
AQUATICS

Aquatic Director & Swimming Professional:
Kim Mesiatowsky

Aquatic Centre Phone: 780.437.8397

Email: aquatics@derrickclub.com

Aquatic Facility Shut Down
January 7 – January 20, 2019

Hours of Operation as of January 21, 2018

Monday, Wednesday, Friday6:00 a.m. – 9:00 p.m.

Tuesday & Thursday11:00 a.m. – 9:30 p.m.

Saturday9:00 a.m. – 9:00 p.m.

Sunday9:00 a.m. – 8:00 p.m.

Holidays10:00 a.m. – 8:00 p.m.



Red Cross Program Fees

Half-hour class: \$76

45 minute class: \$90

Private Lesson: \$40 (1 child/per half hour)

Class size is limited so register early. Classes are subject to cancellation, combination, or rescheduling with short notice depending on lesson registration. Cancellation from a program must be received one week (seven days) prior to the start date to avoid a full billing charge. Ongoing monthly programs must be cancelled one week prior to the start of the month. Once registered in an ongoing monthly program, we assume you want to continue unless you cancel. Names remaining on the class list on the first day of the month will be billed the full amount. Members withdrawing after the start date will be charged the full program fee. This policy is necessary to enable us to adequately identify instructor and program needs. Your account will be credited when the appropriate cancellation procedure is followed. Please feel free to contact the aquatic staff if you have any questions regarding our programs.

Preschool Program

This program was specifically designed to meet the athletic and social needs of our preschool aged members. Preschool lessons are designed for children aged 6 months – 5 years. Focus is on developing basic to advanced skills including floats, glides, kicking, and shallow and deep water competency through games, songs, and socialization, ensuring success!

Red Cross Swim Kids Program

The Swim Kids program is designed for children 6 years and older who have completed the preschool program. Each level builds upon the previous one; students will learn everything ranging from basic swimming skills like floats, glides, and blowing bubbles to more advanced swimming skills like shallow and deep water dives. In these 10 levels we strive to continually reinforce students' technique through drills, hard work and fun.

Lifesaving Program

Are you interested in becoming a swimming instructor or lifeguard? These programs are designed for young teens with a keen interest in furthering their first aid, CPR, and lifesaving rescue skills. These programs are divided into three categories according to your age:

Bronze Star prerequisites – 12 years and older who have completed Swim Kids 10

Bronze Medallion prerequisites – 13 years of age and older and/or completed Bronze Star

Bronze Cross prerequisites – 14 years of age and older and completed Bronze Medallion



Winter Day Time Lessons

Monday | January 28 – April 15

(Class cancelled February 18, March 25 & April 2)

Sea Otter/Salamander	1:00 – 1:30 p.m.	1 7
Sunfish	1:30 – 2:00 p.m.	1 7
Crocodile/Whale	2:00 – 2:30 p.m.	1 7

Wednesday | January 30 – April 24

(Class cancelled March 27)

Sea Otter/Salamander	9:00 – 9:30 a.m.	1 7
Sunfish	9:30 – 10:00 a.m.	1 7
Crocodile/Whale	10:00 – 10:30 a.m.	1 7

Winter Evening & Weekend Lessons

Monday | January 28 – April 15

(Class cancelled February 18, March 25 & April 22)

Sea Otter/Salamander	4:30– 5:00 p.m.	1 7
Sunfish	4:30– 5:00 p.m.	1 7
Crocodile/Whale	5:00 – 5:30 p.m.	1 7
SK 1/2	5:30 – 6:00 p.m.	1 2 7
SK 3/4	5:45 – 6:30 p.m.	2 7
SK 5/6	6:30 – 7:15 p.m.	3 7
SK 7/8	7:00 – 7:45 p.m.	3 4 7
SK 9/10	7:15 – 8:00 p.m.	4 5 7

Thursday | January 31 – April 25

(Class cancelled March 28)

Sea Otter/Salamander	4:30 – 5:00 p.m.	1 7
Sunfish	4:30 – 5:00 p.m.	1 7
Crocodile/Whale	5:00 – 5:30 p.m.	1 7
SK 1	5:30 – 6:00 p.m.	1 2 7
SK 2	5:30 – 6:00 p.m.	1 2 7
SK 3	6:15 – 7:00 p.m.	2 7
SK 4	6:15 – 7:00 p.m.	2 7
SK 5/6	7:00 – 7:45 p.m.	3 7
SK 7/8	7:45 – 8:30 p.m.	3 4 7
SK 9/10	7:45 – 8:30 p.m.	4 5 7

Wednesday | January 30 – April 24

(Class cancelled March 27)

Sea Otter/Salamander	4:30 – 5:00 p.m.	1 7
Sunfish	4:30 – 5:00 p.m.	1 7
Crocodile/Whale	5:00 – 5:30 p.m.	1 7
SK 1	5:30 – 6:00 p.m.	1 2 7
SK 2	5:30 – 6:00 p.m.	1 2 7
SK 3	6:15 – 7:00 p.m.	2 7
SK 4	6:15 – 7:00 p.m.	2 7
SK 5/6	7:00 – 7:45 p.m.	3 7
SK 7/8	7:45 – 8:30 p.m.	3 4 7
SK 9/10	7:45 – 8:30 p.m.	4 5 7

Saturday | February 2 – April 2

(Class cancelled February 16, March 23, March 30 & April 20)

Parent & Tot	9:00 – 9:30 a.m.	1 7
Sea Otter/Salamander	9:00 – 9:30 a.m.	1 7
Sea Otter/Salamander	9:30 – 10:00 a.m.	1 7
Sunfish	9:30 – 10:00 a.m.	1 7
Sunfish	10:00 – 10:30 a.m.	1 7
Crocodile/Whale	10:00 – 10:30 a.m.	1 7
SK 1	10:30 – 11:00 a.m.	1 2 7
SK 2	10:30 – 11:00 a.m.	1 2 7
SK 3	11:30 – 12:15 p.m.	2 7
SK 4	11:30 – 12:15 p.m.	2 7
SK 5/6	12:15 – 1:00 p.m.	3 7
SK 7/8	12:15 – 1:00 p.m.	3 4 7
SK 9/10	1:00 – 1:45 p.m.	4 5 7

Private Lessons

This is an opportunity to work one-on-one with one of our swimming professionals to help eliminate bad habits or strengthen good ones! Whether you are working on your swim criteria for a specific level or just want to practice; private lessons might be a good option for your family. Cancellations will be accepted up to 24 hours prior to the appointment. If you do not cancel your scheduled appointment 24 hours in advance of its start time, you will be billed 100% of the session fee. Instructors are responsible for waiting 15 minutes for a client's arrival. Upon late arrival, sessions will be completed to the end of the scheduled time or at the instructors' discretion. Contact 780.437.8397 or aquatics@derrickclub.com to book.

Novice Swimming 7

This program is for the beginner adult swimmer; focus is on feeling confident and excited to hit the water anytime, but especially when on holidays! In this adult learn to swim program you will develop comfort in the water from basic flotation, movement and breathing to increasing endurance and developing effective strokes. You will set goals with instructors in an encouraging, low pressure environment.

Tuesday | Starting January 22 | 7:30 – 8:30 p.m.
\$50/monthly



Spring Day Time Lessons

Monday | April 29 – June 24

(Class cancelled May 20)

Sea Otter/Salamander	1:00 – 1:30 p.m.	1	7
Sunfish	1:30 – 2:00 p.m.	1	7
Crocodile/Whale	2:00 – 2:30 p.m.	1	7

Wednesday | May 1 – June 26

Sea Otter/Salamander	9:00 – 9:30 a.m.	1	7
Sunfish	9:30 – 10:00 a.m.	1	7
Crocodile/Whale	10:00 – 10:30 a.m.	1	7

Spring Evening & Weekend Lessons

Monday | April 29 – June 24

(Class cancelled May 20)

Sea Otter/Salamander	4:00 – 4:30 p.m.	1	7
SK 1/2	7:30 – 8:00 p.m.	1	2 7

Wednesday | May 1 – June 26

Sea Otter/Salamander	4:00 – 4:30 p.m.	1	7
SK 3/4	7:30 – 8:00 p.m.	2	7
SK 5/6	8:00 – 8:30 p.m.	3	7

Thursday | May 2 – June 27

Crocodile/Whale	3:00 – 3:30 p.m.	1	7
Sunfish	3:30 – 4:00 p.m.	1	7
Sea Otter/Salamander	4:00 – 4:30 p.m.	1	7
SK 7/8	7:30 – 8:00 p.m.	3	4 7
SK 9/10	8:00 – 8:30 p.m.	4	5 7

Saturday | May 4 – June 29

(Class cancelled May 18)

Parent & Tot	9:00 – 9:30 a.m.	1	7
Sea Otter/Salamander	9:00 – 9:30 a.m.	1	7
Sea Otter/Salamander	9:30 – 10:00 a.m.	1	7
Sunfish	9:30 – 10:00 a.m.	1	7
Sunfish	10:00 – 10:30 a.m.	1	7
Crocodile/Whale	10:00 – 10:30 a.m.	1	7
SK 1	10:30 – 11:00 a.m.	1	2 7
SK 2	10:30 – 11:00 a.m.	1	2 7
SK 3	11:30 – 12:15 p.m.	2	7
SK 4	11:30 – 12:15 p.m.	2	7
SK 5/6	12:15 – 1:00 p.m.	3	7
SK 7/8	12:15 – 1:00 p.m.	3	4 7
SK 9/10	1:00 – 1:45 p.m.	4	5 7

Stingrays/Swim Kids Level 1/2/3

Ages: 5 – 8

This introductory program is for the swimmer who strives to join our Devil Ray swim team for the 2019 season. We consistently focus on having fun in the pool while working on the 4 basic strokes of competitive swimming; front crawl, back crawl, breast stroke, and butterfly. During our sessions we will be committed to achieving the minimum standard of 50m of front crawl and 50m of back crawl through a variety of drills and activities in preparation for the Devil Rays. If you can swim 25m of proper front crawl and 25m of proper back crawl and are completely comfortable in deep water this is the perfect program for you!

Friday | 5:00 – 5:45 p.m.

February 1 – April 26 \$90

Class cancelled March 29 & April 19

Devil Rays Summer Swim Team

This program is a great way to keep your children fit and having fun this summer! Learn and improve the FUNdamentals of the four competitive strokes as well as starts and turns. Coaches will encourage kids to have fun and develop skills in all aspects of the sport. Swimmers will improve their stroke technique and efficiency as well as their overall aerobic conditioning in May, June, July and August. Swim team starts Wednesday May 1, 2019.

Swimmers registering for the entry level of Devil Rays must be able to swim 50m front crawl and 50m back crawl and be completely comfortable in deep water; no exceptions. During the first couple of weeks in May the coaches will assess the swimmers and determine the group they will start the season in based on several factors including age, skill level and commitment. Swimmers may move up or down throughout the season.

Devil Ray registration will start March 1, 2019. For all inquiries please call Kim in the pool office at 780 437-8397

Cardio Pulmonary Resuscitation Courses - CPR/AED

Learn the chain of survival steps and cardio pulmonary resuscitation! CPR certification will teach you to recognize signs and symptoms of obstructed airways and cardiac arrest, and allows you to practice the steps in a successful rescue. This course provides candidates with the knowledge necessary to recognize and respond to an infant, child, or adult in cardiac arrest or with an obstructed airway. Assessment and treatment for common circulatory emergencies like stroke, TIA, angina, and heart attack will also be covered. Be prepared! Must have 6 registered to run the course.

Saturday, February 9 | 2:00 – 8:00 p.m. | \$90

Saturday, April 6 | 2:00 – 8:00 p.m. | \$90



Lifesaving Programs

We teach the 3 areas of lifesaving: water proficiency, recognition & rescue and first aid. You will develop an understanding of the lifesaving principles embodied in the 4 components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries as well as defense and release methods in preparation of challenging rescues of increased risk including conscious and unconscious victims of various types. You will also learn stroke efficiency and endurance. These programs are the primary courses on the way to a lifesaving career. Courses are intense and require 100% attendance. The programs are divided into three categories according to your age.

The Bronze Star program is designed for children 12 years or older who have completed Swim Kids level 10 and want to work towards becoming a lifesaver. Candidates will be introduced to a wide variety of skills including recognition and response to different types of swimmers in distress, pulse and respiration rate assessment, submerged victim recovery, and adult CPR.

Bronze Medallion candidates must be 13 years or older and/or have completed their Bronze Star award. In Bronze Medallion, students build on the skills they learned in Bronze Star, learn child CPR and will complete more complicated rescue scenarios.

To be eligible for the final lifesaving course, Bronze Cross, candidates must be at least 14 years of age and have successfully completed their Bronze Medallion award. In Bronze Cross, candidates will be introduced to infant CPR while refining their skills for adult and child CPR. Skills such as spinal injury management, multiple victim rescues, and more complex medical scenarios will be taught and evaluated. Lifesaving courses are a mandatory prerequisite for becoming a lifeguard or swimming instructor. They teach excellent skills for those who might need to save a life.

Tuesday | January 29 – April 23 | 4:30 – 6:30 p.m.
(Class cancelled March 26)

CPR Pocket Mask.....	\$25 (a one-time purchase)	
Bronze Star	\$225 (includes manual)	7
Bronze Medallion.....	\$225 (includes manuals)	7
Bronze Cross.....	\$200	7

Aquafit 7

Join Carla and Tara to increase your fitness level. The resistance of water strengthens muscles as you push and pull your body while one of our highly qualified instructors motivates you.

While moving at top speed, or any speed, your body weight is supported by water's buoyancy, decreasing joint compression and reducing impact as you improve your cardiovascular fitness. Exercising in the water can be beneficial for a variety of individuals with neuromuscular or musculoskeletal disorders or injuries; this may reduce inflammation and provide feedback for improving posture. The resistance of water during exercise provides a safe environment for balance, strength, and postural deficits. Aquatic therapy provides a comfortable and therapeutic medium in which to gain strength and endurance for those who may have difficulty exercising on land.

Aquafit is a great way to get in shape or stay in shape for all ages and stages!

Monday, Wednesday & Friday
8:30 – 9:30 a.m.

1 time a week \$28/monthly 3 times a week \$58/monthly
2 times a week \$50/monthly Drop in \$15

We do BOAT Exams!

You are required to have a boat license to operate any motorized watercraft. We supply manuals for you to study for \$30 each. Once you are prepared to write the exam, call the aquatic centre and book a time for \$40. Total cost \$70.

Pre-Masters Swimming 5 7

Looking to improve your technique, efficiency and endurance? If you answered “yes,” this is the program for you! Whether you are just starting your swimming career or you’ve been swimming for a while, each workout will contain a diverse drill set and specific training tips to meet your needs. Come and face the challenge alone or with your friends and allow us to enhance your swimming ability!

Monday | 9:30 – 10:30 a.m. Once a week: \$36/monthly
Friday | 9:30 – 10:30 a.m. Twice a week: \$65/monthly

Masters Swimming 5 6 7

This second step of competitive swimming will take you on a journey of hard workouts that will drive you to perform at a level you never thought possible. Whether you are training for the next triathlon or just wanting to challenge yourself and become a better athlete, this program will increase your strength, endurance and efficiency in the water!

Monday | 8:00 – 9:00 p.m.
Tuesday | 9:15 – 10:15 a.m.
Thursday | 9:30 – 10:30 a.m.
Friday | 6:00 – 7:00 a.m.

Once a week: \$36/monthly
Twice a week: \$65/monthly



Single Wubit Schedule

Friday | 6:30 – 8:30 p.m.

Saturday | 2:00 – 4:00 p.m.

Sunday | 11:30 – 2:30 p.m.

Splash Dates

March 9: Aquatic Carnival

April 27: Spring Wubit Bash

Pool & Wubit Schedules

are available on our website at www.derrickclub.com

SAFETY SPLASH NOTES

The Derrick Club Standard of Water Safety

- Active supervision must be provided by an adult 18 years of age or older.
- Children 4 years or younger MUST have an adult in the water with them and be within arm's reach of that adult at all times.
- A child 5 or 6 years of age must be actively supervised at all times in the pool and take the swim test to use the main pool. When successful they may swim in the main pool under active supervision from the deck or pool. If unsuccessful they may stay in the main pool, with a caregiver in the water actively supervising, using the shallow end behind the backstroke flags only.
- All swimmers between the ages of 7 and 12 must be able to complete the swim test to the lifeguard's standard in order to swim beyond the shallow end back stroke flags. Swimmers between the ages of seven and ten do not require active supervision in the pool but must have a responsible adult in the club at all times.

The swim test consists of a 25m horizontal front crawl with face in the water, full arm circles and breathing to the side. The swimmer exits the pool immediately, jumps into the deep end and treads water for 30 seconds with ears out of the water. A parent and lifeguard must supervise the swim test. The swim test is designed to keep junior members safe. It is crucial that it is completed with ease and comfort.

Children unable to complete the swim test may stay in the teach pool or complete the swim test with a lifejacket on. When the swim test is being done with a lifejacket, the swimmer must be able to complete the test to the same standard as they would without a lifejacket.

A single adult may actively supervise a maximum of 3 children at one time.

Before & After Lessons

During lessons, both the teach pool and main pool are busy. The lifeguard may ask you to wait until a class is over before entering the water. Children under the age of 5 are not allowed in the teach pool or whirlpool without parents in the water and within arm's reach at all times.

Infants & Toddlers

Infants and toddlers are required to wear approved swimwear before entering any pool (no diapers). Swimwear on preschoolers should be snug around the legs so the possibility of a fecal matter incident is decreased. Please take your children to the bathroom and warm shower located on the pool deck prior to entering the pool.

Juniors

Junior members under 18 years are required to wear a wristband at all times when swimming, including all programs.

Staff Emergency Doors

Please do not use the doors to the main lobby as they are intended for staff or emergency access only. Should you need to speak to someone on deck, please use the Sun Café entrance or the locker room stairs.

Hot Tub

The recommended maximum time for the hot tub is approximately 10 minutes. A cool down for an equal amount of time is recommended before going back in the water. If you are pregnant or have a medical condition, please consult your doctor before using the hot tub.

The Aquatic Facility is a Shared Water Space

Showering is Important! Everyone must take a cleansing shower before entering the swimming pools to avoid carrying dirt, bodily secretions, bacteria, and/or residue from hygiene products into the pool. Ideally you wet and scrub yourself from head to toe to ensure the swimming pools remain clean and sanitary.