

August 22—29

Join us for Summer Madness. A time to try lots of different skills and sports, participate in fun and games, and wrap up the season for the aquatic centre. Plans are still in progress, but we hope to be able to offer:

- Introduction to scuba & snorkeling
- Kayaking
- Lifesaving Sport
- Summer Olympics (Terrace Aquatic Centre style)
- Red Cross Swim Sport modules—diving, synchronized swimming, triathlon swimming and more!
- Lifesaving Fitness
- “Aquatic Ironman”
- Lifeguard Challenges—form a team with your favourite lifeguards and challenge another team
- Greased watermelon relay
- Scavenger Hunts

There will be something new every day during the afternoon “Everyone Welcome” swim from 1:00 pm—4:00 pm.

WATER VOLLEYBALL—EVERY TUESDAY IN AUGUST DURING “EVERYONE WELCOME” SWIM

EVERY WEDNESDAY IN AUGUST JOIN US FOR OUR LEGENDARY WATER WAR—
watch for posters!

See you at the pool!

SUMMER 2010

Join us during all

**“Everyone Welcome” swims
for
challenges, games, relays and
special events**

**Have a safe and
happy summer!**

Please fill out a survey to let us know how we are doing and what we can do to make your visit more memorable.

TERRACE AQUATIC CENTRE

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TERRACE AQUATIC

Summer 2010

**courses, camps
&
Special events**



250-615-3030

JULY

Leaders for Tomorrow Clinic

An educational clinic to introduce participants to leadership in an aquatic environment. Participants will experience the challenges of working in teams within an aquatic setting—understanding the role of the lifeguard in providing excellent customer service in the way of organizing and running special events and fun swims, experience the everyday duties of lifeguards by shadow guarding, and honing first aid and water rescue skills.

Cost: \$50.00

Date: July 12—16, 2020

Time: 11:30 am—2:30 pm

Swim to Survive Challenge

Take the Swim To Survive Challenge on July 21 and help the Terrace Aquatic Centre win the northern BC challenge. The Terrace Aquatic Centre has challenged Kitimat, Prince Rupert, Port Simpson, Smithers and Houston aquatic centres to see how many people each facility can put through the Swim To Survive Challenge.

The challenge consists of:

- Roll into deep water
- Tread water for 1 minute
- Swim 50 m (2 lengths)

This can be done with or without a PFD or lifejacket.

During National Drowning Prevention Week (July 17—24) the Terrace Aquatic Centre will be doing their part to increase awareness of the need for drowning prevention. We will have educational information available in the lobby, and during the “Everyone Welcome” swims the Lifeguards will be organizing fun events and challenges to increase awareness and promote water safety. Information will be available on how to become a lifeguard. Come on out and support the Swim to Survive Northern BC Challenge.

Jr. Lifeguard Camp

The Jr. Lifeguard Club is for 8—15 year olds who are able to swim 50 m (2 lengths) and tread water for 1 minute. The goal of this camp is to encourage youth to learn skills and techniques that could one day save a life—their own, or someone else’s. Participants will learn lifesaving skills and techniques and on the last day of the camp will participate in the Riverboat Days Parade and then demonstrate their CPR skills at George Little Park after the parade.

Cost: \$80.00

Date: July 27—31

Time: 12:00pm —4:00 pm

AUGUST

Lifesaving Camp

The Lifesaving Camp will break off into 2 levels based on either age or ability. Participants will learn skills and techniques necessary for Lifesaving Society leadership courses such as The Canadian Swim Patrol program, the Bronze Medal awards and Lifesaving Fitness.

Cost: \$80.00 (includes Time Tracker)

Date: August 9—13

Time: 11:00 am—3:00 pm

Lifesaving Instructor Course

Lifesaving Instructors are trained to teach and evaluate the Canadian Swim Patrol, Bronze Star, Medallion and Cross, the Jr. Lifeguard program, and the Lifesaving Society Distinction award. Participants are introduced to basic learning styles and approaches as well as teaching strategies, and apply them to teaching water rescue, first aid and other lifesaving skills. Candidates will also learn about lesson planning, class management and safety supervision.

Pre-requisites: 16 yrs and Bronze Cross

Cost: \$260.00 (includes manual)

Date: August 10—13

Time: 9:00 am—4:00 pm

Water Safety Instructor

The Water Safety Instructor course is the second stage of Red Cross’s Instructor Development Program. Candidates focus on how to apply information from the Assistant Water Safety Instructor course, and develop additional instructional skills and strategies to plan, teach and evaluate the entire Red Cross Swim program.

Pre-requisites: 15 yrs and have AWSI

Cost: \$270.00

Date: August 16—20

Time: 9:30 am—3:00 pm

Red Cross Camp

This camp is designed for youth between the ages of 8 and 13 years. Participants will be taught information from both the Red Cross Babysitting program and the first aid programs as well as learn a bit of the history of the Red Cross and how this humanitarian organization helps those in need all around the world.

Cost: \$30.00

Date: August 17—19

Time: 12:00—2:00

Bronze Medallion (tentative)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education—judgment, knowledge, skill and fitness. Candidates learn self-rescue techniques as well as techniques used to rescue others. Lifesavers will develop stroke proficiency and endurance.

Cost: \$227.85

Date: August 23—27

Time: 11:30—3:30