

SPRING/SUMMER 2017

Aquatic Programs

Member Registration: **FEBRUARY 6, 2017**
 Non-Member Registration: **FEBRUARY 7, 2017**

MEMBER **NON MEMBER**

AQUATIC PRIVATE LESSONS // 3+ years

ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE: Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance. It's way more than a swimming lesson! Max 1 person. For an additional charge a second participant can be added as a semi-private lesson, please contact Rachel Baird at rbaird@repsolsport.com for more information.

SPRING PROGRAMS

Monday	Apr 10- June 19	10 Lessons		
45 minutes	1:30-2:15pm	Code# 40525	\$330	\$385
45 minutes	2:30-3:15pm	Code# 40526	\$330	\$385
45 minutes	2:30-3:15pm	Code# 40527	\$330	\$385
45 minutes	3:15-4:00pm	Code# 40528	\$330	\$385
45 minutes	3:15-4:00pm	Code# 40529	\$330	\$385
45 minutes	4:00-4:45pm	Code# 40530	\$330	\$385
45 minutes	4:00-4:45pm	Code# 40531	\$330	\$385
45 minutes	4:45-5:30pm	Code# 40532	\$330	\$385
45 minutes	4:45-5:30pm	Code# 40533	\$330	\$385
45 minutes	5:30-6:15pm	Code# 40534	\$330	\$385
45 minutes	5:30-6:15pm	Code# 40535	\$330	\$385
45 minutes	5:30-6:15pm	Code# 40536	\$330	\$385
30 minutes (age 3-5 only)	6:15-6:45pm	Code# 40568	\$220	\$257
30 minutes (age 3-5 only)	6:15-6:45pm	Code# 40569	\$220	\$257
30 minutes (age 3-5 only)	6:30-7:00pm	Code# 40567	\$220	\$257

Tuesday	Apr 4- June 20	12 lessons		
45 minutes	4:00-4:45pm	Code# 40537	\$360	\$420
45 minutes	4:00-4:45pm	Code# 40541	\$360	\$420
45 minutes	4:45-5:30pm	Code# 40538	\$360	\$420
45 minutes	5:00-5:45pm	Code# 40586	\$360	\$420
45 minutes	5:30-6:15pm	Code# 40539	\$360	\$420
30 minutes (age 3-5 only)	6:30-7:00pm	Code# 40570	\$280	\$300
30 minutes (age 3-5 only)	6:30-7:00pm	Code# 40573	\$280	\$300
30 minutes (age 3-5 only)	6:45-7:15pm	Code# 40571	\$280	\$300
30 minutes (age 3-5 only)	6:45-7:15pm	Code# 40572	\$280	\$300
30 minutes (age 3-5 only)	7:00-7:30pm	Code# 40575	\$280	\$300

Wednesday	Apr 5- June 21	12 Lessons		
45 minutes	1:30-2:15pm	Code# 40540	\$360	\$420
45 minutes	2:30-3:15pm	Code# 40542	\$360	\$420
45 minutes	2:30-3:15pm	Code# 40547	\$360	\$420
45 minutes	3:15-4:00pm	Code# 40548	\$360	\$420
45 minutes	3:15-4:00pm	Code# 40587	\$360	\$420
45 minutes	4:00-4:45pm	Code# 40588	\$360	\$420
45 minutes	4:00-4:45pm	Code# 40589	\$360	\$420
45 minutes	4:00-4:45pm	Code# 40590	\$360	\$420
45 minutes	4:45-5:30pm	Code# 40591	\$360	\$420
45 minutes	4:45-5:30pm	Code# 40598	\$360	\$420
45 minutes	5:30-6:15pm	Code# 40592	\$360	\$420
45 minutes	5:30-6:15pm	Code# 40543	\$360	\$420
30 minutes (age 3-5 only)	6:15-6:45pm	Code# 40574	\$280	\$300
30 minutes (age 3-5 only)	6:15-6:45pm	Code# 40576	\$280	\$300

Thursday	Apr 6- June 22	12 Lessons		
45 minutes	4:00-4:45pm	Code# 40544	\$360	\$420
45 minutes	4:00-4:45pm	Code# 40593	\$360	\$420
45 minutes	4:45-5:30pm	Code# 40545	\$360	\$420
45 minutes	5:00-5:45pm	Code# 40594	\$360	\$420
45 minutes	5:30-6:15pm	Code# 40546	\$360	\$420
30 minutes (age 3-5 only)	6:30-7:00pm	Code# 40577	\$280	\$300
30 minutes (age 3-5 only)	6:30-7:00pm	Code# 40578	\$280	\$300
30 minutes (age 3-5 only)	6:45-7:15pm	Code# 40579	\$280	\$300
30 minutes (age 3-5 only)	6:45-7:15pm	Code# 40580	\$280	\$300

AQUATICS FOR LIFE Adult Swim Lessons // 18+ years

FIT FOR LIFE: A progressive, skill based, learn to swim and fitness program that teaches swimming and fitness skills which are centered around butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns. Beginners will start with submerging, floating, gliding, kicking and swimming short distances. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop. Advanced swimmers will benefit from stroke refinement, speed and endurance activities and should be able to swim 500m non-stop.

SPRING PROGRAMS

Monday	Apr 10- June 19	10 lessons		
Beginner	8:00-9:00pm	Code# 40619	\$87	\$99
Intermediate	8:00-9:00pm	Code# 40623	\$87	\$99
Advanced	8:00-9:00pm	Code# 40624	\$87	\$99
Tuesday	Apr 4- June 20	12 lessons		
Beginner	8:30-9:30pm	Code# 40620	\$102	\$114
Inter/Adv	8:30-9:30pm	Code# 40625	\$102	\$114
Wednesday	Apr 5- June 21	12 lessons		
Beginner	8:00-9:00pm	Code# 40621	\$102	\$114
Intermediate	8:00-9:00pm	Code# 40626	\$102	\$114
Advanced	8:00-9:00pm	Code# 40627	\$102	\$114
Thursday	Apr 6- June 22	12 lessons		
Beginner	8:30-9:30pm	Code# 40622	\$102	\$114
Inter/Adv	8:30-9:30pm	Code# 40628	\$102	\$114
Saturday	Apr 8- June 24	10 lessons		
Beginner	12:30-1:30pm	Code# 40629	\$87	\$99
Intermediate	12:15-1:15pm	Code# 40630	\$87	\$99
Advanced	12:15-1:15pm	Code# 40631	\$87	\$99

SUMMER PROGRAMS

Tuesday	July 4 - Aug 29	9 lessons		
Beginner	7:30-8:30pm	Code# 40861	\$80	\$90
Intermediate	7:30-8:30pm	Code# 40862	\$80	\$90
Advanced	7:30-8:30pm	Code# 41140	\$80	\$90
Wednesday	July 5- Aug 30	9 lessons		
Beginner	7:30-8:30pm	Code# 40863	\$80	\$90
Intermediate	7:30-8:30pm	Code# 40864	\$80	\$90
Advanced	7:30-8:30pm	Code# 41141	\$80	\$90



There are no classes on April 15-16 / May 20-21 / August 7. Subject to change. **To register, visit repsolsportcentre.com**

			MEMBER	NON MEMBER				MEMBER	NON MEMBER
30 minutes (age 3-5 only)	7:00-7:30pm	Code# 40607	\$280	\$300	45 minutes	7:15-8:00pm	Code# 40899	\$297	\$347
30 minutes (age 3-5 only)	7:00-7:30pm	Code# 40611	\$280	\$300	45 minutes	7:15-8:00pm	Code# 41016	\$297	\$347
Saturday	Apr 8- June 24	10 Lessons			Mon-Fri	July 3- July 14	10 Lessons		
45 minutes	9:00-9:45am	Code# 40549	\$330	\$385	45 minutes	9:00-9:45am	Code# 40909	\$330	\$385
45 minutes	9:00-9:45am	Code# 40550	\$330	\$385	45 minutes	9:45-10:30am	Code# 40869	\$330	\$385
45 minutes	9:00-9:45am	Code# 40551	\$330	\$385	45 minutes	10:30-11:15am	Code# 40910	\$330	\$385
45 minutes	9:00-9:45am	Code# 40595	\$330	\$385	45 minutes	11:00-11:45am	Code# 40870	\$330	\$385
45 minutes	9:00-9:45am	Code# 40596	\$330	\$385	45 minutes	11:00-11:45am	Code# 40871	\$330	\$385
45 minutes	10:30-11:15am	Code# 40552	\$330	\$385	45 minutes	11:15-12:00pm	Code# 40911	\$330	\$385
45 minutes	10:30-11:15am	Code# 40553	\$330	\$385	45 minutes	12:00-12:45pm	Code# 41002	\$330	\$385
45 minutes	10:30-11:15am	Code# 40597	\$330	\$385	45 minutes	12:00-12:45pm	Code# 41150	\$330	\$385
45 minutes	11:30-12:15pm	Code# 40554	\$330	\$385	45 minutes	12:45-1:30pm	Code# 41000	\$330	\$385
45 minutes	11:30-12:15pm	Code# 40555	\$330	\$385	45 minutes	12:45-1:30pm	Code# 41001	\$330	\$385
45 minutes	11:30-12:15pm	Code# 40558	\$330	\$385	45 minutes	12:45-1:30pm	Code# 41151	\$330	\$385
45 minutes	12:30-1:15pm	Code# 40559	\$330	\$385	45 minutes	1:30-2:15pm	Code# 41152	\$330	\$385
45 minutes	1:15-2:00pm	Code# 40556	\$330	\$385	45 minutes	1:30-2:15pm	Code# 41153	\$330	\$385
45 minutes	1:15-2:00pm	Code# 40557	\$330	\$385	45 minutes	1:30-2:15pm	Code# 41154	\$330	\$385
30 minutes	1:00-1:30pm	Code# 40581	\$220	\$257	30 minutes	9:00-9:30am	Code# 40961	\$220	\$257
30 minutes	1:30-2:00pm	Code# 40582	\$220	\$257	30 minutes	9:00-9:30am	Code# 40868	\$220	\$257
					30 minutes	12:00-12:30pm	Code# 40913	\$220	\$257
					30 minutes	12:15-12:45pm	Code# 40912	\$220	\$257
Sunday	Apr 9- June 25	10 Lessons			Mon-Fri	July 17- July 28	10 lessons		
45 minutes	9:00-9:45am	Code# 40560	\$330	\$385	45 minutes	9:00-9:45am	Code# 40876	\$330	\$385
45 minutes	9:00-9:45am	Code# 40600	\$330	\$385	45 minutes	9:45-10:30am	Code# 41004	\$330	\$385
45 minutes	9:00-9:45am	Code# 40601	\$330	\$385	45 minutes	10:30-11:15am	Code# 40877	\$330	\$385
45 minutes	9:00-9:45am	Code# 40602	\$330	\$385	45 minutes	11:00-11:45am	Code# 41005	\$330	\$385
45 minutes	9:00-9:45am	Code# 40613	\$330	\$385	45 minutes	11:00-11:45am	Code# 41006	\$330	\$385
45 minutes	9:45-10:30am	Code# 40561	\$330	\$385	45 minutes	11:00-11:45am	Code# 41006	\$330	\$385
45 minutes	9:45-10:30am	Code# 40562	\$330	\$385	45 minutes	11:15-12:00pm	Code# 40878	\$330	\$385
45 minutes	9:45-10:30am	Code# 40563	\$330	\$385	45 minutes	12:00-12:45pm	Code# 41156	\$330	\$385
45 minutes	9:45-10:30am	Code# 40564	\$330	\$385	45 minutes	12:00-12:45pm	Code# 41010	\$330	\$385
45 minutes	11:30-12:15pm	Code# 40566	\$330	\$385	45 minutes	12:45-1:30pm	Code# 41008	\$330	\$385
45 minutes	11:30-12:15pm	Code# 40565	\$330	\$385	45 minutes	12:45-1:30pm	Code# 41159	\$330	\$385
45 minutes	12:15-1:00pm	Code# 40603	\$330	\$385	45 minutes	12:45-1:30pm	Code# 41160	\$330	\$385
45 minutes	12:15-1:00pm	Code# 40604	\$330	\$385	45 minutes	1:00-1:45pm	Code# 41163	\$330	\$385
45 minutes	12:30-1:15pm	Code# 40605	\$330	\$385	45 minutes	1:00-1:45pm	Code# 41164	\$330	\$385
45 minutes	12:30-1:15pm	Code# 40606	\$330	\$385	45 minutes	1:00-1:45pm	Code# 41165	\$330	\$385
45 minutes	1:30-2:15pm	Code# 40608	\$330	\$385	45 minutes	1:30-2:15pm	Code# 41009	\$330	\$385
45 minutes	1:30-2:15pm	Code# 40609	\$330	\$385	45 minutes	1:30-2:15pm	Code# 41161	\$330	\$385
45 minutes	1:30-2:15pm	Code# 40610	\$330	\$385	45 minutes	1:30-2:15pm	Code# 41162	\$330	\$385
45 minutes	1:30-2:15pm	Code# 40612	\$330	\$385	45 minutes	1:45-2:30pm	Code# 41007	\$330	\$385
30 minutes	12:00-12:30pm	Code# 40583	\$220	\$257	45 minutes	1:45-2:30pm	Code# 41157	\$330	\$385
30 minutes	12:00-12:30pm	Code# 40584	\$220	\$257	45 minutes	1:45-2:30pm	Code# 41158	\$330	\$385
30 minutes	1:00-1:30pm	Code# 40585	\$220	\$257					
					30 minutes	9:00-9:30am	Code# 41003	\$220	\$257
					30 minutes	9:00-9:30am	Code# 41155	\$220	\$257
					30 minutes	12:00-12:30pm	Code# 41011	\$220	\$257
					30 minutes	12:15-12:45pm	Code# 41012	\$220	\$257
SUMMER PROGRAMS					Mon-Fri	July 31- Aug 11	9 lessons		
Tuesday	July 4- Aug 29	9 lessons			45 minutes	9:00-9:45am	Code# 40874	\$297	\$347
45 minutes	4:00-4:45pm	Code# 40865	\$297	\$347	45 minutes	9:45-10:30am	Code# 40938	\$297	\$347
45 minutes	4:00-4:45pm	Code# 40883	\$297	\$347	45 minutes	10:30-11:15am	Code# 40940	\$297	\$347
45 minutes	4:45-5:30pm	Code# 40866	\$297	\$347	45 minutes	11:00-11:45am	Code# 41013	\$297	\$347
45 minutes	4:45-5:30pm	Code# 40884	\$297	\$347	45 minutes	11:00-11:45am	Code# 41014	\$297	\$347
45 minutes	5:30-6:15pm	Code# 40867	\$297	\$347	45 minutes	11:15-12:00pm	Code# 40941	\$297	\$347
45 minutes	5:30-6:15pm	Code# 40962	\$297	\$347	45 minutes	12:00-12:45pm	Code# 40939	\$297	\$347
45 minutes	6:15-7:00pm	Code# 40885	\$297	\$347	45 minutes	12:00-12:45pm	Code# 41167	\$297	\$347
45 minutes	6:15-7:00pm	Code# 40886	\$297	\$347	45 minutes	12:45-1:30pm	Code# 41169	\$297	\$347
45 minutes	7:15-8:00pm	Code# 40887	\$297	\$347	45 minutes	12:45-1:30pm	Code# 41170	\$297	\$347
45 minutes	7:15-8:00pm	Code# 40888	\$297	\$347	45 minutes	12:45-1:30pm	Code# 40943	\$297	\$347
					45 minutes	1:00-1:45pm	Code# 41015	\$297	\$347
Wednesday	July 5- Aug 30	9 Lessons			45 minutes	1:00-1:45pm	Code# 41173	\$297	\$347
45 minutes	4:00-4:45pm	Code# 40890	\$297	\$347	45 minutes	1:00-1:45pm	Code# 41174	\$297	\$347
45 minutes	4:00-4:45pm	Code# 40891	\$297	\$347	45 minutes	1:30-2:15pm	Code# 40875	\$297	\$347
45 minutes	4:45-5:30pm	Code# 40892	\$297	\$347	45 minutes	1:30-2:15pm	Code# 41171	\$297	\$347
45 minutes	4:45-5:30pm	Code# 40893	\$297	\$347	45 minutes	1:30-2:15pm	Code# 41172	\$297	\$347
45 minutes	5:30-6:15pm	Code# 40894	\$297	\$347					
45 minutes	5:30-6:15pm	Code# 40895	\$297	\$347					
45 minutes	6:15-7:00pm	Code# 40896	\$297	\$347					
45 minutes	6:15-7:00pm	Code# 40897	\$297	\$347					

			MEMBER	NON MEMBER				MEMBER	NON MEMBER
45 minutes	1:45–2:30pm	Code# 41175	\$297	\$347	Thursday	Apr 6– Jun 22	12 lessons		
45 minutes	1:45–2:30pm	Code# 41176	\$297	\$347	30 minutes	4:00–4:30pm	Code# 40693	\$60	\$85
45 minutes	1:45–2:30pm	Code# 41157	\$297	\$347	30 minutes	6:15–6:45pm	Code# 40698	\$60	\$85
30 minutes	9:00–9:30am	Code# 41166	\$198	\$232	Saturday	Apr 8– June 17	10 lessons		
30 minutes	9:00–9:30am	Code# 40937	\$198	\$232	30 minutes	11:30–12:00pm	Code# 40700	\$49	\$70
30 minutes	12:00–12:30pm	Code# 41168	\$198	\$232	30 minutes	12:00–12:30pm	Code# 40699	\$49	\$70
30 minutes	12:15–12:45pm	Code# 40942	\$198	\$232					
Mon–Fri	Aug 14– Aug 25	10 lessons			Sunday	Apr 9– June 18	10 lessons		
45 minutes	9:00–9:45am	Code# 40944	\$330	\$385	30 minutes	11:30–12:00pm	Code# 40701	\$49	\$70
45 minutes	9:45–10:30am	Code# 40945	\$330	\$385	30 minutes	1:00–1:30pm	Code# 40702	\$49	\$70
45 minutes	10:30–11:15am	Code# 40947	\$330	\$385					
45 minutes	11:00–11:45am	Code# 41142	\$330	\$385	SUMMER PROGRAMS				
45 minutes	11:00–11:45am	Code# 40946	\$330	\$385	Tuesday	July 4 – Aug 29	9 lessons		
45 minutes	11:15–12:00pm	Code# 40948	\$330	\$385	30 minutes	4:00–4:30pm	Code# 40818	\$44	\$63
45 minutes	12:00–12:45pm	Code# 40949	\$330	\$385	30 minutes	6:30–7:00pm	Code# 40821	\$44	\$63
45 minutes	12:00–12:45pm	Code# 40950	\$330	\$385	Wednesday	July 5 – Aug 30	9 lessons		
45 minutes	12:45–1:30pm	Code# 40997	\$330	\$385	30 minutes	4:00–4:30pm	Code# 40819	\$44	\$63
45 minutes	12:45–1:30pm	Code# 40998	\$330	\$385	30 minutes	6:30–7:00pm	Code# 40969	\$44	\$63
45 minutes	12:45–1:30pm	Code# 41017	\$330	\$385					
45 minutes	1:30–2:15pm	Code# 41144	\$330	\$385	Friday	July 7 – Aug 25	8 lessons		
45 minutes	1:30–2:15pm	Code# 41145	\$330	\$385	30 minutes	12:15–12:45pm	Code# 40820	\$40	\$56
45 minutes	1:30–2:15pm	Code# 41146	\$330	\$385					

30 minutes (age 3–5 only)	9:00–9:30am	Code# 40995	\$220	\$257
30 minutes (age 3–5 only)	9:00–9:30am	Code# 41143	\$220	\$257
30 minutes (age 3–5 only)	12:00–12:30pm	Code# 40999	\$220	\$257
30 minutes (age 3–5 only)	12:15–12:45pm	Code# 41147	\$220	\$257

Mon–Fri	Aug 28– Sept 1	5 lessons		
45 minutes	9:00–9:45am	Code# 40915	\$165	\$192
45 minutes	9:00–9:45am	Code# 40879	\$165	\$192
45 minutes	9:00–9:45am	Code# 40880	\$165	\$192
45 minutes	9:45–10:30am	Code# 40873	\$165	\$192
45 minutes	9:45–10:30am	Code# 40881	\$165	\$192
45 minutes	9:45–10:30am	Code# 40882	\$165	\$192
45 minutes	10:30–11:15am	Code# 40922	\$165	\$192
45 minutes	10:30–11:15am	Code# 40923	\$165	\$192
45 minutes	10:30–11:15am	Code# 40924	\$165	\$192
45 minutes	11:15–12:00pm	Code# 40927	\$165	\$192
45 minutes	11:15–12:00pm	Code# 40928	\$165	\$192
45 minutes	11:15–12:00pm	Code# 40929	\$165	\$192
45 minutes	12:15–1:00pm	Code# 40932	\$165	\$192
45 minutes	12:15–1:00pm	Code# 40933	\$165	\$192
45 minutes	12:15–1:00pm	Code# 40934	\$165	\$192

DUCKLINGS // 3 months–1 year (parented class)
ACTIVE START: Come play and learn with your 3 months – 1 year old! Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their care givers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

SPRING PROGRAMS				
Monday	Apr 10– June 19	10 lessons		
30 minutes	12:00–12:30pm	Code# 40691	\$49	\$70
30 minutes	6:15–6:45pm	Code# 40695	\$49	\$70
Tuesday	Apr 4– June 20	12 lessons		
30 minutes	4:30–5:00pm	Code# 40694	\$60	\$85
30 minutes	6:15–6:45pm	Code# 40696	\$60	\$85
Wednesday	Apr 5– June 21	12 lessons		
30 minutes	12:00–12:30pm	Code# 40692	\$60	\$85
30 minutes	6:15–6:45pm	Code# 40697	\$60	\$85

DINOS // 1–3 years (parented class)
ACTIVE START: Come play and learn with your 1 year – 3 year old! Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their caregivers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

SPRING PROGRAMS				
Monday	Apr 10– June 19	10 lessons		
30 minutes	12:00–12:30pm	Code# 40637	\$49	\$70
30 minutes	6:15–6:45pm	Code# 40641	\$49	\$70
Tuesday	Apr 4– June 20	12 lessons		
30 minutes	4:30–5:00pm	Code# 40640	\$60	\$85
30 minutes	6:15–6:45pm	Code# 40642	\$60	\$85
Wednesday	Apr 5– June 21	12 lessons		
30 minutes	12:00–12:30pm	Code# 40638	\$60	\$85
30 minutes	6:15–6:45pm	Code# 40643	\$60	\$85
Thursday	Apr 6– Jun 22	12 lessons		
30 minutes	4:30–5:00pm	Code# 40639	\$60	\$85
30 minutes	6:15–6:45pm	Code# 40644	\$60	\$85
Saturday	Apr 8– June 24	10 lessons		
30 minutes	11:30–12:00pm	Code# 40646	\$49	\$70
30 minutes	12:00–12:30pm	Code# 40645	\$49	\$70
Sunday	Apr 9– June 25	10 lessons		
30 minutes	11:30–12:00pm	Code# 40647	\$49	\$70
30 minutes	1:00–1:30pm	Code# 40648	\$49	\$70
SUMMER PROGRAMS				
Tuesday	July 4 – Aug 29	9 lessons		
30 minutes	4:00–4:30pm	Code# 40852	\$44	\$63
30 minutes	6:30–7:00pm	Code# 40970	\$44	\$63
Wednesday	July 5 – Aug 30	9 lessons		
30 minutes	4:00–4:30pm	Code# 40853	\$44	\$63
30 minutes	6:30–7:00pm	Code# 40855	\$44	\$63
Friday	July 7 – Aug 25	8 lessons		
30 minutes	12:15–12:45pm	Code# 40854	\$40	\$55



MEMBER NON MEMBER

MEMBER NON MEMBER

ICAN SWIM PRESCHOOL // 3-5 years

ACTIVE START: I Can Swim Preschool is a progressive, skill based, learn to swim program that teaches 51 water skills and focuses on entries and exits, submersion and breath control, floating, gliding and treading water. Building upon these initial skills, swimmers will begin to work on skills needed for butterfly, backstroke, breaststroke and freestyle.

Dolphins 1 - Children become comfortable with their first independent water experiences. Fundamental movement skills are introduced.

SPRING PROGRAMS

Day	Apr 10- June 19	10 lessons	MEMBER	NON MEMBER
Monday	12:30-1:00pm	Code# 40649	\$65	\$75
30 Minutes	4:00-4:30pm	Code# 40662	\$65	\$75
30 Minutes	5:30-6:00pm	Code# 40661	\$65	\$75
Tuesday	4:30-5:00pm	Code# 40650	\$78	\$91
30 minutes	5:30-6:00pm	Code# 40655	\$78	\$91
Wednesday	12:30-1:00pm	Code# 40651	\$78	\$91
30 minutes	4:45-5:15pm	Code# 40652	\$78	\$91
30 minutes	6:15-6:45pm	Code# 40656	\$78	\$91
Thursday	4:30-5:00pm	Code# 40653	\$78	\$91
30 minutes	6:00-6:30pm	Code# 40657	\$78	\$91
Saturday	9:00-9:30am	Code# 40654	\$65	\$75
30 minutes	10:30-11:00am	Code# 40658	\$65	\$75
Sunday	9:30-10:00am	Code# 40659	\$65	\$75
30 minutes	11:00-11:30am	Code# 40660	\$65	\$75

SUMMER PROGRAMS

Day	July 4- Aug 29	9 lessons	MEMBER	NON MEMBER
Tuesday	4:00-4:30pm	Code# 40841	\$59	\$68
30 minutes	5:15-5:45pm	Code# 40840	\$59	\$68
Wednesday	4:00-4:30pm	Code# 40842	\$59	\$68
30 minutes	5:15-5:45pm	Code# 40843	\$59	\$68
Mon-Fri	9:00-9:30am	Code# 40846	\$65	\$75
30 minutes	10:15-10:45am	Code# 40847	\$65	\$75
Mon-Fri	9:00-9:30am	Code# 40849	\$65	\$75
30 minutes	10:15-10:45am	Code# 40848	\$65	\$75
Mon-Fri	9:00-9:30am	Code# 40850	\$59	\$68
30 minutes	10:15-10:45am	Code# 40851	\$59	\$68
Mon-Fri	9:00-9:30am	Code# 40971	\$65	\$75
30 minutes	10:15-10:45am	Code# 40972	\$65	\$75

Dolphins 2 - is for children who are comfortable being independent in the water. Preschoolers are introduced to front and back paddle and various deep water skills.

SPRING PROGRAMS

Day	Apr 10- June 19	10 lessons	MEMBER	NON MEMBER
Monday	12:30-1:00pm	Code# 40668	\$65	\$75

30 minutes	1:00-1:30pm	Code# 40669	\$65	\$75
30 minutes	4:30-5:00pm	Code# 40670	\$65	\$75
30 minutes	6:00-6:30pm	Code# 40671	\$65	\$75
Tuesday	5:00-5:30pm	Code# 40663	\$78	\$91
30 minutes	6:00-6:30pm	Code# 40672	\$78	\$91
Wednesday	12:30-1:00pm	Code# 40664	\$78	\$91
30 minutes	1:00-1:30pm	Code# 40678	\$78	\$91
30 minutes	5:15-5:45pm	Code# 40673	\$78	\$91
30 minutes	6:15-6:45pm	Code# 40674	\$78	\$91
Thursday	4:00-4:30pm	Code# 40665	\$78	\$91
30 minutes	5:00-5:30pm	Code# 40675	\$78	\$91
Saturday	9:30-10:00am	Code# 40666	\$65	\$75
30 minutes	12:30-1:00pm	Code# 40676	\$65	\$75
Sunday	9:00-9:30am	Code# 40667	\$65	\$75
30 minutes	10:00-10:30am	Code# 40677	\$65	\$75
SUMMER PROGRAMS				
Tuesday	5:15-5:45pm	Code# 40828	\$59	\$68
30 minutes	6:30-7:00pm	Code# 40829	\$59	\$68
Wednesday	5:15-5:45pm	Code# 40831	\$59	\$68
30 minutes	6:30-7:00pm	Code# 40830	\$59	\$68
Mon-Fri	9:00-9:30am	Code# 40834	\$65	\$75
30 minutes	10:15-10:45am	Code# 40835	\$65	\$75
Mon-Fri	9:00-9:30am	Code# 40973	\$65	\$75
30 minutes	10:15-10:45am	Code# 40974	\$65	\$75
Mon-Fri	9:00-9:30am	Code# 40837	\$59	\$68
30 minutes	10:15-10:45am	Code# 40836	\$59	\$68
Mon-Fri	9:00-9:30am	Code# 40838	\$65	\$75
30 minutes	10:15-10:45am	Code# 40839	\$65	\$75

Dolphins 3 - Children develop the basic skills for freestyle, backstroke, breaststroke and butterfly. **Super Dolphins** - Children are challenged to develop skills at the Stage 2 level to prepare them to transition into the Stage 2 class.

SPRING PROGRAMS

Day	Apr 10- June 19	10 lessons	MEMBER	NON MEMBER
Monday	1:00-1:30pm	Code# 40679	\$65	\$75
Dolphins 3	1:30-2:15pm	Code# 40682	\$75	\$84
Dolphins 3/Super	4:00-4:45pm	Code# 40685	\$75	\$84
Tuesday	5:45-6:30pm	Code# 40683	\$90	\$100
Dolphins 3/Super				
Wednesday	1:00-1:30pm	Code# 40686	\$78	\$91
Dolphins 3	1:30-2:15pm	Code# 40680	\$90	\$100
Dolphins 3/Super	4:45-5:30pm	Code# 40687	\$90	\$100

			MEMBER	NON MEMBER				MEMBER	NON MEMBER
Thursday Dolphins 3/Super	Apr 6– June 22 6:15–7:00pm	12 lessons Code# 40681	\$90	\$100	Wednesday Beginner INT/ADV	July 5–Aug 30 5:15–5:45pm 5:45–6:30pm	9 lessons Code# 40773 Code# 40774	\$59 \$68	\$68 \$75
Saturday Dolphins 3 Dolphins 3/Super	Apr 8– June 24 11:00–11:30am 11:30–12:15pm	10 Classes Code# 40684 Code# 40689	\$65 \$75	\$75 \$84	Mon–Fri Beginner INT/ADV	July 3 – July 14 9:00–9:30am 10:15–11:00am	10 lessons Code# 40776 Code# 40777	\$65 \$75	\$75 \$84
Sunday Dolphins 3 Dolphins 3/Super	Apr 9– June 25 12:30–1:00pm 11:30–12:15pm	10 lessons Code# 40688 Code# 40690	\$65 \$75	\$75 \$84	Mon–Fri Beginner INT/ADV	July 17– July 28 9:00–9:30am 10:15–11:00am	10 lessons Code# 40780 Code# 40781	\$65 \$75	\$75 \$84
SUMMER PROGRAMS					Mon–Fri Beginner INT/ADV	July 31– Aug 11 9:00–9:30am 10:15–11:00am	9 lessons Code# 40778 Code# 40779	\$59 \$68	\$68 \$75
Tuesday Dolphins 3/Super	July 4– Aug 29 4:30–5:15pm	9 lessons Code# 40822	\$68	\$75	Mon–Fri Beginner INT/ADV	Aug 14– Aug 25 9:00–9:30am 10:15–11:00am	10 lessons Code# 40977 Code# 40976	\$65 \$75	\$75 \$84
Wednesday Dolphins 3/Super	July 5– Aug 30 4:30–5:15pm	9 lessons Code# 40823	\$68	\$75	Stage 2 – Focuses on basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing. Includes 3 sub–stages: BEG – I Can Paddle, INT – I Can Dive, and ADV – I Can Freestyle.				
Mon–Fri Dolphins 3/Super	July 3 – July 14 10:15–11:00am	10 lessons Code# 40825	\$75	\$84	SPRING PROGRAMS				
Mon–Fri Dolphins 3/Super	July 17– July 28 10:15–11:00am	10 lessons Code# 40827	\$75	\$84	Monday Beginner INT ADV	Apr 10– June 19 4:00–4:45pm 4:45–5:30pm 4:45–5:30pm	10 lessons Code# 40728 Code# 40737 Code# 40742	\$75 \$75 \$75	\$84 \$84 \$84
Mon–Fri Dolphins 3/Super	July 31– Aug 11 10:15–11:00am	9 lessons Code# 40826	\$68	\$75	Tuesday Beginner INT ADV	Apr 4– June 20 4:45–5:30pm 4:00–4:45pm 4:45–5:30pm	12 lessons Code# 40727 Code# 40733 Code# 40739	\$90 \$90 \$90	\$100 \$100 \$100
Mon–Fri Dolphins 3/Super	Aug 14– Aug 25 10:15–11:00am	10 lessons Code# 40975	\$75	\$84	Wednesday Beginner INT ADV	Apr 5– June 21 4:00–4:45pm 5:30–6:15pm 5:30–6:15pm	12 lessons Code# 40729 Code# 40734 Code# 40740	\$90 \$90 \$90	\$100 \$100 \$100

ICAN SWIM SCHOOL // 6–12 years

FUNDAMENTALS, LEARN TO TRAIN: A progressive, skill based, learn to swim program that teaches 54 water skills and focuses on butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns.

Stage 1 – Orientation to water: Establishes a sound basis for the future acquisition of swimming skills. Children develop the fundamentals of swimming while learning to be comfortable and relaxed in the water. Includes 3 sub–stages: I Can Float, I Can Glide, and I Can Kick .

SPRING PROGRAMS

Monday Beginner INT/ADV	Apr 10– June 19 5:00–5:30pm 6:15–7:00pm	10 lessons Code# 40720 Code# 40721	\$65 \$75	\$75 \$84
Tuesday Beginner INT/ADV	Apr 4– June 20 4:00–4:30pm 6:15–7:00pm	12 lessons Code# 40715 Code# 40716	\$78 \$90	\$91 \$100
Wednesday Beginner INT/ADV	Apr 5– June 21 5:45–6:15pm 4:00–4:45pm	12 lessons Code# 40717 Code# 40718	\$78 \$90	\$91 \$100
Thursday Beginner INT/AD	Apr 6– June 22 5:30–6:00pm 5:45–6:30pm	12 lessons Code# 40719 Code# 40724	\$78 \$90	\$91 \$100
Saturday Beginner INT/ADV	Apr 8– June 24 10:00–10:30am 10:30–11:15am	10 lessons Code# 40722 Code# 40723	\$65 \$75	\$75 \$84
Sunday Beginner INT/ADV	Apr 9– June 25 10:30–11:00am 11:15–12:00pm	10 lessons Code# 40725 Code# 40726	\$65 \$75	\$75 \$84

SUMMER PROGRAMS

Tuesday Beginner INT/ADV	July 4– Aug 29 5:15–5:45pm 5:45–6:30pm	9 lessons Code# 40771 Code# 40772	\$59 \$68	\$68 \$75
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Thursday Beginner INT ADV	Apr 6– June 22 5:30–6:15pm 5:30–6:15pm 4:00–4:45pm	12 lessons Code# 40730 Code# 40736 Code# 40743	\$90 \$90 \$90	\$100 \$100 \$100
Saturday Beginner Beginner INT ADV	Apr 8– June 24 9:45–10:30am 10:30 – 11:15am 9:45–10:30am 9:45–10:30am	10 lessons Code# 40731 Code# 40735 Code# 40738 Code# 40744	\$75 \$75 \$75 \$75	\$84 \$84 \$84 \$84
Sunday Beginner Beginner INT ADV	Apr 9– June 25 9:45–10:30am 10:30–11:15am 10:30–11:15am 10:30–11:15am	10 lessons Code# 40741 Code# 40732 Code# 40745 Code# 40746	\$75 \$75 \$75 \$75	\$84 \$84 \$84 \$84
SUMMER PROGRAMS				
Tuesday Beginner INT ADV	July 4– Aug 29 4:30–5:15pm 4:30–5:15pm 5:45–6:30pm	9 lessons Code# 40782 Code# 40788 Code# 40793	\$68 \$68 \$68	\$75 \$75 \$75
Wednesday Beginner INT ADV	July 5– Aug 30 4:30–5:15pm 4:30–5:15pm 5:45–6:30pm	9 lessons Code# 40784 Code# 40789 Code# 40794	\$68 \$68 \$68	\$75 \$75 \$75

			MEMBER	NON MEMBER
Mon-Fri	July 3 – July 14	10 lessons		
Beginner	10:15–11:00am	Code# 40783	\$75	\$84
INT	10:45–11:30am	Code# 40790	\$75	\$84
ADV	11:00–11:45am	Code# 40796	\$75	\$84
Mon-Fri	July 17– July 28	10 lessons		
Beginner	10:15–11:00am	Code# 40787	\$75	\$84
INT	10:45–11:30am	Code# 40792	\$75	\$84
ADV	11:00–11:45am	Code# 40798	\$75	\$84
Mon-Fri	July 31– Aug 11	9 lessons		
Beginner	10:15–11:00am	Code# 40786	\$68	\$75
Int	10:45–11:30am	Code# 40791	\$68	\$75
Adv	11:00–11:45am	Code# 40797	\$68	\$75
Mon-Fri	Aug 14– Aug 25	10 lessons		
Beginner	10:15–11:00am	Code# 40978	\$75	\$84
Int	10:45–11:30am	Code# 40979	\$75	\$84
Adv	11:00–11:45am	Code# 40991	\$75	\$84

			MEMBER	NON MEMBER
Mon-Fri	July 31– Aug 11	9 lessons		
Beginner	10:45–11:30am	Code# 40801	\$68	\$75
INT/ADV	10:45–11:30am	Code# 40807	\$68	\$75
Mon-Fri	Aug 14– Aug 25	10 lessons		
Beginner	10:45–11:30am	Code# 40993	\$75	\$84
INT/ADV	10:45–11:30am	Code# 40994	\$75	\$84

Stage 3 – Focuses on improving reaction/rhythm and increasing endurance for all four strokes. Advanced dives and basic starts and turns are also covered. Includes 3 sub-stages: BEG – I Can Backstroke, INT – I Can Breaststroke, and ADV – I Can Butterfly.

SPRING PROGRAMS

Monday	Apr 10– June 19	10 lessons		
Beginner	5:30–6:15pm	Code# 40749	\$75	\$84
INT/ADV	5:30–6:15pm	Code# 40755	\$75	\$84
Tuesday	Apr 4– June 20	12 lessons		
Beginner	5:30–6:15pm	Code# 40747	\$90	\$100
INT/ADV	5:30–6:15pm	Code# 40752	\$90	\$100
Wednesday	Apr 5– June 21	12 lessons		
Beginner	4:45–5:30pm	Code# 40748	\$90	\$100
INT/ADV	4:45–5:30pm	Code# 40753	\$90	\$100
Thursday	Apr 6– June 22	12 lessons		
Beginner	4:45–5:30pm	Code# 40750	\$90	\$100
INT/ADV	4:45–5:30pm	Code# 40754	\$90	\$100
Saturday	Apr 8– June 24	10 lessons		
Beginner	9:45–10:30am	Code# 40751	\$75	\$84
INT/ADV	9:45–10:30am	Code# 40756	\$75	\$84
Sunday	Apr 9– June 25	10 lessons		
Beginner	10:30–11:15am	Code# 40758	\$75	\$84
INT/ADV	10:30–11:15am	Code# 40757	\$75	\$84

SUMMER PROGRAMS

Tuesday	July 4–Aug 29	9 lessons		
Beginner	5:45–6:30pm	Code# 40992	\$68	\$75
INT/ADV	5:45–6:30pm	Code# 40803	\$68	\$75
Wednesday	July 5–Aug 30	9 lessons		
Beginner	5:45–6:30pm	Code# 40799	\$68	\$75
INT/ADV	5:45–6:30pm	Code# 40804	\$68	\$75
Mon-Fri	July 3 – July 14	10 lessons		
Beginner	10:45–11:30am	Code# 40800	\$75	\$84
INT/ADV	10:45–11:30am	Code# 40806	\$75	\$84
Mon-Fri	July 17– July 28	10 lessons		
Beginner	10:45–11:30am	Code# 40802	\$75	\$84
INT/ADV	10:45–11:30am	Code# 40808	\$75	\$84

SWIM ABILITIES // 3–17 years

ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE: Designed to support swimmers with special needs in achieving their beginner swimmer goals and to increase their safety, independence, and enjoyment in and around the water. Progressions accommodate swimmers with no previous swimming experience to those building to supported swims of up to 25m. Swimmers are provided with one-on-one support from parents, caregivers or aides who participate in the program with them. **Swim Abilities 1** – geared towards beginning swimming experience. **Swim Abilities 2** – geared towards individuals already comfortable in the water.

SPRING PROGRAMS

Tuesday	Apr 4–June 20	12 lessons		
Swim Abilities 1	2:30–3:15pm	Code# 41183	\$90	\$100
Swim Abilities 2	3:15pm–4:00pm	Code# 41184	\$90	\$100
Wednesday	Apr 5–June 21	12 lessons		
Swim Abilities 1	5:30–6:15pm	Code# 41186	\$90	\$100
Swim Abilities 2	6:15pm–7pm	Code# 41185	\$90	\$100
SUMMER PROGRAMS				
Mon–Thurs	July 3 – July 13	8 lessons		
Swim Abilities 1	11:45–12:30pm	Code# 41187	\$60	\$68
Swim Abilities 2	11:45–12:30pm	Code# 41194	\$60	\$68
Mon–Thurs	July 17– July 27	8 lessons		
Swim Abilities 1	11:45–12:30pm	Code# 41191	\$60	\$68
Swim Abilities 2	11:45–12:30pm	Code# 41195	\$60	\$68
Mon–Thurs	July 31– Aug 10	7 lessons		
Swim Abilities 1	11:45–12:30pm	Code# 41192	\$53	\$60
Swim Abilities 2	11:45–12:30pm	Code# 41196	\$53	\$60
Mon–Thurs	Aug 14– Aug 24	8 lessons		
Swim Abilities 1	11:45–12:30pm	Code# 41193	\$60	\$68
Swim Abilities 2	11:45–12:30pm	Code# 41197	\$60	\$68

MERMAID & MERMAN SCHOOL // 8–12 years

FUNDAMENTALS. LEARN TO TRAIN: Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical new program. These classes will include a mix of basic synchronized swimming skills, dolphin kick undulation, mono-fin training and tail care tips. Classes will be taught by certified I Can Swim Instructors whose life-long wish is to become Mermaids. Classes will take place in the Teach Pool and Dive tank. This program is for participants between 8–12 years that have completed Stage 2 or equivalent (Red Cross Swim Kids 5 or Lifesaving Swimmer 3). **NOTE:** Tails/mono-fins are required, and are not included within the program cost. Tails with monofins start at \$99US through Fin Fun, check them out at: www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html

Once you have found the tail you want contact Rachel to place the order or order online directly through Fin Fun. You are also able to bring your own tail made from breathable swimsuit material. Please contact Rachel Baird at rbaird@repsolsport.com for orders or more information.

SPRING PROGRAMS

Wednesday	Apr 5– June 21	12 lessons		
60 minutes	7:00–8:00pm	Code# 40711	\$115	\$130
Saturday	Apr 8– June 24	10 lessons		
60 minutes	12:15–1:15pm	Code# 40712	\$100	\$115

MEMBER NON MEMBER

MEMBER NON MEMBER

JUNIOR MASTERS SWIM CLUB // 8-17 years

LEARN TO TRAIN: Are you a swimmer who has achieved basic swimming skills and wants to refine and perfect these skills, but is not able to put the commitment in to join a competitive swim club? Junior Masters is a new and exciting approach to learning advanced swimming skills for children and youth 8 to 17 years old. The program will provide professional coaching, and stroke correction, technical instruction, and a swim meet. Our goal is to help instill a lifetime passion for swimming and spark a higher interest in competition. **PRE-REQUISITE:** Stage 3, Swimmer 6, Level 10, Star 6 or equivalent. *If you are unsure of the participants' skill level please contact us at swimlessons@repsolport.com before registering.*

SPRING PROGRAMS

Apr 5-June 25	Code# 40707	\$245	\$277
Mon/Wed	7:00-8:00pm		
Sat/Sun	1:30-3:00pm		

I Can Swim Fast – is designed for those participants that cannot make the commitment to all four days of the Junior Masters Club, for those that want to transition into the full Junior Master Club, and/or for those unable to make it into the Club.

SPRING PROGRAMS

Apr 8-June 24	Code# 40708	\$100	\$110
Saturday	3:00-4:30pm		

Apr 9-June 25	Code# 40709	\$80	\$90
Sunday	3:00-4:00pm		

SUMMER PROGRAMS

July 3 – July 14	Code# 40814	\$100	\$110
Mon-Fri	1:00-2:30pm		

Aug 14 – Aug 25	Code# 40813	\$100	\$110
Mon-Fri	1:00-2:30pm		

SWIM STROKE CLINICS // 8-17 years

FUNDAMENTALS. LEARN TO TRAIN: Swim Stroke Clinics are designed for those individuals that want one focused class on a particular stroke with our experienced coaches. Whether this one stroke is holding you back from completing a level or you just want to improve that particular stroke these clinics are for you! Please read the individual descriptions to determine which stroke we are running on each day.

SPRING PROGRAMS

Saturday	3:00-4:00pm				
April 8	Freestyle	Code# 41206	\$10	\$12	
April 29	Backstroke	Code# 41207	\$10	\$12	
May 6	Breastroke	Code# 41208	\$10	\$12	
May 13	Butterfly	Code# 41209	\$10	\$12	
May 20	Freestyle	Code# 41210	\$10	\$12	
June 3	Backstroke	Code# 41211	\$10	\$12	
June 10	Breastroke	Code# 41212	\$10	\$12	
June 17	Butterfly	Code# 41213	\$10	\$12	

BRONZE STAR

FIT FOR LIFE: Bronze Star is a pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. Prerequisites: None

SPRING PROGRAMS

Apr 9-June 25	12:15-1:30pm	Code# 40636	\$90	\$100
Sundays				

SUMMER PROGRAMS

July 18-20	12:00-4:00pm	Code# 40856	\$90	\$100
Tues-Thurs				

BRONZE MEDALLION – Prerequisites: Bronze Star or 13 years old

FIT FOR LIFE: The Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at an I Can Swim Stage 3, Red Cross Swim Kids 10, or Lifesaving Swimmer 6 level.

SPRING PROGRAMS

Apr 15-16	12:00-8:00pm	Code# 40635	\$150	\$156
June 3-4	12:00-8:00pm	Code# 40634	\$150	\$156

SUMMER PROGRAMS

July 8-9	12:00-8:00pm	Code# 40857	\$150	\$156
Aug 5-6	12:00-8:00pm	Code# 40858	\$150	\$156

BRONZE CROSS – Prerequisites: Bronze Medallion

FIT FOR LIFE: Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Exam fees are included!

SPRING PROGRAMS

June 10-11	12:00-8:00pm	Code# 40632	\$110	\$116
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SUMMER PROGRAMS

July 15-16	12:00-8:00pm	Code# 40859	\$110	\$116
Aug 19-20	12:00-8:00pm	Code# 40860	\$110	\$116

LIFESAVING SWIM INSTRUCTOR / LIFESAVING INSTRUCTOR

– Prerequisites: 16 years old and Bronze Cross or higher.

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes, and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Instructors are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. The Lifesaving Instructor certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta & Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor / Examiner certifications.

SPRING PROGRAMS

Apr 28-May 7	FULL COURSE	Code# 40764	\$290	\$300
Fri	6:00-10:00pm			
Sat/Sun:	12:00-8:00pm			

**Includes BOTH Swim for Life Instructor and Lifesaving Instructor Awards.*

Apr 8	RECERT COURSE	Code# 40763	\$80	\$90
Saturday	2:00pm-6:00pm			

June 18	RECERT COURSE	Code# 41127	\$80	\$90
Sunday	2:00pm-6:00pm			

**RECERT course – the candidate must hold a Lifesaving Instructor award to register.*

SUMMER PROGRAMS

			MEMBER	NON MEMBER
Aug 21-25 Mon-Fri	FULL COURSE 9:00am-5:00pm	Code# 40766	\$290	\$300
*Includes BOTH Swim for Life Instructor and Lifesaving Instructor Awards.				
Aug 19 Saturday	RECERT COURSE 2:00pm-6:00pm	Code# 40765	\$80	\$90
*RECERT course - the candidate must hold a Lifesaving Instructor award to register.				

JUNIOR LIFEGUARD CLUB

LEARN TO TRAIN: The Junior Lifeguard Club (JLC) program is for all youth interested in active living and having serious fun! JLC members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members will also be introduced to competitive lifesaving activities.

Apr 4-June 20 Tuesdays	7:30-8:30pm	Code# 40703	\$112	\$126
Apr 6-June 22 Thursdays	7:30-8:30pm	Code# 40704	\$112	\$126

SENIOR LIFEGUARD CLUB

LEARN TO TRAIN: The Senior Lifeguard Club is for participants of all abilities ages 13-17 years who want to stay healthy and active in a fun learning environment. It provides a social atmosphere while offering training opportunities. This program encourages club members to participate for life through long-term athlete development and trying different pathways such as lifesaving sport competition.

Apr 4-June 20 Tuesday	7:30-9:00pm	Code# 40705	\$116	\$130
Apr 6-June 22 Thursday	7:30-9:00pm	Code# 40706	\$116	\$130

NATIONAL LIFEGUARD

- Prerequisites: Bronze Cross, Standard First Aid and a minimum of 16 years of age. FIT FOR LIFE: The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

SPRING PROGRAMS

May 12-21 Fri Sat/Sun	FULL COURSE 6:00-10:00pm 12:00pm-8:00pm	Code# 40713	\$302	\$312
Apr 8 Sat	RECERT COURSE 10:00am-2:00pm	Code# 40714	\$70	\$80
*Must hold a National Lifeguard Certificate to register.				
June 18 Sun	RECERT COURSE 10:00am-2:00pm	Code# 41126	\$70	\$80
*Must hold a National Lifeguard Certificate to register.				

SUMMER PROGRAMS

July 24-28 Mon-Fri	FULL COURSE 9:00am-5:00pm	Code# 40711	\$302	\$312
Aug 28-Sept 1 Mon-Fri	FULL COURSE 9:00am-5:00pm	Code# 40812	\$302	\$312
Aug 19 Sat	RECERT COURSE 10:00am-2:00pm	Code# 40809	\$70	\$80
*Must hold a National Lifeguard Certificate to register.				

NATIONAL LIFEGUARD INSTRUCTOR CLINIC

Active for Life. Learning to Train: The National Lifeguard Instructor/Examiner Clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic. **PRE-REQUISITES:** Application, current National Lifeguard option, and current Lifesaving Instructor

SUMMER PROGRAMS

Aug 26-27 Sat/Sun	FULL COURSE 12:00-8:00pm	Code# 41139	\$260	\$270
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LIFESAVING STANDARD FIRST AID

Provides comprehensive training of all aspects of first aid and CPR. This course is for those who want an in-depth understanding of basic emergency first aid procedure. You will come out of this course equipped with the knowledge and skill base to treat; breaks, sprains, strains, hot/cold injuries, chest injuries, burns, and sudden medical emergencies. Includes AED/CPR-C certification. Lifesaving Standard First Aid is a workplace approved certification in Alberta.

SPRING PROGRAMS

Apr 29-30 Sat/Sun	SFA FULL COURSE 9:00am-5:00pm	Code# 40759	\$150	\$160
Apr 9 Sun	SFA RECERT COURSE* 9:00am-5:00pm	Code# 40760	\$70	\$80
Apr 9 Sun	CPR RECERT COURSE* 9:00am-1:00pm	Code# 40761	\$60	\$70

SUMMER PROGRAMS

July 22-23 Sat/Sun	SFA FULL COURSE 9:00am-5:00pm	Code# 40767	\$150	\$160
Aug 26 Sat	SFA RECERT COURSE* 9:00am-5:00pm	Code# 40768	\$80	\$90
Aug 26 Sat	CPR RECERT COURSE 9:00am-1:00pm	Code# 40769	\$70	\$80

*All registrants must already have a CURRENT CPR/C/AED certification on the date of the course through an Alberta workplace approved training organization.

SPRING/SUMMER 2017

Training Programs

Member Registration: **FEBRUARY 6, 2017**
 Non-Member Registration: **FEBRUARY 7, 2017**

MEMBER NON MEMBER

3 DIMENSIONAL TRAINING

FIT FOR LIFE: This class offers the opportunity to get educated on the proper technique, execution and safety principles of TRX training and weight lifting. This functional strength training class will set you up for success within a small group setting led by Certified TRX R4 trainers that will cater the program for all fitness abilities.

Tues/Thurs	Apr 27 – June 1 9:30-10:30am	Code# 41026	\$110	\$125
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BABY & ME POST NATAL TRAINING

FIT FOR LIFE: This class will provide a safe, educational, social environment for parents with their babies. Focus will be on the parent's health and wellness, incorporating all aspects of strength, cardiovascular and endurance training to ensure weight-loss and fitness gains. Please bring a stroller to class.
 AGES: Babies must be under 1 year old

Wed/Fri	Apr 26 – June 2 10:30-11:30am	Code# 41020	\$110	\$125
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PERSONAL TRAINING

FIT FOR LIFE: Personal Training at Repsol Sport Centre is about understanding your needs to develop the right program for you to achieve your goals. Our team of qualified Trainers will develop a customized strength and conditioning program to get the results you are looking for. Your Trainer will guide you through a program that focuses on proper exercise technique to give you the knowledge to help reduce injury and to develop the confidence to improve your fitness. Our trainers take pride in your performance and successes. Training specialties include pre- and post-natal conditioning, pre- and post-rehabilitation and athletic and sport-specific training.

PRICES ARE PER SESSION

You choose the frequency and duration of program:

ONE-ON-ONE Sessions:

Under 12 sessions	\$69	\$76
12 sessions and over	\$65	\$72

GROUP TRAINING – Two to Three People:

Under 12 sessions	\$46	\$51
12 sessions and over	\$42	\$46

GROUP TRAINING – Four People:

Under 12 sessions	\$35	\$39
12 sessions and over	\$30	\$33

TO REGISTER PLEASE CONTACT

Anna Iskra at aiskra@repsolsport.com

SEPTEMBER 2017

Preschool for Active Living

Repsol Sport Centre's unique licensed preschool program will help your child develop their social, intellectual, physical and emotional skills!

With the expert guidance of our team of creative Early Childhood Education Specialists your child will learn through hands-on activities in all areas of our spacious facility – gym, pool, park and classroom. While your child is getting active in our Preschool For Active Living (PAL) program you could be enjoying all the benefits of Repsol Sport Centre! Check out our membership options.

PLEASE NOTE: Children need to be the correct age by February 28, 2017 for the 2015/2016 year and by February 28, 2017 for the 2016/2017 year. Children turning the correct age after this date will be considered on a case by case basis.

			MEMBER	NON MEMBER
3 year olds	Tues/Thurs	9:00am – 11:30am	\$172	\$190
3 year olds	Tues/Thurs	12:30pm – 3:00pm	\$172	\$190
4 year olds	Mon/Wed/Fri	9:00am – 11:30am	\$205	\$228
4 year olds	Mon/Wed/Fri	12:30pm – 3:00pm	\$205	\$228

TO REGISTER FOR PRESCHOOL PLEASE CONTACT:

Lisa Montgomery, Group Fitness & Programs Manager

Phone: 403.355.1246

Email: lmontgomery@repsolsport.com

NOTE: A \$100 non-refundable registration fee is required.

Register Online!

- ▶ All you need is an account BARCODE and PIN to get started.
- ▶ You need to request a new account set up in person or by email (info@repsolsport.com) 48 hours prior to the day of registration. Please include the first and last name of the person who will be registered and their date of birth. Also include a guardian telephone number, email address, and current address including postal code.
- ▶ If the participant already has an account BARCODE, simply request a PIN by contacting Customer Service.



There are no classes on February 18th, 19th & 20th. Subject to change. **To register, visit repsolsportcentre.com**