

Swimming Lesson Schedule

Listowel Kinsmen Pool 519-291-5387

Atwood Lions Pool 519-356-2630



2010 North Perth Pool Schedule for the Listowel AND Atwood Pools		SESSION 1	SESSION 2	Bronze Star, Medallion and Cross in ATWOOD and LISTOWEL July 19-23, no regular lessons.	SESSION 3	SESSION 4	8 for 8
		June 21-July 2 <i>Compressed Week</i>	July 5-16		July 26-Aug 6 <i>Compressed Week</i>	August 9 – 20	Atwood on Tuesdays: July 8-Aug 26 Listowel on Thursdays: July 6-Aug 24
Starfish (30 min) 6-18 months Parent to accompany child in the water. Buoyancy, movement, entries, songs & play in the water.	\$62	4:00 – 4:30	n/a		n/a	11:00 – 11:30	6:00–6:30
Duck (30 min) 18-36 months Parent to accompany child in the water. Toddlers build confidence through games, songs & active play.	\$62	4:00 – 4:30	n/a		n/a	11:00 – 11:30	6:00–6:30
Sea Turtle (30 min) 3-5 years Parent to accompany child in water during first 3 lessons. Glides, floats, safe entries, kicking with aid.	\$62	4:30 – 5:00 6:00 – 6:30	10:30 – 11:00 11:30 – 12:00		10:00- 10:30 11:00 – 11:30	10:00 – 10:30	6:00–6:30
Salamander (30 min) 3-5 yrs Assisted floats and glides through games & songs. Learning to jump into chest deep water.	\$62	4:00 – 4:30 5:30 – 6:00	9:30 – 10:00 11:00 – 11:30		10:30 – 11:00 11:30–12:00	10:30 – 11:00	6:00–6:30
Sunfish (30 min) 3-5 years Preschoolers work on stroke and skill progressions. Entries and floats in deep water	\$62	5:00 – 5:30	10:30 – 11:00		n/a	10:30–11:00	n/a
Swim Kids 1 (30 min) 6+yrs An entry level that provides orientation to the water. Introduces floats and glides with kick.	\$62	4:30 – 5:00 5:00 – 5:30	10:00 – 10:30 11:30 – 12:00		10:00 – 10:30	11:30 – 12:00	4:30–5:00
Swim Kids 2 (30 min) 6+yrs Children are introduced to deep water activities and use of PFD. Endurance is build on flutter kick & glides.	\$62	4:30 – 5:00 6:00 – 6:30	10:00 – 10:30 11:00 – 11:30		10:30 – 11:00	11:30 – 12:00	4:30–5:00
Swim Kids 3 (30 min) 6+yrs Provides and introduction to front crawl and diving. Children work on floats and changing direction.	\$62	5:00 – 5:30 6:00 – 6:30	10:30 – 11:00 11:30 – 12:00		11:00 – 11:30	11:00 – 11:30	5:30–6:00
Swim Kids 4 (30 min) 6+ yrs Children work on kneeling dives, surface support and self-safety. 25 m endurance swim, front crawl.	\$62	4:00 – 4:30 6:00 – 6:30	9:30 – 10:00 11:00 – 11:30		11:30 – 12:00	11:00 – 11:30	5:30–6:00
Swim Kids 5 (45 min) 6+ yrs Back crawl, sculling and whip kick on back are introduced. Stride dives, boat safety & 50 m endurance.	\$67	4:00 – 4:45 5:30 – 6:15	10:30 – 11:15		10:30 – 11:15	10:00 – 10:45	5:00–5:45
Swim Kids 6 (45 min) 6+ yrs Introduction to ice safety, rescue of others, elementary backstroke, 75 m endurance.	\$67	4:45 – 5:30	11:15 – 12:00		11:15 – 12:00	10:00 – 10:45	5:00–5:45
Swim Kids 7 (60 min) 6+ yrs Children learn about airway and breathing obstructions, whip kick on front, 150 m endurance swim.	\$75	5:00 – 6:00	9:30 – 10:30		10:00 – 11:00	11:00 – 12:00	4:30–5:30
Swim Kids 8 (60 min) 6+ yrs Introduces breaststroke, foot first surface dives and rescue entries, 300 m endurance.	\$75	5:00 – 6:00	9:30 – 10:30		10:00 – 11:00	11:00 – 12:00	4:30–5:30
Swim Kids 9 (60 min) 6+ yrs Children work on head-first surface dives and standing dives. Wise choices, peer influence and self-rescue	\$75	4:00 – 5:00	9:30 – 10:30		10:00 – 11:00	11:00 – 12:00	4:30–5:30
Swim Kids 10 (60 min) 6+yrs Refinement of strokes with an introduction to butterfly, 500 m endurance.	\$75	4:00 – 5:00	9:30 – 10:30		10:00 – 11:00	11:00 – 12:00	4:30–5:30

Private Swim Lessons (\$17/half hour)

Available 9-9:30, 9:30–10am, 12-12:30pm selected weeks. If you prefer evening lessons, privates are available during 8 for 8 lessons 4-6:30pm on Tuesdays or Thursday evenings. Please call the pool for more details and to book your lessons! www.northperth.ca