

Leduc Stingrays Lifeguard Club



The Stingrays Lifeguard Club is an exhilarating, educational swim club for any youth with the desire to have a terrific time in an aquatic setting. The Club works on swimming skills, as well as an introduction to water and dry land fitness. Participants develop team building skills, minor first aid responses and improved self-esteem, as well as participate in fun seasonal events (both local and provincial).

Participants register on an annual basis and the fee includes a Stingrays team t-shirt, swim cap and whistle. Registrants will be required to purchase a proper swimsuit and attend a specific number of competitions as decided by the coaching staff. An information kit will be given out upon registration. For any other information, please feel free to email the Stingrays Lifeguard Club at stingrays@leduc.ca.

The 2011/2012 Season will run from September 12, 2011 to March 21, 2012. Registration will open on September 6. Provincials are scheduled for March 24 & 25, 2011.



The Club is divided into two age groups: Junior Level for ages 8-12 years and Senior Level for ages 13-17 years. This has been done to ensure that the right amount of attention will be provided to the participants in the Club for more success in competitions. **Junior and Senior Level will have sessions on Mondays and Wednesdays from 6:00-7:45pm (6:00-6:30pm dry land activities and 6:45-7:45pm pool activities) in all 6 Lanes of the Main Pool. Senior Level will have additional skills sessions on Tuesdays from 5:00-6:45pm in 2 Lanes of the Main Pool. The cost for Junior Level will be \$275.00 for the entire season (not including competition fees) and the cost for Senior Level will be \$365.00 for the entire season (not including competition fees).**

About the Club

The Leduc Stingrays Lifeguard Club was formed in 2001. Since then, we have competed in competitions all over Alberta. As a team we work together to build our swimming, lifesaving and fitness skills. Many of our lifeguards today once started out as members of the Junior Lifeguard Club.

Being a Club Member

Members of the Stingrays Lifeguard Club get to do a wide variety of things during the program. A practice session can include dry land fitness, first aid training, aquatic lifesaving activities and drills for competitive swimming. In addition to this, members also have the opportunity to shadow Lifeguards and Instructors who work at the LRC Mix Family Aquatic Centre. Shadowing has always been an important aspect of the Stingrays Lifeguard Club. Members are encouraged to volunteer during public swims and special events to be mentored by a professional Lifeguard/Instructor and gain experience in a safe and fun environment. More information on Shadowing will be covered by the coaching staff during the program. Anyone between the ages of 8 and 17 years with a Swim Kids 4 swimming ability (or equivalent as determined by a JLC coaching staff member) are welcome to join the Stingrays Lifeguard Club. **To register, please contact Guest Services at 780-980-7120 or pay us a visit at the Leduc Recreation Centre. For any inquiries about the program, feel free to contact Guest Services or email the club directly at stingrays@leduc.ca.**

Lifesaving Sport Competitions

Competitions are one of the key factors that make the Stingrays Lifeguard Club so much fun! Not only do members get to show off the skills they learn throughout the year, but they also have the opportunity to meet other Club members from all over the Province. Competitions provide members of the Club with a fun and competitive way to stay fit and be healthy. This season, the Stingrays even plan to host an internal competition that all registrants can participate in as well as a number of other competitions province-wide!



Aquabucks Incentive

As an appreciation for the volunteer efforts made by members of the Stingrays Lifeguard Club, they are awarded one aquabuck per hour of shadowing a Lifeguard/Instructor at the LRC Mix Family Aquatic Centre. A log is kept for each member of the Club to track the amount of aquabucks earned so that they may be used as a credit for courses offered at the LRC Mix Family Aquatic Centre. Some Club members have even paid for their entire Lifeguard and Instructor certifications thanks to the aquabucks they earned while participating in the program!

