

*Healthy
Habits*
Genesis Place: *the whole package*

Swimming the ultimate life skill!

GENESIS PLACE OFFERS SWIM PROGRAMS FOR BABIES, PRESCHOOL CHILDREN, YOUTH AND ADULTS INCLUDING PRIVATE AND SEMI-PRIVATE LESSONS.

REGISTRATION DATES/TIMES

SEPTEMBER PROGRAMS OPEN AUG. 11 AT 7 A.M.

NOVEMBER PROGRAMS OPEN OCT. 6 AT 7 A.M.



Register at
www.airdrie.ca/swimminglessons

GENESIS *place*

CITY OF
AIRDRIE
COMMUNITY & OPPORTUNITY



Eight level program for children ages four months to six years



STARFISH Ages 4 to 12 months *age-specific*

- Orientation to water for babies and their parent/caregiver; babies must be able to hold their head up



DUCK Ages 12 to 24 months *age-specific*

- Orientation to water for babies and their parent/caregiver



SEA TURTLE Ages 24 to 36 months *age-specific*

- Orientation for toddlers and their parent/caregiver



SEA OTTER Ages 3 to 5 years

- Transitional level that transfers the preschooler to the care of the instructor; most skills are assisted



SALAMANDER Ages 3 to 5 years

- After successful completion of Sea Otter; swimmers learn to swim for 2m distances without assistance



SUNFISH Ages 3 to 6 years

- After successful completion of Salamander; swimmers learn to swim for 5m distances without assistance; introduced to deep-water activities without a life jacket



CROCODILE Ages 3 to 6 years

- After successful completion of Sunfish; swimmers learn to swim for 7 to 10m distances without assistance



WHALE Ages 3 to 6 years

- After successful completion of Crocodile; swimmers learn to swim for 10 to 15m distances without assistance

Transfer information

Here is a quick guideline to help your child transition into the Red Cross Swim Kids program. Completion of the preschool program is not required to move into the Swim Kids Program, as entry is based on age.

If your child is between the ages of 5 to 12 and has completed Starfish, Duck, Sea Turtle, Sea Otter, Salamander or Sunfish, recommended registration is Level 1.

If your child is between the ages of 5 to 12 and has completed Crocodile or Whale, recommended registration is Level 2.



A 10 level program for children ages 5 to 12 years old

- Level 1** Swimmers learn to do floats and glides without assistance; swimmers complete 5m distances
- Level 2** Swimmers complete 10m distances
- Level 3** Swimmers complete 15m distances; introduction to deep-water activities without a life jacket
- Level 4** Swimmers complete a 25m distance swim
- Level 5** Swimmers complete a 50m distance swim; back crawl and whip kick are introduced
- Level 6** Swimmers complete a 75m distance swim; elementary backstroke is introduced
- Level 7** Swimmers complete a 150m distance swim; introduction to arms and legs for breaststroke are introduced
- Level 8** Swimmers complete a 300m distance swim; breaststroke is introduced
- Level 9** Swimmers complete a 400m distance swim
- Level 10** Swimmers complete a 500m distance swim

If you are transferring from a different program and uncertain which level to register your child in, visit www.airdrie.ca/swimtransfer



Private swimming lessons Ages 3+

This is a personalized program for swimmers of all abilities who want to improve confidence, swimming skills and technique. We offer 30 minute sessions for individualized, self-paced and one-to-one instruction. If you have two swimmers of similar ability, you may register them both into a private time slot at a lower price per child. For inquiries call 403.948.8804 ext. 5507 or email private.swimlessons@airdrie.ca.

Please note: there will be no refunds or make up lessons for private swimming.

\$36.00 per lesson



Youth and adult lessons

Red Cross Swim Basics Ages 16+

Work with your water safety instructor to set goals to develop your basic swimming skills. This course is for swimmers who are uncomfortable in the water or have no previous swimming experience.

Red Cross Swim Strokes Ages 16+

Work with your water safety instructor to work on stroke improvement or build endurance for training. This course is for swimmers who are comfortable in the water and have basic stroke technique

Optional lifeguarding courses

Junior Lifeguard Club or Swim Patrol Ages 8 to 12

These courses are optional for those who are not old enough to take the mandatory lifeguarding courses. They introduce swimmers to basic rescues and first aid, while furthering their swimming skills.

Bronze Star Ages 8 to 12

Participants develop problem-solving and decision-making skills as individuals and with partners. This course is excellent preparation for success in Bronze Medallion.



Program details and registration at
www.airdrie.ca/swimminglessons