

# Swim Lessons

## CHILD 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 6 months to 12 years.

### CLASS DESCRIPTIONS

#### PARENT & TOT LESSONS

These lessons are for children ages 6 months to 3 years old. **1 & 2** are for children ages 6 months to 2 years old. **2 & 3** are for children ages 2 to 3 years old.

##### PRESCHOOL 1 Ages 3-5

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence in their water skills.

##### PRESCHOOL 2 Ages 3-5

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice flutter kicks on their backs.

##### PRESCHOOL 3 Ages 3-5

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in waist-deep water, and work towards mastering their floats, rollovers, glides, and kicks. They will work their way into deeper water for side entries and jumping in with lifejackets.

##### PRESCHOOL 4 Ages 3-5

Preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

##### PRESCHOOL 5 Ages 3-5

Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 m swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

### REGISTRATION/WITHDRAWAL DEADLINES

[CLICK 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 course for a full refund. **No refunds will be issued after the withdrawal deadline.**

Registration may be available after the withdrawal deadline pending space. Speak to a Welcome Desk staff or email [WelcomeDesk@MacEwan.ca](mailto:WelcomeDesk@MacEwan.ca)

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Parent & Tot* 1 & 2	Mon	Jan 29-Apr 8	5:05-5:35 p.m.	9	1: 10719 2: 10733	P: \$78.75	Jan 21	No lessons Feb 19, Apr 1
	Wed	Jan 31-Apr 3	5:05-5:35 p.m.		1: 10730 2: 10734			Jan 23
	Sat	Feb 3-Apr 6	9:05-9:35 a.m. 12:25-12:55 p.m.	8	1: 10731 2: 10735 1: 10732 2: 10736	P: \$70	Jan 26	No lessons Feb 17, Mar 30
Parent & Tot* 2 & 3	Mon	Jan 29-Apr 8	6:55-7:25 p.m.	9	2: 10738 3: 10741	P: \$78.75	Jan 21	No lessons Feb 19, Apr 1
	Fri	Feb 2-Apr 5	5:05-5:35 p.m.	8	2: 10743 3: 10746	P: \$70	Jan 25	No lessons Feb 23, Mar 29
	Sat	Feb 3-Apr 6	11:05-11:35 a.m.		2: 10754 3: 10756		Jan 26	No lessons Feb 17, Mar 30
Preschool 1	Mon	Jan 29-Apr 8	5:40-6:10 p.m.	9	10681	P: \$78.75	Jan 21	No lessons Feb 19, Apr 1
	Wed	Jan 31-Apr 3	5:40-6:10 p.m.		10682		Jan 23	No lessons Feb 21
	Fri	Feb 2-Apr 5	5:20-5:50 p.m.	8	10683	P: \$70	Jan 25	No lessons Feb 23, Mar 29
	Sat	Feb 3-Apr 6	11:40 a.m.-12:10 p.m.		10684		Jan 26	No lessons Feb 17, Mar 30
			12:25-12:55 p.m.		10685			
Preschool 2	Mon	Jan 29-Apr 8	6:50-7:20 p.m. <sup>1</sup>	9	10686	P: \$78.75	Jan 21	No lessons Feb 19, Apr 1
	Wed	Jan 31-Apr 3	6:20-6:50 p.m.		10696		Jan 23	No lessons Feb 21
	Fri	Feb 2-Apr 5	6-6:30 p.m.	8	10698	P: \$70	Jan 25	No lessons Feb 23, Mar 29
	Sat	Feb 3-Apr 6	10:30-11 a.m.		10700		Jan 26	No lessons Feb 17, Mar 30
			1-1:30 p.m.		10702			
Preschool 3	Mon	Jan 29-Apr 8	6:50-7:20 p.m. <sup>2</sup>	9	10703	P: \$78.75	Jan 21	No lessons Feb 19, Apr 1
	Wed	Jan 31-Apr 3	6:55-7:25 p.m. <sup>3</sup>		10704		Jan 23	No lessons Feb 21
	Fri	Feb 2-Apr 5	4:30-5 p.m.	8	10705	P: \$70	Jan 25	No lessons Feb 23, Mar 29
	Sat	Feb 3-Apr 6	10:30-11 a.m.		10706		Jan 26	No lessons Feb 17, Mar 30
			11:40 a.m.-12:10 p.m.		10707			
Preschool 4	Wed	Jan 31-Apr 3	6:55-7:25 p.m. <sup>1</sup>	9	10708	P: \$78.75	Jan 23	No lessons Feb 21
	Sat	Feb 3-Apr 6	11:05-11:35 a.m. <sup>4</sup>	8	10711	P: \$70	Jan 26	No lessons Feb 17, Mar 30
1-1:30 p.m. <sup>4</sup>			10714					
Preschool 5	Sat	Feb 3-Apr 6	11:05-11:35 a.m. <sup>5</sup>	8	10715	P: \$70	Jan 26	No lessons Feb 17, Mar 30
			1-1:30 p.m. <sup>5</sup>		10716			

\*Caregiver must be in the water with swimmer at all times. Programs with low numbers are subject to cancellation.

<sup>1</sup> Co-programmed with Preschool 3. <sup>2</sup> Co-programmed with Preschool 2. <sup>3</sup> Co-programmed with Preschool 4. <sup>4</sup> Co-programmed with Preschool 5. <sup>5</sup> Co-programmed with Preschool 4.

# 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 6 months to 12 years.

### CLASS DESCRIPTIONS

#### SWIMMER 1 Ages 5 and older

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

#### SWIMMER 2 Ages 5 and older

Swimmers will gain comfort in deeper water by jumping in, learning sideways entries, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back, and side, vertical whip kick with an aid, and front crawl and back crawl for 10 m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

#### SWIMMER 3 Ages 5 and older

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

#### SWIMMER 4 Ages 5 and older

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

#### SWIMMER 5 Ages 5 and older

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps, eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

#### SWIMMER 6 Ages 5 and older

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance—critical for success in the 300 m workout required to complete the level.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION				
Swimmer 1	Mon	Jan 29-Apr 8	6:20-6:50 p.m.	9	10622	P: \$78.75	Jan 21	No lessons Feb 19, Apr 1				
			7:30-8 p.m.		10623							
	Wed	Jan 31-Apr 3	4:30-5 p.m.		10624							
			7:05-7:35 p.m.		10625							
	Fri	Feb 2-Apr 5	5:45-6:15 p.m.		10626							
	Sat	Feb 3-Apr 6	8:30-9 a.m.		10627							
10:30-11 a.m.			10628									
11:05-11:35 a.m.			10629									
Swimmer 2	Mon	Jan 29-Apr 8	5:55-6:40 p.m. <sup>1</sup>	9	10631	P: \$99	Jan 21	No lessons Feb 19, Apr 1				
			7:30-8 p.m.		10632							
	Wed	Jan 31-Apr 3	5:20-6:05 p.m. <sup>1</sup>		8				10633	P: \$88	Jan 23	No lessons Feb 21
			4:30-5:15 p.m. <sup>1</sup>						10635			
	Fri	Feb 2-Apr 5	9:20-10:05 a.m.						10636			
			9:40-10:25 a.m.						10669			
Sat	Feb 3-Apr 6	10:30-11:15 a.m.	10634									
		11:20 a.m.-12:05 p.m. <sup>1</sup>	10637									
Swimmer 3	Mon	Jan 29-Apr 8	5:55-6:40 p.m. <sup>2</sup>	9	10665	P: \$99	Jan 21	No lessons Feb 19, Apr 1				
			7:30-8 p.m.		10666							
	Wed	Jan 31-Apr 3	5:20-6:05 p.m. <sup>2</sup>		8				10667	P: \$88	Jan 23	No lessons Feb 21
			4:30-5:15 p.m. <sup>2</sup>						10668			
	Fri	Feb 2-Apr 5	8:30-9:15 a.m.						10670			
			10:30-11:15 a.m.						10637			
Sat	Feb 3-Apr 6	11:20 a.m.-12:05 p.m. <sup>2</sup>	10671									
		12:20-1:05 p.m.	10672									
Swimmer 4	Wed	Jan 31-Apr 3	6:15-7 p.m. <sup>3</sup>	9	10671	P: \$99	Jan 23	No lessons Feb 21				
			7:30-8 p.m.		10672							
	Fri	Feb 2-Apr 5	6:35-7:20 p.m. <sup>3</sup>		8				10673	P: \$88	Jan 25	No lessons Feb 23, Mar 29
10:30-11:15 a.m.			10674									
Sat	Feb 3-Apr 6	12:20-1:05 p.m.	10675									
		12:20-1:05 p.m.	10676									
Swimmer 5	Wed	Jan 31-Apr 3	6:15-7 p.m. <sup>4</sup>	9		10675	P: \$99	Jan 23	No lessons Feb 21			
			7:30-8 p.m.			10676						
	Fri	Feb 2-Apr 5	6:35-7:20 p.m. <sup>4</sup>		8	10677				P: \$88	Jan 25	No lessons Feb 23, Mar 29
11:20 a.m.-12:05 p.m. <sup>5</sup>			10678									
Sat	Feb 3-Apr 6	12:20-1:05 p.m. <sup>5</sup>	10679									
		12:20-1:05 p.m. <sup>3</sup>	10680									
Swimmer 6	Sat	Feb 3-Apr 6	11:20 a.m.-12:05 p.m. <sup>3</sup>	8		10679	P: \$88	Jan 26	No lessons Feb 17, Mar 30			
			12:20-1:05 p.m. <sup>3</sup>			10680						

Programs with low numbers are subject to cancellation.

<sup>1</sup> Co-programmed with Swimmer 3. <sup>2</sup> Co-programmed with Swimmer 2. <sup>3</sup> Co-programmed with Swimmer 5. <sup>4</sup> Co-programmed with Swimmer 4. <sup>5</sup> Co-programmed with Swimmer 6.

### REGISTRATION/ 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 course for a full refund. **No refunds will be issued for withdrawals after the withdrawal deadline.**

Registration may be available after the withdrawal deadline pending 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

[SportandWellnessReg.MacEwan.ca](http://SportandWellnessReg.MacEwan.ca)

CLICK HERE TO FIND YOUR COURSE AND REGISTER

# 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.

These 30-minute lessons are ideal for swimmers who learn best in a small-group setting. With two-to-four participants, these lessons fill up quickly!

### 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.

#### 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.

### 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 course for a full refund. **No refunds will be issued after the withdrawal deadline.** Missed lessons are not eligible for refunds or rescheduling.

Registration may be available after the withdrawal deadline pending space. Speak to a Welcome Desk representative or email [WelcomeDesk@MacEwan.ca](mailto:WelcomeDesk@MacEwan.ca) for assistance.

## CHILD SEMI-PRIVATE LESSONS

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Preschool Beginner: First Steps	Sun	Jan 28-Apr 7	12:10-12:40 p.m.	9	10691	P: \$225	Jan 20	No lessons Feb 18, Mar 31
	Tue	Jan 30-Apr 2	5:05-5:35 p.m.		10692		Jan 22	No lessons Feb 20
Preschool Beginner: Second Steps	Thu	Feb 1-Apr 4	5:05-5:35 p.m.	8	10693	P: \$200	Jan 24	No lessons Feb 15, 22
Child Beginner	Sun	Jan 28-Apr 7	11-11:30 a.m.	9	10694	P: \$225	Jan 20	No lessons Feb 18, Mar 31
Child Intermediate	Sun	Jan 28-Apr 7	12:45-1:15 p.m.	9	10695	P: \$225	Jan 20	No lessons Feb 18, Mar 31

## ADULT SEMI-PRIVATE LESSONS

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Adult Beginner: First Steps	Sun	Jan 28-Apr 7	11:35 a.m.-12:05 p.m.	9	10687	P: \$225 M: \$202.50 S: \$180	Jan 20	No lessons Feb 18, Mar 31
	Mon	Jan 29-Apr 8	7:25-7:55 p.m.		10688		Jan 21	No lessons Feb 19, Apr 1
	Tue	Jan 30-Apr 2	5:40-6:10 p.m.		10689		Jan 22	No lessons Feb 20
Adult Beginner: Second Steps	Thu	Feb 1-Apr 4	5:40-6:10 p.m.	8	10690	P: \$200 M: \$180 S: \$160	Jan 24	No lessons Feb 15, 22

Programs with low participation 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](https://SportandWellnessReg.MacEwan.ca)

 [CLICK TO FIND YOUR COURSE AND REGISTER](#)



# Swim Lessons

## ADULT GROUP LESSONS & PRIVATE 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.

### GROUP LESSON DESCRIPTIONS

#### 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

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 2

Adult swimmers will practice different entries into deep water including dives, rolls, and tuck jumps (cannonballs). As they work on building strength and endurance, they will aim to be able to tread water for 1-2 minutes. New underwater skills are introduced such as handstands in shallow water and front somersaults (in water). Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50 m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

#### 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.

## ADULT GROUP LESSONS

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Scared Stiff	Sat	Feb 3-Apr 6	8:30-9:15 a.m.	8	10771	P: \$90 M: \$82 S: \$74	Jan 26	No lessons Feb 17, Mar 30
Adult 1	Mon	Jan 29-Apr 8	5:05-5:50 p.m.	9	10766	P: \$101.25 M: \$92.25 S: \$83.25	Jan 21	No lessons Feb 19, Apr 1
	Wed	Jan 31-Apr 3	4:30-5:15 p.m.		10767		Jan 23	No lessons Feb 21
	Fri	Feb 2-Apr 5	6:20-7:05 p.m.	8	10768	P: \$90 M: \$82 S: \$74	Jan 25	No lessons Feb 23, Mar 29
	Sat	Feb 3-Apr 6	9:20-10:05 a.m.		10769		Jan 26	No lessons Feb 17, Mar 30
			12:25-1:10 p.m.		10770			
Adult 2	Sat	Feb 3-Apr 6	12:20-1:05 p.m.	8	10772	P: \$90 M: \$82 S: \$74	Jan 26	No lessons Feb 17, Mar 30
Adult 3	Sat	Feb 3-Apr 6	11:20 a.m.-12:05 p.m. <sup>1</sup>	8	10773	P: \$90 M: \$82 S: \$74	Jan 26	No lessons Feb 17, Mar 30
Fitness Swimmer	Sat	Feb 3-Apr 6	11:20 a.m.-12:05 p.m. <sup>2</sup>	8	10774	P: \$90 M: \$82 S: \$74	Jan 26	No lessons Feb 17, Mar 30

Programs with low participation numbers are subject to cancellation.

<sup>1</sup> Co-programmed with Fitness Swimmer. <sup>2</sup> Co-programmed with Adult 3.

### 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](mailto:SportandWellnessReg.MacEwan.ca)

#### BUILD YOUR OWN PACKAGE

No lesson offerings that work with your schedule? Email [Aquatics@MacEwan.ca](mailto:Aquatics@MacEwan.ca) to build a package together. Subject to instructor availability and pool space.

**NOTE:** Missed lessons are not eligible for refunds or rescheduling.

### WITHDRAWAL DEADLINES CLICK FOR FULL CANCELLATION POLICIES

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