

Fluid Motion
Spring 2020
Registration Information



Spring Registration Ends on March 20
Register online fluidmotion.ca



Celebrating 35 Years of Swimming

The seed of Fluid Motion started in 1984 with just 2 swimmers taking lessons once a week at Sherbrook Pool. I had no idea back then that I would still be teaching swimming today. I always believed that I would have my own business at some point, but I didn't know in the beginning that it was going to be a swim school.

Fluid Motion has grown far beyond my expectations over the years in numbers of swimmers trained but more importantly in its philosophy. I have always truly believed that everyone can and should learn to swim, but it's how they learn that is important.

Our core philosophy remains unchanged, we want to develop a love of the water in all of our swimmers so they will want to play in the water with their children one day. We want them to look back on their swimming lessons in a positive way and with happy memories (not just all the laps they had to do.)

We have continued to improve in a learner centred approach to instructing. We will always look at who we are teaching and adapt our teaching methods for each swimmer. Each swimmer has a different path to follow to get to their goals, our job is to get them there and to celebrate all their successes along the way. It's so interesting to me that even when swimmers are truly fearful when they start and can even take a couple of years to feel comfortable enough to put their faces in the water (yes, this is true for some very thoughtful swimmers), they usually complete their level 10 about the same time as everyone else. It's the power of the brain, once the swimmers know they can trust themselves in the water, they take off. We need to be patient, supportive and flexible with each of our swimmers so they can feel comfortable enough to try. They all end up trusting the water, it's amazing!

I am so proud to say that we have been training our instructors and many more since the beginning and we are looking forward to training many more for years to come. We love teaching the instructors courses and watching our swimmers change from learners to teachers.

I have to make mention of Gail Henderson Brown, the 2019-20 season was Gail's 25th season with Fluid Motion. Gail's experience as a Red Cross Master Trainer continues to be a guiding force for Fluid Motion and is an integral part of our training team for our instructor candidates and the ongoing training and development of current instructors. Gail is also our School Division Coordinator. Since 2011 we have been teaching all Grade 3 students of St James School Division with their Swim@School program and have thoroughly loved it!

We have grown from our 2 swimmers in 1984 to nearly 900 swimmers last season, running 7 days a week at 7 pools around the City. We have 48 instructors, many who started with us as young children. It is such a privilege to watch our swimmers grow up and become the amazing young adults that they are.

We recognize that swimming lessons are often a toddlers first un-parented lesson and we are so honoured when families choose us to work with their babies. We love love love teaching the little ones! I also recognize that working with Fluid Motion is often our instructors first job. My goal is to make working with Fluid Motion as positive as possible. We have a team of mentors, experienced instructors and myself working with our new instructors to continue to develop them. Fluid Motion is the launching pad for their adult working life and I want to ensure that each instructor feels valued and carries a strong work ethic through their chosen careers.

It's also amazing to me that we are teaching the children of our early instructors now (I'm trying to not feel too old here though.)

Thank you to all of our families over the years, and our amazing instructors who are so dedicated to their swimmers! It's been 35 years, but we are not close to slowing down. Here's to many more years to come!

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Spring Registration Ends on March 20

Swimmers placed on a first come first served basis once deposit is received.
Register now, space is limited!

Preschool Programs: 1 year– 5 years

Baby Splashers

Our parent & child program is designed for 1 to 3 years old. This is a great opportunity for parents, grand parents, and caregivers to better understand water safety and how to introduce the 'next generation' to being in and around the water. Learn how buoyant your babies are! Lots of songs, games, floating, kicking, bubbles and fun in every class! We are 'planting seeds' to develop a life long love of the water for our next generation.

Listed below are the time blocks we have available.

Parent & Child classes: 1 year – 3 years: half-hour class per week

Available times to swim:	Starting & Ending Dates	Fee
Monday classes:		
12:30 - 3:30 at Pan Am	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$138.00
4:00 - 8:00 at Cindy Klassen	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$138.00
Tuesday classes:		
12:30 - 3:00 at Pan Am	Apr 14 - Jun 9	\$155.00
Wednesday classes:		
3:30 - 4:00 at Pan Am	Apr 15 - Jun 10	\$155.00
4:00 - 8:00 at Cindy Klassen	Apr 15 - Jun 10	\$155.00
Thursday classes:		
12:30 - 3:30 at Pan Am	Apr 16 - Jun 11	\$155.00
1:00 - 3:00 at St James Centennial	Apr 16 - Jun 11	\$155.00
Friday classes:		
3:30 - 8:00 at Cindy Klassen	Apr 17 - Jun 12 (May 15 off)	\$138.00
Saturday classes:		
12:30 - 4:00 at St. James Centennial (45 min classes)	Apr 18 - May 30 (May 16 off)	\$155.00
1:00 - 5:00 at Cindy Klassen (45 min classes)	Apr 18 - May 30 (May 16 off)	\$155.00
Sunday classes:		
12:30 - 5:00 at Pan Am (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$180.80
1:00 - 4:00 at St. James Centennial (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$180.80
1:00 - 5:00 at Cindy Klassen (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$180.80



School-age Programs: 5 – 14 years

Red Cross Swim Kids

This 10-level learn-to-swim program for 5-year olds and up has a strong emphasis on water safety. We spend the majority of time on stroke development, aiming for strong, efficient and confident swimmers. The class size is small, never exceeding 5 swimmers per instructor, with an even smaller ratio of swimmers to instructors at the lower levels.

Our learner centred approach allows us to work with each swimmer to progress in a logical and fun manner. The classes are active and purposeful!

Levels 1 – 10:

a half-hour class per week

Available times to swim:	Starting & Ending Dates	Fee
Monday classes:		
12:30 - 4:30 at Pan Am	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$177.75
4:00 - 8:00 at Cindy Klassen	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$177.75
8:00 - 10:00pm at St James Centennial	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$177.75
Tuesday classes:		
12:30 - 3:00 at Pan Am	Apr 14 - Jun 9	\$200.00
8:00 - 9:30pm at Pan Am (45min classes)	Apr 14 - Jun 9	\$300.00
8:00 - 10:00pm at St James Centennial	Apr 14 - Jun 9	\$200.00
Wednesday classes:		
3:30 - 4:30 at Pan Am	Apr 15 - Jun 10	\$200.00
4:00 - 8:30 at Cindy Klassen	Apr 15 - Jun 10	\$200.00
8:00 - 9:30pm at Pan Am	Apr 15 - Jun 10	\$200.00
8:00 - 10:00pm at St James Centennial	Apr 15 - Jun 10	\$200.00
Thursday classes:		
12:30 - 4:30 at Pan Am	Apr 16 - Jun 11	\$200.00
1:00 - 5:00 at St James Centennial	Apr 16 - Jun 11	\$200.00
8:00 - 9:30pm at Pan Am (45 min classes)	Apr 16 - Jun 11	\$300.00
Friday classes:		
3:30 - 8:00 at Cindy Klassen	Apr 17 - Jun 12 (May 15 off)	\$177.75
4:00 - 6:30 at Elmwood Kildonan	Apr 17 - Jun 12 (May 15 off)	\$177.75
5:00 - 9:00 at St James Centennial	Apr 17 - Jun 12 (May 15 off)	\$177.75
Saturday classes:		
12:30 - 4:00 at St. James Centennial (45 min classes)	Apr 18 - May 30 (May 16 off)	\$200.00
12:30 - 3:30 at Elmwood Kildonan (45 min classes)	Apr 18 - May 30 (May 16 off)	\$200.00
1:00 - 5:00 at Cindy Klassen (45 min classes)	Apr 18 - May 30 (May 16 off)	\$200.00
Sunday classes:		
12:30 - 5:00 at Pan Am (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$233.40
12:30 - 5:00 at Elmwood Kildonan (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$233.40
12:30 - 4:30 at St. James Centennial (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$233.40
1:00 - 5:00 at Cindy Klassen (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$233.40



School-age Programs: 5 – 14 years, continued

Mini Swim Club

Great fun and lots of swimming for level 5 - 6 swimmers. This mini club is meant for swimmers who are looking for an increased challenge with their strokes and fitness. Swim Club does not include Water Safety, we are not working on the Red Cross levels in Swim Club.

We have 3 1-hour slots to choose from. For those who want to swim more than once a week, the fee is reduced by 20% for each additional Swim Club class.

Pre-requisite: Completed level 4

Available times to swim:	Starting & Ending Dates	Fee
Monday classes: 5:30 - 6:30 at Cindy Klassen	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$253.40
Friday classes: 5:00 - 6:00 at Cindy Klassen	Apr 17 - Jun 12 (May 15 off)	\$253.40
Sunday classes: 2:30 - 3:15 at Cindy Klassen (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$171.50

Swim Club

Swim in a club style atmosphere that is focused on fun, skills and fitness without the competition, nor the fundraising. Swim Club does not include Water Safety, we are not working on the Red Cross levels in Swim Club.

We have 5 1-hour slots to choose from. For those who want to swim more than once a week, the fee is reduced by 20% for each additional Swim Club class.

Pre-requisite: Completed Level 7 or higher

Available times to swim:	Starting & Ending Dates	Fee
Monday classes: 6:30 - 7:30pm at Cindy Klassen	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$253.40
Wednesday classes: 8:30 - 9:30pm at St James Centennial	Apr 15 - Jun 10	\$285.00
Friday classes: 6:30 - 7:30pm at Cindy Klassen	Apr 17 - Jun 12 (May 15 off)	\$253.40
Saturday classes: 3:30 - 4:15 at Cindy Klassen (45 min classes)	Apr 18 - May 30 (May 16 off)	\$147.00
Sunday classes: 3:30 - 4:15 at Cindy Klassen (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$171.50

NEW!

Assistant Lifeguard Club

Come join our Assistant Lifeguard Club, practice your lifeguarding techniques, rescue skills, first aid skills, work on your water fitness and learn to use make up in mock first aid situations. This is an opportunity to keep your skills up to prepare for the the Red Cross Lifeguard level at age 15.

The club meets once a week for 1.5 hours.

Pre-requisite: 12 years and up
Assistant Lifeguard, or Bronze Medallion

Available times to swim:	Starting & Ending Dates	Fee
Mondays: 6:00-7:30pm at Cindy Klassen:	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$253.40
Thursdays: 8:00 - 9:30pm at Pan Am:	Apr 16 - Jun 11	\$285.00



Teen Programs: 12 – 18 years

NEW

Red Cross Assistant Lifeguard Course Red Cross Level C CPR included

We are very excited to offer the Red Cross Assistant Lifeguard Course (ALG)! This is a new national program geared to 12 year olds and up. This program includes knowledge and practice of first aid, rescue skills, lifeguarding skills, safe behaviours, and how to be part of an elite team. This ensures the candidates are trained in the prevention of injuries, not just how to respond to them. This course teaches effective ways to use lifesaving equipment using physics to help keep the rescuer safe while doing rescues.

This is a pass/fail course and is examined by the Instructor.

The Red Cross Assistant Lifeguard is the prerequisite for Red Cross Water Safety Instructor (WSI) and Red Cross Lifeguard (LG) courses. These courses are recognized by the Manitoba Government and the City of Winnipeg as a standard for employment. The City of Winnipeg accepts ALG to be a wading pool attendant.

We love this program for the prevention it teaches as well as the advanced use of equipment, which promotes safer rescue techniques!

Fee:	\$350.00 (includes GST and materials)
Pre-requisite:	12 years, Red Cross Swim Kids level 10 or equivalent
Format:	Three Fridays, Two Saturdays and Sundays
Class Time:	Fridays 5:00-9:00, Saturdays and Sundays 10:00 - 5:00
Location:	Cindy Klassen
Dates:	Mar 6, 13, 14, 15, 20, 21, 22 (4 spots left) Apr 17, Apr 24, 25, 26, May 1, 2, 3 (4 spots left) May 8, 22, 23, 24, 29, 30, 31 (4 spots left)



Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

Teen Programs: 12 – 18 years, continued

Bronze Family Classes

Bronze Exam Fee: \$30.00/level

Our Bronze courses are taught with the Red Cross Assistant Lifeguard (ALG) course. Swimmers have the option to take the Bronze exam within the course for the additional fee of \$30.00 for Bronze Medallion and \$30.00 for Bronze Cross.

Format: **Three Fridays, Two Saturdays and Sundays**
Class Time: Fridays 5:00-9:00, Saturdays and Sundays 10:00 - 5:00
Location: Cindy Klassen

Dates: Mar 6, 13, 14, 15, 20, 21, 22 (4 spots left)
Apr 17, Apr 24, 25, 26, May 1, 2, 3 (4 spots left)
May 8, 22, 23, 24, 29, 30, 31 (4 spots left)

Bronze Cross Re-Certification includes CPR C

The Bronze Cross award is a lifetime award, but stays current for 2 years. Our re-certification is treated as a workshop, with a refresher course prior to the exam.

The exams will be held on Sundays, from 1:00 – 5:00 at Cindy Klassen

Dates: Mar 22, Apr 26, May 31

Fee: \$70.00

We will create a course for you and 3 friends if you require different dates.

Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

Teen Programs: 12 – 18 years, continued

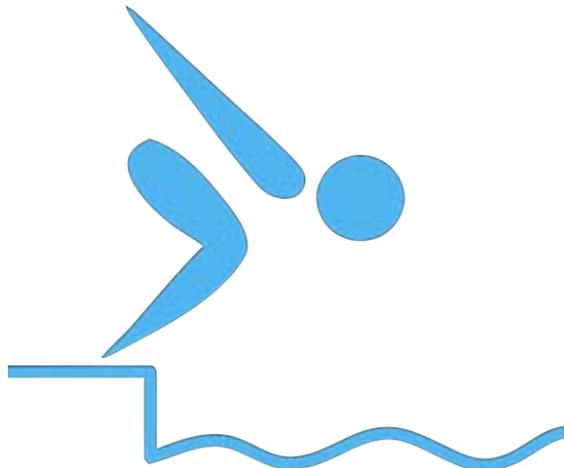
Swim Club

Swim in a club style atmosphere that is focused on fun, skills and fitness without the competition, nor the fundraising. Swim Club does not include Water Safety, we are not working on the Red Cross levels in Swim Club.

We have 7 1-hour slots to choose from. For those who want to swim more than once a week, the fee is reduced by 20% for each additional Swim Club class.

Pre-requisite: Completed Level 7 or higher

Available times to swim:	Starting & Ending Dates	Fee
Monday classes: 7:00 - 8:00pm at Cindy Klassen	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$253.40
Tuesday classes: 8:00 - 9:00pm at Pan Am	Apr 14 - Jun 9	\$285.00
Wednesday classes: 8:30 - 9:30pm at St James Centennial	Apr 15 - Jun 10	\$285.00
Thursday classes: 8:00 - 9:00pm at Pan Am	Apr 16 - Jun 11	\$285.00
Friday classes: 7:00 - 8:00pm at Cindy Klassen	Apr 17 - Jun 12 (May 15 off)	\$253.40
Saturday classes: 4:15 - 5:00 at Cindy Klassen (45 min classes)	Apr 18 - May 30 (May 16 off)	\$147.00
Sunday classes: 4:15 - 5:00 at Cindy Klassen (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$171.50



Teen Programs: 12 – 18 years, continued

Red Cross Lifeguard Course (LG)

This is Manitoba's newest professional lifeguard course, which is recognized by the Province and the City of Winnipeg. It prepares lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. We are so excited to offer this course!! The effective use of equipment taught in this course makes rescues safer for everyone!

Fee:	\$435.00
Special Fee for ALG Club Swimmers:	\$415.00 (Fee includes manuals, fanny pack & exam fee)
Pre-requisites:	15 years old current Standard First Aid & Level C CPR Assistant Lifeguard or Bronze Cross (not current)
Format:	3-Weekends
Class Time:	Fridays 5:00-9:00, Saturdays & Sundays 10:00 - 5:00
Dates:	Will create a course on demand
Location:	Cindy Klassen

National Lifeguard (NL) Transfer course to Red Cross Pool Lifeguard

Rather than running a NL recertification, we are extremely proud to run the Red Cross transfer course so that our candidates are qualified in the Red Cross Pool Lifeguard level. We are so excited about the advanced rescue techniques taught in the Red Cross Lifeguard which is Canada's latest National Lifeguard program.

Format:	2-Half Days
Course time:	Friday 5:00-9:00 & Sunday 1:00-5:30
Pre-requisite:	National Lifeguard not current Current Standard First & Level C CPR
Fee:	\$150.00
Date:	Mar 13 & 15, May 8 & 10, Jun 5 & 7
Location:	Cindy Klassen

Red Cross Pool Lifeguard Re-Cert Course

The Lifeguard course needs to be re-certified every two years to use it. This course reviews fitness and water rescue skills.

Format:	2-Half Days
Course time:	Friday 6:30-9:00 & Sunday 1:00-5:30
Pre-requisite:	Red Cross Lifeguard not current Current Standard First & Level C CPR
Fee:	\$125.00
Date:	Mar 13 & 15, May 8 & 10, Jun 5 & 7
Location:	Cindy Klassen

Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course.

Adult Programs

Learn to Swim

We are always very excited to have the opportunity to teach adults to swim. Our approach is always learner centred, focusing on the specific skills you want to focus on, whether it's starting from scratch or improving the strokes you already have. We will create the program just for you.

Our adult classes are usually a one-on-one class, unless a small group approaches us. We would love to have the opportunity to work with you. **It's your turn!**

Available times to swim:	Starting & Ending Dates	Fee
Monday classes:		
12:30 - 3:00 at Pan Am	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$209.00
7:00 - 8:30pm at Cindy Klassen	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$209.00
9:00 - 10:00pm at St James Centennial	Apr 6 - Jun 8 (Apr 13 & May 18 off)	\$209.00
Tuesday classes:		
12:30 - 3:00 at Pan Am	Apr 14 - Jun 9	\$235.00
8:45 - 9:30pm at Pan Am (45min classes)	Apr 14 - Jun 9	\$352.00
9:00 - 10:00pm at St James Centennial	Apr 14 - Jun 9	\$235.00
Wednesday classes:		
3:30 - 4:00 at Pan Am	Apr 15 - Jun 10	\$235.00
6:30 - 8:30 at Cindy Klassen	Apr 15 - Jun 10	\$235.00
8:30 - 9:30pm at Pan Am	Apr 15 - Jun 10	\$235.00
9:00 - 10:00pm at St James Centennial	Apr 15 - Jun 10	\$235.00
Thursday classes:		
12:30 - 3:30 at Pan Am	Apr 16 - Jun 11	\$235.00
1:00 - 3:00 at St James Centennial	Apr 16 - Jun 11	\$235.00
8:45 - 9:30pm at Pan Am (45 min classes)	Apr 16 - Jun 11	\$352.00
Friday classes:		
3:30 - 8:00 at Cindy Klassen	Apr 17 - Jun 12 (May 15 off)	\$209.00
8:00 - 9:00pm at St James Centennial	Apr 17 - Jun 12 (May 15 off)	\$209.00
Saturday classes:		
12:30 - 4:00 at St. James Centennial (45 min classes)	Apr 18 - May 30 (May 16 off)	\$235.00
2:15 - 4:15 at Cindy Klassen (45 min classes)	Apr 18 - May 30 (May 16 off)	\$235.00
Sunday classes:		
1:30 - 4:30 at Pan Am (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$274.15
1:45 - 4:15 at Cindy Klassen (45 min classes)	Apr 19 - Jun 7 (May 17 off)	\$274.15

Adult Programs, continued:

Learn to Swim, Continued

Group Lessons

Have you decided it's your turn to get back into the pool and swim for fun and fitness? We are more than happy to create a class for you. We can put together a class for you and your friends. Maybe you are looking for stroke improvement, build up your endurance, learn some water safety skills. The program is up to you.

It's your turn!

Swim for fun; Swim for fitness; Swim for Balance

Contact us at info@fluidmotion.ca



Adult Programs, continued:

Red Cross Level C CPR

In this certificate course learn to recognize circulatory emergencies, perform one-rescuer CPR and how to use an AED. As well as choking procedures for adults, children and infants Participants will receive a manual.

Pre-requisites:	None
Class Time:	9:00 - 1:00
Dates:	Mar 21
Fee:	\$55.00/person or \$100.00/couple (GST included)

Red Cross Emergency First Aid

This certificate course is for people looking for general knowledge of first aid and the emergency treatment of injuries. Skills include victim assessment, CPR & AED training, choking, circulatory emergencies and how to deal with bleeding and burns, head and spinal injuries. Participants will receive a manual.

Pre-requisite:	None
Class Time:	9:00 - 5:00
Dates:	Mar 21
Fee:	\$85.00/person or \$160.00/couple (GST included)

Red Cross Standard First Aid

This certificate course provides comprehensive training covering all aspects of first aid, CPR & AED training. This course includes Emergency First Aid plus such topics as, heat and cold injuries, abdominal and chest injuries, diabetic emergencies and seizures. Participants will receive a manual.

Pre-requisites:	None
Class Time:	9:00 - 5:00
Dates:	Mar 21 and 22
Fee:	\$160.00/person or \$280.00/couple (GST included)

For all First Aid and CPR courses we are happy to come to your location!

The Paper Work