



Summer 2017 Swimming Lesson Information



SUMMER 2017 SESSION DATES

Registration starts April 5th, 2017

Early Bird

June 12-23 (one a day - afterschool)

Session 2

July 10-14 (twice a day)

Session 3

August 14-25 (once a day - morning)



CANCELLATION DATES

Cancellations made **7 days or more** prior to the start date of the course are eligible for a refund.

There is a non-refundable \$10.00 administration fee included in each registration.

Cancellations made **6 days or less** prior to the start date of the course are not eligible for refunds, or application of funds to their account.

Registration Night !



WHEN? Wednesday April 5th, 2017!

WHERE? Langenburg RM Office

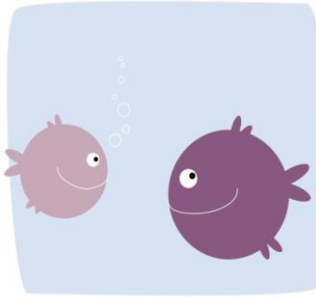
TIME? 5-8pm

****Payment is due when registering****

REGISTRATION INFORMATION

Can't Attend? Lesson Registration forms can be found online (http://langenburg.ca/arts_recreation/sports.html *Under Swimming Pool), the Swimming Pool Facebook Page and Community Registration Night Events page or at the Recreation Office in the RM Building.

Questions? Contact: Juli, Recreation Director at (306) 743-5176 or langenburg.rec@sasktel.net



PLEASE NOTE:

- All children ages 6 and under must be within arm’s reach of an adult ages 18 and up at all times.
- All children ages 10 and under must be accompanied by an adult ages 18 and up at all times.

LIFESAVING SOCIETY SWIM FOR LIFE

If your child...	Register in Lifesaving Society	Formerly in Red Cross Swim	Formerly in I Can Swim
Is 3 to 5 years and just starting on his/her own	Preschool 1	Sea Turtle	Dolphins 1
Can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet	Preschool 2	Salamander	Dolphins 2
Can get in and out alone, jump into chest deep water, submerge & exhale underwater, and float on front back assisted for 3-5 seconds	Preschool 3	Sunfish	Dolphins 2

Can jump into deep water wearing a PFD; recover objects from the bottom, hold their breath underwater float and glide on front & back	Preschool 4	Crocodile	Dolphins 3
Can do solo jumps into deep water and get out by themselves, swim front crawl 3 - 5 m and do flutter kick on their front, back and side	Preschool 5	Whale	Dolphins 3
Is 5 to 12 years and passed Preschool 5	Swimmer 1	Whale	Dolphins 3
Can jump into the water with and without a PFD; open eyes, hold breath, open eyes and exhale underwater, float, kick & glide on front and back	Swimmer 2	Completed Swim Kids 1	Stage 1 Beginner

PROGRAM DESCRIPTIONS

If your child...	Register in Lifesaving Society	Formerly in Red Cross Swim	Formerly in I Can Swim
Can jump into deeper water, roll sideways into water wearing PFD; support self at the surface without an aid, do whip kick in the vertical position, and swim 10 - 15 m on front and back	Swimmer 3	Completed Swim Kids 2/3	Stage 1 Intermediate
Can complete the Canadian Swim to Survive Standard Roll - Tread (1 minute) - Swim (50 m); handstands	Swimmer 4	Completed Swim Kids 4/5	Stage 1 Advanced

and kneeling dives, and whip kick on their back			
Can do dives, swim underwater, tread water for 2 minutes, 25 m of front and back crawl; whip kick on front; breaststroke arms with breathing; and interval training of 4 x 25m	Swimmer 5	Completed Swim Kids 6	Stage 2 Beginner
Can do shallow dives and cannonballs; stationary eggbeater kick, 50 m of front and back crawl, breaststroke for 15 - 25 m; sprint 25m; interval training of 4 x 50m	Swimmer 6	Completed Swim Kids 7	Stage 2 Intermediate
Can do stride entries and compact jumps; eggbeater kick & scissor kick; sprint breaststroke over 25m; and a workout of 300m	Swim Patrol Rookie	Completed Swim Kids 8	Stage 2 Advanced
Preferred successful completion - Rookie	Swim Patrol Ranger	Completed Swim Kids 9	Stage 3 Beginner
Preferred successful completion - Ranger	Swim Patrol Star	Completed Swim Kids 10	Stage 3 Intermediate
Preferred successful completion - Star	Bronze Star		Stage 3 Advanced

**SUMMER 2017 Registration Date
April 5th, 2017 for all
lessons**



**Box 159
Langenburg, SK S0A 2A0**

**Phone: 306-743-5176(Recreation Office)
Phone: 306-743-5118 (Pool)**



**E-mail: langenburg.rec@sasktel.net
www.langenburg.ca**

www.facebook.com/Town.of.Langenburg