

Group Lessons April 2—June 17 2012

	Starfish/Duck	Sea Turtle	Sea Otter	Salamander	Sunfish	Crocodile	Whale	SK 1	SK 2	SK 3	SK 4	SK 5	SK 6	SK 7	SK 8	SK 9	SK 10
Monday	9:30am	10:30am	10:00am 5:00pm	5:30pm	6:30pm	6:00pm	6:00pm	6:00pm	5:00pm	6:30pm	5:00pm	6:30pm	5:30pm	6:15pm			
Tuesday	11:30am	3:30pm 5:00pm	2:30pm 6:00pm	6:00pm	3:00pm 5:00pm	5:30pm	5:30pm	5:00pm	5:30pm	6:30pm	6:00pm	6:30pm	6:30pm	6:30pm	7:15pm	8:00pm	8:00pm
Wednesday		11:30am 3:30pm 6:00pm	3:00pm 5:30pm	5:00pm 6:30pm	5:30pm	5:00pm	5:00pm	6:00pm	5:30pm	5:00pm	6:00pm 7:30pm	7:00pm	7:00pm	6:30pm	7:15pm	7:00pm	
Thursday	5:30pm	2:30pm 5:00pm	5:00pm	11:00am 5:30pm	3:30pm 6:00pm	3:00pm 6:30pm	3:00pm 6:30pm	6:00pm	7:00pm	6:30pm	7:00pm	7:00pm	6:00pm	6:30pm			
Friday	3:00pm 5:00pm	5:00pm	11:30am 5:30pm	6:00pm	5:30pm			5:30pm	6:00pm	5:00pm	6:30pm	6:00pm	6:00pm				
Saturday	9:00am 10:30am 11:00am 12:30pm	9:00am 1:00pm	9:30am 11:30am 1:30pm	9:30am 11:00am 1:00pm	11:30am 1:00pm	10:30am	10:30am	1:30pm	10:00am	9:00am	11:00am	10:00am		9:30am	9:30am	10:15am	10:15am
Sunday	9:30am 11:00am	9:30am 10:30am 11:30am	10:30am 12:30pm	9:00am 10:00am	9:30am 11:00am 1:30pm	9:00am 11:30am	9:00am 11:30am	10:00am	12:30pm	11:00am	10:00am 1:00pm	12:30pm	10:00am	12:30pm	11:15pm	10:45am	10:45am

Private Lessons April 2—June 17 2012

Monday	9:30am	11:00am	11:30am	10:00am	10:30am	3:00pm	3:30pm	5:00pm	5:30pm	6:00pm	6:30pm						
Tuesday	2:00pm	11:00am	11:30am	2:30pm	3:00pm	3:30pm	5:00pm	5:30pm	6:00pm	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm			
Wednesday	3:00pm	11:00am	11:30am	3:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:00pm	7:30pm						
Thursday	2:00pm	11:00am	11:30am	2:30pm	3:00pm	3:30pm	5:00pm	5:30pm	6:00pm	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm			
Friday	3:00pm	11:00am	11:30am	3:30pm	5:00pm	5:30pm	6:00pm	6:30pm									
Saturday	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:30pm	1:00pm	1:00pm	1:30pm						
Sunday	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	12:30pm	1:00pm	1:00pm	1:30pm						

St. Alban's Pool
 St. Alban's Boys and Girls Club
 Aquatics Program
 Spring 2012

Red Cross Swim Lessons
 Specialty and Elite Programs
 Lifesaving Society Courses

843 Palmerston Avenue | www.stalbansclub.ca
 Shannon Caskey, Aquatic Services Manager
 416-534-8461 ext 226



St. Alban's
 Boys & Girls Club
 A good place to be



Red Cross Swim Lessons

Registration



Group Lessons: Tuesday
March 6th at 10am.

Online only:
Please visit <https://stalbansclub.lesstimes.com>

Private Lessons: Tuesday March 6th at 9am.
Email or in person. First come, first served.
privatelessons@stalbansclub.ca
Registration form available online.

First Day of Classes: Monday April 2nd 2012

There will be no classes on Friday April 6th or
Sunday April 8th for Easter holidays.

Classes run until Saturday June 9th with the
exception of Fridays which conclude June 15 and
Sundays which conclude June 17.

Group lessons

\$85.00 per session

Private/Semi-Private Lessons

1:1 \$225.00

1:2 \$135.00 per participant

1:3 \$105.00 per participant

Participants in Semi-Private lessons must pre-
arrange their own groups before registering; they are
not arranged by St. Alban's staff. Participants cannot
be more than one level apart.

Special Needs Program

Does your child have a medical condition that
prevents him/her from participating in a group class?
If so, please contact us one week prior to registration
to see if we can accommodate your child
comfortably in lessons.



Elite Programs

Competitive Swimming (Swim Team) \$125

Pre-requisites: Swim Kids 4+
Saturday 4-5 pm

Water Polo \$125

Pre-requisites: Swim Kids 4+
Saturday 5-6 pm

Specialty Courses

Adult Swim Basics \$90

Age: 16+ Thursday 7:30- 8:15pm

Adult Swim Intermediate \$90

Age: 16+ Thursday 8:15-9pm

Adult Swim Advanced / Masters Swim Team \$150

Age: 18+ Thursday 7:30-9pm

Adult Private Lessons

Age: 16+ Thursday 7:30pm, 8pm, 8:30pm

Lifesaving Society Courses

Bronze Star \$125

Tuesday 8-9pm
Pre-requisites: 11 years old

Bronze Medallion/ Emergency First Aid & CPR-B \$175 (manual included)

Tuesday 7-9pm
Pre-requisites: 13 years old OR Bronze Star
EXAM: Tuesday June 5th 6-9pm

Bronze Cross \$150

Tuesday 7-9pm
Pre-requisites: Current Bronze Medallion/Emergency
First Aid & CPR B
EXAM: Tuesday June 5th 6-9pm

Standard First Aid with CPR-C \$100

(includes manual)
Pre-requisites: Age 13+

Standard First Aid with CPR-C Recertification \$70

Pre-requisites: Standard First Aid with CPR-C
previous certification within the last 3 years.

Bathing Caps

The use of a bathing cap is strongly encouraged at
both our Palmerston and Winona locations and
can be purchased for \$6 (latex) and \$15 (silicone)
at the either our Palmerston or Winona locations.

Changes to Red Cross Levels



Sea Otter

Starting Fall 2011 the Red Cross has implemented
a new preschool level. Sea Otter fits between Sea
Turtle and Salamander to ease the transition from
assisted to unassisted skills. All children who have
completed Sea Turtle prior to Fall 2011 should be
enrolled in Sea Otter.

If you have any questions about
Sea Otter or are unsure of what
level to register your child in
please visit our website
www.stalbansclub.ca

