			
Swimmer 3	Sat	Oct 1-Dec 10	10:35-11:20 a.m.	8	9054	P: \$88	Sep 23	No lessons Oct 8, Nov 5, 12
			11:25 a.m.-12:10 p.m.		9055			
Swimmer 4	Sat	Oct 1-Dec 10	10:35-11:20 a.m.	8	9057	P: \$88	Sep 23	No lessons Oct 8, Nov 5, 12
			11:25 a.m.-12:10 p.m.		9059			
Swimmer 5	Sat	Oct 1-Dec 10	11:25 a.m.-12:10 p.m.	8	9073	P: \$88	Sep 23	No lessons Oct 8, Nov 5, 12
Swimmer 6	Sat	Oct 1-Dec 10	12:15-1 p.m.	8	9074	P: \$88	Sep 23	No lessons Oct 8, Nov 5, 12
Swimmer 6	Sat	Oct 1-Dec 10	12:15-1 p.m.	8	9075	P: \$88	Sep 23	No lessons Oct 8, Nov 5, 12
Canadian Swim Patrol	Sat	Oct 1-Dec 10	12:15-1 p.m.	8	9077	P: \$88	Sep 23	No lessons Oct 8, Nov 5, 12

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#### CANADIAN SWIM PATROL Rookie, Ranger, Star

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. This program continues to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze Medal awards.

#### WITHDRAWAL DEADLINES

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# Swim Lessons

## CHILD & ADULT SEMI-PRIVATE LESSONS

MacEwan University Sport and Wellness Swim Lessons allow participants to focus on developing swimming skills, endurance, stroke efficiency and Water Smart® habits. Swimmers will receive a certificate of participation and a registration recommendation at the end of the session.

### CLASS DESCRIPTIONS

#### BEGINNER

For those who are still developing confidence in the water. No minimum swim ability required. Often, swimmers don't know any strokes at this point.

##### Beginner: First Steps

These lessons are for those who are uncomfortable or have a fear of water. The focus is on slow progressions and getting swimmers more comfortable and confident in the water.

##### Beginner: Second Steps

These lessons are for swimmers who are comfortable in the water but need to work on floating and swimming without assists.

#### BEGINNER

For those who are still developing confidence in the water. No minimum swim ability required. Often, swimmers don't know any strokes at this point.

#### INTERMEDIATE

At this point, swimmers should be comfortable in the water, be able to jump into deep water, swim confidently in chest-deep water and flutter kick on front and back for over 5 m.


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CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Preschool Beginner: First Steps	Mon & Wed	Oct 3-Nov 2	6:05-6:35 p.m.	9	9067	P/M/S: \$225	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	9071	P/M/S: \$200	Nov 6	
	Sat	Oct 1-Dec 10	9:05-9:35 a.m.	8	9072	P/M/S: \$200	Sep 23	No lessons Oct 8, Nov 5, 12
			11:45 a.m.-12:15 p.m.		9076			
Preschool Beginner: Second Steps	Mon & Wed	Oct 3-Nov 2	6:40-7:10 p.m.	9	9078	P/M/S: \$225	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	9079	P/M/S: \$200	Nov 6	
	Sat	Oct 1-Dec 10	9:40-10:10 a.m.	8	9080	P/M/S: \$200	Sep 23	No lessons Oct 8, Nov 5, 12
			11:45 a.m.-12:15 p.m.		9081			
Child Beginner	Mon & Wed	Oct 3-Nov 2	5:30-6 p.m.	9	9082	P/M/S: \$225	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	9084	P/M/S: \$200	Nov 6	
	Sat	Oct 1-Dec 10	9:05-9:35 a.m.	8	9086	P/M/S: \$200	Sep 23	No lessons Oct 8, Nov 5, 12
			11:10-11:40 a.m.		9087			
Child Intermediate	Mon & Wed	Oct 3-Nov 2	5:30-6 p.m.	9	9088	P/M/S: \$225	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	9085	P/M/S: \$200	Nov 6	
	Sat	Oct 1-Dec 10	1:05-1:35 p.m.	8	9089	P/M/S: \$200	Sep 23	No lessons Oct 8, Nov 5, 12
Adult Beginner: First Steps	Mon & Wed	Oct 3-Nov 2	5-5:30 p.m.	9	8932	P: \$225 M: \$202.50 S: \$180	Sep 25	No lessons Oct 10
			6:40-7:10 p.m.		8942			
		Nov 14-Dec 7	5-5:30 p.m.	8	8943	P: \$200 M: \$180 S: \$160	Nov 6	
			6:40-7:10 p.m.		8944			
	Sat	Oct 1-Dec 10	8:30-9 a.m.	8	8949	P: \$200 M: \$180 S: \$160	Sep 23	No lessons Oct 8, Nov 5, 12
			12:55-1:25 p.m.		8950			
Adult Beginner: Second Steps	Mon & Wed	Oct 3-Nov 2	4:25-4:55 p.m.	9	8952	P: \$225 M: \$202.50 S: \$180	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	8954	P: \$200 M: \$180 S: \$160	Nov 6	
	Sat	Oct 1-Dec 10	1:05-1:35 p.m.	8	8956	P: \$200 M: \$180 S: \$160	Sep 23	No lessons Oct 8, Nov 5, 12
Adult Intermediate	Mon & Wed	Oct 3-Nov 2	5-5:30 p.m.	9	8958	P: \$225 M: \$202.50 S: \$180	Sep 25	No lessons Oct 10
		Nov 14-Dec 7		8	8959	P: \$200 M: \$180 S: \$160	Nov 6	
	Sat	Oct 1-Dec 10	1:05-1:35 p.m.	8	8960	P: \$200 M: \$180 S: \$160	Sep 23	No lessons Oct 8, Nov 5, 12

# 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](http://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](http://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](mailto:Aquatics@MacEwan.ca)

### BUILD YOUR OWN LESSON PACKAGE

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

## WITHDRAWAL DEADLINES

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## 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

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