

# 2011-2012 Fluid Motion Registration Form

Family Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Contact Numbers: Home: \_\_\_\_\_

Mother's Work: \_\_\_\_\_

Mother's Cell: \_\_\_\_\_

Father's Work: \_\_\_\_\_

Father's Cell: \_\_\_\_\_

Email: \_\_\_\_\_

**Swimmer 1:** \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Last level achieved: \_\_\_\_\_

Level or program registering for: \_\_\_\_\_

Name of School & Dismissal time:  
\_\_\_\_\_

Medical Conditions: \_\_\_\_\_  
\_\_\_\_\_

Please indicate your preferred day, time and location for the program you are registering for:

First option: \_\_\_\_\_

Second option: \_\_\_\_\_

Third option: \_\_\_\_\_

**Swimmer 2:** \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Last level achieved: \_\_\_\_\_

Level or program registering for: \_\_\_\_\_

Name of School & Dismissal time:  
\_\_\_\_\_

Medical Conditions: \_\_\_\_\_  
\_\_\_\_\_

Please indicate your preferred day, time and location for the program you are registering for:

First option: \_\_\_\_\_

Second option: \_\_\_\_\_

Third option: \_\_\_\_\_

**Swimmer 3:** \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Last level achieved: \_\_\_\_\_

Level or program registering for: \_\_\_\_\_

Name of School & Dismissal time:  
\_\_\_\_\_

Medical Conditions: \_\_\_\_\_  
\_\_\_\_\_

Please indicate your preferred day, time and location for the program you are registering for:

First option: \_\_\_\_\_

Second option: \_\_\_\_\_

Third option: \_\_\_\_\_

**Swimmer 4:** \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Last level achieved: \_\_\_\_\_

Level or program registering for: \_\_\_\_\_

Name of School & Dismissal time:  
\_\_\_\_\_

Medical Conditions: \_\_\_\_\_  
\_\_\_\_\_

Please indicate your preferred day, time and location for the program you are registering for:

First option: \_\_\_\_\_

Second option: \_\_\_\_\_

Third option: \_\_\_\_\_

## *Preschool Programs: 6 months – 5 years*

### **Baby Splashers**

Our parent & child program is designed for 6 months of age to 3 years old. This is a great opportunity for **new parents** to better understand water safety and how to introduce the 'next generation' to being in and around the water. Lots of songs, games, floating, kicking, bubbles and fun in every class!

**Parent & Child classes:** 6 months – 3 years: a half-hour class per week

Register with your buddies and receive a group rate.

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
9:30 - 11:00am at Cindy Klassen pool	Oct. 3 - Apr. 30 , 2012	\$289.00
2:00 - 4:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$300.00
7:30 - 9:00 at St James Civic Centre	Oct. 3 - Apr. 30, 2012	\$289.00
<b>Tuesday classes:</b>		
9:30 – 11:30am at Cindy Klassen pool	Oct. 4 - Apr. 10, 2012	\$289.00
1:00 - 3:30 at Pan Am	Oct. 4 - Apr. 10, 2012	\$289.00
<b>Wednesday classes:</b>		
9:30 – 11:00am at Cindy Klassen pool	Oct. 5 - Apr. 11, 2012	\$289.00
3:30 – 4:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$300.00
6:30 - 9:00 at St James Civic Centre	Oct. 5 - Apr. 11, 2012	\$289.00
<b>Thursday classes:</b>		
2:00 – 4:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$289.00
4:00 - 5:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$300.00
<b>Friday classes:</b>		
2:00 – 8:00 at Cindy Klassen pool	Oct. 7 - Apr. 27, 2012	\$289.00
4:30 - 7:30 at Elmwood Kildonan	Sept. 30 - Apr. 20, 2012	\$289.00
<b>Saturday classes:</b>		
9:30 – 12:00 at St. James Civic Centre	Oct. 1 - Apr. 21, 2012	\$289.00
12:45 – 5:45 at BoniVital	Sept. 24 – Apr. 21, 2012	\$289.00
12:30 – 5:00 at Pan Am	Sept. 24 – Apr. 21, 2012	\$289.00
12:00 – 5:00 at St. James Centennial	Sept. 24 – Apr. 21, 2012	\$289.00
12:00 - 5:00 at Elmwood Kildonan	Sept. 24 – Apr. 21, 2012	\$289.00
1:00 – 3:30 at Seven Oaks	Oct. 1 - Apr. 21, 2012	\$289.00
<b>Sunday classes:</b>		
10:00 - 5:00 at BoniVital	Sept. 25 – Apr. 22, 2012	\$289.00
12:30 – 5:00 at Pan Am	Sept. 25 – Apr. 22, 2012	\$289.00
12:00 - 5:00 Elmwood Kildonan	Sept. 25 – Apr. 22, 2012	\$289.00
1:00 – 4:00 at St. James Civic Centre	Oct. 2 - Apr. 22, 2012	\$289.00
1:00 – 4:00 at St. James Centennial	Sept. 25 – Apr. 22, 2012	\$289.00
11:00 - 4:00 at Seven Oaks	Oct. 2 - Apr.22, 2012	\$289.00

\*St James Civic Centre, St James Centennial & BoniVital are warm pools. Great for the little ones!\*

## *Preschool Programs: 6 months – 5 years continued*

### Red Cross Preschool

Preschoolers, who are 3 - 5 years old, are placed in un-parented class with a maximum of 2 swimmers per instructor. They are working on the Sea Turtle, Sea Otter & Salamander levels which includes, exploring the water, floats, glides, breath control and water safety. After Salamander the swimmers move onto level 1 of the Swim Kids program. We group swimmers together based on age and specific requests from our families.

**Un-parented classes: 3 – 5 years: a half-hour class per week**

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
9:30 - 11:00am at Cindy Klassen pool	Oct. 3 - Apr. 30 , 2012	\$289.00
2:00 - 4:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$300.00
7:30 - 9:00 at St James Civic Centre	Oct. 3 - Apr. 30, 2012	\$289.00
<b>Tuesday classes:</b>		
9:30 – 11:30am at Cindy Klassen pool	Oct. 4 - Apr. 10, 2012	\$289.00
1:00 - 3:30 at Pan Am	Oct. 4 - Apr. 10, 2012	\$289.00
<b>Wednesday classes:</b>		
9:30 – 11:00am at Cindy Klassen pool	Oct. 5 - Apr. 11, 2012	\$289.00
3:30 – 4:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$300.00
6:30 - 9:00 at St James Civic Centre	Oct. 5 - Apr. 11, 2012	\$289.00
<b>Thursday classes:</b>		
2:00 – 4:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$289.00
4:00 - 5:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$300.00
<b>Friday classes:</b>		
2:00 – 8:00 at Cindy Klassen pool	Oct. 7 - Apr. 27, 2012	\$289.00
4:30 - 7:30 at Elmwood Kildonan	Sept. 30 - Apr. 20, 2012	\$289.00
<b>Saturday classes:</b>		
9:30 – 12:00 at St. James Civic Centre	Oct. 1 - Apr. 21, 2012	\$289.00
12:45 – 5:45 at BoniVital	Sept. 24 – Apr. 21, 2012	\$289.00
12:30 – 5:00 at Pan Am	Sept. 24 – Apr. 21, 2012	\$289.00
12:00 – 5:00 at St. James Centennial	Sept. 24 – Apr. 21, 2012	\$289.00
12:00 - 5:00 at Elmwood Kildonan	Sept. 24 – Apr. 21, 2012	\$289.00
1:00 – 3:30 at Seven Oaks	Oct. 1 - Apr. 21, 2012	\$289.00
<b>Sunday classes:</b>		
10:00 - 5:00 at BoniVital	Sept. 25 – Apr. 22, 2012	\$289.00
12:00 - 5:00 Elmwood Kildonan	Sept. 25 – Apr. 22, 2012	\$289.00
12:30 – 5:00 at Pan Am	Sept. 25 – Apr. 22, 2012	\$289.00
1:00 – 4:00 at St. James Civic Centre	Oct. 2 - Apr. 22, 2012	\$289.00
1:00 – 4:00 at St. James Centennial	Sept. 25 – Apr. 22, 2012	\$289.00
11:00 - 4:00 at Seven Oaks	Oct. 2 - Apr.22, 2012	\$289.00

\*St James Civic Centre, St James Centennial & BoniVital are warm pools. Great for the little ones!\*

## **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 centered approach allows us to work with each swimmer to progress in a logical and fun manner.

**Levels 1 – 10:** a half-hour class per week

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
2:00 - 4:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$300.00
4:00 - 8:00 at Cindy Klassen pool	Oct. 3 - Apr. 30, 2012	\$289.00
7:30 - 9:00 at St James Civic Centre	Oct. 3 - Apr. 30, 2012	\$289.00
8:00 - 10:00 at St James Centennial	Sept. 26 - Apr.23, 2012	\$289.00
<b>Tuesday classes:</b>		
1:00 – 3:30 at Pan Am	Oct. 4 - Apr. 10, 2012	\$289.00
8:00 - 9:30 at Pan Am	Oct. 4 - Apr. 10, 2012	\$289.00
<b>Wednesday classes:</b>		
3:30 – 4:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$300.00
6:30 - 9:00 at St James Civic Centre	Oct. 5 - Apr. 11, 2012	\$289.00
8:00 - 9:30 at Pan Am	Sept. 28 - Apr. 11, 2012	\$289.00
8:00 - 10:00 at St James Centennial	Sept. 28 - Apr. 11, 2012	\$289.00
<b>Thursday classes:</b>		
2:00 – 4:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$289.00
4:00 - 5:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$300.00
8:00 - 9:30 at Pan Am	Oct 6 - Apr. 12, 2012	\$289.00
<b>Friday classes:</b>		
2:00 – 8:00 at Cindy Klassen pool	Oct. 7 - Apr. 27, 2012	\$289.00
4:30 - 7:30 at Elmwood Kildonan	Sept. 30 - Apr. 20, 2012	\$289.00
<b>Saturday classes:</b>		
9:30 – 12:00 at St. James Civic Centre	Oct. 1 - Apr. 21, 2012	\$289.00
12:45 – 5:45 at BoniVital	Sept. 24 – Apr. 21, 2012	\$289.00
12:30 – 5:00 at Pan Am	Sept. 24 – Apr. 21, 2012	\$289.00
12:00 – 5:00 at St. James Centennial	Sept. 24 – Apr. 21, 2012	\$289.00
12:00 - 5:00 at Elmwood Kildonan	Sept. 24 – Apr. 21, 2012	\$289.00
1:00 – 3:30 at Seven Oaks	Oct. 1 - Apr. 21, 2012	\$289.00

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## School-age Programs: 5 – 14 years, continued

### Red Cross Swim Kids, continued

Available times to swim:	Starting & Ending Dates	Fee
<b>Sunday classes:</b>		
10:00 - 5:00 at BoniVital	Sept. 25 – Apr. 22, 2012	\$289.00
12:00 - 5:00 Elmwood Kildonan	Sept. 25 – Apr. 22, 2012	\$289.00
12:30 – 5:00 at Pan Am	Sept. 25 – Apr. 22, 2012	\$289.00
1:00 – 4:00 at St. James Civic Centre	Oct. 2 - Apr. 22, 2012	\$289.00
1:00 – 4:00 at St. James Centennial	Sept. 25 – Apr. 22, 2012	\$289.00
11:00 - 4:00 at Seven Oaks	Oct. 2 - Apr.22, 2012	\$289.00

### Next Wave Leader Club

This mentorship program is an introduction to working with the developing swimmer and basic teaching techniques. It's a great opportunity to develop leadership skills, and to stay involved in aquatics, especially between the Bronze levels and the Instructor courses. This is a great chance to see if your swimmers would like to move onto the Instructor levels at age 15.

Club members meet once a month for a training session and practice teach with our instructors for 1-hour once a week.

#### Year One

**Pre-requisite:** 12 years and up, Red Cross Swim Kids level 10

#### Year Two

**Pre-requisite:** 13 years and up, Next Wave Year One

#### Year Three

**Pre-requisite:** 14 years and up, Next Wave Year Two

**Fee:** **\$238.10 + \$11.90 (GST) = \$250.00**

**Training Sessions Time:** Saturdays; 2:30 – 4:30 at Pan Am monthly

**Training Session Dates:** Oct. 15, Nov. 5, Dec. 10, Jan. 21, Feb. 11, Mar. 10, Apr. 21

## School-age Programs: 5 – 14 years, continued

### Mini Swim Club

Great fun and lots of swimming for level 4 -6 swimmers. This mini club is meant for swimmers who are looking for an increased challenge with their strokes and fitness. We have 7 1-hour slots to choose from; you can choose to swim in any combination of classes, (i.e. Mondays and Fridays).

Pre-requisite: Level 4 - 6

Fee: \$380.95 + \$19.05 = **\$400.00 for 1-hour class once a week**  
\$714.29 + \$35.71 = **\$750.00 for 1-hour class (twice a week)**

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#### **Monday classes:**

4:00 – 5:00 at Pan Am

Sept. 26 - Apr. 23, 2012

5:00 – 6:00 at Cindy Klassen pool

Oct. 3 - Apr. 30, 2012

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#### **Friday classes:**

5:00 – 6:00 at Cindy Klassen pool

Oct. 7 - Apr. 27, 2012

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#### **Saturday classes:**

2:15 – 3:15 at BoniVital

Sept. 24 - Apr. 21, 2012

2:00 - 3:00 at Pan Am

Sept. 24 - Apr. 21, 2012

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#### **Sunday classes:**

1:30 – 2:30 at Pan Am

Sept. 25 - Apr. 22, 2012

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### Swim Club

Swim in a club style atmosphere that is focused on fun, skills and fitness without the competition, nor the fundraising. We are offering 7 1-hour time slots to swim in; you can choose to swim in any combination of classes, (i.e. Mondays and Fridays)

Pre-requisite: Level 6 or higher

Fee: \$380.95 + \$19.05 = **\$400.00 for 1-hour class once a week**  
\$714.29 + \$35.71 = **\$750.00 for 1-hour class (twice a week)**

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#### **Monday classes:**

4:00 – 5:00 at Pan Am

Sept. 26 - Apr. 23, 2012

5:00 – 6:00 at Cindy Klassen pool

Oct. 3 - Apr. 30, 2012

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#### **Friday classes:**

5:00 – 6:00 at Cindy Klassen pool

Oct. 7 - Apr. 27, 2012

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#### **Saturday classes:**

2:15 – 3:15 at BoniVital

Sept. 24 - Apr. 21, 2012

2:00 - 3:00 at Pan Am

Sept. 24 - Apr. 21, 2012

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#### **Sunday classes:**

1:30 – 2:30 at Pan Am

Sept. 25 - Apr. 22, 2012

## Teen Programs: 12 – 18 years

### Bronze Family Classes

After completing level 10 swimmers are invited to pursue the Lifesaving Society's Bronze levels. The Bronze Family starts with Bronze Star and ends with Bronze Cross. There is no age pre-requisite to Bronze Medallion or Bronze Cross if the swimmers complete Bronze Star.

#### Bronze Star

The first level of the Bronze Family is designed to introduce the skills and fitness challenges of lifesaving to swimmers who have completed level 10. This is the first pass/fail program in all the levels we teach. The exam is the final class and is run by the instructor. This gives the swimmer the feel of an exam but with less pressure than the next Bronze levels which are examiner evaluated.

Class Time: 11/2 hour class per week  
Fee: **\$285.71 + \$14.29 (GST) = \$300.00**

Available times to swim: Starting & Ending Dates

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#### Monday classes:

8:00 - 9:30 at St James Centennial  
8:00 - 9:30 at St James Centennial

Sept. 26 - Dec. 12, 2011  
Jan 9 - Mar 19, 2012

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#### Tuesday classes:

8:00 – 9:30 at Pan Am  
8:00 – 9:30 at Pan Am

Oct. 4 – Dec. 6, 2011  
Jan. 10 - Mar. 20, 2012

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#### Thursday classes:

8:00 - 9:30 at Pan Am  
8:00 – 9:30 at Pan Am

Oct. 6 – Dec 8, 2011  
Jan. 12 – Mar. 22, 2012

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#### Friday classes:

5:30 – 7:00 at Cindy Klassen pool  
5:30 – 7:00 at Cindy Klassen pool

Oct. 7 - Dec. 16, 2011  
Jan. 13 – Mar. 23, 2012

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#### Saturday classes:

2:00 – 3:30 at St. James Centennial  
2:00 – 3:30 at St. James Centennial  
2:00 – 3:30 at Pan Am  
2:00 – 3:30 at Pan Am  
2:00 - 3:30 at Elmwood Kildonan  
2:00 - 3:30 at Emwood Kildonan

Sept. 24 - Dec. 3, 2011  
Jan 7 – Mar. 24, 2012  
Sept. 24 - Dec. 3, 2011  
Jan 7 – Mar. 24, 2012  
Sept. 24 - Dec. 3, 2011  
Jan 7 – Mar. 24, 2012

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#### Sunday classes:

2:00 – 3:30 at Pan Am  
2:00 – 3:30 at Pan Am  
2:00 - 3:30 at St James Centennial  
2:00 - 3:30 at St James Centennial

Sept. 25 - Dec. 4, 2011  
Jan.8 – Mar. 25, 2012  
Sept. 25 - Dec. 4, 2011  
Jan. 8 - Mar. 25, 2012

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## ***Teen Programs: 12 – 18 years, continued***

### **Bronze Family Classes, continued**

**Bronze Medallion:** 2-formats to choose from  
Pre-requisites: 13 years or Bronze Star

**Bronze Cross:** 2-formats to choose from  
Pre-requisites: Bronze Medallion

Bronze Family Fee: **\$357.14 + \$17.86 (GST) = \$375.00**

### **Bronze Medallion and Cross Session Formats**

- 1. 2-weekends**, for each level: at Cindy Klassen Pool  
**Friday 5:00 – 9:00, Sat. & Sun. 12:00 – 5:00**  
Dates: Feb. 17, 18, 19/Feb. 24, 25, 26 **or**  
Dates: Mar. 23, 24, 25/Mar. 30, 31, Apr. 1
- 2. 11-week session**, for each level  
**Fridays 5:30 – 8:00** at Cindy Klassen pool  
Fri. Dates: Oct. 7 – Dec. 23 **or** Jan. 6 – Mar. 23  
**Saturdays or Sundays 2:00-4:30** at Pan Am  
Sat. Dates: Sept. 24 - Dec. 10 **or** Jan. 7 – Mar. 24: no class Feb. 18  
Sun. Dates: Sept. 25 - Dec. 11 **or** Jan. 8 – Mar. 25: no class Feb. 19

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### **Bronze Cross Recertification**

The Bronze Cross award is a lifetime award, but stays current for 2 years. It must be recertified in order to be used. Our recertification is treated as a workshop, with a refresher course prior to the exam.

The exams will be held on Sundays throughout the season, from 12:30 – 4:30 at Pan Am

Dates: Dec. 4, Apr. 15, June 10

Fee: **\$61.90 + \$3.10 (GST) = \$65.00**

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#### **Withdrawal Policy:**

Participants registered for Bronze levels, Instructor courses and NLS will be issued a refund of 50% of the course fee if the withdrawal takes place with 7 days of the start date of the course. No refund will be issued once the course starts.

## 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. We are offering 7 1-hour time slots to swim in; you can choose to swim in any combination of classes, (i.e. Mondays and Fridays)

Pre-requisite: Level 6 or higher

Fee: \$380.95 + \$19.05 = **\$400.00 for 1-hour class once a week**  
\$714.29 + \$35.71 = **\$750.00 for 1-hour class (twice a week)**

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#### **Monday classes:**

4:00 – 5:00 at Pan Am

Sept. 26 - Apr. 23, 2012

5:00 – 6:00 at Cindy Klassen pool

Oct. 3 - Apr. 30, 2012

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#### **Friday classes:**

5:00 – 6:00 at Cindy Klassen pool

Oct. 7 - Apr. 27, 2012

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#### **Saturday classes:**

2:15 – 3:15 at BoniVital

Sept. 24 - Apr. 21, 2012

2:00 - 3:00 at Pan Am

Sept. 24 - Apr. 21, 2012

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#### **Sunday classes:**

1:30 – 2:30 at Pan Am

Sept. 25 - Apr. 22, 2012

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### Next Wave Leader Club

This mentorship program is an introduction to working with the developing swimmer and basic teaching techniques. It's a great opportunity to develop leadership skills, and to stay involved in aquatics, especially between the Bronze levels and the Instructor courses. This is a great chance to see if your swimmers would like to move onto the Instructor levels at age 15.

Club members meet once a month for a training session and practice teach with our instructors for 1-hour once a week.

#### Year One

Pre-requisite: 12 years and up, Red Cross Swim Kids level 10

#### Year Two

Pre-requisite: 13 years and up, Next Wave Year One

#### Year Three

Pre-requisite: 14 years and up, Next Wave Year Two

Fee: **\$238.10 + \$11.90 (GST) = \$250.00**

Training Sessions Time: Saturdays; 2:30 – 4:30 at Pan Am monthly

Training Session Dates: Oct. 15, Nov. 5, Dec. 10, Jan. 21, Feb. 11, Mar. 10, Apr. 21

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## ***Teen Programs: 12 – 18 years, continued***

### **Instructor Courses**

We are very proud to offer the red Cross Instructor Development Program. This is a two level program, starting with the Assistant Water Safety Instructor course (AWSI) which introduces the candidates to basic teaching techniques, learning styles, physical principles, progressions, communication, safety supervision and feedback.

The second level is the Water Safety Instructor (WSI). This program further develops the candidate's instructional ability by applying the information learned in the AWSI course to effectively plan and teach the Red Cross continuum, (Preschool, Kids and Adult and Teens).

In both courses the candidates will be working alongside an instructor on a regular basis.

Fee: **\$380.95 + \$19.05 (GST) = \$400.00**

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#### **Red Cross Assistant Water Safety Instructor (AWSI):**

Pre-requisite: 15 years, Red Cross Swim Kids level 10  
Class Time: Fridays 5:00 - 9:00/Saturdays & Sundays 11:00 - 5:00 each  
Location: Cindy Klassen pool  
Dates: Jan 20, 21, 22, 27, 28, 29 **or**  
May 25, 26, 27/June 1, 2, 3

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#### **Red Cross Water Safety Instructor (WSI):**

Pre-requisite: Red Cross AWSI  
Class Time: Fridays 5:00 - 9:00/ Saturdays & Sundays 11:00 - 5:00 each  
Location: Cindy Klassen pool  
Dates: Nov. 18, 19, 20/25, 26, 27 **or**  
Mar. 9, 10, 11/16, 17, 18

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#### **Withdrawal Policy:**

Participants registered for Bronze levels, Instructor courses and NLS will be issued a refund of 50% of the course fee if the withdrawal takes place with 7 days of the start date of the course. No refund will be issued once the course starts.

## Teen Programs: 12 – 18 years, continued

**NEW**

### **National Lifeguard Service Award Courses**

We are very excited about adding the National Lifeguard Service Award (NLS) to our program. This award is the required level to Lifeguard in Manitoba. It is designed to develop a strong understanding of lifeguarding principles, good judgment and a responsible attitude towards the role of the lifeguard. The primary role of the lifeguard is the prevention of an emergency, if prevention fails then the timely and effective resolution of the emergency is required.

This is the Tri-award, it includes NLS, AEC (Aquatic Emergency Care) and CPR.

#### **Pre-Requisites:**

- 16 years old by end of course dates
- Bronze Cross (not current)

#### **The course fee of \$550.00 (GST included) includes:**

- NLS manuals, handouts, whistle, pocket face mask, and exam fee

#### **Dates and Time Frame:**

Friday, Dec. 16: 5:00-9:00; Dec. 17, 18, 27, 28, 29, 30, Jan. 2, 3: 9:00-6:00

**Location:** Cindy Klassen pool

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**NEW**

### **Synchronized Swimming**

For those who love the water and want to try something new! Part swimming, part gymnastics, part dance and all fun! Synchronized swimming is a great way to improve your strength, coordination and flexibility. Classes are once a week for an hour.

Pre-requisite: Level 8 or higher

Fee: **\$357.14+ \$17.86 (GST) = \$375.00 per 1-hour class**

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#### **Friday classes:**

6:00 – 7:00 at Cindy Klassen pool

Oct. 7 - Apr. 27, 2012

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#### **Sunday classes:**

2:30 – 3:30 at Pan Am

Sept. 25 - Apr. 22, 2012

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## 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 is 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.

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
9:30 - 11:00am at Cindy Klassen pool	Oct. 3 - Apr. 30, 2012	\$289.00
2:00 - 4:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 26 - Apr. 23, 2012	\$300.00
4:00 - 8:00 at Cindy Klassen pool	Oct. 3 - Apr. 30, 2012	\$289.00
7:30 - 9:00 at St James Civic Centre	Oct. 3 - Apr. 30, 2012	\$289.00
8:00 - 10:00 at St James Centennial	Sept. 26 - Apr.23, 2012	\$289.00
<b>Tuesday classes:</b>		
9:30 - 11:00am at Cindy Klassen pool	Oct. 4 - Apr. 10, 2012	\$289.00
1:00 - 3:30 at Pan Am	Oct. 4 - Apr. 10, 2012	\$289.00
8:00 - 9:30 at Pan Am	Oct. 4 - Apr. 10, 2012	\$289.00
<b>Wednesday classes:</b>		
3:30 - 4:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$289.00
4:00 - 5:00 at Pan Am	Sept. 28 - Apr. 11, 2012	\$300.00
6:30 - 9:00 at St James Civic Centre	Oct. 5 - Apr. 11, 2012	\$289.00
8:00 - 9:30 at Pan Am	Sept. 28 - Apr. 11, 2012	\$289.00
8:00 - 10:00 at St James Centennial	Sept. 28 - Apr. 11, 2012	\$289.00
<b>Thursday classes:</b>		
2:00 - 4:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$289.00
4:00 - 5:00 at Pan Am	Oct. 6 - Apr. 12, 2012	\$300.00
8:00 - 9:30 at Pan Am	Oct 6 - Apr. 12, 2012	\$289.00
<b>Friday classes:</b>		
2:00 - 8:00 at Cindy Klassen pool	Oct. 7 - Apr. 27, 2012	\$289.00
4:30 - 7:30 at Elmwood Kildonan	Sept. 30 - Apr. 20, 2012	\$289.00
<b>Saturday classes:</b>		
9:30 - 12:00 at St. James Civic Centre	Oct. 1 - Apr. 21, 2012	\$289.00
12:45 - 5:45 at BoniVital	Sept. 24 - Apr. 21, 2012	\$289.00
12:30 - 5:00 at Pan Am	Sept. 24 - Apr. 21, 2012	\$289.00
12:00 - 5:00 at St. James Centennial	Sept. 24 - Apr. 21, 2012	\$289.00
12:00 - 5:00 at Elmwood Kildonan	Sept. 24 - Apr. 21, 2012	\$289.00
1:00 - 3:30 at Seven Oaks	Oct. 1 - Apr. 21, 2012	\$289.00
<b>Sunday classes:</b>		
10:00 - 5:00 at BoniVital	Sept. 25 - Apr. 22, 2012	\$289.00
12:00 - 5:00 Elmwood Kildonan	Sept. 25 - Apr. 22, 2012	\$289.00
12:30 - 5:00 at Pan Am	Sept. 25 - Apr. 22, 2012	\$289.00
1:00 - 4:00 at St. James Civic Centre	Oct. 2 - Apr. 22, 2012	\$289.00
1:00 - 4:00 at St. James Centennial	Sept. 25 - Apr. 22, 2012	\$289.00
11:00 - 4:00 at Seven Oaks	Oct. 2 - Apr.22, 2012	\$289.00

## Adult Programs, continued:

**NEW**

### Adult Swim Club

**Our newest program!** This is a great opportunity for adult swimmers to improve their strokes, fitness, and have fun, in a club style atmosphere. This is a new program for us; we're hoping to have several classes going so our adult swimmers can join more than one class a week. We have offered a variety of times to try to match different schedules.

We'll help you set your goals and encourage you along the way.

Pre-requisite: Can swim 100m of in the deep end

Fee: \$380.95 + \$19.05 = **\$400.00 for 1-hour class once a week**  
\$714.29 + \$35.71 = **\$750.00 for 1-hour class (twice a week)**

Available times to swim: Starting & Ending Dates

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**Monday classes:**

1:30 – 2:30 at Pan Am

Sept. 26 - Apr. 23, 2012

8:30 - 9:30pm at St James Centennial

Sept. 26 - Apr. 23, 2012

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**Tuesday classes:**

8:30 – 9:30pm at Pan Am

Oct. 4 - Apr. 10, 2012

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**Wednesday classes:**

8:30 - 9:30pm at St James Centennial

Sept. 28 - Apr. 11, 2012

8:30 - 9:30pm at Pan Am

Sept. 28 - Apr. 11, 2012

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**Thursday classes:**

1:30 – 2:30 at Pan Am

Oct. 6 - Apr. 12, 2012

8:30 – 9:30pm at Pan Am

Oct. 6 - Apr. 12, 2012

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**Friday classes:**

6:30 – 7:30 at Cindy Klassen pool

Oct. 7 - Apr. 27, 2012

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**Saturday classes:**

2:00 – 3:00 at Pan Am

Sept. 24 – Apr. 21, 2012

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**Sunday classes:**

1:30 – 2:30 at Pan Am

Sept. 25 – Apr. 22, 2012

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## **Adult Programs, continued:**

**NEW**

### **Fluid Motion's Prevention & Care of Childhood Injuries**

This non-certificate course will explore common childhood injuries by balancing prevention strategies with emergency care. The experienced facilitator will review common childhood injuries broken down by age group and then lead you through first aid treatment of life threatening / non-life threatening conditions. First aid topics include an overview of CPR and the treatment of choking, severe bleeding, allergic reactions, nose bleeds, cuts and scrapes and topics of concern for the participants. Participants will receive a manual.

Pre-requisites:	None
Who Should Take this Course:	New parents, grand parents and caregivers
Class Time:	2.5 hours
Location:	In your home at a time convenient to you
Fee:	<b>\$25.00/person or \$20.00 each/couple (GST included)</b>

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**NEW**

### **Infant and Child CPR**

This certificate program teaches CPR and choking procedures for children and infants as well as the prevention of respiratory emergencies. Participants will receive a manual.

Pre-requisite:	None
Who Should Take this Course:	New parents, grandparents, and caregivers
Course Time:	3 hours
Location:	In your home at a time convenient to you
Fee:	<b>\$35.00/person or \$30.00 each/couple (GST included)</b>

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**NEW**

### **Fluid Motion's Basic Lifesaving for Parents**

This non-certificate course is designed for adults with limited swimming experience to learn to recognize potential hazards around the water and swimmers in distress and what to do when things go wrong. Participants will receive a manual.

Pre-requisites:	None
Class Time:	2.5 hours at a time convenient to you
Fee:	<b>\$25.00/person or \$20.00 each/couple (GST included)</b>

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# ***The Paper Work***

## **How to Register**

1. Complete Registration Form (first page) and fax to 897-1313
2. Register online, [fluidmotion.ca](http://fluidmotion.ca)

Please indicate a few options of swim times you are available for. We always plan our class schedule from scratch with the priority of keeping family groupings together, and focusing on creating the most appropriate groupings of levels and ages as best we can.

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## **Payment Schedule**

- **Deposit of 30% of program fee per swimmer** is due with the registration form.
  - **40%** due September 8, 2011
  - **30%** due November 30, 2011
  - Post-dated cheques must accompany the registration form
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## **How to Pay**

**By Cheque:** Please make the cheques payable to Fluid Motion and send to 654 Cathcart St. Winnipeg, MB R3R 1Y2.

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### **Please note:**

- \$25.00 will be charged for all NSF cheques
- \$20.00 will be charged for all installments not received by the due dates

**\*\*All swimmers must pay admission to the City of Wpg, to enter the City pools.\*\***

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## **Withdrawal Policy**

A refund will be issued to swimmers who withdraw by written request prior to the **tenth week** into the program. The swimmer will be charged the cost of the number of classes they were registered for prior to withdrawing, the cost of materials such as text books and a \$25.00 administration fee.

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**[www.fluidmotion.ca](http://www.fluidmotion.ca)**