



AQUATICS

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Aquatic Facility Shut Down
September 3 – September 15, 2019

Hours of Operation as of September 16, 2019

Monday, Wednesday, Friday 6:00 a.m. – 9:00 p.m.
Tuesday & Thursday 11:00 a.m. – 9:30 p.m.
Saturday 9:00 a.m. – 9:00 p.m.
Sunday 9:00 a.m. – 8:00 p.m.
Holidays 10:00 a.m. – 8:00 p.m.

Red Cross Swimming Lessons

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 (7 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 is necessary to enable us to adequately identify instructor and program needs. Your account will be credited when the appropriate cancellation procedure is followed. Contact aquatic staff if you have any questions regarding our programs.





Preschool Program

This program was designed to meet the athletic and social needs of 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

Interested in becoming a swimming instructor or lifeguard? These programs are designed for young teens with an interest in furthering their first aid, CPR and lifesaving rescue skills. Programs are divided into 3 categories according to age:

Prerequisites

Bronze Star: 12 years+ who have completed Swim Kids 10
 Bronze Medallion: 13 years+ and/or completed Bronze Star
 Bronze Cross: 14 years+ and completed Bronze Medallion

Daytime Lessons:

Monday Sept 30 – Dec 9 (Class cancelled Oct 14 & Nov 11)

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 Oct 2 – Dec 4

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

Evening / Weekend Lessons:

Monday Sept 30 – Dec 9 (Class cancelled Oct 14 & Nov 11)

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

Thursday Oct 3 – Dec 5

Sea Otter/Salamander	4:30 – 5:00 p.m.	1	7	
Sunfish	4:30 – 5:00 p.m.	1	7	
Crocodile/Whale	5:30 – 6:00 p.m.	1	7	
SK 1	5:00 – 5:30 p.m.	1	2	7
SK 2	5:00 – 5:30 p.m.	1	2	7
SK 3	6:00 – 6:45 p.m.	2	7	
SK 4	6:00 – 6:45 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 Oct 2 – Dec 4

Sea Otter/Salamander	4:30 – 5:00 p.m.	1	7	
Sunfish	4:30 – 5:00 p.m.	1	7	
Crocodile/Whale	5:30 – 6:00 p.m.	1	7	
SK 1	5:00 – 5:30 p.m.	1	2	7
SK 2	5:00 – 5:30 p.m.	1	2	7
SK 3	6:00 – 6:45 p.m.	2	7	
SK 4	6:00 – 6:45 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 Sept 28 – Dec 7 (Class cancelled Oct 12)

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 NEW 1 2 7

Ages: 5 – 8

This introductory program is for swimmers who strives to join our Devil Ray swim team for the 2020 season starting in May. We consistently focus on having fun in the pool while working hard 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 50 meters of front crawl and 50 meters of back crawl through a variety of drills and activities in preparation for the Devil Rays. If you can swim 25 meters of proper front crawl and 25 meters of proper back crawl and are completely comfortable in deep water this is the perfect program for you! After the evaluation period, times and levels might change due to the discretion of the coach.

Friday Oct 4 – Dec 6 | 4:00 – 4:45 p.m. | \$90

Private or Semi-Private Lessons

This is an opportunity to work one-on-one with one of our swimming professionals to eliminate bad habits or strengthen good ones! Whether you are working on your swim criteria for a specific level or want to improve your technique; private lessons might be a good option for your family. Cancellations for private lessons 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. To book please call 780.437.8397 or email aquatics@derrickclub.com.

Lifesaving Program

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 for children 12 years of age or older who have completed Swim Kids level 10 and are working 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 a minimum of 13 years and/or have completed their Bronze Star award. In Bronze Medallion, students will build on the skills they learned in Bronze Star, and will learn child CPR as well as completing more complicated rescue scenarios.

To be eligible for the final lifesaving course, Bronze Cross, candidates must be a minimum of 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, as well as being excellent skills for those who might need to save a life.

Tuesday, September 17 – December 17 | 4:00 - 5:30 p.m.

CPR Pocket Mask\$ 25 (a one-time purchase)

Bronze Star\$250 (includes manual) 4 5 7

Bronze Medallion.....\$250 (includes manuals) 4 5 7

Bronze Cross.....\$200 4 5 7

Cardio Pulmonary Resuscitation Courses - CPR/AED

Learn the chain of survival steps and cardio pulmonary resuscitation! CPR certification will teach you to recognize the signs and symptoms of obstructed airways and cardiac arrest, as well as allowing 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! A minimum of 6 participants is necessary to host this course.

Wednesday, September 4 | 8:00 a.m. – 2:00 p.m. | \$84



We do BOAT Exams!

Did you know you are required to have a boat license to operate any motorized watercraft? We supply the manuals for you to study at a cost of \$35 each. Once you are prepared to write the exam, call the Aquatic Centre and book a time at your convenience for \$40. Total cost \$75.

Get Pumped 7

Want to add variety to group fitness? Join Carla and Tara for a program designed to increase your fitness level and mobility. While moving at any speed, your body weight is supported by the buoyancy of water, so you decrease joint compression and impact as you improve your cardiovascular fitness. Performing exercise in the water can be beneficial for 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 addressing balance, strength and postural deficits. For those who have difficulty exercising on land, aquatic therapy provides a comfortable and therapeutic medium in which to gain strength and endurance.

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

Once a week \$28/monthly
 Twice a week..... \$50/monthly
 Three times a week \$58/monthly
 Drop-in \$15

Novice Swimming 7

This program is designed for the beginner adult swimmer; focus is on working towards feeling confident and excited to hit the water anytime, but especially when you go on holidays! In this adult learn to swim program you will develop comfort in the water all the way from basic flotation, movement and breathing to increasing your endurance and developing effective strokes. You will be able to set goals with your instructor in an encouraging, low pressure environment. The program will start once registration meets the minimum number.

Tuesday | 7:00 – 8:00 p.m. | \$50/monthly

Pre-Masters Swimming 5 7

Are you looking to improve your technique, efficiency and endurance? If you answered “yes” to any of those questions, then 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 individual needs. Come and face the challenge either alone or with your friends and allow us to enhance your swimming ability!

Monday & Friday | 9:30 – 10:30 a.m.

Once a week \$36/monthly
 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 training for the next triathlon or just wanting to challenge yourself and become a better athlete, this program will definitely increase your strength, endurance and efficiency in the water!

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

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

Pool Schedule

Available on our website
 at www.derrickclub.com

Full Wibit Splash Date

Festive Splash
 December 7 | 2 – 4 p.m.



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 of age or younger MUST have an adult in the water with them and be within arm’s reach 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 7 and 10 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 25 meter horizontal front crawl with face in the water, full arm circles, and breathing to the side. The swimmer then exits the pool immediately, jumps back into the deep end, and treads water for 30 seconds with their ears out of the water. A parent and a lifeguard must supervise the swim test. The swim test is designed to keep our junior members safe when they are at the pool; therefore, it is crucial that it is completed with ease and comfort.

Children unable to complete the swim test have the option of staying in the teach pool, or completing the swim test with a lifejacket on. When the swim test is being done with a lifejacket, the swimmer must be able to complete it to the same standards as they would be required to without a lifejacket.

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

Before & After Lessons

The teach pool and main pool are busy during lessons, lifeguards may ask you to wait until class is over before entering the water. Children under age 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 a warm shower located on the pool deck prior to entering the pool.

Juniors

Junior members under the age of 18 are required to wear a wristband at all times when swimming; this includes 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 ten minutes. A cool down for an equal amount of time is recommended before going back in. 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/scrub yourself from head to toe to ensure the swimming pools remain clean and sanitary.