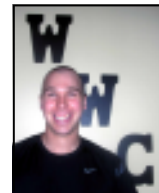


# Aquatics

**Aquatic Director:** Jeff Mitchell jmitchell@winnipegwinterclub.com or call ext. 123  
**Aquatics Supervisor:** Lyndsay Spulnick lspulnick@winnipegwinterclub.com or 452-3311 ext. 121



## SWIMMING LESSONS

The Red Cross Swim Program has 2 divisions:  
Red Cross Swim Pre-School and Red Cross Swim Kids.

## RED CROSS SWIM PRE-SCHOOL

The Red Cross Swim Pre-School program is offered as a four level program which allows swimmers to enter various levels based on age and their ability.

- ▶ Sea Turtle
- ▶ Salamander
- ▶ Sunfish
- ▶ Crocodile

This program is best for children up to 5 years old. Participants will enjoy action-packed classes that make learning fun. Caregivers may choose to be present.

## RED CROSS SWIM KIDS

Red Cross Swim Kids is a ten level program for ages 6 and up. This program will help swimmers develop all 6 swimming strokes: front and back crawl, elementary back stroke, breaststroke, butterfly and side stroke.

Participants will actively learn how to be safe around the water and increase fitness and endurance through fun activities. Participants will be challenged to achieve personal bests in distance and time.

## WHAT PROGRAM IS RIGHT FOR MY CHILD

If you are not sure of what program to enrol your child in or have further questions, contact Lyndsay at [lspulnick@winnipegwinterclub.com](mailto:lspulnick@winnipegwinterclub.com) or 452-3311 ext. 121

## PARENT AND TOT PROGRAM

Looking for more bonding time with your child? Try our new Parent and Tot Program. It's an exciting new program packed with fun games, sing-alongs and water tips for caregivers.

When: Saturdays 10:00 - 10:30 a.m.  
Session: September 25 - November 27, 2010  
Cost: \$55

## LIFE SAVING PROGRAMS

The Life Saving Program has 2 divisions:

- ▶ Swim Patrol
- ▶ Bronze Family

Please note: All lifesaving programs need a **minimum of 4 participants in order to run.**

## SWIM PATROL

This program introduces the participants to rescue situations and is designed to increase fitness and safety knowledge in and around the water.

### Target Participants

▶ Participants should have completed Swim Kids; however, it is not a prerequisite but the participants need to be strong /skilled swimmers between 8 - 12 years of age. The swim patrol program is a 3-level pre-bronze award progression.

Rookie, Ranger & Star

Each level contains 3 modules:

- ▶ Water Proficiency
- ▶ Recognition and Rescue
- ▶ First Aid

### Patrol Program (Rookie, Ranger & Star)

When: Tuesdays 4:15 - 5:15 p.m.  
Session: September 21 - November 23, 2010  
Cost: \$100

When: Saturdays 8:30 - 9:30 p.m.  
Session: September 25 - November 27, 2010  
Cost: \$100

### BRONZE STAR

Is an alternate prerequisite to Bronze Medallion and better prepares the participants for success in Bronze Medallion. Bronze Star participants develop problem solving and decision making skills as individuals and with partners.

When: Thursdays 4:15 - 5:15 p.m.  
Session: September 23 - December 2, 2010  
Cost: \$125

Target age: must be a minimum of 12 years of age to register

### BRONZE MEDALLION AND BRONZE CROSS

These programs teach the participants four main principles:

- ▶ Water Rescue
- ▶ Judgement
- ▶ Knowledge
- ▶ Skills and fitness through stroke efficiency and endurance through timed swim.

### Target Participants

- ▶ To enrol in Bronze Medallion you must have completed Bronze star or be 13 years of age
- ▶ Bronze Medallion is a pre-requisite to Bronze Cross

### Bronze Medallion

When: Wednesdays 4:15 - 5:45 p.m.  
Session: September 22 - November 24, 2010  
Cost: \$240 includes textbook  
Exam Date: TBA

When: Thursdays 6:30 - 8:00 p.m.  
Sessions: September 23 - December 2, 2010

### No class November 11

Cost: \$240 includes textbook  
Exam Date: TBA

### Bronze Cross

When: Wednesdays 4:15 - 5:45 p.m.  
Session: September 22 - November 24, 2010  
Cost: \$240 includes textbook  
Exam Date: TBA

When: Thursdays 6:30 - 8:00 p.m.  
Sessions: September 23 - December 2, 2010

### No class November 11

Cost: \$240 includes textbook  
Exam Date: TBA



# Aquatics

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## PRIVATE AND SEMI-PRIVATE LESSONS

If your family has a busy schedule, private swimming lessons may be perfect! Swimmers will receive instruction that will focus on their own specific needs while learning water safety. The number of spaces for these lessons are limited so please register early to guarantee a spot.

## ADULT LESSONS

Looking to improve your stroke? Your kids swim better than you? Need to overcome your fear of the water? Want to increase your water/safety knowledge?

- ▶ These are private or semi-private classes where an instructor will work with you in setting goals and accomplishing them.
- ▶ Contact Jeff @ ext. 123 for more information on how we can work together to design a program for you and to arrange a time that will work with your schedule.

## AQUA FIT

Need a change from your regular morning work-out routine? Then you need to try this fun low impact water workout. This full body workout will improve your endurance, strength and flexibility.

When: Monday - Friday 9:00 - 10:00 a.m.  
 Session: Starts Monday, September 6, 2010  
 Cost: \$5 drop-in or \$25 unlimited/month

## NEW! SWIM CLUB

The WWC is starting their own swim club. This will be a challenging 1 hour class designed to build strength and endurance in and around the water. There is minimal stroke corrections; recommended that you have completed Red Cross Swim Kids Level 10.

When: Saturdays 1:30 - 2:30 p.m.  
 Session: September 25 - November 27, 2010  
 Cost: \$90

## MORE LESSONS!!!

Swimming lessons begin the week of September 20, 2010 and wrap up by December 2, 2010. If you are looking for a couple more lessons throughout the month of December, private and semi-private lessons can be arranged.

Please contact Lyndsay at [lspulnick@winnipegwintclub.com](mailto:lspulnick@winnipegwintclub.com) or 452-3311 ext. 121 for more information.

## SCUBA

Children and adult scuba lessons are returning back to the Winter Club this fall!

Children aged 8 - 12 can participate in the Seal Team scuba lesson, which consist of 5 classes.

When: TBA  
 Session: TBA  
 Cost: \$150

After completion of the Seal Team program the participants can go further by participating in Aqua Missions!

When: TBA  
 Session: TBA  
 Cost: \$30 per aqua mission

Adults aged 16 and over can enrol in the official PADI certification program

When: TBA  
 Session: TBA  
 Cost: TBA

Not sure if scuba is right for you?

The Winnipeg Winter Club will be holding orientation sessions in early September where you can learn more about scuba and try the equipment on in the water. Keep your eyes posted for upcoming dates.

For more information or to register for these programs please contact Jeff Mitchell, [jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com) or Lyndsay Spulnick, [lspulnick@winnipegwinterclub.com](mailto:lspulnick@winnipegwinterclub.com)

## COMING SOON!

Snorkeling for children ages 5 and up!

# Aquatics



**Aquatic Director: Jeff Mitchell** [jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com) or call ext. 123

## SWIMMING LESSON SCHEDULE

**Monday, September 20 - Saturday, November 27 2010**  
**(No lessons November 11, 2010**  
**and**  
**make-up on December 2, 2010)**

### Monday Lessons

Sea Turtle	4:00 - 4:30	\$55
Salamander	4:30 - 5:00	\$55
Level 1	5:00 - 5:30	\$55
Level 2	5:30 - 6:00	\$55
Level 3	5:00 - 5:30	\$55
(1) Private/semi	4:00 - 4:30	\$125/\$90
(1) Private/semi	4:30 - 5:00	\$125/\$90
(1) Private/semi	5:30 - 6:00	\$125/\$90
(2) Private/semi	6:00 - 6:30	\$125/\$90
(2) Private/semi	6:30 - 7:00	\$125/\$90

### Tuesday Lessons

Sea Turtle	4:00 - 4:30	\$55
Salamander	4:30 - 5:00	\$55
Sunfish/crocodile	5:00 - 5:30	\$55
Level 1	4:00 - 4:30	\$55
Level 2	4:30 - 5:00	\$55
Level 3	4:30 - 5:00	\$55
Level 4	5:00 - 5:30	\$55
Level 5	5:30 - 6:15	\$65
Level 6/7	5:00 - 5:45	\$65
Level 8	5:30 - 6:15	\$65
Level 9/10	5:45 - 6:30	\$65
Swim Patrol	4:15 - 5:15	\$100
(1) Private	4:00 - 4:30	\$125/\$90
(1) Private	6:30 - 7:00	\$125/\$90

### Wednesday Lessons

Level 5	4:30 - 5:15	\$65
Level 6/7	5:15 - 6:00	\$65
Level 8	5:15 - 6:00	\$65
Level 9/10	4:30 - 5:15	\$65
(2) Private	4:00 - 4:30	\$125/\$90
(2) Private	6:00 - 6:30	\$125/\$90
(2) Private	6:30 - 7:00	\$125/\$90
Bronze Medallion	4:15 - 5:45	\$240 (includes text)
Bronze Cross	4:15 - 5:45	\$240

### Thursday Lessons

Sea Turtle	4:30 - 5:00	\$55
Salamander	4:00 - 4:30	\$55
Sunfish/crocodile	4:30 - 5:00	\$55
Level 1	5:00 - 5:30	\$55
Level 2	5:30 - 6:00	\$55
Level 3	5:00 - 5:30	\$55
Level 4	5:30 - 6:00	\$55
Level 5	4:30 - 5:15	\$65
Level 6/7	5:15 - 6:00	\$65
Level 8	6:00 - 6:45	\$65
Level 9/10	6:00 - 6:45	\$65
(2) Private/semi	4:00 - 4:30	\$125/\$90
Bronze Star	4:15 - 5:15	\$125
Bronze Medallion	6:30 - 8:00	\$240 (includes text)
Bronze Cross	6:30 - 8:00	\$240

### Friday Lessons

Sea Turtle	4:30 - 5:00	\$55
Salamander	4:00 - 4:30	\$55
Sunfish/crocodile	4:30 - 5:00	\$55
Level 1	5:00 - 5:30	\$55
Level 2	4:30 - 5:00	\$55
Level 3	5:00 - 5:30	\$55
Level 4	5:30 - 6:00	\$55
Level 5	4:30 - 5:15	\$65
Level 6/7	5:15 - 6:00	\$65
Level 8	5:30 - 6:15	\$65
Level 9/10	6:00 - 6:45	\$65
(1) Private/semi	4:00 - 4:30	\$125/\$90
(1) Private/semi	6:00 - 6:30	\$125/\$90
(1) Private/semi	6:15 - 6:45	\$125/\$90
(1) Private/semi	6:30 - 7:00	\$125/\$90

### Saturday Lessons

Parent & Tot	10:30 - 11:00	\$55
Sea Turtle	11:00 - 11:30	\$55
Salamander	10:00 - 10:30	\$55
Sunfish	10:00 - 10:30	\$55
Crocodile	11:00 - 11:30	\$55
Level 1	9:30 - 10:00	\$55
Level 2	10:30 - 11:00	\$55
Level 3	9:30 - 10:00	\$55
Level 4	11:00 - 11:30	\$55
Level 5	10:15 - 11:00	\$65
Level 6	9:30 - 10:15	\$65
Level 7	11:30 - 12:15	\$65
Level 8	11:30 - 12:15	\$65
Level 9/10	11:30 - 12:15	\$65
Swim Patrol	8:30 - 9:30	\$65
(2) Private	9:00 - 9:30	\$125/\$90
(2) Private	12:15 - 12:45	\$125/\$90
(2) Private	12:45 - 1:15	\$125/\$90
Swim club	1:30 - 2:30	\$90