

# SWIMMING LESSONS

## HOW TO REGISTER



**Register  
on-line,  
by phone,  
or in person.**

It may take new accounts up to two business days to receive your customer ID and password. All lessons, except Private lessons, are available on-line. A Kerrisdale Association membership is not required for swim lesson registration.

It's important to register in the correct level! Those who have registered without the pre-requisite level may be asked to withdraw from the class. If you are unsure of what level to register in, we offer free swim assessments during our public swims. (Please note that if your child is under 8, please be prepared to enter the water during the assessment) Please bring the most recent report card to the first day of lessons.

## SWIMMING LESSONS

### **PT Levels 1-3 (4 months to 3 years of age)**

The Waterbabies program has been replaced with the Red Cross Parent 'n Tot program. We will be offering a combined class(levels 1- 3: Starfish, Duck and Sea Turtle) for children 4 months to 3 years.

### **Red Cross Swim Preschool (3 yrs- 5 yrs)**

Like the Swim Kids program, the Preschool program will focus on three areas: Swimming, Fitness Activities and Skills & Water Safety. This program consists of 5 levels. Classes run Monday to Thursday and Saturday and Sunday. Register early as these classes fill quickly!

### **KIDS (6-14 yrs)**

The National Red Cross program SWIM KIDS is used to teach children how to swim. This 10 level course emphasizes three components: Swimming, Fitness, and Water Safety. These classes are offered Mon-Thur after school and Saturdays.

### **YOUTH (13-18yrs)**

Youth will learn to swim with their peers in a fun environment. This program will help beginners to those wanting to refine their stroke techniques. The 4 level youth program is offered on Saturdays.

### **ADULT (16+ yrs)**

It's never too late to learn to swim. Adults are encouraged to register in one of the four level classes. All abilities are welcome. Classes run Tuesday and Thursday afternoons or Tuesday evenings.

**LESSON SCHEDULE available  
at the pool or go to  
[www.vancouver.ca](http://www.vancouver.ca) or  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)**

