

Red Cross Swimming Lessons 2010

Landon Bay Centre Pool
302-1000 Islands Parkway

Session #1 July 5th - 16th
Session #2 July 19th - 30th
Session #3 August 9th - 20th

\$54.00 per child per session
\$130 per child for entire summer
\$297.00 per family (max. 5) for the summer
(Subsidy Available)

Level	Lesson Time 1	Lesson Time 2	Lesson Time 3
Preschool	9:00 - 9:30 a.m.		1:30 - 2:00 p.m.
1	9:00 - 9:30 a.m.	10:00 - 10:30 a.m.	1:30 - 2:00 p.m.
2	9:00 - 9:30 a.m.	11:00 - 11:30 a.m.	1:30 - 2:00 p.m.
3/4	9:00 - 9:30 a.m.	10:00 - 10:30 a.m.	1:30 - 2:00 p.m.
5/6	9:00 - 9:45 a.m.	11:00 - 11:45 a.m.	1:30 - 2:15 p.m.
7/8	9:00 - 9:45 a.m.	10:00 - 10:45 a.m.	1:30 - 2:15 p.m.
9/10	9:00 - 9:45 a.m.	11:00 - 11:45 a.m.	1:30 - 2:15 p.m.

BUS SERVICE

A Bus service will be offered on specific routes within the Township of Leeds and the Thousand Islands - if sufficient registrations are received. A parent or caregiver that is over the age of 13 must accompany children 5 years of age and under. The bus fee does not apply to parents or caregivers accompanying under age children.
\$52.00 per child, per session

KENDRICK'S PARK - RED CROSS SWIM PRESCHOOL

This program is intended for children age infant to 5 years to participate with their parents or caregivers to become comfortable in the aquatic setting. This program allows swimmers to enter various levels based on age and ability. Kids will enjoy the animal themes and mascots, which have been added to enhance learning and fun.

Days: Tuesday to Friday

Dates: August 3 to August 6, 2010.

Time: 12:00 p.m. - 1:00 p.m.

Location: Kendrick's Park Beach

Fee: \$25.00 per child.

BRONZE MEDALLION

Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn rows and carriers, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Prerequisite: Minimum 13 years of age or Bronze Star certification. (need not to be current).

Days: Monday to Friday

Dates: August 2 - August 6, 2010. *Class runs on the Civic Holiday*

Time: 9:00 a.m. - 4:30 p.m.

Location: Landon's Bay Pool

Fee: \$125.00 manual included.

BRONZE CROSS

This program is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim.

Prerequisite: Bronze Medallion and Emergency First Aid certification.

Days: Monday to Friday

Dates: August 2 - August 6, 2010. *Class runs on the Civic Holiday*

Time: 9:00 a.m. - 4:30 p.m.

Location: Landon's Bay Pool

Fee: \$85.00