

## Aquatic Programs

### Private Swim Lessons

Get one-on-one individualized instruction! Private lessons are 30 minutes long and are geared for swimmers in Red Cross Swim Kids 1-10 and the Adult & Teen Program. Due to the high demand, a maximum registration of 4 private lessons per student has been implemented. **Recommended for students who need help with one or two skills.**

Call 780-980-7120 to book a private lesson  
\$21.40 per half hour

### Semi-Private Swim Lessons

The LRC Mix Family Aquatic Centre offers semi-private classes for swimmers who are interested in smaller class sizes. The maximum number of students per class is 4 participants for Swim Kids 1-3, and 5 participants for Swim Kids 4 and 5. **See Aquatic Program Lesson Grids for dates and times.**

Swim Kids 1-3	Maximum Participants: 4	\$64.35
Swim Kids 4-5	Maximum Participants: 5	\$74.90

### Swim Evaluations

Take the guessing game out of your child's swimming registrations. In ten minutes an Instructor can assess your child's skill level to be sure they are registered in the class that is right for them. **This includes a drop-in single admission fee for the LRC. Supervision requirements must still be met while accessing the facility after the evaluation.**

Call 780-980-7120 to book a swim evaluation \$8.55

### Red Cross AquaSquirts Program

Developed by Synchro Canada in partnership with the Red Cross, AquaSquirts is a play-based, water-orientation program that helps develop swimming skills in kids from 5 to 10 years old.

July 6-9 & 13-16	5:45-6:30pm	\$52.24
July 20-23 & 27-30	10:15-11:00am	\$52.24
August 3-6 & 10-13	4:15-5:00pm	\$52.24

### Red Cross Swim Adult & Teen Program

This is a 2 level program for anyone 13 years of age or older looking to get active and learn to swim. **Swim Basics** is a program for those who are just beginning and will provide you with a chance to explore the water and educate yourself on water safe principles. **Swim Strokes** is a program for those interested in improving the strokes they already know or increasing their endurance. Work with an instructor to set goals and find the best ways to achieve them.

July 6-9 & 13-16	5:00-6:00pm	\$63.13
August 3-6 & 10-13	5:30-6:30pm	\$63.13

Note: Swim Basics and Swim Strokes are offered as a combined course

## Aquatic Leadership Programs

### Bronze Star (Lifesaving Society)

The Bronze Star award helps participants to develop problem-solving and decision making skills, learn to perform CPR, develop water smart confidence, lifesaving skills and be one's own lifeguard.

*Pre-requisites: Swim Kids 10 swimming ability.*

July 6-9 & 13-16	4:00-6:30pm	\$63.00
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### Bronze Medallion/Cross (Lifesaving Society)

**Bronze Medallion:** The Bronze Medallion award teaches an understanding of the lifesaving principles embodied in the four components of water rescue-judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increases risk involving conscious and unconscious victims of various types. Students also learn CPR and first aid skills.

*Pre-requisites: 13 years old or Bronze Star.*

**Bronze Cross:** Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs. *Pre-requisites: Bronze Medallion.*

July 20-23 & 27-30	4:00-7:00pm	\$80.00 (local) \$228.00 (Non-local)
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Note: Please speak with a Guest Services Representative to register for Bronze Cross ONLY. Bronze Cross must be recertified every 2 years to remain current.

### Aquatic Emergency Care (Lifesaving Society)

AEC provides the knowledge and technique of emergency care useful in the aquatic environment. Valuable skills such as priority assessment, recognition of vital signs and basic aquatic emergency care principals are learned in this program. This course also covers full Automatic External Defibrillation (AED) and Oxygen Administration (O2) certifications.

*Pre-requisites: 13 years old.*

July 5, 12, 19	9:00am-4:00pm	\$85.00 (local) \$168.00 (non-local)
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Note: AEC must be recertified every 2 years to remain current.

### National Lifeguard Service (Lifesaving Society)

NLS is a 40-hour program that will train candidates to become lifeguards and is one of Canada's recognized Lifeguard course to be employed at aquatic facilities. The primary role of the NLS lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. Valuable skills such as evaluation, adaptation and the rescue of others are learned in this program. *Pre-requisites: 16 years old, current Bronze Cross and current Standard First Aid or AEC*

August 16-20	9:00am-5:00pm	\$89.00 (local) \$225.00 (non-local)
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Note: NLS must be recertified every 2 years to remain current.

## Aquatic Leadership Programs

### Assistant Water Safety Instructor (Red Cross)

AWSI is a 30-hour program (plus 8-hours of practical teaching experience) that provides candidates with the knowledge foundations required for becoming an Instructor. Valuable skills such as teaching methods, learning styles and communication are learned in this program. *Pre-requisites: 15 years old.*

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July 6-9 & 13-16	9:00am-2:00pm	\$100.00 (local)
		\$214.00 (non-local)

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### Water Safety Instructor (Red Cross)

WSI is a 25-hour program (plus 12-hours of practical teaching experience) that develops and refines candidates' instructional abilities. Valuable skills such as lesson planning, emergency response and stroke development are learned in this program. *Pre-requisites: 16 years old and current AWSI.*

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July 6-9 & 13-16	9:00am-2:00pm	\$75.00 (local)
		\$214.00 (non-local)

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*Note: WSI must be recertified every 2 years to remain current.*

**For Employment Information at the LRC Mix Family Aquatic Centre, please contact the Supervisor, Lifeguard Staff at 780-980-8465.**

## Annual Aquatic Centre Shutdown Information

The Mix Family Aquatic Centre will be **CLOSED** August 23 – September 6, 2010 for our annual shutdown. We will re-open at 5:30am on Tuesday September 7. For information on your membership please speak to a Guest Services Representative.



## Aquatic Fitness Program Information

The trained aquatic fitness instructors will provide varying levels of intensity based on your individual needs, using the resistive properties of the water along with aquatic fitness equipment to help increase the strength and endurance of your muscles, improve your cardiovascular system and core stability, as well as enhance your overall flexibility. Regular admission rates apply to all Aquatic Fitness Programs.

### NEW - Baby Weights (Drop-In Program)

Come and enjoy some quality time in the pool with your baby this summer! This aquasize program uses our baby boats so your little one (5 months-3 years of age) can bob along to great music while you get a workout. Snacks and juice boxes are provided for all participants after the program, so feel free to hang out in the lobby with other moms and tots after your workout.

*A minimum of 3 participants is required to run this program*

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Monday	10:00am-10:45am
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*No class August 2 (Statutory Holiday)*

### Aquasize – Shallow Water (Drop-In Program)

This high energy class incorporates both cardio and muscular training in a new and exciting environment, providing a low impact workout that really works!

*A minimum of 4 participants is required to run this program*

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Monday	9:00-10:00am & 8:00-9:00pm
Wednesday	8:00-9:00pm
Friday	8:00-9:00am & 8:00-9:00pm

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*No class August 2 (Statutory Holiday)*

### Aquasize – Deep Water (Drop-In Program)

Exercise in deep water provides virtually zero impact on your bones and joints because of the body's submersion in the water, while giving you a more intense muscular workout as you work against the water's natural resistance. Aquabelts are provided to keep you afloat during your workout.

*A minimum of 4 participants is required to run this program.*

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Tuesday	8:00-9:00am & 8:00-9:00pm
Thursday	8:00-9:00am & 8:00-9:00pm

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*No class July 1 (Statutory Holiday)*

### Aquasize – Seniors Class (Drop-In Program)

Are you looking for a fantastic workout with a fabulous group of people? Then come join the Senior Aquasize program for a fun fitness experience tailored to be gentle on your bones and joints. After your workout, join the group for a lunchtime visit (just don't forget to bring yourself something to eat).

*A minimum of 4 participants is required to run this program.*

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Monday	11:00-11:45am
Wednesday	8:00-9:00am

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*No class August 2 (Statutory Holiday)*