

Preschool Lessons - Maple Ridge Leisure Centre

	Mon-Fri July 3-13 9 lessons	T/W/TH July 3-12 6 lessons	Mon-Fri July 16-27 10 lessons	T/W/TH July 17-26 6 lessons	No class Aug 6	Mon-Fri July 30-Aug 10 9 lessons	T/W/TH July 31-Aug 9 6 lessons	Mon-Fri Aug 13-24 10 lessons	T/W/TH Aug 14-23 6 lessons	No class Aug 4	No class Aug 6	No class Aug 5
Guppies 1											4:30	9:45
Guppies 1-2	8:30 9:30 10:00 10:30	4:30 6:00 6:45	9:00 10:00 10:30 11:30	4:30 5:00 5:45		8:30 9:30 10:00 10:30	3:45 4:30 6:00	9:00 9:30 10:00 11:00	4:30 5:00 5:45	9:30 11:00	5:15 6:45	9:00
Guppies 2											4:30	
Minnows 1										11:00	6:15	9:00 10:30
Minnows 1-2	9:00 9:30 10:00 11:30	3:45 4:30 5:15	8:30 9:30 10:00 11:00	4:15 6:30 6:45		9:00 9:30 10:00 11:30	4:30 5:15 6:45	9:00 10:30 11:30	5:15 6:30	10:15	4:30	9:45
Minnows 2										8:45	6:15	9:00
Minnows 2-3	11:00	5:15	9:00 10:30	6:00		11:00	5:15	10:00	4:15 6:00			
Minnows 3-4	9:00 10:30	6:00	9:30	5:15		9:00	6:00	9:30 10:30	6:45	8:45	6:00	10:30

	Tues/Thurs July 3-12 4 lessons	Mon/Wed/Fri July 4-13 5 lessons	No class Aug 4	No class Aug 5	No class Aug 6	Mon/Wed/Fri July 30-Aug 10 6 lessons	Tues/Thurs July 31-Aug 9 4 lessons
Waterbabies	8:30		10:30	9:45			10:30
Parent & Tot 1		8:30*	9:30	10:15	5:45*	10:30*	
Parent & Tot 2		8:30*	10:00	10:45	5:45*	10:30*	

*denotes combined levels

Lesson Fees

Parent & Tot

4 (30 min) lesson set.....	\$25.25
5 (30 min) lesson set.....	\$27.50
6 (30 min) lesson set.....	\$29.75

Preschool

6 (45 min) lesson set.....	\$48.50
9 (30 min).....	\$48.50
10 (30 min) lesson set.....	\$52.50

Waterbabies & Parent & Tot Program

Level 1 & 2

Parent participation focusing on enjoyment of the water through games & exploration.

Preschool Program Levels (3-5 years)

Guppies Level 1 & 2

Level 1 taught in the tot pool to get comfortable in the water. Level 2 will get kids ready for becoming a Minnow with more work in the Leisure Pool.

Minnows Levels 1-4

Learn basic floating on front & back in level 1, level 2 work on glides & front/back kicking, level 3 work on basic arm stroking, breathing techniques as well as endurance swimming on the back. Level 4 continues working on strokes as well as practicing skills in deeper water.

Swim Kids Lessons - Maple Ridge Leisure Centre

					No class Aug 6				No class Aug 4	No class Aug 6
	Mon-Fri July 3-13 9 lessons	T/W/TH July 3-12 6 lessons	Mon-Fri July 16-27 10 lessons	T/W/TH July 17-26 6 lessons	Mon-Fri July 30-Aug 10 9 lessons	T/W/TH July 31-Aug 9 6 lessons	Mon-Fri Aug 13-24 10 lessons	T/W/TH Aug 14-23 6 lessons	Sat July 7-Aug 18 6 lessons	Mon July 9-Aug 20 6 lessons
Swim Kids 1-2	9:30 10:30 11:30	5:00 5:45	10:00 10:30 11:00	5:00 6:30	9:30 10:00 11:30	5:00 5:45	10:00 10:30 11:00	5:00	9:00	5:00
Swim Kids 2		6:30				6:30				6:30
Swim Kids 2-3	10:00		10:00	5:45	10:30		10:00	5:45		
Swim Kids 3		6:15				6:15			10:30	
Swim Kids 3-4	10:00 11:00	5:00	9:30 10:30 11:30	6:30	10:00 11:00 11:30	5:00	9:30 10:30 11:30	6:30	9:45	5:00 5:45
Swim Kids 4		6:30	11:00			6:30	11:00	6:00		
Swim Kids 4-5	10:30 11:30			5:00 5:45	10:30				10:30	
Swim Kids 5		5:45 6:45	9:30 11:30		9:15	5:45 6:45	9:30 11:30	6:45	9:00	5:45
Swim Kids 6	9:15 10:30	5:45 6:30	8:45	5:00	9:45	5:45	9:30	6:30	9:00	5:45
Swim Kids 7	11:15		9:30		9:15	6:30	8:45			
Swim Kids 7-8		7:15		6:00				5:00	10:00	6:30
Swim Kids 8					11:15	7:15	11:00			
Swim Kids 8-9	9:45		10:15							
Swim Kids 9-10	9:00	7:15	11:00	7:00	10:30	7:15	10:15	5:00		6:30

Level 1

Entry level program to teach basic swim skills and water safe behaviours. Learn unassisted front/back floats and front/back glides with kick. Endurance will be worked on to improve distance.

Level 2

Children are introduced to front swims, deep water activities and use of PFD's. Endurance is built on 15-metre assisted flutter kick drills and a 10-metre unassisted swim.

Level 3

Children work on improving front crawl technique, how to make wise choices on where to swim, and directional floating. Endurance is worked on through flutter kick drills and a 15-metre swim.

Level 4

Further development of front crawl, front/side glide combinations, and back glide with shoulder roll. Children work on kneeling dives, water safety and a 25-metre endurance swim.

Level 5

Front/back crawl, sculling, whip kick on the back, safe boating skills and stride dives are introduced. Endurance is developed through dolphin kick and a 50-metre swim.

Level 6

Further development of front/back crawl technique, elementary backstroke, ice safety, rescues, treading water and the front dive. Endurance is built through a 75-metre swim.

Level 7

Further development of front/back crawl, airway obstructions, rescues, and introduction to front whip kick. Endurance is built through a 150-metre swim and timed treading water.

Level 8

Introduction to the breaststroke, foot-first surface dives, rescue entries, dangers of open water, hypothermia and performance of rescue breathing. Endurance is built on the dolphin kick and a 300-metre swim.

Level 9

Earlier skills are further refined while work is done on combining different strokes and kicks, standing dives, self-rescue from ice and peer influences. Endurance is through a 400-metre swim.

Level 10

Refinement of strokes is continued with an introduction to butterfly and scissor kick along with sun safety, head-first and feet-first surface dives, and rescue from the ice. Endurance is built using a dolphin kick, butterfly drills and a 500-metre swim.

Lesson Fees

Swim Kids 1-5

6 (45 min) lesson set.....	\$43.50
9 (30 min) lesson set.....	\$43.50
10 (30 min) lesson set.....	\$47.25

Swim Kids 6-10

6 (60 min) lesson set.....	\$46.50
9 (45 min) lesson set.....	\$50.50
10 (45 min) lesson set.....	\$54.25

Teen/Adult & Specialized Lessons - Maple Ridge Leisure Centre

					No class Aug 6				No class Aug 4	No class Aug 6
	Mon-Fri July 3-13 9 lessons	T/W/TH July 3-12 6 lessons	Mon-Fri July 16-27 10 lessons	T/W/TH July 17-26 6 lessons	Mon-Fri July 30-Aug 10 9 lessons	T/W/TH July 31-Aug 9 6 lessons	Mon-Fri Aug 13-24 10 lessons	T/W/TH Aug 14-23 6 lessons	Sat July 7-Aug 18 6 lessons	Mon July 9-Aug 20 6 lessons
Smart to Start	11:00	5:00			9:30	5:00			9:45	5:15
Smart Teens	9:30				11:00					6:45
Private Lessons	8:45 10:00 10:30	5:45 7:00	9:30 10:00 10:30 11:00 11:30	6:00 6:30 7:00	8:45 10:00 10:30 11:00	5:45 7:00	10:00 10:30 11:00 11:30	6:00 6:30 6:00		
Adult Basic										8:00
Adult Strokes										8:00
Adult Fitness										8:45

Teen/Adult Program Levels

Smart Teens

This course is designed for the specific needs of beginner swimmers aged 13-18 yrs. Positive experience in the water and beginning swimming skills are focused on in this level

Adult Basics

Formerly Adult 1. Developing comfort in the water through basic floatation, movement and breathing skills for shallow and deep water. Swimmers will be able to successfully swim 3 x 5m front swim upon completion.

Adult Strokes

Formerly Adult 2. Strokes are chosen in consultation with the instructor and developed according to the Red Cross Swim Kids progressions and performance criteria. The instructor will assess the incoming stroke ability and help set goals with the participant for distance and stroke development.

Specialized Lessons

Smart to Start

This program is for older children 9-12 yrs just starting out in swimming lessons. Focus will be on the first 3 levels of the Swim Kids program. Minimum age is 9. For more information at 604-467-7302, ext 4.

Private Lessons

One on one instruction for those needing individual attention. All ages are welcome.

Lesson Fees

Adult Lessons / Basic and Strokes

6 (45 min) lesson set.....\$41.50
+ HST

Private Lessons\$23.25
(30 min)