

## Tuesday & Thursday Swim Lessons

Winter Set 1 - January 3 - February 2 (10 lessons)

Winter Set 2 - February 7 - March 8 (10 lessons)

### Children 5 & Under

Bubble Blower	6 pm
Water Babies	4 pm, 5 pm, 6:30 pm
Floater	3:30, 4:30, 5:30 pm 3 pm, 4:30, 5:30 pm
Flippers	3 pm, 4:30 pm
Strokers (with Orcas)	3 pm (Set 1), 3:30 pm (Set 2)
Orcas (with Strokers)	3 pm (Set 1), 3:30 pm (Set 2)

### Children 6 - 12 Years

SK Level 1	4 pm, 5 pm, 6:45 pm
SK Level 2 & 3	4 pm, 4:30 pm, 5 pm, 5:30 pm, 6:45 pm
SK Level 4 & 5	4 pm, 6 pm (45 min class)
SK Level 6	6 pm (45 min class)
SK Level 7, 8, 9, 10	5 pm (45 min class)

## Monday & Wednesday Daytime Lessons

Winter Set 1 - January 4 - February 1 (9 Lessons)

Winter Set 2 - February 6 - March 7 (10 lessons)

Bubble Blowers	10 am
Water Babies	10:30 am
Floater	11 am

## Adult Swim Instruction/Coaching

### "Starting Out" Adults

Set 1, Tu & Thu, 6:45 - 7:15 pm

For the beginner swimmer. Learn the swimming basics of breathing flotation and propulsion. For those who are ready, the basics of front and back crawl are introduced. Swimmers learn at their own pace. Distance swim is 10 m.

### Adult Intermediate

Set 2, Th & Thu, 6:45 - 7:15 pm

Develop front and back crawl working on proper breathing technique, stroke proficiency and increased endurance. Introduction to deep water activities, diving, breaststroke and elementary backstroke. Distance swim is 25 m.

### C.A.L.S. (Coached Adult Lane Swim)

All Sets, Tu & Thu, 6:30 - 7:15 pm

Swimmers with established swim strokes will receive coaching to help develop more swim strength, endurance, and stroke efficiency. Also a great option for triathlon trainees who want to hone their swim abilities. Offered in 4 or 5 week blocks - twice weekly. Please pre-register at Echo Aquatic Centre.

## Saturday Swim Lessons

Winter Set 1 - January 7 - March 10 (10 lessons)

### Children 5 & Under

Bubble Blower	10:30 am
Water Babies	11:30 am, 12 noon
Floater	10 am, 11 am
Flippers	11:30 am
Strokers and Orcas	10 am

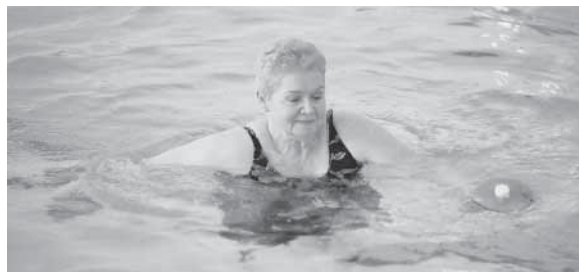
### Children 6 - 12 Years

SK Level 1	10:30 am
SK Level 2 & 3	10 am, 11 am
SK Level 4, 5, 6	10:30 am (45 min class)
SK Level 7, 8, 9, 10	11:15 am (45 min class)

Reports Cards - Bring your card to your child's instructor on the 1st day. It will be returned with comments and award on the last lesson day.

## What's My Swim Level?

Are you uncertain where your child should register in swim lessons? Please read our "Readiness Guide" flyer - available at Echo Aquatic and Fitness Centre desk. Feel free to ask a lifeguard at an Everyone Welcome session to watch your child swim and suggest an appropriate level. All of our lifeguards are certified Red Cross Swim Instructors and are happy to help in this way - provided the swim session is not too busy. (No appointment is necessary - regular swim admission fees apply).



## Adult 50+ Swim Lessons

Mondays

10 am            Beginners  
10:30 am        Intermediate  
5 Lessons

Set 1: Jan 9 - Feb 6

Set 2: Feb 13 - Mar 12