

# Red Cross Swim Lessons

## PROGRAM DETAILS

<b>Details</b>	Introducing Red Cross Swim, for a lifetime of healthy and safe fun around the water! This program for school aged children will help swimmers develop swimming strokes, actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Classes will be taught to the same high standard as our after-school lesson programs and in order to do so we will strictly adhere to the following class sizes, and program length. We also ask that parents register their child in the most appropriate level to the best of their knowledge. Students will receive Red Cross Report cards upon completion of their program, and their level information will be entered into our CLASS computer system for ease of future registration.	
<b>How many Students can participate?</b>	We can accommodate up to 10 students per instructor. Class sizes and instructor ratios will depend on participant's swimming level as indicated below. *Please note that in cases of classes with split levels class sizes will be based on the ratio of the lowest level in the split.	
	Red Cross Swim Level	Instructor : Swimmer Ratio
	Salamander-Crocodile	1:4
	Whale, Level 1 & 2	1:5
	Level 3 & 4	1:6
	Level 5 & 6	1:7
	Level 7 & 8	1:8
	Level 9 & 10	1:10
<b>Cost</b>	\$4.95/swimmer/30min lesson. An invoice will be sent in the second last week of lessons based on number of participants.	

## PROGRAM DAYS & TIMES

<b>Days and Times</b>	School swim lessons are scheduled Monday-Thursday 1:00-3:30. All times are subject to availability and pool space. Teachers have the option of splitting their class so that half of the students have a lesson while the other half has fun time! Children under the age of seven that are not in a lesson must still be within arms reach of an adult at all times. Each adult must not supervise more than 5 under-age children at once.
<b>Length of Session</b>	Each lesson can be tailored to fit 30 to 60 minute time blocks. In order to allow your students the greatest chance for success in this program, we ask that you come for a minimum of 6 thirty minute sessions.

## To book your customized program please contact:

**Kelly Graham**  
**Aquatic Programmer**  
**(250) 361-0712**  
**kgraham@victoria.ca**



Crystal Pool & Fitness Centre  
 2275 Quadra St.  
 Victoria, BC V8T 4C4  
 Fax: (250) 361-0723