

Group Lessons April 2—June 7th 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
Mon	4:30pm	4:00pm	4:30pm	4:00pm 5:30pm	6:00pm	5:00pm	5:00pm	5:00pm	5:30pm	5:30pm	6:30pm	6:30pm	7:00pm	7:45pm			
Wed	5:00pm	6:00pm 6:30pm	5:00pm 6:00pm	5:30pm	5:30pm	5:30pm	5:30pm	5:00pm	6:30pm	6:00pm			7:00pm		7:00pm	7:45pm	7:45pm
Thurs		5:00pm 6:00pm	5:30pm	5:00pm	6:00pm	6:30pm	6:30pm	5:30pm	5:30pm	6:30pm	5:00pm	6:00pm		7:00pm		7:15pm	7:15pm

Private Lessons April 2—June 7th 2012

Monday	4:00pm	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm
Wednesday	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm	8:30pm	
Thursday	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm	8:00pm	8:30pm	

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

Red Cross Swim Lessons
Specialty and Elite Programs
Lifesaving Society Courses

101 Winona Drive | 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

Classes run until Thursday June 7th 2012.

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+

Monday 6-7pm

Water Polo \$125

Pre-requisites: Swim Kids 4+

Monday 5-6 pm

Specialty Courses

Adult Swim Advanced/Masters Swim Team \$150

Age 18+

Monday 7:30-9pm

Lifesaving Society Courses

Bronze Star \$125

Pre-requisites: 11 years old

Wednesday 8-9pm

Bronze Medallion/ Emergency First Aid & CPR-B \$175

(manual included)

Pre-requisites: 13 years old OR Bronze Star

Wednesday 7-9pm

EXAM: Wednesday June 6th 6-9pm

Bronze Cross \$150

Pre-requisites: Current Bronze Medallion/Emergency First Aid & CPR B

Wednesday 7-9pm

EXAM: Wednesday June 6th 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

Further Information

For any information regarding our Winona programming please contact:

Phoebe Rockman
Facility Coordinator, Winona Location

phoebe@stalbansclub.ca