

**USASK  
RECREATION SERVICES**

# **ACTIVITIES GUIDE**

**SPRING/SUMMER  
2019**



UNIVERSITY OF SASKATCHEWAN  
College of Kinesiology  
KINESIOLOGY.USASK.CA


# OUR MISSION

The University of Saskatchewan's College of Kinesiology is committed to being a leader in physical activity, sport and recreation programming, providing only the highest quality service and instruction to all participants through our Recreation Services department. Our commitment to excellence is coupled with a desire to become increasingly accessible to all who wish to improve their physical health and wellbeing. We aim to instill a lifelong desire for continued learning, exploration and participation in physical activity.

USask has extensive recreation facilities, including two salt water pools (Physical Activity Complex and Education), Fit Centre, climbing wall, dance studio, squash courts, indoor walk/jog track, football and soccer fields, tennis courts and more.

We offer high quality Spring and Summer programming for children and youth on the beautiful USask campus, from dance and swimming to mountain biking and soccer. Join us in the brand new Merlis Belsher Place arena for the Huskie Hockey Camps and skills development. Our highly skilled staff, personal trainers and coaches will ensure that however you and your family choose to be active with Recreation Services, your experience will be one of quality and excellence with an emphasis on enjoyment.

# CONTENTS

	<b>2</b>	<b>Health and Fitness</b>
	<b>6</b>	<b>Human Performance Center</b>
	<b>10</b>	<b>Swim lessons</b>
	10	Parking information and prices
	11	Red Cross program descriptions
	12	What level is appropriate?
	13	Spring 2019 lessons
	19	Women-only lessons
	20	Summer 2019 lessons
	27	Junior Lifeguard Club, Junior Masters, Masters, Adult Swim Fit
	28	Leadership programs and courses (Canadian Red Cross courses, Canadian Lifesaving Society courses, Saskatchewan Health - Pool Operators course, CPR/AED/First Aid courses)
	<b>34</b>	<b>Physical Activity for Active Living (PAAL)</b>
	<b>35</b>	<b>Children's Activity Camps</b>
	<b>40</b>	<b>Summer Dance Camps</b>
	<b>41</b>	<b>Huskie Sport Camps</b>
	<b>45</b>	<b>Parking map</b>

# HOW TO REGISTER



## Registration: Monday, March 11, 2019

**Online:** [recservices.usask.ca](http://recservices.usask.ca) or [beactive.usask.ca](http://beactive.usask.ca)

**By phone:** 306-966-1001  
(Monday-Friday, 8:30 am-4:30 pm)

**In person:** Room 222  
Physical Activity Complex  
87 Campus Drive, Saskatoon, SK S7N 5B2

The university's parking map is accessible at:  
[usask.ca/maps/map-nav/campus\\_maps/uofsm4c\\_pac.pdf](http://usask.ca/maps/map-nav/campus_maps/uofsm4c_pac.pdf)  
Permits for on-campus parking are provided for some programs, restrictions apply. Please see your registration confirmation for specific details.

The College of Kinesiology accepts all major credit cards.

### Refund policy

There is a non-refundable fee of \$10 for all programs \$50 and under and \$20 for programs over \$50.

Refunds requested within seven days prior to the starting date of the program will be charged 50% of the program fee.

No refunds will be issued on or after the starting date of any program except for medical reasons (doctor's note required).

All programs reserve the right to charge a \$10 transfer fee.

### 1. Browse courses

You can browse courses by category or search quickly for courses by entering keywords or a course code.

### 2. Register online

Add the classes you want to purchase to your cart. Continue shopping for additional classes, or proceed to checkout.

### 3. Checkout

Complete your purchase by completing the credit card and billing information. Print the confirmation page for your records.

### New users

If you are new to Recreation Services and wish to register with us you will need to create an account before you can log into our online registration system.

### Previous Recreation Services customers

If you have registered for any Recreation Services program in the past, we will need to match up your account with your previous registrations. Please log into your existing account through the sign in page.

### USask students and PAC benefit

You will already have an account associated with your NSID and password. **Sign in** to login with your NSID.

### Safe and secure online registration

Our system is safe and secure. If you have any questions or concerns, please email us at [recreation.services@usask.ca](mailto:recreation.services@usask.ca).



# HEALTH AND FITNESS

Fit Centre: Physical Activity Complex (PAC) ■ 87 Campus Drive Saskatoon, SK S7N 5B2

## What is the Fit Centre?



The Fit Centre is a vital part of the University of Saskatchewan and operates out of the College of Kinesiology Physical Activity Complex. It is our goal to provide an opportunity for participants to improve and maintain their health by creating a

fun, friendly and invigorating atmosphere for all users.

The Fit Centre caters largely to the campus community of students, faculty and staff. Memberships are also available to USask alumni and the general public.

We want you to feel great not only from your workout, but also from the experience you have while training here. All of our student staff members bring unique qualities to our facility. Whether it's helping you at the front desk, leading you through a fitness class, or a personal training session, we encourage you to lead a healthy and active lifestyle.

## Find us on Twitter

@UofSFitCentre

## Hours of operation

### Fit Centre

Monday to Friday	6:30 am-10:30 pm
Saturday and Sunday	8 am-9 pm

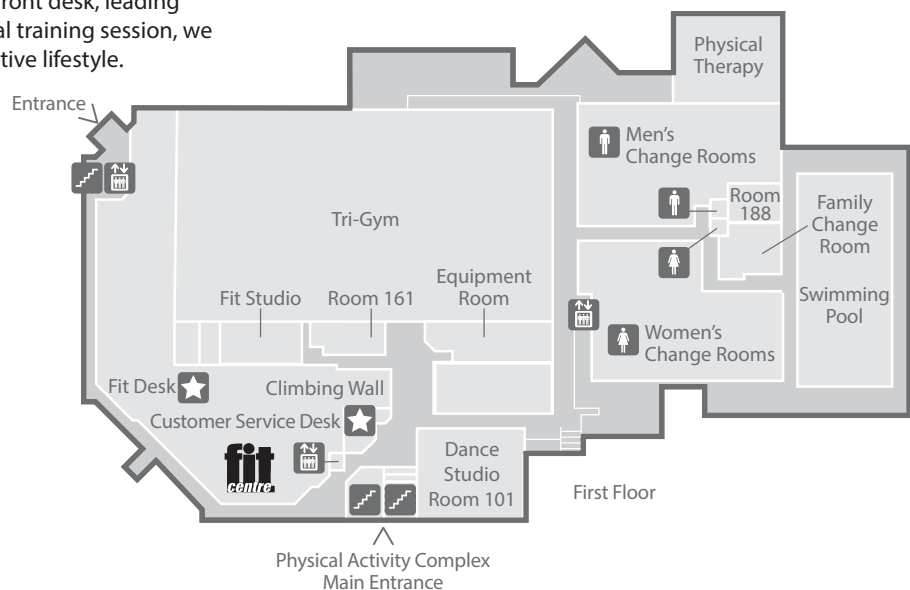
### Education and PAC courts

For available free gym time call the equipment rooms at:

306-966-7698 Education

306-966-1059 PAC

*Hours are subject to change and all facilities will be closed on statutory holidays.*



## Membership details

Membership to the Physical Activity Complex (PAC) is open to everyone.

Full-time and part-time students pay for the use of the facility through their annual student fees. ASPA members receive membership through their benefits package. The USask community, which includes Faculty Association members, staff (CUPE 1975, CUPE 3287), alumni and on campus non-university staff (NRC, Ag Canada, RUH, Innovation Place), are all eligible to purchase a membership. Members of the general public may also purchase a membership.

All potential members who are faculty/staff or alumni must present their USask ID and/or alumni card when purchasing a membership or when using the facility. Membership cards shall be left with the customer service desk for the duration of your workout.

## Membership includes:

- Use of the Campus Fit Centre (13,500 sq. ft. of space)
- 80+ pieces of cardio equipment
- Free weights
- Weight machines
- 30+ fitness classes a week from 6:30 am – 8 pm
- 40 ft. indoor climbing wall
- 200 m indoor walk/jog track
- Four squash/racquetball courts
- PAC and education pools for aqua-fitness, lane and family swim times
- Open gymnasium times (basketball, volleyball, badminton)
- Family change rooms
- Towel and locker service
- Equipment rentals (racquets, racquetball goggles)

## Membership conditions and policies:

Please visit us at: [recservices.usask.ca/getfit/fit-centre/index.php](https://recservices.usask.ca/getfit/fit-centre/index.php)

All memberships are non-transferable and non-refundable and cannot be temporarily suspended.

## Prices

USask student and ASPA member	<b>No additional charge</b>
PAC membership	<b>\$50/month + GST or \$440/year + GST</b>
Summer membership	<b>\$150/4 months + GST</b>
Student (that are not assessed rec fees)**	<b>\$25/month + GST</b>
Drop-in	<b>\$10/day</b>
Family swim (non-members)	<b>\$12/day</b>
Education-only membership	<b>\$25/month + GST</b>
Wall orientation	<b>\$5 (valid for 6 months)</b>
10 visit punch pass	<b>\$80 + GST</b>

\*\* Includes visiting students. A visiting student is considered a person who is registered in full or part-time studies at a recognized institution and working towards a certificate, diploma or degree; or they have a student visa to be in the country.

## Punch pass/drop-in

- Entitles access to the Fit Centre, fitness classes, open gym time, swimming pools, racquet courts and track
- Non-transferable and non-refundable
- Photo ID necessary upon every visit
- Does not include towel service or equipment rentals



### Fitness classes

Having trouble staying motivated? Our fitness classes are specifically designed for you to achieve a maximum workout.

The Fit Centre offers a wide variety of drop-in fitness classes that will appeal to all levels and all skills. An updated schedule can be found on our webpage or call our customer service desk at 306-966-1052 for all fitness class details.

[recservices.usask.ca/fitclasses](http://recservices.usask.ca/fitclasses)

### Fitness class sign up and drop-in procedure:

1. Class size is dependent on the class, so be sure to sign up early to guarantee a spot.
2. You may sign up online for any class two days in advance. Please note, you will not be permitted to sign up for anyone else.
3. A limited number of additional drop-in spots become available one hour prior to the start of the class. Sign up at the customer service desk.
4. During peak times, drop-in tokens will be handed out, starting one hour prior to class.
5. Classes start on time. Please do not enter the classes late as it disrupts the entire class.

### Senior Aqua Fit schedule

#### April 30 to June 27, 2019

Tuesday/Thursday	10:15 to 11:15 am	EDUC Pool	\$90
------------------	-------------------	-----------	------

#### May 3 to June 28, 2019

Friday	1:30 to 2:30 pm	EDUC Pool	\$50
--------	-----------------	-----------	------

### Lane swim schedule

The schedule can be found online at:  
[recservices.usask.ca](http://recservices.usask.ca)

### Squash and racquetball courts

The PAC is equipped with four racquet courts.

Monday to Friday	<b>6:30 am to 10:15 pm</b>
Saturday/Sunday	<b>8 am to 8:45 pm</b>

The courts are available in 45 minute time slots and can be booked online at: [motion.usask.ca/courts](http://motion.usask.ca/courts). If you are unable to make your booking, please cancel it.

We ask that people do not make double bookings and keep to one time slot. The second slot of a double booking will be cancelled by PAC staff.

If a court is not claimed within 10 minutes after the starting time, the court may be claimed by one person to practice, or by two people to play.

For your personal health and safety, appropriate eye wear is highly recommended. Eye wear can be rented at the equipment desk.

Racquets can be rented at the equipment desk. If you break a racquet there is a \$45 restocking fee. Broken strings are wear and tear, broken frames are not.





## Climbing wall

The wall is a 40 ft.-high indoor climbing structure designed to look and feel like an actual rock face. Not only is climbing fun, it's a great full body workout, so come in to boulder or learn to climb.

All climbers are required to complete a climbing wall orientation and pass a belay test. All climbing equipment is provided. Experienced climbing instructors are on-site and are there to help make sure you have a safe and enjoyable climb.

### Orientation

2:30 pm and 6:30 pm daily. To book an orientation call 306-966-1052 or sign up in person. For group wall bookings call 306-966-1055 during office hours (Monday to Friday, 8:30 am-4:30 pm).

### Intro to climb

#### Family (adult and child)

You can learn to safely belay your child while your child gets comfortable on the wall. Feel free to stay and practice during the drop-in time directly following the class. Please note that you will be required to pass a belay test in order to belay your child outside of the class time.

### Youth

#### Ages 14-17

Learn the basics of climbing including tying in, belaying and safety procedures on the wall. Feel free to stay and practice during the drop-in time directly following the class. Dependent on class numbers, you may be required to register in pairs.

## Hours of operation

**Bouldering is permitted during wall hours only.**

Monday to Friday	<b>Noon-9:30 pm</b>
Saturday/Sunday	<b>10 am-8 pm</b>

## Youth and family drop-in hours

Friday	<b>7-9 pm</b>
Saturday/Sunday	<b>10 am-1 pm</b>

## Prices

Child/youth fee	<b>\$5</b>
Non-member adult drop-in-fee	<b>\$10</b>
Family intro to climb	<b>\$15</b>
Wall orientation additional	<b>\$5</b>
PAC member	<b>Free</b>

Please refer to our website for rules and regulations of underage climbers at:

[recservices.usask.ca/getfit/fit-centre/index.php](https://recservices.usask.ca/getfit/fit-centre/index.php)



# HUMAN PERFORMANCE CENTER

Jason Weber, Co-ordinator ■ Human Performance Center, University of Saskatchewan ■ [jason.weber@usask.ca](mailto:jason.weber@usask.ca)



Find us on Twitter

 [@UofSHPcoach](https://twitter.com/UofSHPcoach)

## Personal training

Personal training is one of the best means to help you effectively achieve your goals. Whether you need assistance with motivation, sport-specific conditioning, weight loss, or simply want to maintain or improve your overall health, our personal training program can do just that. Sessions are generally one hour in length and you will receive one-on-one attention.

## Testimonials

“It’s been an overwhelmingly positive experience training with a highly skilled and knowledgeable trainer who walks the talk and has superb interpersonal skills as well. I am stronger than ever thanks to my regular training sessions, and I’m no longer intimidated by a weight room.”

“I discovered HPC a year ago. Since then my training hours with my personal trainer have been among the highlights of the week.”

## Beginner

Get a handle on the basics—learn correct exercise technique and the proper combination of flexibility, resistance and cardiovascular training for an effective workout.

## Intermediate

At this stage, many people find they may have reached a plateau in their exercise routines. Our qualified trainers will demonstrate alternative, and/or new techniques that will allow you to shake up your current program and advance to the next level.

## Advanced

If you are at the advanced stage of exercise, personal training is a great option for you to help achieve individual goals. Whether you are preparing for success at a sport-specific event, or you want to try a new activity requiring a higher level of fitness, our experienced trainers will help you plan and execute an effective training strategy.

Visit our website at [recservices.usask.ca/getfit/find-a-personal-trainer/index.php](https://recservices.usask.ca/getfit/find-a-personal-trainer/index.php) or simply drop by the Fit Centre and one of our certified staff will help you sign up for the appropriate package.

All HPC personal trainers are certified personal trainers (CPT) or certified exercise physiologists (CEP). HPC works with the general public, the university community, police and RCMP recruits, aspiring athletes and everyone in between.



## Training programs to ensure you succeed



Jason Weber obtained his Bachelor of Science in Physical Education (BSPE) at the University of Saskatchewan in 1996 and completed his Post Graduate Diploma in Kinesiology in 1998. He is a Certified Exercise Physiologist (CEP) and a Certified Strength and Conditioning Specialist (CSCS). He is responsible for coordinating all personal training at the university, is the strength and conditioning coach for Huskie athletic varsity teams, and also coordinates physiological fitness testing and physical testing for the Saskatoon Police, Fire Departments, RCMP, CBSA and several other law enforcement agencies. Jason has also been involved in working with the Public and Catholic School Boards as a physical education consultant.

Over the last 20 years he has coordinated, designed and implemented in season and off season programming for athletes at all levels in over 25 different sports. His experience in high performance training includes working with professional hockey players (NHL, AHL), as well as developing provincial, national and Olympic athletes.

Training under the premise that “everybody is somebody,” Jason enjoys working with all types of clientele. His philosophy on training can often be found on the back of the HPC shirts: “Never let good enough, be enough;” “work harder than everyone else” and “we are never done.”



### Fitness assessment

Interested in starting a fitness program or just curious about your fitness level? Regardless of your current level of fitness or your goal, we have an assessment for you. Our experienced training staff of CSEP—CPTs and CEPs—will determine which is the appropriate evaluation to ensure you get the information you are looking for.

Through the use of our Exercise Physiology Lab we are able to assess aerobic fitness, muscular strength and endurance, flexibility and body composition.

#### Aerobic fitness

Max VO2 Test (run or cycle), Astrand Submaximal Test, CPAFLA Step Test

#### Muscular strength and endurance

Functional Movement Screen, Standard Load, 1 RM

#### Flexibility and core strength

#### Body composition

Skinfold/Girth Method

#### Functional Movement Screen (FMS)

The FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries.

**Our trainers will take the time to properly explain all of the procedures and findings of your assessment to help you work towards your fitness goals.**

### Team strength and conditioning

Offered year-round, this training program is designed for athletes of all sports and those motivated individuals looking to take their physical abilities to the next level. Training sessions will focus on exercises that will improve mobility, core stability, whole body efficiency and strength, all while preventing sport-related injuries.

This program has been designed to help promote quickness, agility and strength and will act as a foundation for skill progression and development for the upcoming season.

Come as team members, a group of friends or as an individual. Athletes will be placed in groups based on sport-specific training, age and ability.

Highly motivated and Canadian Society for Exercise Physiology (CSEP) qualified trainers will regulate the training. Sessions are ongoing year-round and individuals are able to start at any time. Sessions are one hour and we offer flexible times, days and a pay-as-you-go option to help accommodate busy schedules.



## Hockey Conditioning Program

You have invested countless hours of blood sweat and tears, untold sums of money on sticks, skates and other equipment. Now is the time to invest in a one-of-a-kind hockey conditioning experience through the Human Performance Center.

The vision of the Hockey Conditioning Program at HPC is to provide a well-planned, comprehensive training experience that will maximize a player's on-ice hockey ability and optimize their long-term athletic development. Recognized by The Hockey News Coaching and Training Guide as a top training facility, The Hockey Conditioning Program has been one of Saskatoon's longest and most successful off-season conditioning centers. The program has a proven record of success. Our athletes are consistently ranked in the top percentile for fitness testing at Fall training camps, and have productive, injury-free seasons.

Training programs are designed for developing players of all ages, ensuring that the training matches the player's age and ability. All training sessions are held at the HPC-only Education Balcony and Physical Activity Complex. Training is not just limited to the weight room and takes full advantage of alternate training facilities, including the use of artificial turf, gymnastics room, wall climbing, swimming pool and more.

This program has been designed to help develop speed, power, quickness, agility and strength. The provided conditioning acts as a foundation for skill progression and development for the upcoming season and future.

Our dedicated team will challenge and motivate players to their desired goals and increase performance. Sessions are ongoing year-round and players are able to start at any time. We offer flexible times, days and a pay-as-you-go option to help accommodate those busy schedules.

## Program outline

- Muscle/strength endurance and explosive power/speed, mobility, and muscle recovery (aerobic)
- Speed – agility – quickness
- Athletic game play – tennis, basketball, spikeball, tchoukball
- Goalie-specific exercises
- Technique-driven, habits and motor skills
- Core stability/whole body efficiency and general strength (force production)
- Recovery and injury resources/preventing sport related injuries/reducing injury risk
- Mental toughness, and an ability to push through when things get tough

For more information or to register contact [jason.weber@usask.ca](mailto:jason.weber@usask.ca)

## Police Service testing

### POPAT

HPC is the official testing facility for applicants to the Saskatoon Police Service.

### PARE

HPC offers testing opportunities for the RCMP, Saskatchewan Health Authority and SERM.



### POPAT/PARE training program

So you want to be a police officer? You have applied, been accepted and now all you have to do is run the POPAT test. The test is designed to simulate a chase, a fight and a carry to safety. You must complete the test in less than 4 minutes and 45 seconds. If not properly prepared, the POPAT can be an extremely demanding test of strength, stamina and will.

At HPC we train the body to accommodate the huge demands placed on it during this test. During training we break the course down and work at each fundamental movement to produce not just a good time, but a great time.

### Program includes:

- 2x/week 90-minute training sessions
- Qualified instructors will lead applicants through specific training sessions
- Individuals are encouraged to attend at least one supervised training session per week
- Monday and Wednesday sessions are 7-8:30 pm at the PAC
- Periodic physical testing of skills specific to the POPAT/PARE
- Two practice trials on the official POPAT/PARE course
- \$225 (GST included), includes HPC training t-shirt

# MAKE IT PERSONAL

## PERSONAL TRAINING

1-ON-1 TRAINING /SESSION	GROUP OF 2-4 PEOPLE /SESSION/PERSON
3x-5x per week \$40	3x-5x per week \$30
2x per week \$45	2x per week \$35
1x per week \$55	1x per week \$40

For more information or to register for any of the HPC programs contact Jason Weber at [jason.weber@usask.ca](mailto:jason.weber@usask.ca) or 306-966-1001.

beactive.usask.ca

HUMAN PERFORMANCE CENTER  
HALL OF EXCELLENCE



A swimmer in a pool, wearing a white swim cap and goggles, is captured in a dynamic pose, possibly performing a stroke. The water is clear blue, and the swimmer is wearing a colorful swimsuit. The text 'SWIM LESSONS' is overlaid in large white letters.

# SWIM LESSONS

Kim Jones, Co-ordinator ■ Room 222, Physical Activity Complex (PAC), University of Saskatchewan ■ [kim.jones@usask.ca](mailto:kim.jones@usask.ca)

## Parking

Permits for on-campus parking are provided for learn-to swim lessons. Please see your registration confirmation for specific details.

## Prices (Spring/Summer 2019)

<b>30 min: (Sea Otter to Whale)</b>	<b>10 lessons</b>	<b>\$93</b>
	<b>9 lessons</b>	<b>\$88</b>
	<b>8 lessons</b>	<b>\$83</b>
<b>30 min:</b>	<b>10 lessons</b>	<b>\$88</b>
	<b>9 lessons</b>	<b>\$83</b>
	<b>8 lessons</b>	<b>\$78</b>
<b>45 min:</b>	<b>10 lessons</b>	<b>\$105</b>
	<b>9 lessons</b>	<b>\$98</b>
	<b>8 lessons</b>	<b>\$91</b>
<b>60 min:</b>	<b>10 lessons</b>	<b>\$117</b>
	<b>9 lessons</b>	<b>\$109</b>
	<b>8 lessons</b>	<b>\$100</b>

## Red Cross Swim preschool

Ages 4 months to 5 years

Participants (Starfish/Duck/Sea Turtle) progress through the lower levels based on participation and age. Preschoolers aged three to five years move through the preschool levels based on skill evaluation (Sea Otter to Whale).

*Note: Starfish/Duck/Sea Turtle are parented levels. The ratio for the unparented class (Sea Otter to Whale) is one instructor to four children.*

## Red Cross Swim kids

Ages 6 and up

Progression is based on the foundation of continuous evaluation and completion of performance criteria in each level as it relates to each level.

## Youth

Minimum age 10 and up (depending on level completed)

Youth classes are designed for the youth age group who are late starters to the swim program so they can learn with peers who are their own age. This is also a great option for those youth looking to be involved in the academic outdoor education programs.

## Teen and adult

Teen/Youth, ages 10 and up

Adult, ages 17 and up

These classes follow the Red Cross Swim Program. The levels are based on personal interest and goal setting. Lessons include stroke development and water safety.

## Private swim lessons

\$30 per half hour per participant

Please contact Rec Services at 306-966-1001.

## Red Cross program structure

### Red Cross Swim preschool

- ▼ Starfish
- ▼ Duck
- ▼ Sea Turtle
- ▼ Sea Otter
- ▼ Salamander
- ▼ Sunfish
- ▼ Crocodile
- ▼ Whale

### Red Cross Swim kids

- ▼ Level 1
- ▼ Level 2
- ▼ Level 3
- ▼ Level 4
- ▼ Level 5
- ▼ Level 6
- ▼ Level 7
- ▼ Level 8
- ▼ Level 9
- ▼ Level 10

### Adult and teen lessons

- ▼ Adult and Teen Swim Basics 1: Basic swimming skills
- ▼ Adult and Teen Swim Basics 2: Introduction to strokes
- ▼ Adult and Teen Swim Strokes: Swimming strokes
- ▼ Adult and Teen Swim Sports: Swimming fitness

### Legend:

- Completed or Incompleted
- Completed
- Incompleted



## Which level is appropriate?

If you are a new participant and have not taken Red Cross water safety lessons in the past, please follow these guidelines for registration.

IF THEY ARE...	REGISTER IN...
Four to 12 months and able to hold their head up and participating with parent/caregiver	Starfish
12 to 24 months and participating with parent or caregiver	Duck
24 to 36 months and participating with parent or caregiver	Sea Turtle
Three to six years of age and just starting without parent. <b>1 to 4 ratio</b>	Sea Otter
Three to six years and can comfortably move and float in water independently, gets eyes and face wet without goggles. <b>1 to 4 ratio</b>	Salamander
Three to six years and can jump into chest-deep water without help, float independently and glide on the front and back for two metres without assistance. <b>1 to 4 ratio</b>	Sunfish
Three to six years and can comfortably slip into deep water, float on front and back in deep water, do surface support for five seconds and achieve a distance of five metres with front, back and rollover glides. <b>1 to 4 ratio</b>	Crocodile
Three to six years and can float/move in deep water with assistance, breathe rhythmically 10 times, flutter, do surface support for 10 seconds and swim 10 metres. <b>1 to 4 ratio</b>	Whale
Six years or older. Just starting out in swimming lessons, or have turned six after completing Starfish, Duck, Sea Turtle, Sea Otter or Salamander.	Red Cross Kids Level 1
Six years or older. Can float unassisted on front and back for three seconds, can glide with kick for five metres or have turned six after completing Sunfish.	Red Cross Kids Level 2
Six years or older. Is comfortable in deep water, can breathe rhythmically 15 times, front swim for five metres and swim 10 metres continuously.	Red Cross Kids Level 3
Are comfortable floating and moving independently in deep water, can swim front swim at least 10 metres while recovering arms above water, and can perform a front/side combination, exhaling on front and inhaling in the side glide position for 10 metres.	Red Cross Kids Level 4
Can tread water for 45 seconds, swim front crawl at least 10 metres with arms recovering above the water and swim 25 metres continuously.	Red Cross Kids Level 5
Can tread water for one minute, swim efficient front and back crawl at least 15 metres, perform the whip kick on back at least 10 metres and swim 50 metres continuously.	Red Cross Kids Level 6
Can swim front and back crawl at least 25 metres, swim co-ordinated elementary backstroke at least 15 metres and swim 75 metres continuously.	Red Cross Kids Level 7
Can swim front and back crawl at least 50 metres, swim elementary backstroke for 25 metres and perform whip kick on front for 15 metres and swim 150 metres continuously.	Red Cross Kids Level 8
Can swim front/back crawl at least 75 metres, swim elementary backstroke for 25 metres and breaststroke for 15 metres, and swim 300 metres continuously.	Red Cross Kids Level 9
Can swim front/back crawl at least 100 metres, swim elementary backstroke for 50 metres, breaststroke at least 25 metres and swim 400 metres continuously.	Red Cross Kids Level 10
Adolescents or adults interested in participating in swimming and water safety based on their own abilities, interests and goals. Are just starting out or are uncomfortable in the water.	Adult Swim Basics 1
Adolescents or adults interested in participating in swimming and Water Safety. <b>Red Cross Swim Basics 2</b> focuses on developing front and back crawl, establishing comfort in deep water and increasing the swimming distance. Participants should be comfortable in water just over their heads, be able to glide on back for 10 metres and have basic techniques for front crawl with the ability to travel a distance of 10 metres. <b>Swim Basics 1 is required for first time swimmers.</b>	Adult Swim Basics 2
Adolescents or adults interested in participating in swimming and water safety based on their own abilities, interests and goals. Can float and glide and are comfortable in water above their head.	Adult Swim Strokes



# Spring 2019 lessons

MONDAY (8 LESSONS)		APRIL 29 TO JUNE 24, 2019			
PAC POOL		NO LESSON MAY 20, 2019			
4:30 pm	Level 7/8 4:30-5:30	Level 9/10 4:30-5:30	Level 3/4 4:30-5:15	Level 5/6 4:30-5:15	Sea Otter/ Salamander 4:45-5:15
4:45 pm					Level 5/6 5:15-6
5 pm	Level 3/4 5:30-6:15	Level 5/6 5:30-6:15	Level 1/2 5:45-6:15	Sunfish/Crocodile/Whale 5:15-5:45	
5:15 pm				Level 9/10 6:30-7:30	Level 3/4 6:30-7:15
5:30 pm	Level 4/5 7:15-8	Level 1/2 7:15-7:45	Youth Level 4 to 6 7:30-8:15		
5:45 pm				Private lesson 7:45-8:15	Private lesson 8-8:30
6 pm					
6:15 pm					
6:30 pm					
6:45 pm					Sunfish/Crocodile/Whale 6:45-7:15
7 pm					
7:15 pm					
7:30 pm					
7:45 pm					
8 pm					
8:15 pm					

MONDAY (8 LESSONS)		APRIL 29 TO JUNE 24, 2019			
EDUCATION POOL		NO LESSON MAY 20, 2019			
4 pm	Private lesson 4-4:30				
4:15 pm					
4:30 pm	Private lesson 4:30-5				Private lesson 4:30-5
4:45 pm					
5 pm		Sea Otter 5-5:30	Level 4/5 4:45-5:30		
5:15 pm	Level 6/7 5:15-6	Salamander/Sunfish 5:30-6	Level 2/3 5:30-6		Starfish/Duck 5:15-5:45
5:30 pm				Level 1/2 5:45-6:15	
5:45 pm	Level 1 6-6:30	Level 2/3 6:15-6:45	Sea Otter 6:15-6:45		Level 5/6 6:15-7
6 pm					
6:15 pm	Salamander/Sunfish 6:45-7:15	Crocodile/Whale 6:45-7:15	Level 4/5 6:45-7:30		
6:30 pm					
6:45 pm	Adult Swim Basics 1 7:30-8:15	Level 8/9 7:15-8:15	Level 9/10 7:45-8:45		Level 7/8 7:15-8:15
7 pm					
7:15 pm					
7:30 pm					
7:45 pm					
8 pm					
8:15 pm					
8:30 pm					

See page 10 for Spring/  
Summer 2019 prices

MONDAY AND WEDNESDAY (8 LESSONS)			APRIL 29 TO MAY 27, 2019		
EDUCATION POOL			NO LESSON MAY 20, 2019		
4 pm	<b>Private lesson</b>			<b>Private lesson</b>	
4:15 pm	4-4:30		<b>Level 1</b>	4-4:30	
4:30 pm	<b>Level 3/4</b>		4:15-4:45	<b>Sea Otter</b>	
4:45 pm	4:30-5		<b>Salamander/Sunfish</b>	4:30-5	
5 pm			4:45-5:15	<b>Level 1/2</b>	
5:15 pm	<b>Level 7/8</b>			5-5:30	
5:30 pm	5-6				
5:45 pm			<b>Level 9/10</b>	<b>Sunfish/Crocodile/Whale</b>	
6 pm			5:30-6:30	5:45-6:15	
6:15 pm	<b>Duck/Sea Turtle</b>			<b>Level 2/3</b>	
6:30 pm	6:15-6:45			6:15-6:45	
6:45 pm	<b>Level 4</b>		<b>Sea Otter</b>	<b>Level 5/6</b>	
7 pm	6:45-7:15		6:45-7:15	6:45-7:30	
7:15 pm			<b>Level 1</b>		
7:30 pm	<b>Level 6/7</b>		7:15-7:45	<b>Private lesson</b>	
7:45 pm	7:15-8:00			7:30-8	

MONDAY AND WEDNESDAY (8 LESSONS)			MAY 29 TO JUNE 24, 2019		
EDUCATION POOL					
4:30 pm	<b>Level 3/4</b>			<b>Sea Otter/Salamander</b>	
4:45 pm	4:30-5			4:30-5	
5 pm				<b>Level 2/3</b>	
5:15 pm	<b>Level 7/8</b>			5-5:30	
5:30 pm	5-6				
5:45 pm					
6 pm				<b>Level 9/10</b>	
6:15 pm	<b>Salamander/Sunfish</b>			5:45-6:45	
6:30 pm	6:15-6:45				
6:45 pm	<b>Sea Otter</b>			<b>Level 5/6</b>	
7 pm	6:45-7:15			6:45-7:30	
7:15 pm	<b>Level 1/2</b>				
7:30 pm	7:15-7:45				

See page 10 for Spring/  
Summer 2019 prices

**TUESDAY (8 LESSONS)**
**APRIL 30 TO JUNE 18, 2019**
**EDUCATION POOL**

4:30 pm	<b>Level 3/4</b>		<b>Sea Otter</b>		
4:45 pm	4:30-5		4:30-5		
5 pm	<b>Level 2/3</b>	<b>Level 5/6</b>	<b>Salamander/Sunfish</b>	<b>Level 1</b>	
5:15 pm	5-5:30	4:45-5:30	5-5:30	5-5:30	
5:30 pm	<b>Level 2/3</b>			<b>Sunfish/Crocodile/Whale</b>	<b>Level 4/5</b>
5:45 pm	5:30-6			5:30-6	5:30-6:15
6 pm		<b>Level 7/8</b>	<b>Level 3/4</b>		
6:15 pm	<b>Salamander/Sunfish</b>	5:45-6:45	5:45-6:15		
6:30 pm	6:15-6:45		<b>Level 1</b>	<b>Level 5</b>	<b>Level 1/2</b>
6:45 pm			6:15-6:45	6:15-7	6:15-6:45
7 pm	<b>Level 9/10</b>	<b>Level 3/4</b>	<b>Sea Otter/Salamander</b>	<b>Level 2</b>	<b>Salamander/Sunfish</b>
7:15 pm	6:45-7:45	6:45-7:15	7-7:30	7-7:30	6:45-7:15
7:30 pm		<b>Level 4/5</b>			
7:45 pm		7:15-8	<b>Level 6/7</b>		<b>Level 2/3</b>
8 pm			7:30-8:15	<b>Level 3/4</b>	7:30-8
8:15 pm				7:45-8:15	
8:30 pm		<b>Adult Swim Basics 2</b>	<b>Adult Swim Basics 1</b>	<b>Level 8</b>	<b>Level 9/10</b>
8:45 pm		8:15-9	8:15-9	8:15-9:15	8-9
9 pm					

**TUESDAY AND THURSDAY (8 LESSONS)**
**APRIL 30 TO MAY 23, 2019**
**PAC POOL**

4 pm		<b>Private lesson</b>		<b>Private lesson</b>
4:15 pm	<b>Level 1</b>	4-4:30		4-4:30
4:30 pm	4:15-4:45	<b>Salamander/Sunfish</b>	<b>Level 5/6</b>	<b>Private lesson</b>
4:45 pm	<b>Level 2/3</b>	4:30-5	4:15-5	4:30-5
5 pm	4:45-5:15			
5:15 pm	<b>Level 4/5</b>	<b>Level 9/10</b>	<b>Level 3/4</b>	<b>Level 7/8</b>
5:30 pm	5:15-6	5-6	5-5:45	5-6
5:45 pm				

**TUESDAY AND THURSDAY (8 LESSONS)**
**MAY 28 TO JUNE 20, 2019**
**PAC POOL**

4 pm				
4:15 pm	<b>Level 4/5</b>		<b>Level 1</b>	
4:30 pm	4-4:45	<b>Salamander/Sunfish</b>	4:15-4:45	<b>Private lesson</b>
4:45 pm	<b>Level 2/3</b>	4:30-5		4:30-5
5 pm	4:45-5:15		<b>Level 5/6</b>	<b>Level 2/3</b>
5:15 pm	<b>Sea Otter</b>	<b>Level 9/10</b>	4:45-5:30	5-5:30
5:30 pm	5:15-5:45	5-6	<b>Crocodile/Whale</b>	
5:45 pm			5:30-6	<b>Level 7/8</b>
6 pm		<b>Private lesson</b>		5:30-6:30
6:15 pm		6-6:30		



WEDNESDAY (8 LESSONS)				MAY 1 TO JUNE 19, 2019	
PAC POOL					
4:30 pm	Level 7/8 4:30-5:30	Sea Otter 4:30-5	Level 3/4 4:30-5:15	Level 5/6 4:30-5:15	Level 1 4:45-5:15
4:45 pm		Level 2 5-5:30			
5 pm			Level 5/6 5:30-6:15	Level 1/2 5:45-6:15	
5:15 pm	Level 3/4 5:30-6:15	Level 2/3 5:15-5:45			Youth Level 4/5/6 5:15-6
5:30 pm			Sea Otter/Salamander 6-6:30	Starfish/Duck/Sea Turtle 6-6:30	
5:45 pm	Level 9/10 6:30-7:30	Level 3/4 6:30-7:15			Level 5/6 6:30-7:15
6 pm			Level 6/7 7:15-8	Level 4/5 7:15-8	
6:15 pm	Private lesson 7:30-8	Adult Swim Strokes 7:45-8:30			Youth Stroke Improvement 7:45-8:30
6:30 pm			Private lesson 8-8:30		
6:45 pm					
7 pm					
7:15 pm					
7:30 pm					
7:45 pm					
8 pm					
8:15 pm					

WEDNESDAY (8 LESSONS)				MAY 1 TO JUNE 19, 2019	
EDUCATION POOL					
4:45 pm	Salamander/Sunfish 4:45-5:15	Sea Otter 5-5:30	Level 2/3 5-5:30		
5 pm					
5:15 pm	Level 4/5 5:15-6	Starfish/Duck/Sea Turtle 5:30-6	Crocodile/Whale 5:30-6		
5:30 pm					
5:45 pm	Salamander/Sunfish 6-6:30	Level 1/2 6:15-6:45	Level 6/7 6:15-7		
6 pm					
6:15 pm	Level 3/4 6:45-7:15	Level 2/3 6:45-7:15	Sea Otter 7-7:30		
6:30 pm					
6:45 pm	Level 7/8 7:15-8:15	Level 9/10 7:30-8:30	Adult Swim Basics 2 7:30-8:15		
6:55 pm					
7 pm					
7:15 pm					
7:30 pm					
7:45 pm					
8 pm					
8:15 pm					

See page 10 for Spring/  
Summer 2019 prices

**THURSDAY (8 LESSONS)**

**MAY 2 TO JUNE 20, 2019**

**EDUCATION POOL**

4:30 pm	<b>Level 1/2</b>				<b>Sea Otter</b>
4:45 pm	4:30-5				4:30-5
5 pm	<b>Salamander/Starfish</b>	<b>Level 6</b> 4:45-5:30		<b>Level 3/4</b>	<b>Level 4/5</b> 5-5:45
5:15 pm	5-5:30			5-5:30	
5:30 pm	<b>Level 2/3</b>			<b>Sea Otter</b>	
5:45 pm	5:30-6			5:30-6	
6 pm		<b>Level 9/10</b> 5:45-6:45			<b>Sea Otter/Salamander</b>
6:15 pm	<b>Salamander/Starfish</b>		<b>Duck/Sea Turtle</b>		<b>Level 5</b>
6:30 pm	6:15-6:45		6:15-6:45	6:15-7	<b>Salamander/Sunfish</b>
6:45 pm		<b>Level 3/4</b>	<b>Level 1</b>		6:30-7
7 pm	<b>Level 7/8</b> 6:45-7:45	6:45-7:15	6:45-7:15	<b>Sea Otter</b>	<b>Level 2/3</b>
7:15 pm		<b>Salamander/Starfish</b>		7-7:30	7-7:30
7:30 pm		7:15-7:45	<b>Crocodile/Whale</b>	<b>Private lesson</b>	
7:45 pm			7:30-8	7:30-8	
8 pm	<b>Adult Swim Basics 2</b> 8-8:45				<b>Level 9/10</b> 7:45-8:45
8:15 pm			<b>Level 6/7</b>		
8:30 pm			8-8:45		
8:45 pm					
9 pm			<b>Adult Swim Strokes</b>		
9:15 pm			8:45-9:30		

**SWIM LESSONS**

**FRIDAY (8 LESSONS)**

**APRIL 26 TO JUNE 21, 2019**

**PAC POOL**

**NO LESSON MAY 17, 2019**

4:30 pm						
4:45 pm	<b>Level 7/8</b>	<b>Level 9/10</b>	<b>Level 6/7</b>	<b>Level 4/5</b>	<b>Level 5/6</b>	<b>Level 3/4</b>
5 pm	4:30-5:30	4:30-5:30	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15
5:15 pm			<b>Sea Otter/Salamander</b>			<b>Level 1/2</b>
5:30 pm	<b>Sea Otter/Salamander</b>	<b>Level 1</b>	5:15-5:45	<b>Level 5/6</b>	<b>Level 2/3</b>	5:15-5:45
5:45 pm	5:30-6	5:30-6	<b>Sunfish/Crocodile/Whale</b>	5:15-6	5:15-6	
6 pm			5:45-6:15			
6:15 pm				<b>Sea Otter/Salamander</b>	<b>Sunfish/Crocodile/Whale</b>	<b>Level 5/6</b>
6:30 pm	<b>Level 3/4</b>	<b>Level 5/6</b>		6:15-6:45	6:15-6:45	6-6:45
6:45 pm	6:15-7	6:15-7	<b>Starfish/Duck/Sea Turtle</b>			
7 pm			6:30-7	<b>Level 1/2</b>	<b>Sea Otter/Salamander</b>	
7:15 pm	<b>Level 3/4</b>	<b>Level 5/6</b>		6:45-7:15	6:45-7:15	<b>Sunfish/Crocodile/Whale</b>
7:30 pm	7-7:45	7-7:45	<b>Level 6/7</b>		<b>Level 1/2</b>	7-7:30
7:45 pm			7-7:45		7:15-7:45	
8 pm	<b>Youth Level 4/5/6</b>	<b>Private lesson</b>	<b>Youth Level 1/2/3</b>	<b>Level 7/8</b>		<b>Level 9/10</b>
8:15 pm	7:45-8:30	8-8:30	8-8:30	7:30-8:30	<b>Level 2/3</b>	7:30-8:30
					8-8:30	

FRIDAY (8 LESSONS)				APRIL 26 TO JUNE 21, 2019	
EDUCATION POOL			NO LESSON MAY 17, 2019		
4:30 pm	Level 4/5 4:30-5:15	Level 2/3 4:30-5	Level 1/2 4:45-5:15	Salamander/Sunfish 4:30-5	
4:45 pm		Crocodile/Whale 5-5:30		Level 4/5 5:15-6	Level 5/6 5-5:45
5 pm	Salamander/Sunfish 5:15-5:45	Level 6/7 5:45-6:30	Salamander/Sunfish 6-6:30		Level 4 6-6:30
5:15 pm				Level 2/3 6:30-7	Sea Otter 6:30-7
5:30 pm	Level 3/4 7:15-7:45	Level 9/10 7:15-8:15	Level 1/2 7:15-7:45		
5:45 pm				Private lesson 7:45-8:15	Level 5/6 7:45-8:30
6 pm					
6:15 pm					
6:30 pm					
6:45 pm					
7 pm					
7:15 pm					
7:30 pm					
7:45 pm					
8 pm					
8:15 pm					

SATURDAY (8 LESSONS)				APRIL 27 TO JUNE 22, 2019		
PAC POOL				NO LESSON MAY 18, 2019		
9:30 am	Level 7/8 9:30-10:30	Level 9/10 9:30-10:30	Level 3/4 9:30-10:15	Level 5/6 9:30-10:15	Sea Otter/Salamander 9:30-10	Level 3/4 9:30-10:15
9:45 am			Level 5/6 10:15-11		Level 3/4 10:15-11	
10 am	Sea Otter/Salamander 10:30-11	Sunfish/Crocodile/ Whale 10:30-11	Level 5/6 10:15-11	Level 3/4 10:15-11	Level 5/6 11:15-12	Level 7/8 11-12
10:15 am						
10:30 am	Level 5/6 12-12:45	Level 7/8 12:45-1:15	Level 1/2 12:45-1:15			
10:45 am				Level 3/4 12:30-1	Level 1 1:15-1:45	Level 4/5 1:45-2:15
11 am	Level 2/3 1:30-2	Sea Otter 1:45-2:15	Level 4/5 1:45-2:15			
11:15 am				Level 1/2 2:15-2:45	Level 7/8 2:15-3:15	Level 9/10 2:15-3:15
11:30 am	Crocodile/Whale 2:45-3:15					
11:45 am						
12 pm						
12:15 pm						
12:30 pm						
12:45 pm						
1 pm						
1:15 pm						
1:30 pm						
1:45 pm						
2 pm						
2:15 pm						
2:30 pm						
2:45 pm						
3 pm						
3:15 pm						

See page 10 for Spring/  
Summer 2019 prices

SATURDAY (8 LESSONS)					APRIL 27 TO JUNE 22, 2019
EDUCATION POOL				NO LESSON MAY 18, 2019	
9:30 am	Sea Otter	Starfish/Duck/Sea Turtle	Salamander/Sunfish	Level 1/2	
9:45 am	9:30-10	9:30-10	9:30-10	9:30-10	
10 am	Level 5/6 10-10:45	Salamander/Sunfish	Level 1	Sunfish/Crocodile/Whale	
10:15 am		10-10:30	10-10:30	10-10:30	
10:30 am			Duck/Sea Turtle		
10:45 am		Level 4	10:30-11	Level 1	
11 am	Salamander/Sunfish	10:45-11:15		10:45-11:15	
11:15 am	11-11:30	Level 2/3		Level 2/3	
11:30 am	Level 7/8 11:30-12:30	11:15-11:45	Level 9/10	11:15-11:45	
11:45 am			11:15-12:15		
12 pm		Salamander/Sunfish		Level 4/5	
12:15 pm		12-12:30	Sea Otter	12-12:45	
12:30 pm	Level 5 12:30-1:15	Level 3/4	12:15-12:45	Sea Otter/Salamander	
12:45 pm		12:30-1	Level 5/6 12:45-1:30	12:45-1:15	
1 pm		Level 2/3			
1:15 pm		1-1:30			

Women-Only Lessons\*

SATURDAY (8 LESSONS)			APRIL 27 TO JUNE 22, 2019
EDUCATION POOL		NO LESSON MAY 18, 2019	
1:45 pm	Level 1/2 1:45-2:15	Lane Swim 1:45-3:30	
2 pm			
2:15 pm			
2:30 pm	Level 3/4 2:15-2:45		
2:45 pm	Level 5/6/7 2:45-3:15		
3 pm			
3:15 pm			
3:30 pm	Level 1/2 3:30-4	Adult Swim Basics 2	
3:45 pm		3:30-4	
4 pm	Level 7/8/9/10	Adult Swim Basics 1	4-4:30
4:15 pm	4-4:30		

\* In an attempt to better meet the needs of our diverse participants, the USask Aquatic Programs offer women-only swimming lessons on Saturday afternoons. No male children are allowed on the deck or in lessons.

SUNDAY (8 LESSONS)						APRIL 28 TO JUNE 23, 2019
EDUCATION POOL					NO LESSON MAY 19, 2019	
9:30 am	Level 3/4	Level 5/6 9:30-10:15	Sea Otter	Level 3/4	Salamander/Sunfish	
9:45 am	9:30-10		9:30-10	9:30-10	9:30-10	
10 am	Level 1/2	Sea Otter 10:15-10:45	Level 6/7	Level 9/10 10-11	Sea Otter	
10:15 am	10-10:30		10-10:45		10-10:30	
10:30 am					Level 1/2	
10:45 am	Salamander/Sunfish				10:30-11	
11 am	10:45-11:15	Duck/Sea Turtle/Starfish	Sea Otter			
11:15 am	Level 6/7 11:15-12	11-11:30	11-11:30	Level 3/4	Level 4/5 11:15-12	
11:30 am		Crocodile/Whale	Salamander/Sunfish	11:15-11:45		
11:45 am		11:30-12	11:30-12	Level 2/3		
12 pm	Adult Swim Basics 1 12-12:45	Level 7/8 12-1		11:45-12:15	Level 3/4	
12:15 pm				Level 1/2	12-12:30	
12:30 pm			12:15-12:45	Level 5/6 12:15-1		
12:45 pm						



# Summer 2019 lessons

SET A – 2X/DAY (8 LESSONS)				JULY 2 TO JULY 5, 2019				
<b>PAC POOL</b>								
9:15 am/1:15 pm	<b>Level 7/8</b> 9:15-10:15 and 1:30-2:30	<b>Level 9/10</b> 9:15-10:15 and 1:30-2:30			<b>Level 1/2</b> 9:15-9:45 and 1:30-2	<b>Level 5/6</b> 9:15-10:15 and 1:30-2:15		
9:30 am/1:30 pm			<b>Level 5/6</b> 9:30-10:15 and 1:45-2:30	<b>Level 3/4</b> 9:30-10:15 and 1:45-2:30				
9:45 am/1:45 pm					<b>Sea Otter/Salamander</b> 9:45-10:15 and 2-2:30		<b>Level 1/2</b>	
10 am/2 pm								
10:15 am/2:15 pm		<b>Level 7/8</b> 10:15-11:15 and 2:30-3:30	<b>Sunfish/Crocodile/Whale</b> 10:15-10:45 and 2:30-3	<b>Level 9/10</b> 10:15-11:15 and 2:30-3:30			10-10:30 and 2:15-2:45	
10:30 am/2:30 pm	<b>Level 5/6</b> 10:30-11:15 and 2:45-3:30				<b>Level 3/4</b> 10:30-11:15 and 2:45-3:30			
10:45 am/2:45 pm			<b>Sea Otter/Salamander</b> 11-11:30 and 3:15-3:45	<b>Sea Otter/Salamander</b> 11:15-11:45 and 3:30-4	<b>Level 5/6</b> 11:15-12 and 3:30-4:15		<b>Level 3/4</b> 10:45-11:30 and 3-3:45	
11 am/3 pm	<b>Level 3/4</b> 11:15-12 and 3:30-4:15		<b>Level 1/2</b> 11:15-11:45 and 3:30-4	<b>Level 1/2</b> 11:30-12 and 3:45-4:15			<b>Private lesson</b> 11:30-12 or 3:45-4:15	
11:15 am/3:15 pm								
11:30 am/3:30 pm								
11:45 am/3:45 pm								

SET B – 1X/DAY (9 LESSONS)				JULY 2 TO JULY 12, 2019			
<b>EDUCATION POOL (AM)</b>							
9 am	<b>Level 2/3</b> 9-9:30	<b>Level 9/10</b> 9-10		<b>Sea Otter</b> 9-9:30	<b>Level 7/8</b> 9-10		
9:15 am	<b>Starfish/Duck/Sea Turtle</b> 9:30-10			<b>Level 1</b> 9:30-10			
9:30 am							
9:45 am							
10 am		<b>Level 3/4</b> 10-10:30		<b>Salamander/Sunfish</b> 10-10:30	<b>Sea Otter/Salamander</b> 10-10:30		
10:15 am	<b>Salamander/Sunfish</b> 10:15-10:45						
10:30 am							
10:45 am	<b>Level 4</b> 10:45-11:15	<b>Sunfish/Crocodile/Whale</b> 10:45-11:15		<b>Level 2/3</b> 10:45-11:15	<b>Level 1</b> 10:45-11:15		
11 am							
11:15 am	<b>Level 5/6</b> 11:15-12	<b>Private lesson</b> July 2-5 11:15-11:45					
11:30 am							
11:45 am							

SET B – 1X/DAY (9 LESSONS)				JULY 2 TO JULY 12, 2019			
<b>EDUCATION POOL (PM)</b>							
4:15 pm	<b>Level 1</b> 4:15-4:45	<b>Level 2/3</b> 4:30-5		<b>Sea Otter</b> 4:15-4:45	<b>Level 3/4</b> 4:30-5		
4:30 pm				<b>Salamander/Sunfish</b> 4:45-5:15			
4:45 pm	<b>Level 5/6</b> 4:45-5:30		<b>Level 3/4</b> 5-5:30				
5 pm							
5:15 pm					<b>Level 7/8</b> 5-6		
5:30 pm							
5:45 pm	<b>Crocodile/Whale</b> 5:45-6:15	<b>Private lesson</b> 5:45-6:15		<b>Level 6/7</b> 5:30-6:15			
6 pm					<b>Sea Otter</b> 6-6:30		
6:15 pm	<b>Salamander/Sunfish</b> 6:15-6:45	<b>Level 7/8</b> 6:15-7:15		<b>Level 4/5</b> 6:15-7			
6:30 pm							
6:45 pm							
7 pm	<b>Sea Otter</b> 7-7:30				<b>Level 6/7</b> 6:45-7:30		
7:15 pm				<b>Salamander/Sunfish</b> 7:15-7:45			
7:30 pm	<b>Level 9/10</b> 7:30-8:30	<b>Level 1/2</b> 7:30-8			<b>Youth Level 4/5/6</b> 7:30-8:15		
7:45 pm							
8 pm		<b>Level 3/4</b> 8-8:30		<b>Level 5/6</b> 7:45-8:30			
8:15 pm							

**SET C – 2X/DAY (10 LESSONS) JULY 8 TO JULY 12, 2019**

PAC POOL						
9:30 am/1:30 pm	<b>Level 3/4</b>		<b>Sea Otter</b>	<b>Level 7/8</b>	<b>Level 1/2</b>	<b>Level 5/6</b>
9:45 am/1:45 pm	9:30-10 and 1:30-2	<b>Private lesson</b>	9:30-10 and 1:30-2	9:30-10:30 and 1:30-2:30	9:30-10 and 1:30-2	9:30-10:15 and 1:30-2:15
10 am/2 pm	<b>Salamander/Sunfish</b>	9:45-10:15 or 1:45-2:15	<b>Level 2/3</b>		<b>Level 6/7</b>	<b>Level 1/2</b>
10:15 am/2:15 pm	10-10:30 and 2-2:30		10-10:30 and 2-2:30		10-10:45 and 2-2:45	10:15-10:45 and 2:15-2:45
10:30 am/2:30 pm		<b>Level 9/10</b>				
10:45 am/2:45 pm	<b>Level 6/7</b>	10:30-11:30 and 2:30-3:30	<b>Sea Otter/Salamander</b>	<b>Level 1</b>		
11 am/3 pm	10:45-11:30 and 2:45-3:30		10:45-11:15 and 2:45-3:15	10:45-11:15 and 2:45-3:15	<b>Level 2/3</b>	<b>Level 5/6</b>
11:15 am/3:15 pm					11-11:30 and 3-3:30	11-11:45 and 3-3:45
11:30 am/3:30 pm	<b>Crocodile/Whale</b>	<b>Level 4</b>	<b>Level 4/5</b>	<b>Sea Otter</b>	<b>Salamander/Sunfish</b>	
11:45 am/3:45 pm	11:30-12 and 3:30-4	11:30-12 and 3:30-4	11:15-12 and 3:15-4	11:15-11:45 and 3:15-3:45	11:30-12 and 3:30-4	

**SET D – 2X/DAY (10 LESSONS) JULY 15 TO JULY 19, 2019**

PAC POOL					
9:15 am/1:15 pm		<b>Level 1/2</b>			
9:30 am/1:30 pm	<b>Level 7/8</b>	9:15-9:45 and 1:30-2	<b>Level 3/4</b>	<b>Sea Otter</b>	<b>Sea Otter/Salamander</b>
9:45 am/1:45 pm	9:15-10:15 and 1:30-2:30		9:30-10 and 1:30-2	9:30-10 and 1:30-2	9:30-10 and 1:30-2
10 am/2 pm		<b>Sea Otter/Salamander</b>			
10:15 am/2:15 pm		9:45-10:15 and 2-2:30		<b>Level 9/10</b>	<b>Level 3/4</b>
10:30 am/2:30 pm			<b>Sunfish/Crocodile/Whale</b>	10-11 and 2-3	10-10:30 and 2-2:30
10:45 am/2:45 pm	<b>Level 5/6</b>	<b>Level 7/8</b>	10:15-10:45 and 2:15-2:45		<b>Sea Otter/Salamander</b>
11 am/3 pm	10:30-11:15 and 2:45-3:30	10:15-11:15 and 2:30-3:30	<b>Sunfish/Crocodile/Whale</b>		10:30-11 and 2:30-3
11:15 am/3:15 pm			10:45-11:15 and 2:45-3:15		
11:30 am/3:30 pm	<b>Level 3/4</b>	<b>Level 1/2</b>	<b>Level 5/6</b>	<b>Level 3/4</b>	<b>Level 5/6</b>
11:45 am/3:45 pm	11:15-12 and 3:30-4:15	11:15-11:45 and 3:30-4	11:15-12 and 3:15-4	11:15-11:45 and 3:15-3:45	11:15-12 and 3:15-4
12 pm/4 pm				<b>Private lesson</b>	
				11:45-12:15 or 2:45-3:15	

**SET E – 1X/DAY (10 LESSONS) JULY 15 TO JULY 26, 2019**

EDUCATION POOL (AM)		
9 am		<b>Level 3/4</b>
9:15 am		9-9:30
9:30 am	<b>Level 5/6</b>	<b>Level 7/8</b>
9:45 am	9:15-10	9-10
10 am	<b>Level 3/4</b>	<b>Level 1</b>
10:15 am	10-10:30	9:30-10
10:30 am		<b>Salamander/Sunfish</b>
10:45 am	<b>Sea Otter/Salamander</b>	10-10:30
11 am	10:45-11:15	<b>Level 2</b>
11:15 am		10:45-11:15
11:30 am		<b>Crocodile/Whale</b>
		10:45-11:15
		<b>Private lesson</b> July 22-26 11:15-11:45

See page 10 for Spring/ Summer 2019 prices

SET E – 1X/DAY (10 LESSONS)		JULY 15 TO JULY 26, 2019		
EDUCATION POOL (PM)				
3:15 pm	<b>Private lesson</b>		<b>Private lesson</b>	<b>Private lesson</b>
3:30 pm	July 22-26 3:15-3:45		July 22-26 3:15-3:45	July 22-26 3:15-3:45
3:45 pm	<b>Level 2/3</b>		<b>Level 1</b>	
4 pm	3:45-4:15		3:45-4:15	<b>Salamander/Sunfish</b>
4:15 pm	<b>Sea Otter/Salamander</b>		<b>Level 2</b>	4-4:30
4:30 pm	4:15-4:45	<b>Level 4</b>	4:15-4:45	<b>Level 1/2</b>
4:45 pm		4:30-5		4:30-5
5 pm	<b>Level 5/6</b>	<b>Private lesson</b>		<b>Sea Otter/Salamander</b>
5:15 pm	4:45-5:30	5-5:30		5-5:30
5:30 pm			<b>Level 8/9</b>	
5:45 pm	<b>Level 3/4</b>	<b>Level 4/5</b>	5-6	<b>Crocodile/Whale</b>
6 pm	5:45-6:15	5:30-6:15		5:45-6:15
6:15 pm	<b>Sea Otter</b>		<b>Level 1/2</b>	<b>Salamander/Sunfish</b>
6:30 pm	6:15-6:45		6-6:30	6:15-6:45
6:45 pm		<b>Level 7/8</b>	<b>Starfish/Duck/Sea Turtle</b>	<b>Level 5/6</b>
7 pm	<b>Level 2/3</b>	6:30-7:30	6:45-7:15	6:45-7:30
7:15 pm	7-7:30			
7:30 pm	<b>Level 6/7</b>	<b>Youth level 7/8/9/10</b>	<b>Level 9/10</b>	<b>Youth level 1/2/3</b>
7:45 pm	7:30-8:15	7:30-8:30	7:15-8:15	7:45-8:15
8 pm				
8:15 pm				

SET F – 2X/DAY (10 LESSONS)		JULY 22 TO JULY 26, 2019			
PAC POOL					
9:30 am/1:30 pm	<b>Level 1</b>	<b>Level 4</b>		<b>Salamander/Sunfish</b>	<b>Level 2/3</b>
9:45 am/1:45 pm	9:30-10 and 1:30-2	9:30-10 and 1:30-2		9:30-10 and 1:30-2	9:30-10 and 1:30-2
10 am/2 pm		<b>Private lesson</b>	<b>Level 3/4</b>		
10:15 am/2:15 pm	<b>Level 5/6</b>	10-10:30 or 2-2:30	9:45-10:15 and 1:45-2:15		
10:30 am/2:30 pm	10-10:45 and 2-2:45		<b>Level 2/3</b>	<b>Level 9/10</b>	<b>Level 7/8</b>
10:45 am/2:45 pm			10:15-10:45 and 2:15-2:45	10-11 and 2-3	10-11 and 2-3
11 am/3 pm		<b>Level 1</b>			
11:15 am/3:15 pm	<b>Level 7/8</b>	10:45-11:15 and 2:45-3:15			
11:30 am/3:30 pm	11-12 and 3-4		<b>Level 9/10</b>	<b>Sea Otter/Salamander</b>	<b>Level 2/3</b>
11:45 am/3:45 pm		<b>Level 5/6</b>	11-12 and 3-4	11:15-11:45 and 3:15-3:45	11:15-11:45 and 3:15-3:45
		11:15-12 and 3:15-4			

SET G – 2X/DAY (10 LESSONS)		JULY 29 TO AUGUST 2, 2019		
PAC POOL				
9:15 am/1:30 pm		<b>Level 2/3</b>	<b>Level 5/6</b>	
9:30 am/1:45 pm		9:15-9:45 and 1:30-2	9:15-10 and 1:30-2:15	<b>Level 3/4</b>
9:45 am/2 pm	<b>Level 4/5</b>			9:30-10:15 and 1:45-2:30
10 am/2:2:15 pm	9:30-10:15 and 1:45-2:30	<b>Level 1/2</b>	<b>Sunfish/Crocodile/Whale</b>	
10:15 am/2:30 pm		9:45-10:15 and 2-2:30	10-10:30 and 2:15-2:45	<b>Level 9/10</b>
10:30 am/2:45 pm				10:15-11:15 and 2:30-3:30
10:45 am/3 pm	<b>Level 5/6</b>	<b>Level 7/8</b>		
11 am/3:15 pm	10:30-11:15 and 2:45-3:30	10:30-11:30 and 2:45-3:45	<b>Level 3/4</b>	
11:15 am/3:30 pm			10:45-11:30 and 3-3:45	<b>Sea Otter/Salamander</b>
11:30 am/3:45 pm	<b>Level 3/4</b>	<b>Private lesson</b>	<b>Level 1/2</b>	11:15-11:45 and 3:30-4
11:45 am/4 pm	11:15-12 and 3:30-4:15	11:30-12 or 3:45-4:15	11:30-12 and 3:45-4:15	

SET H – 1X/DAY (9 LESSONS)		JULY 29 TO AUGUST 9, 2019		
EDUCATION POOL (AM)		NO LESSON AUGUST 5, 2019		
9 am	<b>Level 2/3</b>	<b>Level 3/4</b>	<b>Level 5/6</b>	
9:15 am	9-9:30	9-9:30	9-9:45	
9:30 am	<b>Level 1</b>	<b>Level 7/8</b>	<b>Sea Otter/Salamander</b>	
9:45 am	9:30-10			9:45-10:15
10 am				
10:15 am	<b>Level 9/10</b>		<b>Starfish/Duck/Sea Turtle</b>	
10:30 am				10:30-11
10:45 am				<b>Level 1/2</b>
11 am		<b>Level 4/5</b>	11-11:30	
11:15 am	<b>Sea Otter/Salamander</b>	<b>Sunfish/Crocodile/Whale</b>	<b>Private lesson</b>	
11:30 am	11:15-11:45			11:30-12
11:45 am				

SET H – 1X/DAY (9 LESSONS)		JULY 29 TO AUGUST 9, 2019		
EDUCATION POOL (PM)		NO LESSON AUGUST 5, 2019		
4:30 pm	<b>Level 2/3</b>	<b>Private lesson</b>		
4:45 pm	4:30-5	4:30-5		
5 pm	<b>Sea Otter</b>	<b>Level 8/9</b>	<b>Level 4/5</b>	
5:15 pm	5-5:30			4:45-5:30
5:30 pm				
5:45 pm	<b>Level 6/7</b>		<b>Sea Otter</b>	
6 pm			5:30-6	
6:15 pm		<b>Sea Otter/Salamander</b>	<b>Salamander/Sunfish</b>	
6:30 pm	<b>Crocodile/Whale</b>			6:15-6:45
6:45 pm	6:30-7	<b>Level 1/2</b>		
7 pm		6:45-7:15	<b>Level 6/7</b>	
7:15 pm	<b>Private lesson</b>		6:45-7:30	
7:30 pm	7:15-7:45	<b>Level 9/10</b>	<b>Level 2/3</b>	
7:45 pm				7:30-8
8 pm	<b>Level 5/6</b>			
8:15 pm	7:45-8:30			

SET I – 2X/DAY (8 LESSONS)		AUGUST 6 TO AUGUST 9, 2019			
PAC POOL					
9:30 am/1:30 pm	<b>Level 7/8</b>		<b>Sea Otter/Salamander</b>	<b>Level 3/4</b>	
9:45 am/1:45 pm		<b>Level 1/2</b>	9:30-10 and 1:30-2	9:30-10 and 1:30-2	
10 am/2 pm			9:45-10:15 and 1:45-2:15	<b>Level 2/3</b>	<b>Salamander/Sunfish</b>
10:15 am/2:15 pm		<b>Level 9/10</b>	10-10:30 and 2-2:30	10-10:30 and 2-2:30	
10:30 am/2:30 pm				<b>Level 6/7</b>	
10:45 am/2:45 pm	<b>Level 1/2</b>	10:15-11:15 and 2:15-3:15	<b>Sunfish/Crocodile/Whale</b>	10:30-11:15 and 2:30-3:15	
11 am/3 pm	10:45-11:15 and 2:45-3:15				
11:15 am/3:15 pm	<b>Level 5/6</b>	<b>Private lesson</b>	<b>Level 5/6</b>		
11:30 am/3:30 pm		11:15-11:45 or 3:15-3:45		11:15-12 and 3:15-4	<b>Level 2/3</b>
11:45 am/3:45 pm					

See page 10 for Spring/ Summer 2019 prices



SET J – 2X/DAY (10 LESSONS)			AUGUST 12 TO AUGUST 16, 2019		
PAC POOL					
9:15 am/1:30 pm	<b>Level 7/8</b> 9:15-10:15 and 1:30-2:30	<b>Level 9/10</b> 9:15-10:15 and 1:30-2:30			<b>Sea Otter/Salamander</b> 9:15-9:45 and 1:30-2
9:30 am/1:45 pm			<b>Level 5/6</b> 9:30-10:15 and 1:45-2:30	<b>Level 3/4</b> 9:30-10:15 and 1:45-2:30	<b>Level 1/2</b> 9:45-10:15 and 2-2:30
9:45 am/2 pm					
10 am/2:15 pm					
10:15 am/2:30 pm		<b>Level 7/8</b> 10:15-11:15 and 2:30-3:30	<b>Sunfish/Crocodile/Whale</b> 10:15-10:45 and 2:30-3	<b>Level 9/10</b> 10:15-11:15 and 2:30-3:30	
10:30 am/2:45 pm	<b>Level 1/2</b> 10:30-11 and 2:45-3:15				<b>Level 5/6</b> 10:30-11:15 and 2:45-3:30
10:45 am/3 pm					
11 am/3:15 pm	<b>Level 5/6</b> 11-11:45 and 3:15-4		<b>Sea Otter/Salamander</b> 11-11:30 and 3:15-3:45		<b>Level 3/4</b> 11:15-12 and 3:30-4:15
11:15 am/3:30 pm		<b>Sunfish/Crocodile/Whale</b> 11:15-11:45 and 3:30-4	<b>Level 1/2</b> 11:30-12 and 3:45-4:15		
11:30 am/3:45 pm					
11:45 am/4 pm					

SET K – 1X/DAY (10 LESSONS)			AUGUST 12 TO AUGUST 23, 2019		
EDUCATION POOL (AM)					
9 am	<b>Level 3/4</b> 9-9:30	<b>Sea Otter/Salamander</b> 9-9:30		<b>Level 5/6</b> 9-9:45	
9:15 am					
9:30 am	<b>Level 1/2</b> 9:30-10				
9:45 am		<b>Level 7/8</b> 9:30-10:30		<b>Sunfish/Crocodile</b> 9:45-10:15	
10 am					
10:15 am	<b>Level 9/10</b> 10:15-11:15				
10:30 am				<b>Level 2</b> 10:30-11	
10:45 am					
11 am		<b>Level 4/5</b> 10:45-11:30		<b>Level 6/7</b> 11-11:45	
11:15 am	<b>Level 2/3</b> 11:15-11:45				
11:30 am		<b>Crocodile/Whale</b> 11:30-12			
11:45 am					

SET K – 1X/DAY (10 LESSONS)			AUGUST 12 TO AUGUST 23, 2019		
EDUCATION POOL (PM)					
4:15 pm	<b>Salamander/Sunfish</b> 4:15-4:45	<b>Private lesson</b> 4:15-4:45		<b>Level 1/2</b> 4:15-4:45	
4:30 pm					
4:45 pm	<b>Level 3/4</b> 4:45-5:15	<b>Level 6/7</b> 4:45-5:30		<b>Salamander/Sunfish</b> 4:45-5:15	
5 pm					
5:15 pm					
5:30 pm	<b>Sea Otter/Salamander</b> 5:30-6			<b>Level 2/3</b> 5:30-6	
5:45 pm		<b>Crocodile/Whale</b> 5:45-6:15			
6 pm				<b>Level 5/6</b> 6-6:45	
6:15 pm	<b>Level 7/8</b> 6-7	<b>Level 4</b> 6:15-6:45			
6:30 pm					
6:45 pm					
7 pm		<b>Level 1</b> 7-7:30		<b>Starfish/Duck/Sea Turtle</b> 7-7:30	
7:15 pm	<b>Level 2/3</b> 7:15-7:45				
7:30 pm		<b>Level 5/6</b> 7:30-8:15		<b>Level 9/10</b> 7:30-8:30	
7:45 pm	<b>Level 4/5</b> 7:45-8:30				
8 pm					
8:15 pm					

**SET L – 2X/DAY (10 LESSONS)**

**AUGUST 19 TO AUGUST 23, 2019**

**PAC POOL**

9:30 am/1:30 pm	<b>Level 1/2</b>	<b>Level 3/4</b>	<b>Level 6/7</b>	<b>Private lesson</b>
9:45 am/1:45 pm	9:30-10 and 1:30-2	9:30-10 and 1:30-2	9:30-10:15 and 1:30-2:15	9:30-10 or 1:30-2
10 am/2 pm	<b>Level 5/6</b> 10-10:45 and 2-2:45	<b>Level 1/2</b>	<b>Level 2/3</b> 10:15-10:45 and 2:15-2:45	<b>Sea Otter</b>
10:15 am/2:15 pm		10-10:30 and 2-2:30		10-10:30 and 2-2:30
10:30 am/2:30 pm		<b>Sea Otter/Salamander</b>		<b>Level 3/4</b>
10:45 am/2:45 pm		10:45-11:15 and 2:45-3:15		10:45-11:15 and 2:45-3:15
11 am/3 pm	<b>Level 7/8</b> 11-12 and 3-4	<b>Level 4/5</b> 11:15-12 and 3:15-4	<b>Level 9/10</b> 11-12 and 3-4	<b>Level 5/6</b>
11:15 am/3:15 pm				11:15-12 and 3:15-4
11:30 am/3:30 pm				
11:45 am/3:45 pm				

**SET M – 2X/DAY (10 LESSONS)**

**AUGUST 26 TO AUGUST 30, 2019**

**PAC POOL**

9:30 am/1:30 pm	<b>Level 1/2</b>	<b>Level 3/4</b>	<b>Level 6/7</b>	<b>Sunfish/Crocodile/Whale</b>
9:45 am/1:45 pm	9:30-10 and 1:30-2	9:30-10 and 1:30-2	9:30-10:15 and 1:30-2:15	9:30-10 and 1:30-2
10 am/2 pm	<b>Level 5/6</b> 10-10:45 and 2-2:45	<b>Level 1/2</b>	<b>Level 2/3</b> 10:15-10:45 and 2:15-2:45	<b>Private lesson</b>
10:15 am/2:15 pm		10-10:30 and 2-2:30		10-10:30 or 2-2:30
10:30 am/2:30 pm		<b>Sea Otter/Salamander</b>		<b>Level 3/4</b>
10:45 am/2:45 pm		10:45-11:15 and 2:45-3:15		10:45-11:15 and 2:45-3:15
11 am/3 pm	<b>Level 7/8</b> 11-12 and 3-4	<b>Salamander/Sunfish</b> 11:15-11:45 and 3:15-3:45	<b>Level 9/10</b> 11-12 and 3-4	<b>Level 5/6</b>
11:15 am/3:15 pm				11:15-12 and 3:15-4
11:30 am/3:30 pm				
11:45 am/3:45 pm				

**SET N – 1X/DAY (9 LESSONS)**

**AUGUST 26 TO SEPTEMBER 6, 2019**

**EDUCATION POOL (PM)**

**NO LESSON SEPTEMBER 2, 2019**

4:45 pm	<b>Level 3/4</b>	<b>Private lesson</b>	<b>Level 4/5</b> 4:45-5:30	<b>Level 5/6</b> 4:45-5:30	
5 pm	4:45-5:15	4:45-5:15			
5:15 pm	<b>Level 2</b>	<b>Salamander/Sunfish</b>	<b>Sea Otter</b> 5:30-6	<b>Crocodile/Whale</b> 5:30-6	
5:30 pm	5:15-5:45	5:15-5:45			
5:45 pm	<b>Starfish/Duck/Sea Turtle</b> 6-6:30	<b>Level 9/10</b> 6-7		<b>Level 1</b>	
6 pm					6-6:30
6:15 pm			<b>Level 1/2</b>		
6:30 pm			6:15-6:45		
6:45 pm	<b>Level 6/7</b>		<b>Salamander/Sunfish</b>	<b>Level 2/3</b>	
7 pm	6:30-7:15		6:45-7:15	6:45-7:15	
7:15 pm		<b>Private lesson</b>		<b>Level 5/6</b> 7:15-8	
7:30 pm		7:15-7:45			
7:45 pm	<b>Level 7/8</b>	<b>Level 4</b> 7:45-8:15	<b>Level 7/8</b> 7:30-8:30		
8 pm	7:30-8:30				
8:15 pm					

**See page 10 for Spring/  
Summer 2019 prices**

# Youth lessons

## Summer

Minimum age 10

<b>Youth Levels 1-3</b>	Tuesday to Friday/Monday to Friday	7:30-8 pm	Set B - July 2 to 12, 2019	9 lessons	PAC	\$83
<b>Youth Levels 1-3</b>	Monday to Friday	7:30-8 pm	Set K - August 12 to August 23, 2019	10 lessons	PAC	\$88
<b>Youth Levels 4-6</b>	Monday to Friday	7:30-8:15 pm	Set E - July 15 to 26, 2019	10 lessons	PAC	\$105
<b>Youth Levels 7-10</b>	Monday to Friday/Tuesday to Friday	7:30-8:15 pm	Set N - August 26 to September 6, 2019 (No lesson September 2)	9 lessons	PAC	\$98
<b>Youth Stroke Improvement</b>	Monday to Friday/Tuesday to Friday	7:30-8:15 pm	Set H - July 29 to August 9, 2019 (No lesson August 2)	9 lessons	PAC	\$98

# Adult lessons

## Summer

Minimum age 17

<b>Adult Swim Basics 1</b>	Tuesday to Friday/Monday to Friday	8-8:45 pm	Set B - July 2 to 12, 2019	9 lessons	PAC	\$98
<b>Adult Swim Basics 1</b>	Monday to Friday	8:15-9 pm	Set E - July 15 to 26, 2019	10 lessons	PAC	\$105
<b>Adult Swim Basics 1</b>	Monday to Friday	8:15-9 pm	Set H - July 29 to August 9, 2019 (No lesson August 5, 2019)	9 lessons	PAC	\$98
<b>Adult Swim Basics 1</b>	Monday to Friday	8-8:45 pm	Set K - August 12 to August 23, 2019	10 lessons	PAC	\$105
<b>Adult Swim Basics 1</b>	Monday to Friday/Tuesday to Friday	8:15-9 pm	Set N - August 26 to September 6, 2019 (No lesson September 2, 2019)	9 lessons	PAC	\$98
<b>Adult Swim Basics 2</b>	Tuesday to Friday/Monday to Friday	8:45-9:30 pm	Set B - July 2 to 12, 2019	9 lessons	PAC	\$98
<b>Adult Swim Basics 2</b>	Monday to Friday	9-9:45 pm	Set E - July 15 to 26, 2019	10 lessons	PAC	\$105
<b>Adult Swim Basics 2</b>	Monday to Friday	8:45-9:30 pm	Set K - August 12 to 23, 2019	10 lessons	PAC	\$105
<b>Adult Swim Basics 2</b>	Monday to Friday/Tuesday to Friday	9-9:45 pm	Set N - August 26 to September 6, 2019 (No lesson September 2, 2019)	9 lessons	PAC	\$98
<b>Adult Swim Strokes</b>	Monday to Friday/Tuesday to Friday	9-9:45 pm	Set H - July 29 to August 9, 2019 (No lesson August 5, 2019)	9 lessons	PAC	\$98

# Private lessons

## Summer

July 3/5/8/10/12, 2019	5-5:30 pm		
July 3/5/8/10/12, 2019	5:45-6:15 pm		
July 3/5/8/10/12, 2019	6:15-6:45 pm		
July 3/5/8/10/12, 2019	6:45-7:15 pm		
July 15/17/19/22/24/26, 2019	5-5:30 pm		
July 15/17/19/22/24/26, 2019	5:45-6:15 pm		
July 15/17/19/22/24/26, 2019	6:15-6:45 pm		
July 15/17/19/22/24/26, 2019	6:45-7:15 pm		
July 29/31/Aug 2/7/9	5:45-6:15 pm	All lessons at the PAC pool	\$30 per lesson for all lessons
July 29/31/Aug 2/7/9	6:15-6:45 pm		
July 29/31/Aug 2/7/9	6:45-7:15 pm		
August 12/14/16/19/21/23	5:15-5:45 pm		
August 12/14/16/19/21/23	5:45-6:15 pm		
August 12/14/16/19/21/23	6:30-7 pm		
August 12/14/16/19/21/23	7-7:30 pm		
August 26/28/30/Sept 4/6	5:45-6:15 pm		
August 26/28/30/Sept 4/6	6:15-6:45 pm		
August 26/28/30/Sept 4/6	6:45-7:15 pm		

## Junior Lifeguard Club

The Lifesaving Society designed the Junior Lifeguard Club for a serious purpose—but the process is all fun. Children, ages eight and up, work to develop and improve swimming and other aquatic skills with emphasis on swimming skills, lifesaving skills, fitness, lifesaving knowledge and community education. The Junior Lifeguard Club is divided into two groups based on skill level.

The beginner group will focus on components from the Rookie, Ranger and Star Patrol—participants must be able to swim 150 metres and tread water for three minutes.

The advanced session will include the Bronze awards—completion of Swim Kids Level 10 is strongly recommended.

Spring	Beginner	Sunday	10 to 11:45 am	April 28 to June 23, 2019; no lesson May 19, 2019	\$112
	Advanced	Sunday	11:45 am to 3 pm		\$160

## Junior Masters

This program is for youth, aged 10 to 17, looking for a fitness program based on the speed-swimming workout. Game sessions are included at the end of each pool time. Participants may choose which days of the week they wish to swim. Participants must be able to proficiently swim 100 metres of front crawl, back crawl and breast stroke. Swim distances per workout will range from 700 metres to 1200 metres.

1x a week	\$95
2x a week	\$100
3x a week	\$117 (Spring only)

### PAC POOL

Spring	April 27 to June 27, 2019	Tuesday/Thursday 7:15 to 8:15 pm	Saturday 3:30 to 4:30 pm; no swim May 18, 2019
--------	---------------------------	----------------------------------	--

### PAC POOL

Summer	July 2 to August 29, 2019	Tuesday/Thursday 5-6 pm	No Saturday swims all Summer
--------	---------------------------	-------------------------	------------------------------

## Masters

This program is for adults, ages 18 and up, who are looking for a fitness program based on the speed-swimming workout. Swimmers are placed in lanes according to their abilities. Recreational and competitive swimmers with all abilities welcome! Participants will be registered with Swim Saskatchewan and may take part in optional competitions. This is a great way to meet new people and stay in shape.

1 x a week	\$95
2 x a week	\$100
3 x a week	\$117
4 x a week	\$128 (Spring only)

### PAC POOL

Spring	April 27 to June 28, 2019	No swim May 18 and 20, 2019
--------	---------------------------	-----------------------------

Summer	July 2 to August 30, 2019	No swim August 5, 2019; no Saturday swims all Summer
--------	---------------------------	--

### OPTION 1

Tuesday/Thursday	6-7:15 pm
------------------	-----------

Saturday	4:30-6 pm (Spring only)
----------	-------------------------

### OPTION 2

Monday/Wednesday/Friday	6:15-7:30 am
-------------------------	--------------

Saturday	4:30-6 pm (Spring only)
----------	-------------------------

## Adult Swim Fit

### EDUCATION POOL

Spring	April 30 to June 27, 2019	Tuesday/Thursday 10:15 to 11:15 am	\$90
--------	---------------------------	------------------------------------	------



## Leadership programs

Have your previous lifeguard and/or instructor awards expired? There are easy renewal options available to get back on deck. Please contact the Lifesaving Society at 306-780-9255 or the Canadian Red Cross at 1-877-356-3226.

### Canadian Red Cross class descriptions

#### Water Safety Instructor (WSI)

The WSI course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on and around the water. This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention and feedback. The course will include a WSI – Skills Evaluation, WSI – Online, WSI – Teaching Experience, and WSI Classroom and Pool Components. **Must be 15 years old and have completed ONE of: Red Cross Assistant Lifeguard, CPR-C/Standard First Aid or Bronze Cross. ALL candidates will be required to demonstrate skills and strokes to the Level 10 standard.**

#### Assistant Lifeguard Program

A pre-requisite course for the professional lifeguard certification that teaches injury prevention, teamwork, basic rescues and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria. Certification is valid for two years. **Must be 12 years old and have completed Swim Kids Level 10.**

#### Lifeguard Program

Professional lifeguard certification course for individuals working at pools. The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria, and complete a final skills and knowledge assessment. Certification is valid for two years. **Must be 15 years old and have completed the Assistant Lifeguard Program or Bronze Cross AND CPR-C/Standard First-Aid.**

#### Lifeguard Transfer

A 12-hour program for those who have a National Lifeguard Award (NLA) looking to acquire the Red Cross Lifeguard Award.

#### CPR-C/Standard First-Aid

This 20-hour program provides certification in CPR-C/Standard First-Aid. Information covers the following: the EMS system, check, call, care, airway emergencies, breathing and circulation emergencies, first-aid for respiratory and cardiac emergencies, head and spine injuries, wound care, sudden medical emergencies and environmental emergencies.

### Canadian Lifesaving Society class descriptions

#### Canadian Swim Patrol

The Canadian Swim Patrol Program involves Rookie, Ranger and Star. The University of Saskatchewan Aquatics Program offers Rookie, Ranger and Star through the Junior Lifeguard Club. This program provides enriched training for children who are ready to go beyond learn-to-swim and leads into the Bronze Family Program.

#### Bronze Family

The Bronze Family Program consists of Bronze Star, Bronze Medallion and Bronze Cross. This program is designed for swimmers who are looking to further enhance their lifesaving knowledge and skills for a variety of situations. Bronze classes prepare participants who are wishing to become Lifeguards for the National Lifeguard Award (NLA). **Those wishing to take Bronze Medallion must be 13 years of age or have Bronze Star. Those wishing to take Bronze Cross must have Bronze Medallion.**

#### National Lifeguard Award (NLA)

People who are looking to lifeguard at swimming pools, water parks and lakefronts must have their NLA certification. This program focuses on the legal obligations of lifeguards, teamwork, advanced emergency care in aquatic emergencies and spinal immobilization. **Candidates wishing to take NLA must be 16 years of age, have previously taken Bronze Cross and have a CPR-C/Standard First-Aid certification.**

#### Lifesaving Instructor (LSI)

The Lifesaving Instructor Program is an instructor training program that enables successful candidates to instruct the Swim Program, Canadian Swim Patrol Program and the Bronze Family Program. This course also includes examiner standards which enables the candidate to eventually examine their own classes after apprenticing other exams. **Candidates taking Lifesaving Instructor must have a Bronze Cross or NLA and be 16 years of age.**

## Steps to become a Lifeguard and/or Instructor



▼ Level 8 / Rookie* ▼
▼ Level 9 / Ranger* ▼
▼ Level 10 / Star* ▼
<b>CPR-C/Standard First-Aid</b>



### Canadian Red Cross

### OR Canadian Lifesaving Society

<p><b>Instructor</b> <b>Water Safety Instructor</b> Prerequisites: 15 years of age AND one of: Red Cross Assistant Lifeguard, CPR-C/Standard First Aid, Bronze Cross</p>	<p><b>Lifeguard</b> <b>Assistant Lifeguard</b> Prerequisites: 12 years of age AND Level 10</p> <hr/> <p><b>Lifeguard*</b> Prerequisites: 15 years of age and Assistant Lifeguard or Bronze Cross AND CPR-C/Standard First-Aid</p>	<p><b>Instructor</b> <b>Lifesaving Instructor/ Examiner</b> <b>Standards Clinic</b> Prerequisites: 16 years of age and Bronze Cross or NLA</p>	<p><b>Lifeguard</b> <b>Bronze Star</b> Prerequisites: Level 10 Star Patrol (recommended)</p> <hr/> <p><b>Bronze Medallion</b> Prerequisite: 13 years of age or Bronze Star</p> <hr/> <p><b>Bronze Cross</b> Prerequisite: Bronze Medallion</p> <hr/> <p><b>National Lifeguard Award</b> Prerequisite: 16 years of age AND Bronze Cross AND CPR-C/Standard First-Aid</p>
--	---	--	---

### Books required for leadership courses:

- Bronze Star/Medallion/Cross - The Canadian Lifesaving Manual \***
- National Lifeguard Award - ALERT: Lifeguarding in Action \***
- Lifesaving Instructor - Lifesaving Instructor Manual \***

**Books can be purchased from:**  
Shop USask Bookstore, 8:30 am-5 pm Monday-Friday  
306-966-4468 or 1-888-214-8888 (mail order only)

\* Manuals purchased from the Lifesaving Society 306-780-9255



## Canadian Red Cross courses

### CANADIAN RED CROSS WATER SAFETY INSTRUCTOR (WSI)

**Prerequisite - Must be 15 years of age and ONE of: Red Cross Assistant Lifeguard, CPR/Standard First-Aid (Legally required to lifeguard in Saskatchewan), Bronze Cross**

**\$525**

1. The WSI involves a series of modules that will lead to the completion of the program. Your registration will be followed up with an email from the Aquatics office closer to the start date of the program providing you with directions to access the online modules. The modules are approximately 20 hours in length.
2. At the time of registration, you will choose a SESSION A and a SESSION B (MUST register for both A and B sessions).
3. The online and workbook section MUST be completed prior to your arrival at SESSION A.
4. SESSION A MUST be successfully completed prior to admission into SESSION B.

**COST (including course materials, skills evaluation, instructional and classroom components): \$525**

#### SESSION A

Friday/Saturday/Sunday	March 15-17, 23-24, 2019	Fri. 5-10 pm / Sat., Sun. 8 am-5 pm	EDUC 1109
Monday/Tuesday/Wednesday/Thursday/Friday	April 22-26, 2019	Mon. to Thurs. 8 am-5 pm / Fri. 8 am-1 pm	PAC 188
Friday/Saturday/Sunday	May 3-5, 11-12, 2019	Fri. 5-10 pm / Sat., Sun. 8 am-5 pm	EDUC 1109
Monday/Tuesday/Wednesday/Thursday/Friday	July 8-12, 2019	Mon. to Thurs. 8 am-5 pm, Fri. 8 am-1 pm	PAC 188
	August 12-16, 2019		PAC 188

#### SESSION B

All classes Friday/Saturday/Sunday	April 5-7, 2019	Fri. 5-10 pm / Sat., Sun. 8 am-6 pm	EDUC 1109
	April 26-28, 2019	Fri. 2-7 pm / Sat., Sun. 8 am-6 pm	PAC 188
	May 24-26, 2019	Fri. 5-10 pm / Sat., Sun. 8 am-6 pm	EDUC 1109
	July 12-14, 2019		PAC 188
	August 16-18, 2019	Fri. 1-6 pm / Sat., Sun. 8 am-6 pm	PAC 188

### CANADIAN RED CROSS ASSISTANT LIFEGUARD

**Prerequisite - Must be 12 years of age and Red Cross Swim Kids Level 10**

**\$170**

Wednesday/Thursday/Friday/Saturday	April 24-27, 2019	12-8 pm	PAC 161
Monday/Tuesday/Wednesday/Thursday/Friday	July 15-19, 2019	4:30-10 pm	PAC 188

### CANADIAN RED CROSS LIFEGUARD

**Prerequisite - 15 years of age and Red Cross Assistant Lifeguard, OR Bronze Cross and CPR/Standard First-Aid**

**\$190**

Friday/Saturday/Sunday	March 8-10, 15-17, 2019	Fri. 5-10 pm / Sat., Sun. 9 am-7 pm	PAC 188
	May 3-5, 10-12, 2019		PAC 188

### CANADIAN RED CROSS LIFEGUARD TRANSFER

**Prerequisite - Current National Lifeguard Award and CPR-C/Standard First-Aid**

**\$125**

Friday/Saturday	April 12-13, 2019	Fri. 6-10 pm / Sat. 9 am-6 pm	PAC 188
-----------------	-------------------	-------------------------------	---------

<b>CANADIAN RED CROSS WATER SAFETY INSTRUCTOR RECERT</b>			
<b>Must be recertified every two years and be less than five years from original date of certification or re-certification</b>			
			<b>\$88</b>
Saturday	April 6, 2019		PAC 188
Sunday	April 7, 2019		PAC 188
Saturday	April 27, 2019		PAC 161
Sunday	April 28, 2019	All classes 9 am-3 pm	PAC 161
Saturday	May 4, 2019		PAC 188
Saturday	June 8, 2019		PAC 234
Saturday	August 24, 2019		PAC161

<b>CANADIAN RED CROSS LIFEGUARD RECERT</b>			
<b>Must be recertified every two years and be less than five years from original date of certification or re-certification.</b>			
			<b>\$78</b>
Saturday	April 13, 2019	12-6 pm	PAC 188
Sunday	June 16, 2019	9 am-3 pm	PAC 188

## Canadian Lifesaving Society courses

<b>CANADIAN LIFESAVING SOCIETY BRONZE STAR</b>			
			<b>\$120</b>
Tuesday/Wednesday/Thursday/Friday	July 2-5, 2019	7:15-9:45 pm	PAC pool
Tuesday/Wednesday/Thursday/Friday	August 6-9, 2019	7:15-9:45 pm	PAC pool

<b>CANADIAN LIFESAVING SOCIETY BRONZE MEDALLION</b>			
<b>Prerequisite - 13 years of age or Bronze Star</b>			
			<b>\$160</b>
Monday/Tuesday/Wednesday	April 22-24, 2019	8 am-3:30 pm	EDUC pool
Friday/Saturday/Sunday	May 10-12, 2019	Fri. 6-10 pm / Sat., Sun. 9 am-6 pm	PAC pool
Monday	May 6 to June 24, 2019	7-9:30 pm	PAC pool
Friday/Saturday/Sunday	July 12-14, 2019	Fri. 6-10 pm / Sat., Sun. 9 am-6 pm	PAC pool
Monday/Tuesday/Wednesday/Thursday/Friday	July 22-26, 2019	5:30-9:30 pm	PAC pool
Monday/Tuesday/Wednesday/Thursday/Friday	August 12-16, 2019	5:30-9:30 pm	PAC pool

<b>CANADIAN LIFESAVING SOCIETY BRONZE CROSS</b>			
<b>Prerequisite - Bronze Medallion</b>			
			<b>\$160</b>
Thursday/Friday/Saturday	April 25-27, 2019	8 am-3:30 pm	EDUC pool
Tuesday	May 7 to June 25, 2019	7-9:30 pm	PAC pool
Friday/Saturday/Sunday	May 31, June 1-2, 2019	Fri. 6-10 pm / Sat., Sun. 9 am-6 pm	PAC pool
Monday/Tuesday/Wednesday/Thursday/Friday	July 29-31, August 1-2, 2019	5:30-9:30 pm	PAC pool
Friday/Saturday/Sunday	August 9-11, 2019	Fri. 6-10 pm / Sat., Sun. 9 am-6 pm	PAC pool
Monday/Tuesday/Wednesday/Thursday/Friday	August 26-30, 2019	5:30-9:30 pm	PAC pool



<b>CANADIAN LIFESAVING SOCIETY LIFESAVING INSTRUCTOR/ ADVANCED INSTRUCTOR/EXAM STANDARDS (LSI)</b>				<b>\$300</b>
<b>Prerequisite - 16 years of age and Bronze Cross OR NLA</b>				
Monday/Tuesday/Wednesday/Thursday/Friday	April 22-26, 2019	8 am-6 pm	EDUC 1251	
Friday/Saturday/Sunday	May 31, June 1, 2, 7-9, 2019	Fri. 5-10 pm / Sat., Sun. 9 am-7 pm	PAC 161	

<b>CANADIAN LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)</b>				<b>\$225</b>
<b>Prerequisite - 16 years of age, Bronze Cross and CPR-C/Standard First-Aid</b>				
Friday/Saturday/Sunday	March 22-24, 29-31, 2019	Fri. 5-10 pm / Sat., Sun. 9 am-7 pm	PAC 188	
Monday/Tuesday/Wednesday/Thursday/Friday	April 23-27, 2019	8 am-6 pm	EDUC 1109	
Friday/Saturday/Sunday	May 10-12, 24-26, 2019		PAC 161	
Friday/Saturday/Sunday	May 31, June 1-2, 7-9, 2019	Fri. 5-10 pm Sat., Sun. 9 am-7 pm	PAC 188	
Friday/Saturday/Sunday	August 9-11, 23-25, 2019			

<b>CANADIAN LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD RECERT</b>				<b>\$78</b>
<b>Must be recertified every two years in order to use as a lifeguarding award</b>				
Saturday	April 6, 2019			
Sunday	April 7, 2019			
Saturday	April 27, 2019			
Sunday	April 28, 2019	All classes 9 am-3 pm		All classes in the PAC pool
Sunday	May 5, 2019			
Sunday	June 9, 2019			
Sunday	August 25, 2019			

### CPR/AED/First-Aid courses

<b>CANADIAN RED CROSS CPR-C (2 DAYS)</b>				<b>\$80</b>
All classes	March 22-23, 2019			
Friday/Saturday	April 26-27, 2019	All classes		All classes in
	July 19-20, 2019	Fri. 6-10 pm and Sat. 9 am-1 pm		PAC 231 and 232

<b>CANADIAN RED CROSS CPR/AED/STANDARD FIRST-AID (3 DAYS)</b>				<b>\$160</b>
All classes	March 22-24, 2019			
Friday/Saturday/	April 12-14, 2019			
Sunday	April 26-28, 2019	All classes Fri. 6-10 pm Sat. 9 am-5 pm Sun. 9 am-5 pm		All classes in PAC 231 and 232
	May 24-26, 2019			
	June 7-9, 2019			
	July 19-21, 2019			
	August 16-18, 2019			

CANADIAN RED CROSS CPR/STANDARD FIRST-AID RECERT			\$88
Must be recertified every three years, once the original/recertified award has expired, you must re-take the entire course			
All classes Saturday	March 16, 2019	All classes 9 am-5 pm	All classes in PAC 231 and 232
	April 6, 2019		
	April 14, 2019		
	May 11, 2019		
	June 15, 2019		
	July 13, 2019		
	August 10, 2019		

## Public Health Services – Safe Communities

### Saskatchewan Health – Swimming Pool Operators Course

This course will be of interest to all persons involved in daily operation or maintenance of a swimming pool. The course covers various types of pool filters, pool water chemistry and swimming pool disinfection.

SASKATCHEWAN HEALTH - POOL OPERATORS COURSE			\$100
Saturday/Sunday	March 16-17, 2019	9 am-4 pm	All classes in PAC 246
Sunday	April 28, 2019	8 am-6 pm	
Monday	May 13, 2019	8 am-6 pm	
Thursday/Friday	June 13-14, 2019	9 am-4 pm	





# PHYSICAL ACTIVITY FOR ACTIVE LIVING (PAAL)

Kim Jones, Co-ordinator - Room 222 Physical Activity Complex, University of Saskatchewan - kim.jones@usask.ca

## PAAL Program description

The PAAL Camp is a designed for children and youth between the ages of five and 18 who are visually and/or hearing impaired, physically and/or developmentally delayed.

The camp provides many opportunities to be physically active, socialize with others, work on skill development and have lots of fun in the sun. Volunteers will assist the participants through the various activities during the week, which include soccer, golf, tennis, track and field, swimming, nature hikes and grass games.

**For additional information please call Jodi Simpson or Kim Jones at 306-966-1003. To volunteer for the PAAL program contact 306-966-1001 for details.**

<b>Ages 5 to 10</b>				<b>\$160</b>
<b>EDUCATION POOL/GYM/PLAYROOM</b>				
Summer	Monday to Friday	9 am-noon	August 19 to 23, 2019	

<b>Ages 11 to 18</b>				<b>\$160</b>
<b>EDUCATION POOL/GYM/PLAYROOM</b>				
Summer	Monday to Friday	1:30-4:30 pm	August 19 to 23, 2019	



# CHILDREN'S ACTIVITY CAMPS

Cary Primeau, Co-ordinator ■ Campus Recreation, University of Saskatchewan ■ [cary.primeau@usask.ca](mailto:cary.primeau@usask.ca)

## Program description

The Children's Activity Camps are weeklong, half-day camps for children ages five to 12. A variety of different sports and activities are offered to provide children with an opportunity to learn new skills in a safe, fun, non-competitive environment. The emphasis in the camps is to have fun, meet other children and be physically active.

Participants may register in either a morning or an afternoon camp, or they may register in both if they wish to stay for a full day of activity. We also offer an extended hours program where children are supervised.

Lunch supervision is provided for children staying all day. Please note although lunch supervision is provided, children must bring their own lunch.

### PRICES

	Half day	Full day
Full week	\$150	\$300
Four-day week (August 6-9)	\$140	\$280
Extended hours		\$35

### REGULAR HOURS

	Half day	Full day
Morning	8:30 am-noon	8:30-4:30 pm
Afternoon	1-4:30 pm	

### EXTENDED HOURS

8-8:30 am / 4:30-5:30 pm





### **Mini basketball    Basketball**

**Ages 5 to 8**

**Ages 8 to 12**

**Location: Education gymnasium**

Children will be introduced to fundamental basketball skills including dribbling, passing and shooting. Children will learn these skills through various drills and games, which will be modified according to the ages of the participants. Instruction will provide progression from individual skill development to team skills by the end of the week.

### **Football**

**Ages 8 to 12**

**Location: Education gymnasium**

Participants will learn skills such as throwing, catching and kicking. Team skills such as patterns, routes and field positioning will be taught. A variety of drills and games make this introductory football camp enjoyable for everyone.

### **Golf and tennis**

**Ages 8 to 12**

**Location: Education fields and tennis courts**

This camp exposes children to the lifetime activities of golf and tennis. Instructors teach a variety of skills in both activities and an emphasis is placed on individual practice.

### **How the body moves**

**Ages 5 to 8**

**Location: PAC room 295**

Children in this camp will gain experience in the basic, fundamental movement patterns involved in gymnastics. Many skills are taught in a game setting, which makes this camp suitable and enjoyable for younger participants. Throughout the week, children will be exposed to a variety of gymnastics apparatuses including balance beams, bars, rings and parallel bars.

### **In-line skating**

**Ages 5 to 8**

**Location: USask campus**

Participants will be introduced to the basic skills involved with in-line skating. Activities throughout the week will include games, drills and obstacle courses. Children must provide their own roller blades, helmet and protective equipment (elbow pads, knee pads, and wrist protectors).

### **Mountain biking**

**Ages 8 to 12**

**Location: USask campus**

This camp is designed for more advanced riders. Children should be comfortable riding on a variety of terrains. During the week, children will be introduced to bicycle safety and trail riding skills. Children must provide their own bicycle (with hand brakes) and a CSA-approved helmet.

### **Field lacrosse**

**Ages 8 to 12**

**Location: Education fields**

A variety of lacrosse skills will be introduced in this camp, including cradling, passing and shooting. In addition, children will learn the basics of the rules and working as a team. Children must provide their own CSA-approved helmet with full face shield.

### **Racquet sports**

**Ages 8 to 12**

**Location: Education tennis courts**

This camp introduces children to racquetball, squash, tennis and badminton. Participants will be taught fundamental skills such as serving and volleying. Instruction of the rules and strategy involved in each activity will be covered over the course of the week.





### Soccer

Ages 5 to 8 and 8 to 12

**Location: Education fields**

Children will be provided with an opportunity to learn both individual and team soccer skills including dribbling, passing and shooting. Introduction to these specific skills will be done through games, drills and scrimmages, which will be modified for each group to ensure a positive learning experience.

### Sports and water mania

Ages 5 to 8

**Location: Education fields and Education pool**

Children will be introduced to and participate in a variety of co-operative games and sports over the course of the week. An emphasis will be placed on fun, social interaction and skill development. Pool time each day will consist of co-operative games. All children are required to wear PFDs in the pool.

### Sports 'R' Fun

Ages 5 to 8

**Location: Education fields**

This camp is a great opportunity to introduce children to a number of sports and activities in a non-competitive setting, with a focus on skill development and fun. Children will receive instruction in several different sports over the course of the week.

### Sports and wall climbing

Ages 8 to 12

**Location: PAC 295 climbing wall**

Children will receive instruction in one different sport each day and will experience climbing the wall in the PAC. Please note waiver forms MUST be filled out prior to children being allowed on the wall. Certified instructors and climbers will belay for the children during this week.

### Mini track and field

Ages 5 to 8

**Location: Griffiths' Stadium**

A wide variety of track and field events are introduced over the course of this camp. Children will gain experience in sprints, relays, jumping and throwing. Activities will be modified according to the ages of the participants.

### Track and field

Ages 8 to 12

### Ultimate frisbee

Ages 8 to 12

**Location: Education fields**

Children will learn the basics of throwing and catching as well as team concepts and rules. Other co-operative games will be introduced throughout the week to compliment the lessons.

### Volleyball

Ages 8 to 12

**Location: Education gym**

The volleyball camp will provide the basic skills necessary to play volleyball. Team concepts and skills such as passing, setting, serving and spiking will be covered throughout the week.

### Games galore

Ages 5 to 8

**Location: Education fields**

This camp provides a great opportunity to learn fun, safe, co-operative games with minimal equipment requirements. Activities will include tag games, as well as low organizational and skill related games.

### Triathlon

Ages 8 to 12

**Location: PAC pool and Education fields**

Try this unique activity that combines three sports: swimming, biking and running. Games, drills and simulations will be incorporated to provide a fun and dynamic environment. No previous experience is required. A mountain bike and an approved helmet are required.

## Program schedule

### Week one

July 8-12

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	Sports 'R' Fun
	Ages 5 to 8	How the Body Moves
	Ages 8 to 12	Ultimate Frisbee
	Ages 8 to 12	Volleyball
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	Mini Basketball
	Ages 8 to 12	Track and Field
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

### Week two

July 15-19

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	Sports 'R' Fun
	Ages 5 to 8	Soccer
	Ages 8 to 12	Basketball
	Ages 8 to 12	Golf and tennis
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	How the Body Moves
	Ages 8 to 12	Field Lacrosse
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

### Week three

July 22-26

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	Games Galore
	Ages 5 to 8	Soccer
	Ages 8 to 12	Triathlon
	Ages 8 to 12	Volleyball
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	Sports 'R' Fun
	Ages 8 to 12	Racquet sports
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

### Week four

July 29-August 2

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	How the Body Moves
	Ages 5 to 8	Mini Basketball
	Ages 8 to 12	Golf and Tennis
	Ages 8 to 12	Soccer
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	Mini Track and Field
	Ages 8 to 12	Mountain Biking
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

**Week five**  
**August 6-9**  
 Note: four days only

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	Sports 'R' Fun
	Ages 5 to 8	How the Body Moves
	Ages 8 to 12	Track and Field
	Ages 8 to 12	Basketball
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	Soccer
	Ages 8 to 12	Golf and Tennis
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

**Week six**  
**August 12-16**

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	How the Body Moves
	Ages 5 to 8	Mini Track and Field
	Ages 8 to 12	Basketball
	Ages 8 to 12	Football
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	In-line Skating
	Ages 8 to 12	Soccer
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

**Week seven**  
**August 19-23**

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	Sports 'R' Fun
	Ages 5 to 8	Mini Basketball
	Ages 8 to 12	Track and Field
	Ages 8 to 12	Field Lacrosse
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	Soccer
	Ages 8 to 12	Racquet sports
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours

**Week eight**  
**August 26-30**

<b>Morning</b>	All ages	Extended hours
<b>Morning</b>	Ages 5 to 8	Sports 'R' Fun
	Ages 5 to 8	Mini Basketball
	Ages 8 to 12	Football
	Ages 8 to 12	Golf and Tennis
<b>Afternoon</b>	Ages 5 to 8	Sports and Water Mania
	Ages 5 to 8	How the Body Moves
	Ages 8 to 12	Mountain Biking
	Ages 8 to 12	Sports and Wall Climbing
<b>Afternoon</b>	All ages	Extended hours



# SUMMER DANCE CAMPS

Michelle Weimer, Co-ordinator ■ University School of Dance ■ michelle.weimer@usask.ca

## Half-day camps

Ages 4 to 6

### Dancing on the Prairie

This creative movement/pre-ballet dance class focuses on nurturing self-expression, creativity and rhythm, through the use of song, games, stories and movement while exploring a connection between dance and the environment on our beautiful campus. Emphasis is placed on proper alignment, co-ordination, body/spatial awareness, and relationships with others and nature. This camp includes creative movement, art, games, stories, outdoor activities and exploration of on-campus attractions, and is inspired by place-based learning and outdoor education concepts. A daily swim lesson is also included.

<b>July 8-12</b>	<b>9 am-noon</b>	<b>\$175</b>
<b>July 15-19</b>	<b>1-4 pm</b>	<b>\$175</b>

### Yoga dance

Creative dance combined with yoga and breath with fantastic music from around the world. Focuses on helping young children experience a blissful body, joyous heart and peaceful mind. Yoga dance includes storytime, art, games and a swim lesson.

<b>July 15-19</b>	<b>9 am-noon</b>	<b>\$175</b>
-------------------	------------------	--------------

*Notes: Although no Swim Kids badges will be awarded at the end of the camp, please indicate participant's swim experience upon registration.*

*There is no before, after or lunch time supervision with these camps.*

## All day camps

Ages 7 to 11

### Dance-a-story camp

This camp is designed for the beginning or experienced dancer/actor. Instruction will be given in various dance theatre forms such as jazz, contemporary and cultural, as well as rhythmic and voice activities. Emphasis will also include techniques in drama, physical theatre and composition. Daily recreational swim included! Please provide previous experience upon registration.

<b>July 8-12</b>	<b>9 am-4 pm</b>	<b>\$340</b>
------------------	------------------	--------------

### Dance, sport and swim camp

Learn how to dance and swim in one camp! Participants will be instructed in the disciplines of movement and dance, sport/recreational activities and swimming. A twice-a-day swim lesson is included in this camp. Participants, at the time of registration, must indicate the last swim badge completed (if any) and any previous dance or sport experience. Campers will be grouped accordingly.

<b>July 15-19</b>	<b>9 am-4 pm</b>	<b>\$340</b>
<b>July 22-26</b>	<b>9 am-4 pm</b>	<b>\$340</b>

*Note: There is no before or after camp supervision with these all-day camps, but lunch time will be supervised.*



# HUSKIE SPORT CAMPS

## Huskie Hockey Schools

The Huskie Hockey School believes in providing top quality on-ice hockey instruction as well as a variety of other daily activities. Off-ice sessions may include field activities with real grass stains included!

### Full-day camps include:

- two on-ice sessions
- one off-ice activity,
- lunch break
- one daily swim session

### Half-day camps include:

- one ice session
- one off-ice activity,
- one daily swim session

## Hockey Schools Schedule

Location: Merlis Belsher Place

USask Campus

All camps include a Huskie jersey with the cost

July 15-19	Full-day, 9 am-4:15 pm	Pre-Novice, Novice and Atom	\$650
July 22-26	Half-day, 9 am-12:15 pm	Pre-Novice and Novice	\$320
July 29-August 2	Full-day, 9 am-4:15 pm	Pre-Novice, Novice and Atom	\$650
August 6-9 (four days)	Full-day, 9 am-4:15 pm	Pre-Novice, Novice and Atom	\$520
August 19-23	Full-day, 8 am-3:15 pm	Novice, Atom and Pee Wee	\$650

## General Hockey Camp

### Full-day and half-day/am camps

The Huskie Development Camps have continued to place an emphasis on skill development. Our curriculums are planned to ensure the participant learns through an environment of positive learning and fun activity.

Each participant receives two ice sessions daily (for a total of ten hours). As well, each age group will be supervised by at least two group leaders and two on-ice instructors will conduct each ice session. Note, our on-ice instructors will be increased with younger age groups that require more on-ice personnel. Group leaders are also increased to three for our younger groups.

The Huskie Hockey Schools welcome all girls who love the game and we have female group leaders and instructors.

Each participant in the full-day camp must provide his or her own lunch; however, our lunch sessions occur at Merlis Belsher Place, where lunch may be purchased.

**Instructors: Current and former Huskie hockey athletes and coaches**





## Huskie Hockey Skills sessions

\$40/session

The Huskies have developed a strong following and program thanks to our Skills Development camps on Saturdays and our growing Huskie Prospect program.

- two sessions per week: Monday/Wednesday or Tuesday/Thursday
- one-hour sessions
- two instructors on the ice
- skating, shooting and puck movement skills will be emphasized
- maximum of 20 participants per group
- we provide the tool box so participants can focus on their skills

### Option one: Monday/Wednesday

\$320 (includes a Huskie jersey)

July 15, 17, 22, 24, 29; August 7, 12, 14

8 one-hour sessions

5-6 pm	Ages 7 and 8	Novice
6:15-7:15 pm	Ages 9 and 10	Atom

### Option two: Tuesday/Thursday

\$320 (includes a Huskie jersey)

July 16, 18, 23, 25; August 6, 8, 13, 15

8 one-hour sessions

5-6 pm	Ages 5 and 6	Pre-Novice
6:15-7:15 pm	Ages 7 and 8	Novice

### Option three: Monday to Friday

\$200 (includes a Huskie jersey)

August 26-30

5 day morning camps/one-hour session

8:45-9:15 am	Ages 5-6	Pre-Novice
10-11 am	Ages 7-8	Novice
11:15 am-12:15 pm	Ages 9-10	Atom

## Huskie Hockey Prep Camp

(Note: new format from previous year)

**Location: Merlis Belsher Place, USask Campus**

Our Huskie Prep Camp launched in July 2017. Let us help you get prepared for tryouts and camps with drills, skills and high expectations. Participants will experience two on-ice sessions and one HPC workout session a day. Our camp takes place in the brand new Merlis Belsher Place arena.

- 16 on-ice sessions
- eight HPC training and testing sessions by Jason Weber and Human Performance Center staff
- an introduction to age appropriate fitness testing
- skating/skills/dynamic team play sessions

<b>All Camps</b> <b>August 19-29</b> <b>(Monday to Thursday)</b>	<b>Atom: 12:15-4:15 pm</b>	<b>All Camps</b> <b>\$850</b>
	<b>Pee Wee: 1:30-5:30 pm</b>	
	<b>Bantam: 3-6:45 pm</b>	
	<b>Bantam/Midget (Female-only): 4:30-8:15 pm</b>	

### Participants will be provided with:

- Huskie practice and game socks
- daily skate sharpening
- Huskie equipment staff on-site
- full laundry service
- on-ice and off-ice group leaders

### Limit: 22 players per group

- two goalies
- six defence
- 12 forwards
- two additional players

This is a very competitive camp. Please ensure participants have played at the AA level or higher.

## Huskie Hockey Prep Skills

You asked for an evening skills camp to help fit in with busy family schedules and we delivered. These sessions are \$40 each.

**Location: Merlis Belsher Place, USask Campus**

<b>All Prep Skills sessions</b> <b>August 6, 8, 13, 15</b>	<b>Pee Wee skills: 5-6 pm</b>	<b>All Prep Skills sessions</b> <b>\$160</b>
	<b>Bantam skills: 6:15-7:15 pm</b>	
	<b>Peewee/Bantam/Midget skills (female-only)</b>	



## Huskie Sport Camps

Huskie Sport Camps offer a variety of camps to young athletes that want to learn more about or further develop their skills in a particular sport. Huskie head coaches and athletes design the curriculum and lead the instruction at all camps. These coaches and athletes are known throughout the province and country for their skills and sport knowledge.

All camps are designed with a coach to athlete ratio of 10 to one or better to ensure that proper attention is given to each athlete, and proper instruction can be given when it comes to athlete skills, techniques and gameplay.

Every Huskie Sport Camp athlete will receive a six pack of flex tickets, which may be redeemed for any regular season Huskie home game.

### Meal Plan

The meal plan is a supervised lunch program at Marquis Hall on the USask campus. This program runs Monday through Thursday and is offered to all full-day camp athletes for an additional fee.

### Wrestling Camp

The Huskie Wrestling Camp is an ideal training camp for all wrestlers of all experience and skill levels. It focuses mainly on the fundamentals of wrestling. Many of the skills taught are hidden in the form of games, body awareness exercises, and high percentage wrestling techniques ranging from the basics to world-class execution.

### Basketball Camp

This camp is designed for athletes interested in developing their skills and overall knowledge of basketball. The camp will be fun but competitive with the goal of improving each participant's knowledge and enjoyment of the game. Team practice sessions, competitions, special topics, and full court traditional drills will augment the daily individual skill stations and team games.

### Football Camp

Football players will learn and improve the techniques and fundamentals of tackle football. Players are grouped and will participate against other campers of similar size and ability.

All participants are provided with specific skill instruction. The progression from the position instruction to team concepts all culminate with the green and white scrimmage which takes place during the Friday morning session. Athletes will also learn about speed and strength training, and the development of a complete football player.

### Volleyball Camp

The Huskie Volleyball Camps are designed to teach the fundamental skills and concepts of the game of volleyball. Participants are grouped according to skill and then by age (if necessary) to ensure that campers of all skill levels will be able to develop and strengthen both individual and team concept skills.

### Soccer Camp

#### Advanced Camp

This camp is designed for both the advanced high school and club player looking to experience a unique soccer environment with players of their ability. During this camp players will continue to work on their skills focused around the following development pillars: technique, tactical, psychological and physical. These skills will be developed in a number of different ways: through true skill execution, observing university players, video, small-sided games, and under pressure in a daily skills competition.

#### Development Camp

This camp is designed for the young player looking for additional training on top of his or her community or club programs. The University of Saskatchewan soccer programs are taking the lead role in encouraging and igniting a passion for soccer, and teaching and nurturing the talent of tomorrow's athletes. The foundation of this age is continuing with the skillset of each player in an environment that teaches and challenges the individual in game-like situations.

For full Huskie Sport Camp details, including dates, times and costs, visit [huskies.usask.ca/camps](https://huskies.usask.ca/camps)



# College of Kinesiology Parking Map

Permits are provided for some programs, restrictions apply. Please see your registration confirmation for specific details. Individual lot information is provided below.

PARKING MAP

**Metered or Pay-By-Plate Parking Rates**

**Monday - Friday (7:30 am – 6 pm)**  
\$3 per hour (various time limits)

**Monday - Friday (6 pm – 10 pm)**  
\$1.50 per hour (4 hour time limit)

**Saturday (7:30 am – 10 pm)**  
\$1.50 per hour

**Monday-Saturday (10 pm - 7:30 am & Sunday)**  
Free at most meters.

*Note: Time limits and price vary, please refer to signs posted in all areas.*

**Parking Lot S (Near Education)**

**Monday - Friday (May 1 - August 31)**  
7 am - 4 pm Permit Required\*  
After 4 pm Free

**Monday - Thursday (September 1 - April 30)**  
7 am - 10 pm Permit Required\*

**Friday (after 4 pm)** Free  
**Saturday & Sunday** Free

*\*Access to Lot S from Innovation Blvd Only\**

**Parking Lot 3 (Near PAC)**

**Monday - Friday (6 am - 6 pm)**  
\$3.00/hr (no daily Max)

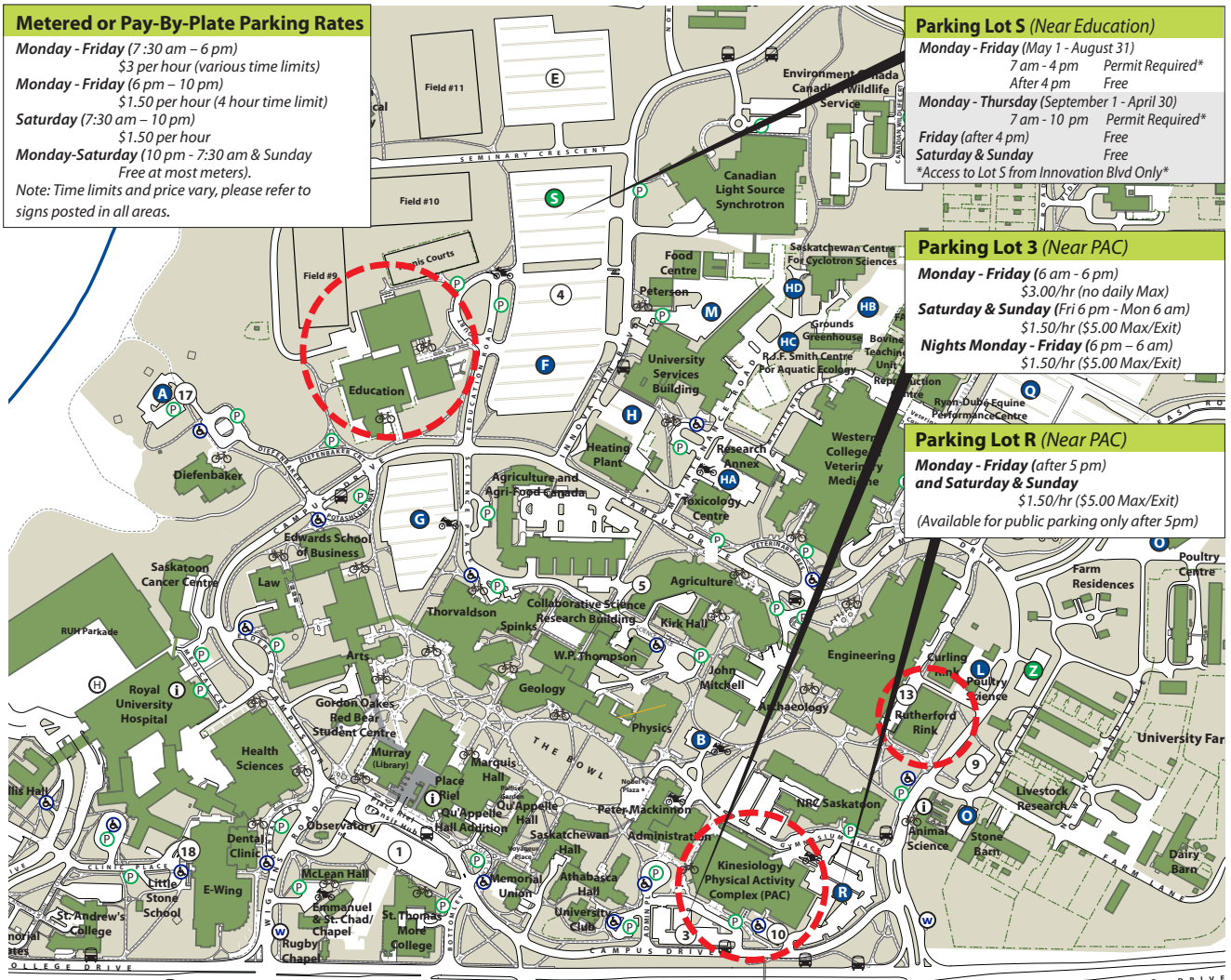
**Saturday & Sunday (Fri 6 pm - Mon 6 am)**  
\$1.50/hr (\$5.00 Max/Exit)

**Nights Monday - Friday (6 pm - 6 am)**  
\$1.50/hr (\$5.00 Max/Exit)

**Parking Lot R (Near PAC)**

**Monday - Friday (after 5 pm) and Saturday & Sunday**  
\$1.50/hr (\$5.00 Max/Exit)

*(Available for public parking only after 5pm)*



**Map Legend**

- Buildings
- Underground Pedestrian Tunnel
- Saskatoon Transit
- Royal University Hospital
- Wayfinding Maps
- Information Centres
- Reserved Parking\*
- Metered Parking
- Disabled Persons' Parking\*
- Motorcycle Parking\*
- Bicycle Parking

**Public Parking Lots**

- Pay Parking Lots 1, 3, 4
- Metered Parking Lots 9, 10, 13, 16, 17
- Agriculture Building Parkade 5
- Stadium Parkade 2
- Health Sciences Parkade 18

**Faculty & Staff Parking Lots\***

A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z

**Student Parking Lots\***

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

Place Riel Student Centre - 966-6988  
\*Parking Permits Required. Contact Parking Services at 966-4502  
Please refer to signs posted in all areas

**Weekend Parking Options**

No payment or permit required in the following areas:

**Lot S, Y & 15**  
(Friday 4pm - Monday 5am)

**Lot F, V, K, L, Q, H**  
(Friday 5pm - Monday 5am)

*\*Night permits are not required in staff or student lots from May 1 - August 31 annually. Please refer to signs posted in all areas\**

**Stadium Parkade Lot 2**

**Open 24 hours**

**Monday - Friday (September 1 - April 30)**  
\$2.50/hr (\$12.50 Max/Exit)

**Saturday & Sunday**  
\$1.50/hr (\$5.00 Max/Exit)

**Monday - Friday (May 1 - August 31)**  
\$2.50/hr (\$6.00 Max/Exit)



Programs are community-focused and open to the public. We look forward to seeing you and your family this Spring and Summer!

**Registration opens  
March 11, 2019**

**Phone: 306-966-1001**

**In-person: Room 222, 87 Campus Drive**

**Online: [beactive.usask.ca](http://beactive.usask.ca)**

**For more information,  
visit [recservices.usask.ca](http://recservices.usask.ca)**

**College of Kinesiology  
University of Saskatchewan  
87 Campus Drive  
Saskatoon, SK S7N 5B2**

