

Fountain Park Recreation Centre SPRING BREAK 2012 PROGRAM GUIDE

**SPRING BREAK PROGRAM REGISTRATION
BEGINS JANUARY 3, 2012
780-459-1553**



PARENTED PROGRAMS

Babes (6 to 18 Mths)

Come into the pool with your little one to swim together, play with toys, and sing songs all to help you and your child be happier and confident in the water together. Learn water safety to help you keep your child safe at the pool, home and other places with water. Safe entries, ways to hold or encourage your child and fun activities will all be part of the class.



CODE	DAY DATES	TIMES	FEE
17060	M-F Mar 26-Mar 30	11:00 - 11:30am	\$22
17061	M-F Mar 26-Mar 30	6:00 - 6:30pm	\$22

Tots (18 to 36 Mths)

Join us for an exciting class designed to support your ability to build your child's developing swimming skills whether floating, kicking, gliding, entering or playing in the water safely. Games, songs, structured activities and free play will all be part of this fun learning environment.



CODE	DAY DATES	TIMES	FEE
17062	M-F Mar 26-Mar 30	10:00 - 10:30am	\$22
17063	M-F Mar 26-Mar 30	5:00 - 5:30pm	\$22

UNPARENTED PROGRAMS

Sea Cubs

This class is designed to make your child's first swimming lesson by themselves a successful and positive one. With smaller class sizes and a focus on learning through fun activities, games and songs, children are encouraged to join in and try new aquatic experiences with an instructor. PFD's are introduced to help teach the children so they will be able to feel safe and secure when trying new skills. This is the first level of our pre-school program.



CODE	DAY DATES	TIMES	FEE
17028	M-F Mar 26-Mar 30	9:00 - 9:30am	\$22
17029	M-F Mar 26-Mar 30	9:30 - 10:00am	\$22
17030	M-F Mar 26-Mar 30	10:00 - 10:30am	\$22
17031	M-F Mar 26-Mar 30	11:00 - 11:30am	\$22
17039	M-F Mar 26-Mar 30	4:00 - 4:30pm	\$22
17040	M-F Mar 26-Mar 30	4:30 - 5:00pm	\$22
17041	M-F Mar 26-Mar 30	5:00 - 5:30pm	\$22
17042	M-F Mar 26-Mar 30	6:00 - 6:30pm	\$22

Floating Frogs

Come jump like a frog or float on a lily pad. Get more comfortable in, on and under the water in this level by learning new swimming skills and meeting the lifeguards on deck. Children will be taught to submerge under the water, blow bubbles, move through the water and float comfortably with assistance on their front and back.



This is the second level in our pre-school program.

CODE	DAY DATES	TIMES	FEE
17032	M-F Mar 26-Mar 30	9:30 - 10:00am	\$22
17033	M-F Mar 26-Mar 30	10:00 - 10:30am	\$22
17034	M-F Mar 26-Mar 30	10:30 - 11:00am	\$22
17035	M-F Mar 26-Mar 30	11:30am - 12:00pm	\$22
17043	M-F Mar 26-Mar 30	4:30 - 5:00pm	\$22
17044	M-F Mar 26-Mar 30	5:00 - 5:30pm	\$22
17045	M-F Mar 26-Mar 30	5:30 - 6:00pm	\$22
17046	M-F Mar 26-Mar 30	6:30 - 7:00pm	\$22

Plunging Polar Bears

This level is taught in the shallow and deep end of the leisure pool. Children can remain in this level until six and still be challenged as instructors add new skills and increase distances. Completion of this level allows your child to register in Swimmer 1 Advanced when 6 years old. This is the sixth level of our pre-school program.

CODE	DAY DATES	TIMES	FEE
17058	M-F Mar 26-Mar 30	9:00 - 9:30am	\$22

Sting Rays

Start flying through the water gracefully like a sting ray. Children in this level will learn proper body position as they float and glide by themselves on their front and back. An introduction to the leisure pool is included in this level. This is the third level in our pre-school program.



CODE	DAY DATES	TIMES	FEE
17036	M-F Mar 26-Mar 30	9:30 - 10:00am	\$22
17037	M-F Mar 26-Mar 30	10:30 - 11:00am	\$22
17038	M-F Mar 26-Mar 30	11:30am - 12:00pm	\$22
17047	M-F Mar 26-Mar 30	4:30 - 5:00pm	\$22
17048	M-F Mar 26-Mar 30	5:30 - 6:00pm	\$22
17049	M-F Mar 26-Mar 30	6:30 - 7:00pm	\$22

Cruising Crocodiles

Like a crocodile, let's move through the water. Effective kicking techniques along with new ways to float and glide are an integral part of this level. Children will also become more comfortable swimming in the leisure pool including an introduction to deeper water. This is the fourth level of our pre-school program.



CODE	DAY DATES	TIMES	FEE
17050	M-F Mar 26-Mar 30	9:00 - 9:30am	\$22
17051	M-F Mar 26-Mar 30	11:00 - 11:30am	\$22
17052	M-F Mar 26-Mar 30	4:00 - 4:30pm	\$22
17053	M-F Mar 26-Mar 30	6:00 - 6:30pm	\$22

Padding Penguins

Let's have some fun as we swim further in the pool. Try new skills designed to increase your comfort level in the water including sculling, handstands and dolphin dives. Completion of this level allows your child to register in Swimmer 1 Advanced when 6 years old. This is the fifth level of our pre-school program.



CODE	DAY DATES	TIMES	FEE
17054	M-F Mar 26-Mar 30	10:30 - 11:00am	\$22
17055	M-F Mar 26-Mar 30	11:30am - 12:00pm	\$22
17056	M-F Mar 26-Mar 30	4:00 - 4:30pm	\$22
17057	M-F Mar 26-Mar 30	5:30 - 6:00pm	\$22



CODE	DAY DATES	TIMES	FEE
17059	M-F Mar 26-Mar 30	6:30 - 7:00pm	\$22

PLEASE NOTE: THIS IS A 5 LESSON SESSION

Spring Break Programs teach all the skills required for each level, but have less practice time than a 10 lesson session. This is a great opportunity to start or finish a level!

NOW THAT YOU'RE SIX YEARS OLD . . .

Swimmer 1 Beginner

These beginning swimmers will work on safe entries, floats and moving through the water. They'll explore working in deep water with PFDs and when ready, will do front and back floats without the extra support. This level is for 6+ years that have never taken lessons before or who have participated in any of the first 4 pre-school levels.

CODE	DAY DATES	TIMES	FEE
17064	M-F Mar 26-Mar 30	9:00 - 10:00am	\$39
17065	M-F Mar 26-Mar 30	10:00 - 11:00am	\$39
17066	M-F Mar 26-Mar 30	11:00am - 12:00pm	\$39
17067	M-F Mar 26-Mar 30	4:00 - 5:00pm	\$39
17068	M-F Mar 26-Mar 30	5:00 - 6:00pm	\$39
17069	M-F Mar 26-Mar 30	6:00 - 7:00pm	\$39

Swimmer 2

These students will be able to jump or side roll into deep water, tread water, and swim 10-15m using either front crawl or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance level by stepping into the world of fitness interval training.

CODE	DAY DATES	TIMES	FEE
17076	M-F Mar 26-Mar 30	10:00 - 11:00am	\$39
17077	M-F Mar 26-Mar 30	11:00am - 12:00pm	\$39

Swimmer 1 Advanced

This level is the foundation for swimming skill development. It includes floating, rollovers, glides, kicking drills and the introduction to Swim to Survive skills.

This level is for 6+ years who have completed Paddling Penguins, Plunging Polar Bears or Swimmer 1 Beginner.

CODE	DAY DATES	TIMES	FEE
17070	M-F Mar 26-Mar 30	9:00 - 10:00am	\$39
17071	M-F Mar 26-Mar 30	10:00 - 11:00am	\$39
17072	M-F Mar 26-Mar 30	11:00am - 12:00pm	\$39
17073	M-F Mar 26-Mar 30	4:00 - 5:00pm	\$39
17075	M-F Mar 26-Mar 30	6:00 - 7:00pm	\$39

CODE	DAY DATES	TIMES	FEE
17078	M-F Mar 26-Mar 30	5:00 - 6:00pm	\$39
17079	M-F Mar 26-Mar 30	6:00 - 7:00pm	\$39

STROKE POLISHER PROGRAM

Stroke Polishing is designed to allow time for comprehensive stroke development and technique through drills, stroke correction and practice. NOTE: please let your instructor know the specific skills you would like to work on.

Stroke Polisher 3 and 4

For students who have attempted Swimmer 3 or 4

CODE	DAY DATES	TIMES	FEE
17080	M-F Mar 26-Mar 30	9:00 - 10:00am	\$39
17081	M-F Mar 26-Mar 30	10:00 - 11:00am	\$39
17082	M-F Mar 26-Mar 30	4:00 - 5:00pm	\$39
17083	M-F Mar 26-Mar 30	5:00 - 6:00pm	\$39

Stroke Polisher 5 and 6

For students who have attempted Swimmer 5 or 6.

CODE	DAY DATES	TIMES	FEE
17084	M-F Mar 26-Mar 30	9:00 - 10:00am	\$39
17085	M-F Mar 26-Mar 30	11:00am - 12:00pm	\$39
17087	M-F Mar 26-Mar 30	6:00 - 7:00pm	\$39

LIFESAVING SOCIETY CANADIAN SWIM PATROL

Rookie Patrol

Practices develop fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot first and head first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.



CODE	DAY DATES	TIMES	FEE
17088	M-F Mar 26-Mar 30	5:00 - 6:00pm	\$39

Ranger Patrol

Ranger Patrol enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick, and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in ABC first aid basics, victim recognition and non-contact rescues.



CODE	DAY DATES	TIMES	FEE
17089	M-F Mar 26-Mar 30	6:00 - 7:00pm	\$39

Star Patrol

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and life-saving judgment. Participants develop lifesaving and first aid skills. They will refine their front crawl, back crawl, breaststroke all for 100m, and complete a 600m workouts and 300m timed swim.



CODE	DAY DATES	TIMES	FEE
17090	M-F Mar 26-Mar 30	4:00 - 5:00pm	\$39

SPLASH INTO SOME FUN!

Skindiving Day

What lies beneath the surface of the pool? We'll teach you how to look using masks and fins. You'll learn lots of fun entries into the pool. This camp takes place in the competition pool.

CODE	DAY	DATES	TIMES	FEE
17119	Tu	Mar 27	9:00am - 12:00pm	\$21

Canoe Day Camp

Up the creek...with a paddle! You really will come back on this three-hour tour! Learn the parts of the canoe as well as paddling and self rescue skills!

CODE	DAY	DATES	TIMES	FEE
17122	W	Mar 28	1:00 - 4:00pm	\$21

Diving Day Camp

Dive on in! A 3-hour diving workshop designed to give you an active, safe introduction to the sport of diving! Try tucks, pikes and hurdles off our 1 metre board. Participants must be able to swim 25 metres on their front.

CODE	DAY	DATES	TIMES	FEE
17120	W	Mar 28	9:00am - 12:00pm	\$21
17121	Th	Mar 29	9:00am - 12:00pm	\$21

The Float Your Boat Race

Do you like duct tape? Do you have the need to create and build? We want you!

In the morning of this day camp, you will be split into teams and given materials to build a cardboard boat. After lunch, you will have the chance to float your boat in the pool and race the other teams. After the winner is declared, you will spend the rest of the afternoon enjoying public swim.

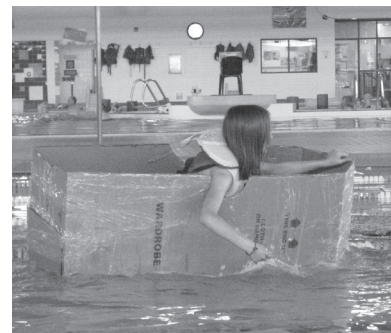
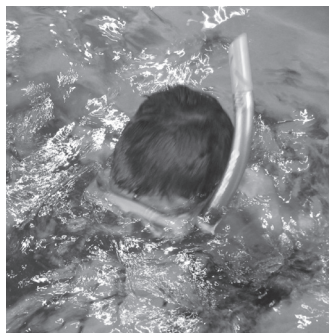
CODE	DAY	DATES	TIMES	FEE
17115	F	Mar 30	9:00am - 4:00pm	\$36.75

I Love Water Polo

Water Polo is an up and coming sport in Canada. I Love Water Polo is an introductory, grass roots, learn-to-play program that was created by Water Polo Canada. This program teaches students the game of water polo and the basic skills involved all in a non-contact and non-competitive setting.

Students should be comfortable in deep water and be able to swim a minimum of 25 metres. This camp will be held in the competition pool.

CODE	DAY	DATES	TIMES	FEE
17118	F	Mar 30	9:00am - 12:00pm	\$21



BABYSITTER CAMP

Participants learn how to care for babies to school age children in a safe and positive environment. Prevent injuries, handle emergencies, respond with first aid, and provide age appropriate activities and games. In addition, they will learn communication and the basic business skills to be a successful babysitter. This course combines Lifesaving Standard First Aid and the Red Cross Babysitter Certification. Please bring a swimsuit everyday and a bag lunch Monday through Thursday. On Friday please bring a plate, bowl, cup and cutlery. 11 + Yrs recommended.

CODE	DAY	DATES	TIMES	FEE
17091	M-F	Mar 26-Mar 30	9:00am - 5:00pm	\$229

