

Swim Lessons CHILD SPRING GROUP LESSONS I



Lifesaving Society® Swim for Life® is a comprehensive swim program built on the development of fundamental swim strokes and skills for swimmers 4 months to 14 years.

CLASS DESCRIPTIONS

PARENT & TOT LESSONS

These lessons are for children ages 4 months to 3 years old. **1 & 2** are for children ages 4 months to 2 years old. **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 preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and 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 preschoolers will master 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. At 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 & Tot* 1 & 2 AGES 4 MONTHS- 2 YEARS	Sun	May 5-Jun 23	11-11:30 a.m.	7	1: 11000 2: 11174	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4:30-5 p.m.		1: 11002 2: 11175		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4:30-5 p.m.		1: 11003 2: 11176		Apr 30	
	Fri	May 10-Jun 21	4:30-5 p.m.		1: 11004 2: 11177		May 2	
	Sat	May 4-Jun 22	11:45 a.m.-12:15 p.m.		1: 11005 2: 11178		Apr 26	No lessons May 18
Parent & Tot* 2 & 3 AGES 2-3	Sun	May 5-Jun 23	11:30-12 p.m.	7	2: 11011 3: 11179	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5-5:30 p.m.		2: 11012 3: 11180		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	5-5:30 p.m.		2: 11013 3: 11181		Apr 30	
	Fri	May 10-Jun 21	5-5:30 p.m.		2: 11014 3: 11182		May 2	
	Sat	May 4-Jun 22	11-11:30 a.m.		2: 11016 3: 11183		Apr 26	No lessons May 18

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

Programs with low numbers are subject to cancellation.

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

Online registration closes the 2nd week of lessons. In person registration is available until the 4th week. After this, registration is closed. Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

Swim Lessons CHILD SPRING GROUP LESSONS II



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Preschool 1	Sun	May 5-Jun 23	12:30-1 p.m.	7	10896	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4:30-5 p.m.		10897		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4:30-5 p.m.		10898		Apr 30	
	Fri	May 10-Jun 21	4:30-5 p.m.		10899		May 2	
	Sat	May 4-Jun 22	10-10:30 a.m.		10900		Apr 26	No lessons May 18
			11-11:30 a.m.		10901			
Preschool 2	Sun	May 5-Jun 23	1-1:30 p.m.	7	10905	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5-5:30 p.m.		10906		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	5-5:30 p.m.		10907		Apr 30	
	Fri	May 10-Jun 21	5-5:30 p.m.		10908		May 2	
	Sat	May 4-Jun 22	10:30-11 a.m.		10909		Apr 26	No lessons May 18
			11:45 a.m.-12:15 p.m.		10910			
Preschool 3	Sun	May 5-Jun 23	1:30-2 p.m.	7	10911	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	6-6:30 p.m.		10912		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	6-6:30 p.m.		10913		Apr 30	
	Fri	May 10-Jun 21	6-6:30 p.m.		10915		May 2	
	Sat	May 4-Jun 22	10-10:30 a.m.		10916		Apr 26	No lessons May 18
			11-11:30 a.m.		10917			
Preschool 4/5 SPLIT CLASS	Sun	May 5-Jun 23	1:30-2 p.m.	7	4: 10918 5: 10928	P: \$61.25	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5:30-6 p.m.		4: 10920 5: 10930		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	5:30-6 p.m.		4: 10921 5: 10931		Apr 30	
	Fri	May 10-Jun 21	5:30-6 p.m.		4: 10923 5: 10932		May 2	
	Sat	May 4-Jun 22	10:30-11 a.m.		4: 10924 5: 10933		Apr 26	No lessons May 18
			12:45-1:15 p.m.		4: 10925 5: 10934			

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

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CLASS DESCRIPTIONS All classes Ages 5-14

SWIMMER 1

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

SWIMMER 2

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

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

SWIMMER 4

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

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

SWIMMER 6

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

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Swimmer 1	Sun	May 5-Jun 23	12-12:30 p.m.	7	10935	P: \$61.25	Apr 27	No lessons May 19
			1-1:30 p.m.		10939			
	Mon	May 6-Jun 24	5:30-6 p.m.		10940		Apr 28	No lessons May 20
			6-6:30 p.m.		10941			
	Wed	May 8-Jun 19	5:30-6 p.m.		10943		Apr 30	
			6-6:30 p.m.		10944			
	Fri	May 10-Jun 21	5:30-6 p.m.		10945		May 2	
			6-6:30 p.m.		10946			
	Sat	May 4-Jun 22	10-10:30 a.m.		10947		Apr 26	No lessons May 18
10:30-11 a.m.			10948					
12:15-12:45 p.m.			10950					
Swimmer 2	Sun	May 5-Jun 23	11-11:45 a.m.	7	10958	P: \$77	Apr 27	No lessons May 19
			11:45 a.m.-12:30 p.m.		10959			
	Mon	May 6-Jun 24	4-4:45 p.m.		10960		Apr 28	No lessons May 20
			4-4:45 p.m.		10961			
	Wed	May 8-Jun 19	4:45-5:30 p.m.		10962		Apr 30	
			4-4:45 p.m.		10963			
	Fri	May 10-Jun 21	4-4:45 p.m.		10963		May 2	
			10-10:45 a.m.		10964			
	Sat	May 4-Jun 22	10-10:45 a.m.		10964		Apr 26	No lessons May 18
11:45 a.m.-12:30 p.m.			10965					

WITHDRAWAL DEADLINES



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Swim Lessons CHILD SPRING GROUP LESSONS IV



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Swimmer 3	Sun	May 5-Jun 23	12:30-1:15 p.m.	7	10966	P: \$77	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5:30-6:15 p.m.		10970		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4-4:45 p.m.		10971		Apr 30	
	Fri	May 10-Jun 21	5:30-6:15 p.m.		10972		May 2	
	Sat	May 4-Jun 22	10-10:45 a.m.		10973		Apr 26	No lessons May 18
			10:45-11:30 a.m.		10974			
Swimmer 4	Sun	May 5-Jun 23	1:15-2 p.m.	7	10975	P: \$77	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4:45-5:30 p.m.		10976		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	4:45-5:30 p.m.		10977		Apr 30	
	Fri	May 10-Jun 21	4:45-5:30 p.m.		10978		May 2	
	Sat	May 4-Jun 22	10:45-11:30 a.m.		10979		Apr 26	No lessons May 18
			11:45 a.m.-12:30 p.m.		10980			
Swimmer 5	Sun	May 5-Jun 23	12:30-1:15 p.m.	7	10981	P: \$77	Apr 27	No lessons May 19
	Mon*	May 6-Jun 24	6:15-7 p.m.		10982		Apr 28	No lessons May 20
	Wed*	May 8-Jun 19	5:30-6:15 p.m.		10983		Apr 30	
	Fri*	May 10-Jun 21	6:15-7 p.m.		10984		May 2	
	Sat	May 4-Jun 22	11:45 a.m.-12:30 p.m.		10985		Apr 26	No lessons May 18
Swimmer 6	Sun	May 5-Jun 23	1:15-2 p.m.	7	10986	P: \$77	Apr 27	No lessons May 19
	Mon*	May 6-Jun 24	6:15-7 p.m.		10987		Apr 28	No lessons May 20
	Wed*	May 8-Jun 19	5:30-6:15 p.m.		10988		Apr 30	
	Fri*	May 10-Jun 21	6:15-7 p.m.		10989		May 2	
	Sat	May 4-Jun 22	12:30-1:15 p.m.		10990		Apr 26	No lessons May 18

*Swimmer 5/6 split classes.

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Swim Lessons CHILD SUMMER LESSONS I

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

PARENT & TOT Ages 4 months-3 years

Parent and Tot lessons are for children between ages 4 months to 3 years old.

BEGINNER Ages 5-14

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.

ADVANCED Ages 5-14

Swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

BEGINNER: FIRST STEPS PRESCHOOL ONLY Ages 3-5

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

INTERMEDIATE Ages 5-14

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.

MASTERY Ages 5-14

Swimmers are proficient in the water, finessing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

BEGINNER: SECOND STEPS PRESCHOOL ONLY Ages 3-5

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

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Parent & Tot* <small>AGES 4 MONTHS-3 YEARS</small>	Mon-Fri	Jul 8-12	4:30-5 p.m.	5	11152	P: \$43.75	Jun 30	*Caregiver must be in the water with swimmer at all times.
		Jul 15-19			11153		Jul 7	
		Jul 22-26			11154		Ju 14	
		Jul 29-Aug 2			11155		Jul 21	
		Aug 12-16			11156		Aug 4	
		Aug 19-23			11157		Aug 11	
Beginner: First Steps <small>PRESCHOOL ONLY</small>	Mon-Fri	Jul 8-12	4:30-5 p.m.	5	11072	P: \$43.75	Jun 30	
		Jul 15-19			11077		Jul 7	
		Jul 22-26			11078		Jul 14	
		Jul 29-Aug 2			11079		Jul 21	
		Aug 12-16			11080		Aug 4	
		Aug 19-23			11081		Aug 11	
Beginner: Second Steps <small>PRESCHOOL ONLY</small>	Mon-Fri	Jul 8-12	5-5:30 p.m.	5	11082	P: \$43.75	Jun 30	
		Jul 15-19			11084		Jul 7	
		Jul 22-26			11085		Jul 14	
		Jul 29-Aug 2			11086		Jul 21	
		Aug 12-16			11087		Aug 4	
		Aug 19-23			11088		Aug 11	

WITHDRAWAL DEADLINES



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Swim Lessons CHILD SUMMER LESSONS II

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION				
Beginner	Mon-Fri	Jul 8-12	5:30-6 p.m.	5	11089	P: \$43.75	Jun 30					
			6-6:30 p.m.		11090							
		Jul 15-19	5:30-6 p.m.		11091		Jul 7					
			6-6:30 p.m.		11092							
		Jul 22-26	5:30-6 p.m.		11093		Jul 14					
			6-6:30 p.m.		11094							
		Jul 29-Aug 2	5:30-6 p.m.		11095		Jul 21					
			6-6:30 p.m.		11096							
		Aug 12-16	5:30-6 p.m.		11097		Aug 4					
			6-6:30 p.m.		11098							
		Aug 19-23	5:30-6 p.m.		11099		Aug 11					
			6-6:30 p.m.		11100							
		Intermediate	Mon-Fri		Jul 8-12		5-5:30 p.m.	5	11101	P: \$43.75	Jun 30	
					Jul 15-19				11102		Jul 7	
Jul 22-26	11103			Jul 14								
Jul 29-Aug 2	11104			Jul 21								
Aug 12-16	11105			Aug 4								
Aug 19-23	11106			Aug 11								
Advanced	Mon-Fri	Jul 8-12	4:30-5 p.m.	5	11107	P: \$43.75	Jun 30					
		Jul 15-19			11108		Jul 7					
		Jul 22-26			11109		Jul 14					
		Jul 29-Aug 2			11110		Jul 21					
		Aug 12-16			11111		Aug 4					
		Aug 19-23			11112		Aug 11					
Mastery	Mon-Fri	Jul 8-12	5-5:30 p.m.	5	11113	P: \$43.75	Jun 30					
		Jul 15-19			11114		Jul 7					
		Jul 22-26			11115		Jul 14					
		Jul 29-Aug 2			11116		Jul 21					
		Aug 12-16			11117		Aug 4					
		Aug 19-23			11118		Aug 11					

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Swim Lessons ADULT SPRING GROUP LESSONS



Beginners just starting out or swimmers looking to improve their strokes will find that the Adult Swimmer program will help them achieve their swimming goals. Swimmers will work with a certified instructor to gain confidence in the water, develop smooth recognizable strokes, and improve their water fitness. Water Smart® education is incorporated into all levels to support the Society's mandate of drowning prevention.

CLASS DESCRIPTIONS All classes Ages 15+

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 2

Participants learn deep water entries and underwater swimming skills, develop front and back crawl skills, and start learning breaststroke. Swimmers should be comfortable in deep water before joining this class.

ADULT 1

Adult swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

ADULT 3

Swimmers will learn eggbeater, stride entries, and compact jumps. They will be able to do a 300 m workout and sprinting 25-50 m. Swimmers will master front crawl, back crawl, and breaststroke.

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	Mon	May 6-Jun 24	4:45-5:30 p.m.	7	11066	S: \$64.75 M: \$71.75 P: \$78.75	Apr 28	No lessons May 20
	Fri	May 10-Jun 21	4:45-5:30 p.m.		11068		May 2	
	Sat	May 4-Jun 22	12:30-1:15 p.m.		11069		Apr 26	No lessons May 18
Adult 1	Sun	May 5-Jun 23	11-11:45 a.m.	7	11024	S: \$64.75 M: \$71.75 P: \$78.75	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	4-4:45 p.m.		11026		Apr 28	No lessons May 20
			6:15-7 p.m.		11027			
	Wed	May 8-Jun 19	6:15-7 p.m.		11028		Apr 30	
	Fri	May 10-Jun 21	4-4:45 p.m.		11030		May 2	
			6:15-7 p.m.		11033			
Sat	May 4-Jun 22	10-10:45 a.m.	11034	Apr 26	No lessons May 18			
Adult 2	Sun	May 5-Jun 23	11:45 a.m.-12:30 p.m.	7	11035	S: \$64.75 M: \$71.75 P: \$78.75	Apr 27	No lessons May 19
	Mon	May 6-Jun 24	5:30-6:15 p.m.		11036		Apr 28	No lessons May 20
	Wed	May 8-Jun 19	6:15-7 p.m.		11037		Apr 30	
	Fri	May 10-Jun 21	5:30-6:15 p.m.		11038		May 2	
	Sat	May 4-Jun 22	10:45-11:30 a.m.		11039		Apr 26	No lessons May 18
12:30-1:15 p.m.			11040					
Adult 3 / Fitness Swimmer SPLIT CLASS	Sat	May 4-Jun 22	11:45 a.m.-12:30 p.m.	7	A3: 11041 FS: 11042	S: \$64.75 M: \$71.75 P: \$78.75	Apr 26	No lessons May 18

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CLASS DESCRIPTIONS All classes Ages 15+

ADULT BEGINNER: FIRST STEPS

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

ADULT BEGINNER: SECOND STEPS

The focus is on continuing to develop confidence in the water and stroke basics. Often, swimmers don't know any strokes at this point.

INTERMEDIATE

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.

ADVANCED

Swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

MASTERY

Swimmers are proficient in the water, finessing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

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Adult Beginner: First Steps	Mon-Fri	Jul 8-12	5:30-6 p.m.	5	11119	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			11120		Jul 7	
		Jul 22-26			11121		Jul 14	
		Jul 29-Aug 2			11122		Jul 21	
		Aug 12-16			11123		Aug 4	
		Aug 19-23			11124		Aug 11	
Adult Beginner: Second Steps	Mon-Fri	Jul 8-12	6-6:30 p.m.	5	11125	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			11126		Jul 7	
		Jul 22-26			11127		Jul 14	
		Jul 29-Aug 2			11128		Jul 21	
		Aug 12-16			11129		Aug 4	
		Aug 19-23			11130		Aug 11	
Adult Intermediate	Mon-Fri	Jul 8-12	5:30-6 p.m.	5	11131	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			11132		Jul 7	
		Jul 22-26			11133		Jul 14	
		Jul 29-Aug 2			11134		Jul 21	
		Aug 12-16			11135		Aug 4	
		Aug 19-23			11136		Aug 11	
Adult Advanced / Mastery SPLIT CLASS	Mon-Fri	Jul 8-12	6-6:30 p.m.	5	AA: 11137 AM: 11143	S/M: \$45 P: \$50	Jun 30	
		Jul 15-19			AA: 11138 AM: 11144		Jul 7	
		Jul 22-26			AA: 11139 AM: 11145		Jul 14	
		Jul 29-Aug 2			AA: 11140 AM: 11146		Jul 21	
		Aug 12-16			AA: 11141 AM: 11147		Aug 4	
		Aug 19-23			AA: 11142 AM: 11148		Aug 11	

WITHDRAWAL DEADLINES

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Swim Lessons CANADIAN SWIM PATROL & PRIVATE LESSONS

CANADIAN SWIM PATROL

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swimmers will continue developing their strokes while learning about first aid and water rescues. If you love JLC, you'll love Canadian Swim Patrol.

Prerequisites: Lifesaving Society Swim Test: Safe entry into shallow water, 25 m swim without stopping/resting, treading water for 30 seconds.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Canadian Swim Patrol: Rookie, Ranger, Star	Wed	May 8-Jun 19	5:30-6:15 p.m.	7	11150	P: \$77	Apr 30	No class May 18
	Sat	May 4-Jun 22	12:30-1:15 p.m.		11151		Apr 26	

PRIVATE LESSONS

Led by our highly trained instructors, these sessions are ideal for anyone wanting personalized instruction to improve their swimming. Lessons are tailored to each individual or group and are 30 minutes with a maximum of two participants per group (*max 2*). We suggest that individuals participating are similar in swimming skills to optimize their time with the instructor. Registered Private lessons are booked online at SportandWellnessReg.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.

SWIM ASSESSMENTS

Unsure what swim lesson to register your child in? Let us help! Email Aquatics@MacEwan.ca to set up a one-on-one swim assessment for \$10

This summer, weekend private lessons are only \$25!

Lessons are 30 minutes with a maximum of two participants per group. We suggest that individuals participating are similar in swimming skills to optimize their time with the instructor.

Summer single lessons are booked online at SportandWellnessReg.MacEwan.ca. There is no limit to the number of lessons a swimmer can book. We cannot guarantee that you will have the same instructor if you are booking multiple lessons. Check online for Adult (15+) and Child options.


Register early as there are limited spots. Withdrawal deadline is 7 full days before the lesson date.

OFFERING

OFFERING	DAY	DATE	AVAILABILITY	INFORMATION
Summer Weekend Private Lessons	Sat	Jul 6	10 a.m.-12 p.m.	30 minute lessons, up to 2 participants
	Sun	Jul 7		
	Sat	Jul 20	10 a.m.-12 p.m.	
	Sun	Jul 21		
	Sat	Jul 27	10 a.m.-12 p.m.	
	Sun	Jul 28		
	Sat	Aug 10	10 a.m.-12 p.m.	
	Sun	Aug 11		
	Sat	Aug 17	10 a.m.-12 p.m.	
	Sun	Aug 18		

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 CLASS AND REGISTER](http://SportandWellnessReg.MacEwan.ca)

WITHDRAWAL DEADLINES

 [CLICK HERE FOR FULL CANCELLATION POLICIES](#)

Online registration for Can. Swim Patrol closes the 2nd week of lessons. In person registration is available until the 4th week. After this, registration is closed. Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

COURSE DESCRIPTIONS

BRONZE MEDALLION / CPR-C / AED

Develop an understanding of the water rescue elements: judgment, knowledge, skill, and fitness. This course includes CPR-C and AED. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite(s): Ages 13+ or Bronze Star

BRONZE CROSS / INTERMEDIATE FIRST AID / OXYGEN ADMINISTRATION

Begin the transition from lifesaving to lifeguarding and prepare for responsibilities as an assistant lifeguard. This course includes Intermediate First Aid (IFA) and Oxygen Administration (O₂). O₂ provides the knowledge and techniques for using oxygen as a supplement in an emergency care situation.

Prerequisite(s): Bronze Medallion. Must provide proof of certification.

Equipment Needed: Fanny pack, pocket mask, filter, and whistle.

INTERMEDIATE FIRST AID

Intermediate First Aid (IFA) provides comprehensive training covering all aspects of first aid and CPR. It is a government of Alberta workplace-approved course.

SWIM & LIFESAVING INSTRUCTOR / PRESCHOOL PROFICIENCY

Swim and Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life, Canadian Swim Patrol, Bronze Medals, Distinction, and Lifesaving Society CPR programs.

Preschool Proficiency enhances an instructor's understanding of preschoolers and how they learn, develop, and acquire skills in the water.

Prerequisite(s): Ages 15+ and Bronze Cross or higher (*need not be current*). Must provide proof of certifications.

SWIM / LIFESAVING INSTRUCTOR - RECERTIFICATION

The Swim and Lifesaving Instructor Recertification course evaluates Instructor Level 1 leadership competencies, facilitates networking, and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): Swim and/or Lifesaving Instructor (*need not be current*) and any updates (*as required*). Must provide proof of certification.

NATIONAL LIFEGUARD

The National Lifeguard (NL) program develops basic lifeguarding skills, principles, and decision-making processes to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

Prerequisite(s): Ages 15+, Bronze Cross (*need not be current*), and Government of Alberta OH & S Approved IFA (*must be current*).

Must provide proof of certifications.

Equipment Needed: Fanny pack, pocket mask, filter, and whistle.

NL / IFA / O₂ - RECERTIFICATION

Participants in this course have the opportunity to participate in recertification exams for their NL, IFA, and O₂ certifications. If you require an AEC recertification please email Aquatics@MacEwan.ca a minimum of 3 business days before the course begins. There will be an additional fee.

Prerequisite(s): National Lifeguard (*need not be current*) and Government of Alberta OH & S Approved IFA (*must be current*). Must provide proof of certifications.

FIRST AID INSTRUCTOR/EXAMINER

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Intermediate First Aid, Aquatic Emergency Care, CPR-HCP, and O₂ programs.

Prerequisite(s): Lifesaving Instructor and Government of Alberta OH & S Approved IFA (*must be current*). Must provide proof of certification.

FIRST AID INSTRUCTOR/EXAMINER - RECERTIFICATION

The First Aid Instructor Recertification course evaluates Instructor Level 1 leadership competencies, facilitates networking and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): First Aid Instructor and current Government of Alberta OH & S Approved IFA and any updates (*as required*). Must provide proof of certification.

NATIONAL LIFEGUARD INSTRUCTOR

National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard Pool, waterpark, waterfront, and surf programs.

Prerequisite(s): Current National Lifeguard (*any option, must be held for a minimum of two (2) years*) and Lifesaving Instructor (*need not be current*). Experience teaching Lifesaving Society certification programs is recommended. Must provide proof of certification.

NATIONAL LIFEGUARD INSTRUCTOR - RECERTIFICATION

The National Lifeguard Instructor Recertification course evaluates instructor level 3 leadership competencies; facilitates networking and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): National Lifeguard Instructor, all mandatory updates (*as required*). Must provide proof of certification.

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

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 CLASS AND REGISTER](http://SportandWellnessReg.MacEwan.ca)

Certifications & LEADERSHIP COURSES II



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE EARLY BIRD BEFORE APR 30	WITHDRAWAL DEADLINE	INFORMATION
Bronze Medallion / CPR-C / AED	Fri-Sun	May 3-5	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	3	10991	EARLY BIRD S: \$177 M/P: \$225 REGULAR S: \$189 M/P: \$240	Apr 25	
	Tue & Thu	May 7-21	4:30-8:30 p.m.	5	10992		Apr 29	
	Wed-Fri	Jul 3-5	8:30 a.m.-4:30 p.m.	3	10993		Jun 25	
	Wed-Fri	Aug 7-9	8:30 a.m.-4:30 p.m.	3	10994		Jul 30	
Bronze Cross / IFA / O₂	Fri-Sun	May 10-26	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	6	10995	EARLY BIRD S: \$279 M/P: \$369 REGULAR S: \$297 M/P: \$378	May 3	
	Tue & Thu	May 28-Jun 25	4:30-8:30 p.m.	9	10996		May 20	
	Mon-Fri	Jul 8-12	8:30 a.m.-5:30 p.m.	5	10997		Jun 30	
	Mon-Fri	Aug 12-16	8:30 a.m.-5:30 p.m.	5	10998		Aug 4	
Intermediate First Aid	Sat-Sun	May 11-12	8:30 a.m.-5:30 p.m.	2	11043	EARLY BIRD S: \$135 M/P: \$165 REGULAR S: \$150 M/P: \$180	May 3	
	Tue & Thu	May 28-Jun 6	4:30-8:30 p.m.	4	11044		May 20	
	Mon-Tue	Jul 8-9	8:30 a.m.-5:30 p.m.	2	11045		Jun 30	
	Mon-Tue	Aug 12-13	8:30 a.m.-5:30 p.m.	2	11046		Aug 4	
Swim & Lifesaving Instructor / Preschool Proficiency	Fri-Sun	Jun 14-23	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	6	11054	EARLY BIRD S: \$375 M/P: \$450 REGULAR S: \$390 M/P: \$465	Jun 6	
	Mon-Fri	Jul 22-26	8:30 a.m.-5:30 p.m.	5	11055		Jul 14	
Swim & Lifesaving Instructor - Recert.	Fri	May 17	5-9 p.m.	1	11056	EARLY BIRD S/M/P: \$100 REGULAR S/M/P: \$115	May 9	

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

LEGEND: S/M/P =
MacEwan Student / Member / Public

WITHDRAWAL DEADLINES

[CLICK HERE FOR FULL CANCELLATION POLICIES](#)

Online and in-person registration closes after the 2nd lesson. After this, registration is closed. Prior to the withdrawal deadline, you may withdraw from any registered program for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed classes/lessons are not eligible for refunds or rescheduling.

Certifications & LEADERSHIP COURSES III



CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE EARLY BIRD BEFORE APR 30	WITHDRAWAL DEADLINE	INFORMATION
National Lifeguard	Fri-Sun	May 31-Jun 9	Fri: 5-9 p.m. Sat/Sun: 8:30 a.m.-5:30 p.m.	6	11047	EARLY BIRD S: \$276 M/P: \$342	May 23	
	Mon-Fri	Jul 15-19	8:30 a.m.-5:30 p.m.	5	11048	REGULAR S: \$282 M/P: \$348	Jul 7	
	Mon-Fri	Aug 19-23	8:30 a.m.-5:30 p.m.	5	11049	REGULAR S: \$282 M/P: \$348	Aug 11	
NL / IFA / O₂ - Recert.	Sun	May 5	8:30 a.m.-5:30 p.m.	1	11050	EARLY BIRD S/M/P: \$125 REGULAR S/M/P: \$145	Apr 27	
		Jun 16			11051		Jun 8	
		Jul 7			11052		Jun 29	
		Aug 11			11053		Aug 3	
First Aid Instructor/ Examiner	Sat-Sun	May 11-12	8:30 a.m.-5:30 p.m.	2	11057	EARLY BIRD S/M/P: \$320 REGULAR S/M/P: \$335	May 3	
		Jul 13-14			11058		Jul 5	
First Aid Instructor/ Examiner - Recert.	Sun	Aug 18	8:30 a.m.-5:30 p.m.	1	11059	EARLY BIRD S/M/P: \$200 REGULAR S/M/P: \$215	Aug 10	
National Lifeguard Instructor	Sat-Sun	Jun 1-2	8:30 a.m.-5:30 p.m.	2	11060	EARLY BIRD S/M/P: \$300 REGULAR S/M/P: \$315	May 24	
		Jul 20-21			11061		Jul 12	
National Lifeguard Instructor - Recert.	Sat	Jun 22	8:30 a.m.-5:30 p.m.	1	11062	EARLY BIRD S/M/P: \$125 REGULAR S/M/P: \$140	Jun 14	

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

LEGEND: S/M/P =
MacEwan Student / Member / Public

WITHDRAWAL DEADLINES

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JUNIOR GRIFFINS

AQUATIC & RECREATION CAMPS



These camps are designed to engage youth by teaching basic sport and aquatic concepts in a positive environment that is both challenging and fun. They help improve physical literacy skills by introducing participants to aquatic and dry-land activities, and encouraging healthy, active lifestyles.

Note: Supervision is extended 1 hour before and after each camp (8 a.m.-5 p.m.). Campers are required to bring their own lunch/snacks and water bottles.

TROOPERS CAMP *Ages 6-8*

Troopers is an exciting recreational camp for kids who love to move. This camp includes a combination of recreational games and pool activities with a focus on keeping participants ACTIVE and having FUN! Campers will spend half the day building confidence in the pool and developing water-smart skills. The other half of the day will develop physical literacy skills through a variety of dry-land recreation activities. Campers of all swim abilities welcome.

ADVENTURERS CAMP *Ages 8-12*

Adventurers camps include a combination of recreational games and pool activities with a focus on keeping participants ACTIVE and having FUN! Campers will spend half the day strengthening swimming skills in the main pool and developing water-smart behaviours. The other half of the day will develop physical literacy skills through a variety of dry-land sport activities. Campers of all swim abilities welcome.

BRAINS & BRAWN *Ages 8-12*

School's out and campers are taking over campus! Campers spend half the day exploring different areas of the university and the other half participating in aquatic or recreational programming. Campers may not be in the pool every day.

LIFESAVING SPORT *Ages 8-14*

This camp focuses on personal bests, stroke efficiency, strength, endurance, and developing judgement and lifesaving skills through lifesaving sport. Swimmers will also participate in a variety of dry-land training sessions guided by the MacEwan University Sport and Wellness team. This activity packed camp has very little down time!

Prerequisite: Able to swim 50 m (*two lengths*) without stopping.

BRONZE CLUB *Ages 10-16*

Participants will refine their judgement, fitness, and lifesaving skills in this camp. Suitable for those who are looking to earn their Bronze Star and Bronze Medallion certifications as well as those who have achieved certification and are looking to keep their skills sharp. If desired, campers will have the opportunity to participate in a **Bronze Challenge Exam** on the last day of the camp and earn certification.

If you wish to receive the Bronze Star and/or Bronze Medallion certification, there will be a **\$20** fee per award. Please email Aquatics@MacEwan.ca by the second last day of the program.

Prerequisite: Able to swim 100 m (*four lengths*) without stopping.

SCAN FOR
MORE INFO



FOR MORE INFORMATION OR TO REGISTER VISIT:
MacEwan.ca/MUSWCamps



WITHDRAWAL DEADLINES



CLICK HERE FOR FULL
CANCELLATION POLICIES

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



JUNIOR GRIFFINS

AQUATIC & RECREATION CAMPS

CAMP	DAYS	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE
Troopers Camp AGES 6-8	Tue-Fri	Jul 2-5	9 a.m.-4 p.m.	4	11017	P: \$224	Jun 24
	Mon-Fri	Jul 8-12		5	11018	P: \$280	Jul 1
		Jul 15-19			11019		Jul 8
		Jul 22-26			11020		Jul 15
		Jul 29-Aug 2			11021		Jul 22
	Tue-Fri	Aug 6-9		4	11025	P: \$224	Jul 29
	Mon-Fri	Aug 12-16		5	11022	P: \$280	Aug 5
		Aug 19-23			11023		Aug 12
Adventurers Camp AGES 8-12	Tue-Fri	Jul 2-5	9 a.m.-4 p.m.	4	10999	P: \$224	Jun 24
	Mon-Fri	Jul 8-12		5	11001	P: \$280	Jul 1
		Jul 15-19			11006		Jul 8
		Jul 22-26			11007		Jul 15
		Jul 29-Aug 2			11008		Jul 22
	Tue-Fri	Aug 6-9		4	11015	P: \$224	Jul 29
	Mon-Fri	Aug 12-16		5	11009	P: \$280	Aug 5
		Aug 19-23			11010		Aug 12
Brains & Brawn AGES 8-12	Mon-Fri	Jul 15-19	9 a.m.-4 p.m.	5	11029	P: \$300	Jul 9
		Jul 29-Aug 2			11031		Jul 23
		Aug 12-16			11032		Aug 6
Lifesaving Sport AGES 8-14	Mon-Fri	Jul 29-Aug 2	9 a.m.-4 p.m.	5	10914	P: \$300	Jul 23
Bronze Club AGES 10-16	Mon-Fri	Jul 8-12	9 a.m.-4 p.m.	5	10967	P: \$300	Jul 2
		Jul 22-26			10968		Jul 16
		Aug 12-16			10969		Aug 6

WITHDRAWAL DEADLINES



CLICK HERE FOR FULL CANCELLATION POLICIES

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