

CITY OF PEMBROKE RECREATION & TOURISM DEPARTMENT
KINSMEN SWIMMING POOL INFORMATION 613-735-6821 x 1506

2020 Swim Lesson Registration Dates

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| <ul style="list-style-type: none"> • Dec 16-21,2019 8 week program • March 09-14 6 week program • May 04-09 6 week program • June 22-26 2 week program • July 09-10 2 week program • July 22-24 2 week program • August 06-07 2 week program • August 24-28 8 week program | <p>Registration will be accepted during the noted times
 You may register in person at the pool located at
 426 Herbert street, Pembroke or call the pool
 613-735-6821 x 1506 and speak with our aquatic staff
 whom will assist you with your requests.</p> <p>Swimmers swim once a week during our 6 & 8 week
 programs. Swim lessons run every day for 8 days
 (Monday-Friday) during summer months.</p> |
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PRE-SCHOOL SWIM PROGRAMS (AGES 3-5 YEARS)

Give your child the gift of aquatic fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Our instructors use progressive teaching techniques adapted to each child and provides constant feedback and encouragement.

Parents/caregivers will participate in the classes with their child for the first two levels.

Children enter a level based on their age and abilities:

LEVEL	AGE	DESCRIPTION OF PROGRAM	RATES
 STARFISH	4-12 months	4-12 months old. Babies must be able to hold their head up. Goal is to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age specific water safety.	\$55.00 Non-Resident \$98.00
 DUCK	12-36 months	12-36 months old. Orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play.	\$55.00 Non-Resident \$98.00
 SEATURTLE	3-5 yrs	Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. All skills are assisted by instructor	\$55.00 Non-Resident \$98.00
 SEAOTTER	3-5 yrs	All skills are minimally assisted by the instructor, independence is encouraged. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 meter. They also learn age appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.	\$55.00 Non-Resident \$98.00

<p>SALAMANDER</p> 	<p>3-5 yrs</p>	<p>Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 meters, further develop basic floats and increase their distance on front and back glide. Front swim and roll over glide are included, and swimmers learn appropriate water safety skills such as how to jump into chest deep water and how to use a lifejacket. Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers only progress to Sunfish when all skill criteria have been successfully completed in Salamander.</p>	<p>\$55.00 Non-Resident \$98.00</p>
<p>SUNFISH</p> 	<p>3-5 yrs</p>	<p>Using games and activities, swimmers learn to swim 5 meters, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll over glide, side glide and front swim. Safety skills include deep water skills and use of a lifejacket. Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.</p>	<p>\$55.00 Non-Resident \$98.00</p>
<p>CROCODILE</p> 	<p>3-5 yrs</p>	<p>Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim 5 meters on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 meters. Safety skills include jumping into deep water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a lifejacket in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.</p>	<p>\$55.00 Non-Resident \$98.00</p>
<p>WHALE</p> 	<p>3-5 yrs</p>	<p>Swimmers enter this level upon successful completion of Crocodile. Through fun activities, swimmers perform a front and back swim for 10 meters. Swimmers work on developing their flutter kick and perform a distance swim of 15 meters. Safety skills include identifying safe swimming areas, jumping into deep water. Swimming 5 m, surface support for 20 seconds, throwing assists and sitting dives. Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 6 years and older are ready for the Red Cross Swim Kids Program.</p>	<p>\$55.00 Non-Resident \$98.00</p>

Red Cross can also be modified for **swimmers with disabilities**, please check with our instructors

RED CROSS SWIM KIDS 1-10 FOR CHILDREN 6-12 YEARS OF AGE

Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success.

The 10 levels allow for solid progression. Children learn swimming and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around the water.

In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed.

LEVEL	AGE	DESCRIPTION OF PROGRAM	RATES
SWIM KIDS LEVEL 1	6-12 Years	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 m front swim.	\$55.00 Non- Resident \$98.00
SWIM KIDS LEVEL 2	6-12 Years	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5 m) and learn about deep water activities and proper use of a lifejacket. Fitness activities include the 10m distance swim.	\$55.00 Non- Resident \$98.00
SWIM KIDS LEVEL 3	6-12 Years	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.	\$55.00 Non- Resident \$98.00
SWIM KIDS LEVEL 4	6-12 Years	This level introduces the front crawl (10m) and back swims with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self safety by understanding their own limits. Endurance is built through a 25m swim.	\$55.00 Non- Resident \$98.00
SWIM KIDS LEVEL 5	6-12 Years	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.	\$63.00 Non- Resident \$112.00
SWIM KIDS LEVEL 6	6-12 Years	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m) and introduces elementary back stroke(15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1.5 minutes. Endurance is built through dolphin kick and a 75m swim.	\$63.00 Non- Resident \$112.00
SWIM KIDS LEVEL 7	6-12 years	This level builds skills and endurance for the front crawl (50m), back crawl (50m), and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.	\$63.00 Non- Resident \$112.00

SWIM KIDS LEVEL 8	6-12 Years	This level is an introduction to breast stroke (15m), and feet first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.	\$63.00 Non- Resident \$112.00
SWIM KIDS LEVEL 9	6-12 years	This level refines the front and back crawl (100m each), elementary back stroke (50m) and breaststroke (50m). They also work on head first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.	\$63.00 Non- Resident \$112.00
SWIM KIDS LEVEL 10	6-12 Years	This level is a final assessment of all 5 strokes for technique and distance totalling 500m. Swimmers learn about sun safety, rescue of others from ice, and head first and feet first surfaces dives.	\$63.00 Non- Resident \$112.00

LIFESAVING SOCIETY CANADIAN SWIM PATROL PROGRAM

Swim patrol is the on-ramp to lifeguarding

The Swim Patrol provides enriched training for those who are ready to go beyond learn to swim. Swim Patrol's three levels – Rookie, Ranger and Star – continue to develop participants swim strokes and provide the skill foundation that prepares them for success in the Society Bronze medal awards.

ROOKIE 	Swimmers continue stroke development with 50m front and back stroke, breaststroke. Lifesaving sport skills include a obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.	\$63.00 Non- Resident \$112.00
RANGER 	Swimmers develop better strokes over 75m of each stroke. They tackle Lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.	\$63.00 Non- Resident \$112.00
STAR 	Swimmers are challenged with 600m workouts. 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.	\$63.00 Non- Resident \$112.00

LEADERSHIP COURSES

Contact the pool for information regarding upcoming leadership courses

Dates and times at 613-735-6821 x 1506

Courses are offered as interest indicates - contact staff for details

COURSE	AGE	PROGRAM DESCRIPTION	RATE
BRONZE STAR 	Minimum 12 years	Excellent preparation for success in Bronze Medallion. Participants develop problem solving and decision making skill individually and in partners. Candidates learn CPR and develop the lifesaving skills. Includes a timed 400m swim.	\$65.00 Non-Resident 115.00
BRONZE MEDALLION 	Minimum 13 years	Teaches an understanding of the lifesaving principles embodied in the 4 components of water rescue, education, judgment, knowledge, skills and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.	\$192.00 Non-Resident \$342.00
BRONZE CROSS 	Minimum 14 years	Prerequisite: Bronze Medallion and minimum Emergency First Aid Certification (<i>we recommend taking the full Standard First Aid course as this will be required of candidates taking the National Lifeguard Course in the future</i>). Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguarding. Includes a timed swim of 600m	\$192.00 Non-Resident \$342.00
NATIONAL LIFEGUARD (NLS) 	Minimum 16 years	Prerequisite: Bronze Cross and Standard First Aid Level C CPR certification. National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country. It is the only lifeguard certificate recognized by the province of Ontario for lifeguarding public swimming pools. The NLS Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The NLS course emphasizes the lifeguarding skills, principles and practices, and the decision making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments	\$220.00 Non-Resident \$392.00

<p>NATIONAL LIFEGUARD RECERT</p> 	<p>N/A</p>	<p>National Lifeguard certification is current for 2 years and is recertified by completing a NLS Recertification exam. The NLS recertification exam is your opportunity to demonstrate your skills and recertify your award. You are responsible for reviewing the required content and skill and preparing yourself for the exam. Your exam is based on the National Lifeguard Award curriculum. Candidates should bring whistle and proof of previous NLS award.</p>	<p>\$60.00 Non-Resident \$105.00</p>
<p>RED CROSS WATER SAFETY INSTRUCTOR (WSI)</p> 	<p>15 Years and up</p>	<p>Prerequisite: Assistant Water Safety Instructor certification. This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program continuum. Other topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 9-11 hours of teaching experience. Upon successful completion of the course, candidates are certified as Water Safety Instructors and can teach the Red Cross Swim program anywhere in Canada.</p>	<p>\$350.00 Non-Resident \$623.00</p>
<p>WATER SAFETY INSTRUCTOR RECERT</p>	<p>N/A</p>	<p>Water Safety Instructors are required to recertify every two years to maintain a current certification.</p>	<p>\$60.00 Non-Resident \$105.00</p>
<p>LIFESAVING INSTRUCTOR</p> 	<p>16 Years and up</p>	<p>The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving awards. Prerequisites: 16 years and Bronze Cross or National Lifeguard certifications. Recertification: Instructors remain current by recertifying with 24 months of the last certification date. Recertification is through the Society's professional development credit system.</p>	<p>\$150.00 Non-Resident 267.00</p>

PRIVATE SWIM LESSONS

PRIVATE SWIM LESSONS	2+ Years of age	<p>The Kinsmen Pool is pleased to offer private swimming lessons (one participant : one instructor) These lessons are recommended for all swimmers 2+ years that are looking for individual attention. Private lessons are also suitable for participants who have repeated a level <i>several</i> times and provide an opportunity to focus on completing specific skills in order to move onto the next level. Private lessons may also fit those individuals with special needs that are not comfortable in a group lesson environment. Due to the high demand of group swim lessons limited space is available in our private lessons.</p>	<p>\$50.00 8 x 15 minutes lessons</p> <p>Non-Resident \$89.00</p>
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ADULT SWIM LESSONS

Learning to swim later in life can be a fun and rewarding experience!

Ladies Red Cross Swim Lessons	18+ Years of age	<p>Swimmers meet Monday and Friday mornings from 9:00-10:00am. We are pleased to offer a swim program that meets the needs of the non-swimmer thru advanced. Individual and group feedback provided to all swimmers participating.</p>	<p>\$55.00 10xclasses Non-Resident \$98.00 \$7.00 drop in fee</p>
Adult Learn to swim	16+ Years of age	<p>Meeting the needs of both the "Learn to swim" candidate and the experienced swimmer looking for stroke improvement and skill development.</p>	<p>\$70.00 8xclasses Non-Resident \$125.00</p>

AQUAFIT CLASSES

Aquafit Swim Classes	16+ years of age	<p>A general aquafit class designed as a medium intensity total body workout, providing a balance of cardiovascular as well as muscular strength and endurance components</p>	<p>\$70.00 8xclasses Non-Resident \$125.00 Drop In fee \$9.00</p>
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