

Swimming Lessons



Winter #1 - January 7 - February 8

Registration is now open

Parent & Tot	Saturdays**	10:40am-11:10am	\$42.50
Sea Otter	Tuesday/Thursday	10:30am-11:00am	\$42.50
Sea Turtle	Tuesday/Thursday	11:40am-12:10pm	\$42.50
Salamander	Tuesday/Thursday	11:05am-11:35am	\$42.50
Salamander	Tuesdays/Thursdays	4:05pm-4:35pm	\$42.50
Red Cross 1	Wednesday/Friday	3:30pm-4:00pm	\$42.50
Red Cross 1	Saturdays**	9:30am-10:00am	\$42.50
Red Cross 1/2	Tuesday/Thursday	3:30pm-4:00pm	\$42.50
Red Cross 2	Wednesday/Friday	4:05pm-4:35pm	\$42.50
Red Cross 3	Wednesday/Friday	4:40pm-5:10pm	\$42.50
Red Cross 3	Saturdays**	10:05am-10:35am	\$42.50
Red Cross 4/5	Wednesday/Friday	5:15pm-5:45pm	\$42.50
Red Cross 6/7/8/9	Tuesday/Thursday	4:40pm-5:25pm	\$63.80
Adult Lessons	Mondays	5:00pm-6:00pm	\$42.50 + GST

**Saturday Lessons run until March 16

Register in person, or by phone:

250-997-5283 | recoffice@district.mackenzie.bc.ca
[@Mackenzie_Recreation](https://www.instagram.com/Mackenzie_Recreation)

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Lesson Descriptions

Lessons	Age	Skills
Starfish	4 - 12 Months	Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.
Duck	12 - 24 Months	Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.
Sea Turtle	24 - 36 Months	Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.
Sea Otter	3 - 5 years	Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.
Salamander	3 - 5 years	Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.
Sunfish	3 - 5 years	Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.
Crocodile	3 - 5 years	Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.
Whale	3 - 5 years	Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.



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Lesson Descriptions



Lessons	Age	Skills	Prerequisite
Red Cross 1	5+ yrs	Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.	5 years old
Red Cross 2	5+ yrs	Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously	RC 1 Completed
Red Cross 3	5+ yrs	Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.	RC 2 Completed
Red Cross 4	5+ yrs	Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.	RC 3 Completed
Red Cross 5	5+ yrs	Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.	RC 4 Completed
Red Cross 6	5+ yrs	Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.	RC 5 Completed
Red Cross 7	5+ yrs	Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.	RC 6 Completed
Red Cross 8	5+ yrs	Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.	RC 7 Completed
Red Cross 9	5+ yrs	Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.	RC 8 Completed
Red Cross 10	5+ yrs	Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.	RC 9 Completed