

# WATERBABIES

## WATERBABIES I (6 mos. - 16 mos.)

A parent participation class that provides babies with a fun introduction to water thru songs, gradual submersion skills and back floats.

Tues. & Thurs. 9:30 am, 5:00, 6:30 pm

Thursday 3:00 pm

Friday 4:30, 6:30 pm

Saturday 9:00, 11:00 am

Registration Fee: \$44.00

## WATERBABIES II (6 mos. - 16 mos.)

A parent participation class for the baby who is comfortable with submersion skills. The class will focus on propulsion and underwater skills.

Tues. & Thurs. 10:30 am, 5:00, 7:00 pm

Thursday 4:00 pm

Friday 5:00, 7:00 pm

Saturday 9:30 am

Registration Fee: \$44.00

# PARENT & TOT

## PARENT AND TOT I (16 mos. - 3 years)

A parent participation class that introduces your child to underwater skills, propulsion activities and safety skills.

Tues. & Thurs. 9:30 am, 5:00, 7:30 pm

Thursday 3:00 pm

Friday 4:30, 7:30 pm

Saturday 10:00, 11:30 am

Registration Fee: \$44.00

## PARENT AND TOT II (16 mos. - 3 years)

A parent participation class where activities are designed to encourage safe and independent swim skills.

Tues. & Thurs. 10:30 am, 5:00, 8:00 pm

Thursday 4:00 pm

Friday 5:00, 8:00 pm

Saturday 10:30 am

Registration Fee: \$44.00

# PRESCHOOL

## SPLISH SPLASH (3 - 5 years)

A class for children with little or no water exposure. Class will be taught in the tot pool with gradual integration into the shallow end of the main pool. This class can only be offered on a limited basis due to pool space requirements.

Tues. & Thurs. 9:00 am, 3:00, 6:00 pm

Friday 3:00, 6:00 pm

Saturday 8:30 am

Registration Fee: \$61.50

## TINY TOT BEGINNERS (3 years)

Water orientation for three year olds. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles and submersion. Taught in the main pool.

Tues. & Thurs. 9:00, 10:30 am, 3:00, 5:00, 6:00, 7:00 pm

Thursday 3:00, 5:00 pm

Friday 3:30, 5:00, 6:00, 6:30, 7:30 pm

Saturday 8:30, 9:00 10:00, 11:00 am

Registration Fee: \$61.50

## TINY TOT ADVANCED (3 years)

For the three year old that is comfortable submerging. Class focuses on working from assisted floats to unassisted glides on both front and back.

Tues. & Thurs. 10:00 am, 3:00, 5:00, 6:00, 8:00 pm

Thursday 3:00, 5:00 pm

Friday 3:00, 5:00, 6:00, 7:00, 8:00 pm

Saturday 8:30, 10:00, 11:00 am

Registration Fee: \$61.50

## PRESCHOOL 1 (4 - 6 years)

Water orientation will include songs and imagery for a gradual introduction to getting wet, blowing bubbles and submersion. Taught in the main pool.

Tues. & Thurs. 9:30am, 3:30, 6:00, 7:00, 8:00 pm

Thursday 3:30, 5:00 pm

Friday 3:00, 4:00, 5:00, 6:00, 6:30, 7:30 pm

Saturday 8:30, 9:30, 10:30, 11:30 am

Registration Fee: \$61.50

## PRESCHOOL 2 (4 - 6 years)

For those students that are comfortable submerging. Class focuses on working from assisted floats to unassisted glides on both front and back.

Tues. & Thurs. 10:00 am, 4:00, 4:30, 6:00, 6:30, 7:00,

7:30, 8:00 pm

Thursday 3:30, 5:00 pm

Friday 3:30, 4:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm

Saturday 8:30, 9:00, 9:30, 10:30, 11:30 am

Registration Fee: \$61.50

## PRESCHOOL 3 (4 - 6 years)

Students will learn to kick in both front and back glides. They will also learn to transfer their body weight from one glide to another.

Tues. & Thurs. 10:00, 11:00 am, 3:30, 5:00, 6:00, 7:00,

7:30, 8:00 pm

Thursday 4:00 pm

Friday 3:30, 4:30, 5:00, 6:00, 6:30, 7:00, 7:30,

8:00 pm

Saturday 8:30, 9:00, 9:30, 10:00, 11:00 am

Registration Fee: \$61.50

## PRESCHOOL 4 (4 - 6 years)

Focuses on learning the breathing position and breath control for front swim. Kick in back swim continues to be refined.

Tues. & Thurs. 10:30 am, 4:00, 6:30, 7:30, 8:00 pm

Thursday 4:30 pm

Friday 3:30, 4:30, 6:00, 7:00, 8:00 pm

Saturday 9:00, 10:00, 11:30 am

Registration Fee: \$44.00

## PRESCHOOL 5 (4 - 6 years)

Students learn arm propulsion and co-ordination for front swim. Back swim will focus on streamlining and body roll.

Tues. & Thurs. 11:00 am, 4:30, 6:30, 7:30 pm

Thursday 3:30 pm

Friday 3:30, 6:30, 7:30 pm

Saturday 9:00, 10:00, 11:30 am

Registration Fee: \$44.00

## PRESCHOOL 6 (4 - 6 years)

Over arm recovery for both front and back crawl are introduced. Students will be challenged with distances to prepare them to move to School Age Level 4.

Tues. & Thurs. 11:00 am, 4:30, 6:30, 7:30 pm

Thursday 3:30 pm

Friday 4:00, 6:30, 7:30 pm

Saturday 9:00, 10:30, 11:30 am

Registration Fee: \$44.00

# SCHOOL AGE

## LEVEL 1 (6 - 14 years)

An introductory class for students who are non-swimmers. The focus is on fundamental skills including submersion, front and back floats and glides.

Tues. & Thurs. 4:30, 6:00, 7:00, 8:00 pm

Thursday 3:30 pm

Friday 4:00, 6:00, 7:00, 8:00 pm

Saturday 8:30, 9:30, 10:30 am

Registration Fee: \$44.00

## LEVEL 2 (6 - 14 years)

Students will learn a propulsive kick on both front and back glides and will learn to transfer their body weight from one glide to another. They will also be introduced to the front swim breathing position.

Tues. & Thurs. 4:00, 6:00, 7:00, 7:30 pm

Thursday 4:00 pm

Friday 4:00, 5:00, 6:30, 7:30, 8:00 pm

Saturday 9:00, 9:30, 11:00 am

Registration Fee: \$44.00

## LEVEL 3 (6 - 14 years)

Class focuses on correct breathing position and breath control as well as correct timing and co-ordination of arm propulsion. Kick in back swim continues to be refined.

Tues. & Thurs. 4:00, 6:00, 6:30, 7:00, 8:00 pm

Thursday 4:30 pm

Friday 4:00, 6:00, 7:00, 7:30, 8:00 pm

Saturday 9:00, 10:30, 11:30 am

Registration Fee: \$44.00

## LEVEL 4 (6 - 14 years)

Students will learn over arm recovery for both front and back crawl, and continue to increase propulsion in preparation for moving to the middle section in Level 5.

Tues. & Thurs. 3:30, 6:00, 6:30, 7:30, 8:00 pm

Thursday 4:30 pm

Friday 3:30, 6:30, 7:00, 8:00 pm

Saturday 9:00, 9:30, 10:30, 11:30 am

Registration Fee: \$44.00

## LEVEL 5 (6 - 14 years)

Focus will be on coordinating full front crawl with a correct arm extension. Back crawl will focus on timing the body roll and kick with over arm recovery.

Tues. & Thurs. 3:30 pm, 6:30, 7:00, 7:30, 8:00 pm

Thursday 4:30 pm

Friday 4:00, 6:30, 7:00, 7:30, 8:00 pm

Saturday 8:30, 9:30, 10:30, 11:00 am

Registration Fee: \$44.00

## LEVEL 6 (6 - 14 years)

Strengthens co-ordination of front and back crawls with a focus on correct arm entries. Both strokes are challenged to maintain strong technique with progressive distances in preparation for moving to the deep end in Level 7.

Tues. & Thurs. 4:00, 6:30, 7:00, 7:30, 8:00 pm

Thursday 4:00 pm

Friday 3:30, 4:30, 6:30, 7:00, 7:30, 8:00 pm

Saturday 9:00, 10:00, 11:00, 11:30 am

Registration Fee: \$44.00

## LEVEL 7 (6 - 14 years)

Students will refine body rotation and arm extension in front and back crawl while maintaining stroke technique. Streamline co-ordination through drill and whole stroke work will also be a focus in this level.

Tues. & Thurs. 3:30, 6:30, 7:00, 7:30 pm

Thursday 3:30 pm

Friday 3:30, 6:30, 7:00, 7:30, 8:00 pm

Saturday 9:30, 10:30, 11:30 am

Registration Fee: \$44.00

## LEVEL 8 (6 - 14 years)

Front and back crawl are further refined through minimizing resistance in arm recoveries and entry. Students will be introduced to the dolphin kick for the butterfly and breast stroke.

Tues. & Thurs. 4:00, 6:30, 7:00, 8:00 pm

Thursday 4:30 pm

Friday 4:00, 7:00, 7:30 pm

Saturday 9:30, 10:30, 11:30 am

Registration Fee: \$44.00

## LEVEL 9 (6 - 14 years)

Strengthening dolphin kick is continued and learning the mechanics of breast stroke pull. Drill work for front and back crawl will focus on maximizing propulsive forces in the arm pull.

Tues. & Thurs. 3:30, 7:00, 8:00 pm

Thursday 4:00 pm

Friday 4:00, 6:30, 7:00, 8:00 pm

Saturday 9:00, 10:00, 11:00 am

Registration Fee: \$44.00

**WE DO OUR BEST...**

**to run scheduled classes, however due to demand we may need to open or close classes.**

REGISTER  
BY PHONE  
604-526-4281



8:00 am  
to 8:30 pm  
Daily!

## LEVEL 10 (6 - 14 years)

Focus will be on developing a co-ordinated breast stroke and continuing to develop back and front crawl.

Tues. & Thurs. 4:30, 6:30, 7:30 pm

Thursday 3:30 pm

Friday 4:30, 6:30, 7:30, 8:00 pm

Saturday 9:30 am, 10:30 am, 11:30 am

Registration Fee: \$44.00

## LEVEL 11 (6 - 14 years)

Breast stroke propulsion is increased and butterfly is introduced. Advanced front and back drills focus on strength and endurance.

Tues. & Thurs. 4:30, 6:30, 8:00 pm

Thursday 4:30 pm

Friday 4:30, 7:00, 8:00 pm

Saturday 9:30 am, 11:00 am

Registration Fee: \$44.00

## LEVEL 12 (6 - 14 years)

All strokes are evaluated to competitive level proficiency. Students will be introduced to an I.M. (individual medley).

Tues. & Thurs. 4:30, 6:30, 7:30 pm

Thursday 4:30 pm

Friday 4:30, 6:30, 7:30 pm

Saturday 10:00 am, 11:00 am

Registration Fee: \$44.00

## MODERATE TRAINING SWIMFIT

### FOR KIDS (M.T.S.)

Designed to increase endurance in all strokes and introduce knowledge of swim workouts. Good preparation for the Bronze Medallion and Bronze Cross timed swims.

Tues. & Thurs. 6:30, 7:30 pm

Thursday 4:00 pm

Friday 4:30, 6:30, 7:30 pm

Saturday 10:00 am, 11:00 am

Registration Fee: \$44.00

## ADULT LEVELS

### WOMEN'S ONLY CLASS (15+ years)

This women's only class is taught by a female instructor and will be taught in shallow water. Focus is on water orientation skills including front and back; floats and glides.

Tues. & Thurs. 9:30 am

Saturday 8:30 am

Registration Fee: \$50.50

### ADULT LEVEL 1 (15+ years)

For adults with little or no swimming experience. Lessons are taught in shallow water and focus on water orientation, floats, glides and breath control.

Tues. & Thurs. 9:00 am, 6:00, 7:30 pm

Friday 6:00 pm

Saturday 8:30, 11:30 am

Registration Fee: \$50.50

### ADULT LEVEL 2 (15+ years)

For adults who can glide and kick on both front and back. Lessons are taught in the shallow or middle sections and focus on adding propulsion to both front and back swims.

Tues. & Thurs. 9:00 am, 8:00 pm

Friday 8:00 pm

Saturday 9:00 am

Registration Fee: \$50.50

### ADULT LEVEL 3 (15+ years)

Over arm recovery is introduced for both front and back crawl. Focus is on coordinating both strokes.

Tues. & Thurs. 7:00 pm

Friday 6:30 pm

Saturday 10:00 am

Registration Fee: \$50.50

### ADULT LEVEL 4 (15+ years)

Focus of this level is to refine both front and back crawl and increase propulsion for both strokes.

Tues. & Thurs. 7:00 pm

Friday 7:00 pm

Saturday 10:30 am

Registration Fee: \$50.50

## MODERATE TRAINING SWIMFIT

### FOR ADULTS (M.T.S.) (15+ years)

Designed to increase endurance in all strokes and introduce knowledge of swim workouts.

Tues. & Thurs. 7:00 pm

Friday 7:00 pm

Saturday 8:30 am

Registration Fee: \$50.50

## DIVING

### DIVE 1

Introduction to fundamental diving skills. **Participants must have completed level 5.**

Tues. & Thurs. 6:30, 8:00 pm

Friday 6:30, 8:00 pm

Saturday 9:00, 11:00 am

Registration Fee: \$44.00

### DIVE 2

Builds on skills developed in Dive 1, with the addition of forward approaches and back dives.

Tues. & Thurs. 7:00 pm

Friday 7:00 pm

Saturday 9:30, 10:30 am

Registration Fee: \$44.00

### DIVE 3

Emphasis on refining mechanics and techniques of each diver.

Tues. & Thurs. 7:30 pm

Friday 7:30 pm

Saturday 10:00 am

Registration Fee: \$44.00

## AQUATIC LEADERSHIP COURSES

*Interested in becoming a lifeguard or a swimming instructor? Looking for a new challenge while finishing off your swimming levels? Canada Games Pool has the leadership courses to get you on your way!*

## LIFESAVING COURSES

### BRONZE MEDALLION AND CPR-B

(13+ years)

Bronze Medallion introduces the four lifesaving principles of water rescue education: knowledge, skill, fitness and judgment. Candidates learn CPR-B and prepare for challenging rescues of increased risk involving various victims. Stroke efficiency and endurance are also included. In order to complete the course, candidates must be able to swim 500 metres in 15 minutes and as demonstrate knowledge and proficiency in rescue scenarios.

### BRONZE CROSS AND CPR-C

(14+ years) **PREREQUISITE: Bronze Medallion**

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including CPR-C and an introduction to safe supervision in aquatic facilities. Candidates must be able to swim 600 meters in 18 minutes. Bronze Cross is a prerequisite for the National Lifeguard certification.

## INSTRUCTOR COURSES

### ASSISTANT WATER SAFETY

**INSTRUCTOR (15+ years)**

The Assistant Water Safety Instructor (AWSI) course introduces candidates to the foundation of instructional skills by focusing on the theoretical knowledge that supports learning and teaching and prepares candidates to instruct with the direct support of a certified instructor. This course includes eight hours of co-teaching experience required for the Water Safety Instructor.

### WATER SAFETY INSTRUCTOR

(16+ years)

**PREREQUISITE: Assistant Water Safety Instructor**

The Water Safety Instructor (WSI) course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to effectively teach and evaluate the performance criteria, as well as apply information learned in the Assistant Water Safety Instructor course. This course includes 12 hours of independent practice teaching experience required for certification.

*For more information on dates and times please visit [www.nwpr.bc.ca](http://www.nwpr.bc.ca) or call 604-526-4281.*

# WINTER SWIM LESSONS

## CANADA GAMES POOL

65 East 6th Avenue, New Westminster  
604-526-4281

### ONCE PER WEEK CLASSES

*Once per week 25-minute classes:*

- Thursdays run January 7 to March 11
- Fridays run January 8 to March 12
- Saturdays run January 9 to March 13

### TWICE PER WEEK CLASSES

#### WINTER 1

*Twice per week 25-minute classes:*

Tuesday & Thursday mornings, afternoons or evenings.  
January 5 to February 4

#### WINTER II

*Twice per week 25-minute classes:*

Tuesday & Thursday mornings, afternoons or evenings.  
February 9 to March 11

### EMPLOYMENT IN AQUATICS!

*We have the courses to get you started  
Look for our Aquatic Leadership  
courses in this brochure.*

[www.nwpr.bc.ca](http://www.nwpr.bc.ca)



2009

REGISTER  
BY PHONE  
604-526-4281



8:00 am  
to 8:30 pm  
Daily!