

Sally Borden Fitness & Recreation
Winter 2012 Aquatics Programming
 Registration Begins Wednesday Dec 14, 2011
 *No lessons Saturday, February 18th 2011

Red Cross Swim Parent and Tot

6-24 months

Duck # 4805	*Sat	9:00 - 9:30	Jan 14 - Mar 10	\$40
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24-36 months old

Sea Turtle# 4832	*Sat	9:00 - 9:30	Jan 14 - Mar 10	\$40
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Red Cross Swim Preschool Age 3-5 years

Sea Otter

Sea Otter # 4906	Tues	3:30 - 4:00	Jan 10 - Feb 28	\$40
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Sea Otter # 4907	Wed	9:00 - 9:30	Jan 11 - Feb 29	\$40
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Sea Otter # 4908	Wed	9:35 - 10:05	Jan 11 - Feb 29	\$40
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Sea Otter # 4909	Wed	10:10 - 10:40	Jan 11 - Feb 29	\$40
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Sea Otter #4910	*Sat	10:05 - 10:35	Jan 14 - Mar 10	\$40
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Salamander &

Sunfish

Sal #4828	Wed	10:45 - 11:15	Jan 11 - Feb 29	\$40
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Sun # 4837

Sal # 4829	Thurs	4:20 - 4:50	Jan 12 - Mar 1	\$40
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Sun #4838

Sal # 4830	*Sat	10:10 - 10:40	Jan 14 - Mar 10	\$40
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Sun #4839

Crocodile & Whale

Croc# 4803	Tues	4:05 - 4:35	Jan 10 - Feb 28	\$40
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Wh#4841

Croc# 4804	*Sat	10:40 - 11:10	Jan 14 - Mar 10	\$40
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Wh#4842

Red Cross Swim Kids Ages 6 - 12 years

Level 1 & 2

L1 # 4809/L2 # 4812	Tues	4:40 - 5:10	Jan 10 - Feb 28	\$40
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L1 # 4810/L2 # 4813	Thurs	4:55 - 5:25	Jan 12 - Mar 1	\$40
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L1 # 4900/L2 # 4901	*Sat	10:45 - 11:15	Jan 14 - Mar 10	\$40
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Level 3 & 4

L3 # 4814/L4 # 4816	Thurs	5:30 - 6:00	Jan 12 - Mar 1	\$40
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L3 # 4815/L4 # 4817	*Sat	9:35 - 10:05	Jan 14 - Mar 10	\$40
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Level 5 & 6

L5 # 4818/L6# 4820	Tues	5:15 - 6:00	Jan 10 - Feb 28	\$45
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Level 7 & 8

L7 # 4822/L8 # 4824	Thurs	3:30 - 4:15	Jan 12 - Mar 1	\$45
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Level 9 & 10

L9 # 4825/L10 # 4811 *Sat 9:00 – 10:00 Jan 14 – Mar 10 \$50

Fun & Fit Swim

Supervised swim class for kids who have completed level 4 or higher. This is a non-certified course whose content is based on the Red Cross Swim Kids Program. Kids will work on their endurance, first-aid skills and technique. Skills will be enhanced through games, fun and practice.

\$45

4867

8 Sundays

Jan 22 – Mar 18

10:15 – 11:00am

INSTRUCTOR: TBA

*No Class on Feb 19

Swim Patrol (Rookie/Ranger/Star)

This course provides enriched training for those who are ready to go beyond the SBB Red Cross Level 10. Swim Patrol's three levels continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze Medal Awards.

\$50

Sally Borden Pool

4840

8 Sundays

Jan 22 – Mar 18

9 -10am

INSTRUCTOR: TBA

*No class on Feb 19

ACTIVE PARENTS ACTIVE KIDS PROGRAM

Promoting Healthy Active Living for Families

Children 19 months to 6 years are welcome to join our program where they will be cared for in a fun and playful surrounding. While your children are having fun, you can keep fit by getting active and enjoy the SBB facilities and services.

Set #1

4879

5 Tues

Jan 10 – Feb 7

11:30am – 1:30pm

Set #2

4880

5 Tues

Feb 21 – Mar 20

11:30am – 1:30pm

Member Full Session	\$25	(\$5/day)
Non-Member Full Session	\$50	(\$5 day pass+\$5 APAK/day)
Member Daily Drop-In	\$7	
Non-Member Daily Drop-In	\$17	(\$10 day pass +\$7 APAK)

Fees include access to drop-in programs; spin or community classes are extra

ADULT AQUATICS:
All Classes are in the Sally Borden Building Pool

Morning Masters

Start your day off with a challenging workout in the pool. These classes are for individuals who have some knowledge of all four strokes and are interested in improving their technique as well as endurance.

\$42 + GST

4798

6 Mondays

Jan 9 – Feb 13

8:30 – 9:30a.m.

INSTRUCTOR: TBA

\$28+ GST

4802

4 Mondays

Feb 27 – Mar 19

8:30 – 9:30 a.m.

INSTRUCTOR: TBA

\$42+ GST

4800

6 Wednesdays

Jan 11 – Feb 15

7:00 – 8:00 a.m.

INSTRUCTOR: Carol Trow

\$35+ GST

4801

5 Wednesdays

Feb 22 – Mar 21

7:00 – 8:00 a.m.

INSTRUCTOR: Carol Trow

Laps Skills & Drills

Looking for an aquatic workout, but not quite ready for a master's class? This will be a challenging 1 hour workout that will focus on endurance and technique to help you reach your personal swimming goals.

\$42+ GST

4807

6 Thursdays

Jan 12 – Feb 16

7:45 – 8:45a.m.

INSTRUCTOR: TBA

\$28+ GST

4846

4 Thursdays

Mar 1 – Mar 22

7:45 – 8:45a.m.

INSTRUCTOR: TBA

Red Cross Swim Basics

This course is designed to help adults who may be uncomfortable or nervous in the water to develop comfort through the attainment of basic flotation, movement and breathing skills. If you have always wanted to be a swimmer but have never taken lessons before then this course will help you by starting at the very beginning.

\$40+ GST

4826

4 Fridays

Jan 13 – Feb 3

5:15 – 6:00 p.m. INSTRUCTOR: TBA

Red Cross Swim Strokes

If you are an adult who wants to get past the dog paddle stage of your swimming experience then this course is for you. It is designed to develop one or more swimming strokes, working towards proficiency and increase endurance.

\$40+ GST

4827

4 Fridays

Feb 10 – Mar 2

5:15 – 6:00 p.m.

INSTRUCTOR: TBA

Aqua-Fit

Wanna wet workout? Get your hearts pumping and your muscles toned while moving to great music!

We'll use some tried and true techniques with fabulous music to get you moving and fitter each week.

\$100 + GST

4844

10 Wednesdays

Jan 11 – Mar 21

5:00 – 6:00 p.m.

INSTRUCTOR: Monica Zyla, AFLCA certified

*no class on Feb 1

\$110 + GST

4843

11 Fridays

Jan 13 – Mar 23

10:00 – 11:00 a.m.

INSTRUCTOR: Julie Fournier, AFLCA certified