

NEW! SWIM LESSON PROGRAMS



We are excited to announce the expansion of our partnership with the Lifesaving Society.

We currently deliver their Leadership training programs and beginning Fall 2018, our swim lessons will follow the well-established Swim for Life® Program. The Lifesaving Society is a leader in water safety education and have been providing training programs to Canadians for over 100 years.

The Swim for Life® program has many different levels so participants can progress at a good pace and accomplish specific goals at each step. We worked closely with the Lifesaving Society to customize a program that ensures we continue to offer the same high level of instruction and competitive swimming options you have come to expect from our programming. Transitioning to the Swim for Life® program is an opportunity for us to align with many other facilities throughout the city, including the City of Calgary.

FALL 2018 PROGRAM REGISTRATION: Members on July 16 & Non-Members on July 23

Whether transitioning from our current programming or another facility our Swim Lesson Transition Chart will help to determine what Swim for Life® level to enroll in.

Our Aquatic team is here if you need help with the transition or to answer any questions.

PHONE: 403.355.1286
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SWIM FOR LIFE PARENT AND TOT // AGE: 4M-3Y

ACTIVE START: The Lifesaving Society Parent and Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life program.

SWIM FOR LIFE PRESCHOOL // AGE: 3Y-5Y

ACTIVE START: The Lifesaving Society Preschool program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities. In our preschool program we work to ensure 3-5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

SWIM FOR LIFE SWIMMER // AGE 6Y - 12Y

FUNDAMENTALS, LEARN TO TRAIN: The Life Saving Society Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 6-12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart® education is a part of every level.

CANADIAN SWIM PATROL // Age 6Y - 12Y

FUNDAMENTALS, LEARN TO TRAIN: The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Progressions accommodate 6-12 year olds who have completed Swimmer 6 and want to build on the basics. These programs continue to develop participant's swim strokes and provide the skill foundation that prepares them for success in the Bronze Medal awards.

SWIM FOR LIFE ADULT SWIMMER // AGE: 18Y+

FIT FOR LIFE: The Life Saving Society Adult Swimmer Program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart® education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals.

JUNIOR MASTERS (FITNESS SWIMMER) // AGE: 8 - 17 YEARS

FUNDAMENTALS, LEARN TO TRAIN, TRAIN 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, 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 the sport of competitive swimming. Pre-requisite: Swimmer 9/Star Patrol or equivalent level

JUNIOR MASTER'S STROKE PROFICIENCY (PREVIOUSLY JUNIOR MASTER'S I CAN SWIM FAST) // AGE: 8 - 17 YEARS

FUNDAMENTALS, LEARN TO TRAIN, TRAIN TO TRAIN: This program is designed for those participants that cannot make the commitment to all four days of the Junior Masters, for those that want to transition into the full Junior Master, and/or for those unable to make it into the Club. Pre-requisite: Swimmer 6 or equivalent level.