



Winter 2019

Swimming Program Information Guide

Registration opens December 4, 2018 at 8:00 am



Lifesaving Society - Swim For Life Program Descriptions

Before you make your swim class selection, check our registration guideline

If your child...	Register in Lifesaving Society	Formerly in Red Cross Swim	Formerly in I Can Swim
Is 4 to 12 months old and ready to learn to enjoy the water with a parent.	Parent & Tot 1	Starfish	Ducklings
Is 12 to 24 months old and ready to learn to enjoy the water with a parent.	Parent & Tot 2	Duck	Dinos
Is 2 to 3 years old and ready to learn to enjoy the water with a parent.	Parent & Tot 3	Sea Turtle	Dolphins 1
Is 3 to 5 years and just starting on his/her own.	Preschool 1	Sea Turtle	Dolphins 1
Is 3 to 5 years and can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet.	Preschool 2	Salamander	Dolphins 2
Can get in and out alone, jump into chest deep water, submerge & exhale underwater, and float on front back assisted for 3-5 seconds.	Preschool 3	Sunfish	Dolphins 2
Can jump into deep water wearing a PFD; recover objects from the bottom, hold their breath underwater float and glide on front & back.	Preschool 4	Crocodile	Dolphins 3
Can do solo jumps into deep water and get out by themselves, swim front crawl 3 - 5 m and do flutter kick on their front, back and side.	Preschool 5	Whale	Dolphins 3
Is 5 to 12 years and passed Preschool 5 or has never taken a swimming lesson at all.	Swimmer 1	Whale	Dolphins 3
Can jump into the water with and without a PFD; open eyes, hold breath, and exhale underwater, float, kick & glide on front and back.	Swimmer 2	Completed Swim Kids 1	Stage 1 Beginner
Can jump into deeper water, roll sideways into water wearing PFD; support self at the surface without an aid, do whip kick in the vertical position, and swim 10 - 15 m on front and back.	Swimmer 3	Completed Swim Kids 2/3	Stage 1 Intermediate

If your child...	Register in Lifesaving Society	Formerly in Red Cross Swim	Formerly in I Can Swim
Can complete the Canadian Swim to Survive Standard Roll - Tread (1 minute) - Swim (50 m); handstands and kneeling dives, and whip kick on their back.	Swimmer 4	Completed Swim Kids 4/5	Stage 1 Advanced
Can do dives, swim underwater, tread water for 2 minutes, 25 m of front and back crawl; whip kick on front; breaststroke arms with breathing; and interval training of 4 x 25m.	Swimmer 5	Completed Swim Kids 6	Stage 2 Beginner
Can do shallow dives and cannonballs; stationary eggbeater kick, 50 m of front and back crawl, breaststroke for 15 - 25 m; sprint 25m; interval training of 4 x 50m.	Swimmer 6	Completed Swim Kids 7	Stage 2 Intermediate
Can do stride entries and compact jumps; eggbeater kick & scissor kick; sprint breaststroke over 25m; and a workout of 300m.	Swim Patrol: Rookie	Completed Swim Kids 8	Stage 2 Advanced
Can swim carry a 5 lb weight 15m, swim 300 minutes continuously; head and foot-first surface dives; shallow dives.	Swim Patrol: Ranger	Completed Swim Kids 9	Stage 3 Beginner
Can do eggbeater; swim 75 m of front crawl, back crawl and breast stroke; support a 5 lb object for 1 min; complete a 350 m workout.	Swim Patrol: Star	Completed Swim Kids 10	Stage 3 Intermediate
Preferred successful completion of Swim Patrol: Star; 10 years or older, swim 400 meters; eggbeater; surface dives; head up swimming.	Bronze Star		Stage 3 Advanced
Can swim 25 meters continuously and would like to focus on improving their stroke's technique and endurance.	Stroke Improvement		
Can swim 25 meters continuously and is looking for a mental and physical challenge with introduction to lifesaving rescue and sport. Excellent preparation to become a Lifeguard.	Junior Lifeguard & Lifesaving Sport		
Is 12 or older and has never taken swimming lessons.	Adult 1		
Is 12 or older and can float independently, swim 10-15 meters, jump into deep water and tread water for 30 seconds.	Adult 2/3		

Winter 2019 Lesson Schedule

Registration Opens December 4 at 8:00 am

Parent & Tot

Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Tuesday	Thursday	Saturday
Start Date	January 7	February 11	January 8	January 10	January 12
End Date	February 6	March 20	March 19	March 21	March 23
No Lessons		Feb 18 & 20	February 19	February 21	February 16
Parent & Tot 1 \$53.25	5:30-6:00 pm			5:30-6:00 pm	9:30-10:00 am
Parent & Tot 2/3 \$53.25	6:00-6:30 pm			5:15-5:45 pm	9:30-10:00 am
Parent & Tot 1/2/3 \$53.25		5:45-6:15 pm	9:45-10:15 am		

Preschool

Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Tuesday	Thursday	Saturday
Start Date	January 7	February 11	January 8	January 10	January 12
End Date	February 6	March 20	March 19	March 21	March 23
No Lessons		February 18 & 20	February 19	February 21	February 16
Preschool 1 \$53.25	5:00-5:30 pm 5:45-6:15 pm	5:15-5:45 pm 6:00-6:30 pm	8:45-9:15 am*	4:45-5:15 pm 5:30-6:00 pm	9:00-9:30 am 10:30-11:00 am 11:15-11:45 am
Preschool 2 \$53.25	5:30-6:00 pm 5:45-6:15 pm	5:15-5:45 pm 6:15-6:45 pm	8:45-9:15 am*	5:15-5:45 pm 5:45-6:15 pm	9:30-10:00 am 11:15-11:45 am
Preschool 3 \$53.25	5:15-5:45 pm 6:00-6:30 pm	5:30-6:00 pm 6:15-6:45 pm	9:15-9:45 am**	5:00-5:30 pm 6:00-6:30 pm	9:30-10:00 am 10:30-11:00 am
Preschool 4 \$53.25	5:45-6:15 pm		9:15-9:45 am**	4:30-5:00 pm	9:00-9:30 am 10:00-10:30 am
Preschool 4/5 \$53.25		6:00-6:30 pm			
Preschool 5 \$53.25	6:30-7:00 pm			5:45-6:15 pm	10:00-10:30 am

*Combined Preschool 1/2 Class

**Combined Preschool 3/4 Class

Swimmer

Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Thursday	Saturday
Start Date	January 7	February 11	January 10	January 12
End Date	February 6	March 20	March 21	March 23
No Lessons		February 18 & 20	February 21	February 16
Swimmer 1 \$53.25	5:15-5:45 pm 6:15-6:45 pm	5:45-6:15 pm 6:30-7:00 pm	4:30-5:00 pm 6:30-7:00 pm	9:00-9:30 am 11:00-11:30 am
Swimmer 2 \$53.25	5:15-5:45 pm 6:15-6:45 pm	5:15-5:45 pm 5:45-6:15 pm	5:00-5:30 pm 6:00-6:30 pm	9:00-9:30 am 10:00-10:30 am 11:30-12:00pm
Swimmer 3 \$60.50	4:30-5:15 pm 4:45-5:30 pm	4:30-5:15 pm 5:15-6:00 pm	4:30-5:15 pm	9:45-10:30 am
Swimmer 4 \$60.50	4:30-5:15 pm	4:30-5:15 pm	5:15-6:00 pm	9:00-9:45 am
Swimmer 5 \$60.50		4:30-5:15 pm		10:30-11:15 am
Swimmer 6 \$60.50		4:30-5:15 pm		10:30-11:15 am
Swimmer 5/6 \$60.50	4:30-5:15 pm		4:30-5:15 pm	

Lessons and Leadership programs require registration in order to reserve a spot. You can either register in person at the SecurTek Kiosk or over the phone by calling 306-786-1740. Payment is required at the time of registration.

We reserve the right to cancel a program if we don't have enough registrants; you will get a phone call informing you of the cancelation and a full refund.

However, if you cancel your registration for any reason within 7 days of the start date you will not receive a refund. If you cancel your registration greater than 7 days from the start date you will receive a refund minus a \$10 administrative fee. Waitlist names are collected and called if there room becomes available.

Due to scheduling restraints there will be no make-up classes for missed or canceled classes.

Private Swimming Lessons (2 student maximum)

	Mon./Wed. Session 1	Mon./Wed. Session 2	Thursday Session 1	Saturday Session 1
Start Date	January 7	January 23	January 10	January 12
End Date	January 21	February 6	February 7	February 9
No Lessons				
\$139.50 2nd Student add \$50/set	4:30-5:00 pm 6:15-6:45 pm 6:30-7:00 pm	4:30-5:00 pm 6:15-6:45 pm 6:30-7:00 pm	6:00-6:30 pm 6:15-6:45 pm (2) 6:30-7:00 pm	10:00-10:30 am 10:30-11:00 am
	Mon./Wed. Session 3	Mon./Wed. Session 4	Thursday Session 2	Saturday Session 2
Start Date	February 11	March 6	February 14	February 23
End Date	March 4	March 20	March 21	March 23
No Lessons	February 18, 20		February 21	
\$139.50 2nd Student add \$50/set	5:00-5:30 pm 6:15-6:45 pm 6:30-7:00 pm	5:00-5:30 pm 6:15-6:45 pm 6:30-7:00 pm	6:00-6:30 pm 6:15-6:45 pm (2) 6:30-7:00 pm	10:00-10:30 am 10:30-11:00 am

- Private lessons are limited to 2 people maximum
- Cost for 1 student is \$139.50 for five 30 minute sessions. To enroll a **second student** in the same lesson, add a **\$50 fee** per set.

Youth & Adult Lessons

Level	Monday	Wednesday	Thursday	Saturday
Start Date	January 7	January 9	January 10	January 12
End Date	March 18	March 20	March 21	March 23
No Lessons	February 18	February 20	February 21	February 16
Adult 1 & 2/3* \$69.75 (Ages 12+)	Adult 1: 7:00-8:00 pm Adult 2/3: 7:00-8:00 pm			
Rookie, Ranger, Star Patrol \$69.75				11:00-12:00 pm
Stroke Improvement 45 min—\$60.50 60 min—\$69.75		7:00-8:00 pm (60 Minutes)		11:15-12:00 pm (45 Minutes)
Lifesaving Sport Fundamentals \$40.00			4:00-4:45 pm	

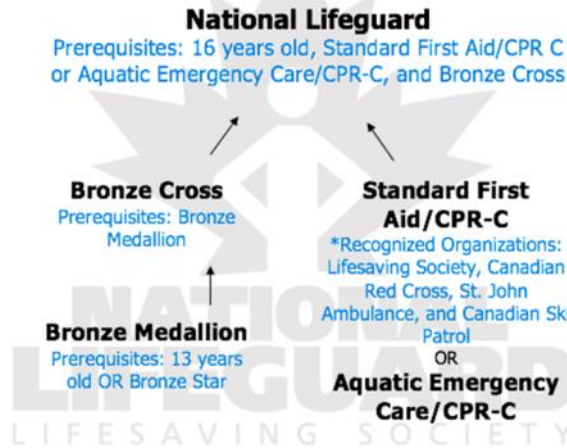
- Adult (Adult 1 & 2/3) lessons are for youth and adults over 12 who have never taken lessons or are looking to improve. See Page 2 & 3 for more information about lessons.
- For more information on Lifesaving Sport Fundamentals see page 9.

Lifesaving Society Leadership Programs

The Lifesaving Society is the organization responsible for setting the standard for professional lifeguarding in Canada.

Steps to Achieve the National Lifeguard Award

Becoming a National Lifeguard is very easy when you follow these few steps.



Bronze Boot Camp (\$192.85)

The Bronze Boot Camp teaches all the program components of the Bronze Medallion and Bronze Cross awards in a condensed format. This physically demanding program is a prerequisite for everyone interested in employment as a Lifeguard and Lifesaving Swimming Instructor.

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types.

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Prerequisites: Minimum 13 years of age or older or Bronze Star certification.

Required: *Canadian Lifesaving Manual*, available at the Water Park Kiosk for \$44.00.

Candidates receive Bronze Medallion medal, Bronze Medallion Award crest, certification card, CPR-A and AED with this course.

- **February 19, 20, 21, 22**
Tuesday to Friday 8:00 a.m. - 5:00 p.m.

Aquatic Emergency Care & Standard First Aid with CPR-C (\$158.75)

An OH&S recognized Standard First Aid and CPR-C course with additional training highlighting aquatic situations and rescues. Candidates wishing to only certify the SFA & CPR-C award will be dismissed from the aquatic portions of the program.

- **February 1, 2, 3**
Friday 4:00 pm - 9:00 pm
Saturday & Sunday 9:00 am - 6:00 pm
- **March 22, 23, 24**
Friday 4:00 pm - 9:00 pm
Saturday & Sunday 9:00 am - 6:00 pm

National Lifeguard (\$298.00)

National Lifeguard is the Canada's professional Lifeguarding standard. Candidates receive an Alert *Lifeguarding In Action* Manual with course. Must bring a whistle and lanyard and prerequisite certificates to the first day of the course.

Prerequisites: Must be 16 or older, have completed Bronze Cross Award and hold a current Standard First Aid & CPR-C and AED award from the following agencies: Lifesaving Society, Red Cross, St John's Ambulance, Ski Patrol)

- **March 1, 2, 3 & 8, 9, 10**
Friday 4:00 pm - 10:00 pm
Saturdays & Sundays from 9:00 am - 6:00 pm

Recertification Courses

AEC Recert (\$81.25)

This course allows candidates to recertify their Aquatic Emergency Care or their Standard First Aid. AEC expires every two years.

- **February 23**
Saturday 9:00 am - 6:00 pm

National Lifeguard Recert (\$81.25)

This course allows candidates to recertify their National Lifeguard Award. NL expires every two years.

- **February 24**
Sunday 9:00 am - 6:00 pm

Lifesaving Sport Fundamentals

New for 2019! The Gallagher Water Park is excited to introduce Lifesaving Sport and the Lifesaving Sport Fundamentals program to its suite of aquatic programs and activities!

Lifesaving Sport is an internationally recognized sport and the only sport whose skills are learned for humanitarian purposes, saving lives! Lifesaving Sport is recognized by the International Olympic Committee and the Commonwealth Games Federation.



The Lifesaving Sport Fundamentals program offers a recreational introduction to lifesaving sport skills in a 5-level progression that builds on learn-to-swim skills. The program is designed to keep kids active gaining new skills while learning about team building, fair play, ethics in sport and personal responsibility.

- Lifesaving Sport Fundamentals is led by a certified Lifesaving Sport Coach
- The acquisition of lifesaving sport skills provides an excellent foundation for lifesaving and lifeguard training.
- Lifesaving Sport Fundamentals content is organized as follows: Lifesaving Sport Principles; Starts, Turns, Transitions & Finishes; Swim Proficiencies, and; Lifesaving Sport Skills. The program teaches team building, fair play, ethics in sport and personal responsibility.

Who is it for?

We welcome children ages 8 to 14 to register for this new program. Participants must have a completed Swim for Life Swimmer 3, or have equivalent skills (be able to perform 15 metre continuous swim, jump or dive into deep water, tread water for 30 seconds in deep water).

What will you do?

One of our newly trained Lifesaving Sport Coaches will lead participants through Lifesaving Sport skills and events such as:

- Line/rope throw,
- manikin carry and towing a manikin
- swimming under an obstacle,
- racing starts, turns, and finishes
- swim stroke proficiency

Winter Session Dates: Thursdays 4:00 - 4:45 pm, January 10-March 21

Registration Fee: The cost is \$40 for the season.

Want more information?



Sign up to participate in a FREE introductory Lifesaving Sport Clinic on December 16th from 2:00 to 4:00 p.m. to find out more about Lifesaving Sport Fundamentals! Space is limited and participants must be able to perform 15 meter continuous swim, jump or dive into deep water, tread water for 30 seconds. Water Park admission is included with this clinic.

Water Park Swim Schedule

January 1 - March 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/STAT
6 am - 10 am Lane Swim	8:45am - 10:15am Swimming Lessons	6 am - 10 am Lane Swim		6 am - 10 am Lane Swim		
10 am - 12 pm Length & Leisure					9 am-12 pm Swimming Lessons	
12 pm - 1 pm Lane Swim						
						1 pm - 2 pm Length & Leisure
	3 pm - 6 pm Length & Leisure (lengths until 5:30 pm)		3 pm - 4:30 pm Lane Swim	3 pm - 5 pm Public Swim	1 pm - 5 pm Public Swim	
4:30 pm - 7 pm Swimming Lessons	6 pm - 7 pm Hot Areas only	4:30 pm - 7 pm Swimming Lessons	4:30 pm - 7 pm Swimming Lessons		4 pm - 5 pm Length & Leisure	
7 pm - 9:30 pm Public Swim (Lap Pool closed 7:00-8:00pm)				7:00 pm - 9:30 pm Public Swim	6:30 pm - 9:30 pm Public Swim	
8 pm - 9:30 pm Lengths & Leisure (Rock Wall Closed)		8 pm - 9:30 pm Lengths & Leisure (Rock Wall Closed)				

Lane Swimming: Lane swim is a great way to stay in shape and improve your technique. Three double lanes are provided for slow, medium, and fast swimming.

Lengths & Leisure: During the Lengths & Leisure swim 2 lanes of the Lap Pool will be available for lane swimming. Other activities may occasionally be scheduled during these times restricting access for lane swimming.

Public Swim: During our Public Swim times everything is open and available for recreational use: waves, three story waterslide, climbing wall, diving board, and lazy river. We do not reserve lane space during these swims as the climbing wall is open.

Lessons: Due to the busy nature of the pool both the lap and leisure pool are closed during lessons. The hot areas remain open.

Hot Areas: Sauna, Steam Room and Hot Tub are open to the public during all open water park hours shown above. Grey Time Slots: Water Park and hot areas closed to the public.

Fitness Schedule

January 1 - March 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:15 am Boot Camp		6:30 - 7:15 am Boot Camp		6:30 - 7:15 am Boot Camp	
9:00 - 10:00 am Regular Aquacize	9:00 - 10:00 am Shallow Aquacize	9:00 - 10:00 am Regular Aquacize	9:00 - 10:00 am Shallow Aquacize	9:00 - 10:00 am Regular Aquacize	
12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Regular Aquacize
	6:00 - 7:00 pm Shallow Aquacize				
7:00 - 8:00 pm Shallow Aquacize		7:00 - 8:00 pm Deep Aquacize		7:00 - 8:00 pm Shallow Aquacize	

Boot Camp: Boot Camp Aquacize is a high intensity early morning workout. Perfect for those looking to start their day on the right foot.

Regular & Shallow Aquacize: Both our Regular and Shallow Aquacize gives the participant the option to work at a transitional depth. Excellent cardio, strength and flexibility training. Suitable for everyone. Regular Aquacize is in the Wave Pool while Shallow Aquacize is in the Lap pool.

Deep Aquacize: This class occurs in deep water. Focus on using the waters resistance for core, cardio and strength. Float belts provided.

Please note: all swim times and fitness programs are subject to change. Access to the pool during school hours on weekdays may be adjusted to provide children and youth with swimming and learning opportunities. Please call ahead if you have questions about our daily programing.

Admission Fees

Leisure Swim Admission

Preschool (0 - 2 years)	FREE
Child (3 to 6 years)	\$4.50
Youth (7 to 17 years)	\$5.50
Adult (18+ years)	\$7.50
Combo Pack (4 patrons: min. 1 adult, max. 2 adults)	\$20.00
Mega Pack (6 patrons: min. 1 adult, max. 2 adults)	\$25.75

Water Park Passes

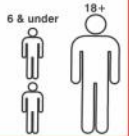
Child (3-6 years)	\$22/month	\$220/year
Youth (7-17 years)	\$27/month	\$270/year
Adult (18+ years)	\$45/month	\$450/year
Family	\$90/month	\$900/year

Lockers are available on a first come basis. Bring your own lock or rent a locker for \$2. Goggles, Nose Plugs and Swimming Caps are available for purchase. Up to 2 children 6 & under swim for free with an ADULT pass holder.

Swim Admission Policy!

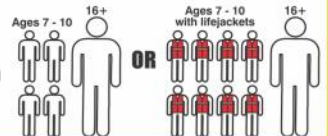
RED Bands

- All children 6 and under MUST be accompanied by a parent/guardian (18+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 2 children per each parent/guardian (1:2)



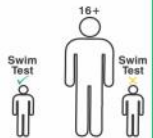
YELLOW Bands

- Children 7 to 10 years MUST be accompanied by a parent/guardian (16+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 4 children per each parent/guardian (1:4)



GREEN Bands

- Children 7 to 10 years who pass the Waterpark Admission Swim Test MAY swim unaccompanied
- Children with green bands may be asked to take the test again if aquatic staff are concerned that they cannot demonstrate the ability to maintain the Waterpark Admission Swim Test



Spring Registration opens February 26, 2019 at 8:00 am



Box 400, 455 Broadway Street West, Yorkton, SK S3N 2W3
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www.gallaghercentre.com | [f GallagherCentreWaterPark](https://www.facebook.com/GallagherCentreWaterPark)