



AQUATICS

Aquatic Director & Swimming Professional: Kim Mesiatowsky
Aquatic Centre Phone: 780.437.8397
Email: aquatics@derrickclub.com

Hours of Operation as of July 1, 2019

Monday, Wednesday, Friday 6:00 a.m. – 9:00 p.m.
Tuesday & Thursday 9:00 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.

Lesson Information

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 our Club's 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/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 of age 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 a keen interest in furthering their first aid, CPR and lifesaving rescue skills. Programs are divided into three 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

Red Cross Programs

Swim lessons are running in two-week sessions this summer. If it's not possible to be here for a two-week session, please call or email Kim at the Aquatic Centre to put your name on a list. If there is space available two days prior to the start of the program, we will be happy to pro rate the session for just one week. Priority will go to members registering for both weeks.

Private Lessons

Work one-on-one with a swimming professional to eliminate bad habits or strengthen good ones! Whether you are working on swim criteria for a specific level or just want to practice; 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 start time, you will be billed 100% of the session fee. Instructors are responsible for waiting 15 minutes for a member's arrival. Upon late arrival, sessions will be completed to the end of the scheduled time or at the instructors' discretion. To book call 780.437.8397 or email aquatics@derrickclub.com.

We do BOAT Exams!

A boat license is required to operate any motorized watercraft. We supply the manuals for you to study at a cost of \$30 each. Once you are prepared to write the exam, call the Aquatic Centre and book a time at your convenience for \$40. Total cost \$70.



Daytime Summer Swim Lessons:

Session A | July 2 – July 12 | Monday – Friday

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

Session B | July 15 – July 26 | Monday – Friday

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

Evening Summer Swim Lessons:

Session A | July 2 – July 12 | Monday – Friday

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

Session B | July 15 – July 26 | Monday – Friday

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

Session C | July 29 – Aug 9 | Monday – Friday

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

Session D | Aug 12 – Aug 23 | Monday – Friday

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

Session C | July 29 – Aug 9 | Monday – Friday

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

Session D | Aug 12 – Aug 23 | Monday – Friday

Parent & Tot	4:00 – 4:30 p.m.
Sea Otter/Salamander	4:30 – 5:00 p.m.
SK 3/4	7:30 – 8:00 p.m.
SK 5/6	8:00 – 8:30 p.m.





Lifesaving Programs

We teach the three areas of lifesaving: water proficiency, recognition & rescue and first aid. You will develop an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, 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 who are 12 years old or older and have completed Swim Kids level 10 and want to start 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 at least 13 years or older 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 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, as well as being excellent skills for those who might need to save a life.

Monday – Friday	CPR Pocket Mask\$25 (a one-time purchase)
August 26 – 297:30 a.m. – 12:00 p.m.	Bronze Medallion\$225 (includes manual)
August 30.....7:30 a.m. – 1:00 p.m.	Bronze Cross.....\$200

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! Minimum of 6 participant required to offer this course.

Thursday, July 18 | 12:00 p.m. – 6:00 p.m.

Thursday, August 15 | 4:00 p.m. – 10:00 p.m.

Devil Rays Summer Swim Team

Registration is open! We are thrilled to have Brendan Elford and Shea Kidd returning this year, and welcome William Beach to the team. The Devil Rays 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. The coaches will encourage kids to have fun and develop skills in all aspects of the sport. Swimmers will improve stroke technique and efficiency as well as overall aerobic conditioning in May, June, July and August. Swim team starts Wednesday, May 1.

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. The first two weeks of May is an evaluation period where coaches assess swimmers and determine the group they will swim in based on several factors including age, skill level and commitment.

Register at www.derrickdevilrays.com. If you are a new swimmer, please email Allison Chen at allisonhchen@yahoo.com for a password. For all other inquiries, please email aquatics@derrickclub.com.

Evaluation Period

May 1 – May 10 (Monday – Friday)

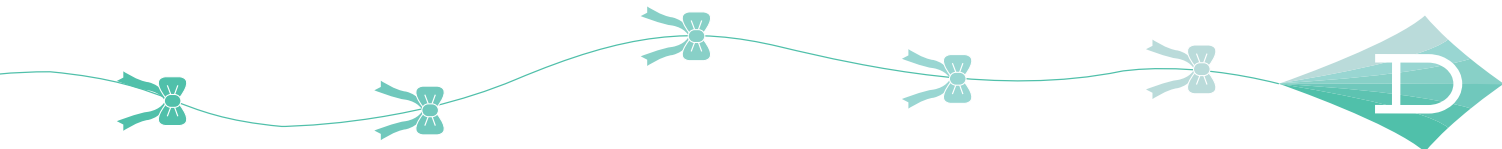
Ages 13 – 16	Ages 9 – 12	Ages 5 – 8
4:00 – 5:30 p.m.	5:30 – 6:45 p.m.	6:45 – 7:30 p.m.

Devil Rays Training Times

Monday – Friday

Development III	Development II	Development I
6:45 – 7:30 p.m.	5:30 – 6:45 p.m.	4:00 – 5:30 p.m.





Aquafit Classes

Want to add a little variety to group fitness classes? Join Carla and Tara for this program that is designed to increase your fitness level. The water provides a natural resistance that strengthens muscles as you push and pull your body as 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 cardiovascular fitness. Exercising in the water is beneficial for those with neuromuscular or musculoskeletal disorders or injuries; this may reduce inflammation and provide feedback for improving posture. The water's resistance provides a safe environment for addressing balance, strength, and postural deficits. Aquatic therapy offers a comfortable and therapeutic medium in which to gain strength and endurance for those who have difficulty exercising on land.

Aquafit is great way to get in shape or stay in shape for all ages and stages! Please come join this exciting program and workout at your own pace!

Monday, Wednesday & Friday

8:30 – 9:30 a.m.

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

Pool/Wibit Schedule

available on our website
at www.derrickclub.com

Single Wibit Schedule

Saturday | 3:00 p.m. – 5:00 p.m.
Sunday | 11:30 a.m. – 2:30 p.m.

Summer Splash Date

Canada Day Party
Monday, July 1 | 1:00 – 3:00 p.m.

SAFETY SPLASH NOTES

The Derrick Club Standard of Water Safety

- An adult or designated caregiver eighteen years of age or older may provide active supervision.
- Children four 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 five or six 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 seven and twelve 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 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.