

●

LET THE TERRACE AQUATIC CENTRE BE PART OF YOUR HEALTHY LIFESYCLE.

The Terrace Aquatic Centre is working hard to bring you courses, classes and challenges to assist you in making healthy lifestyle changes.

During the coming months we will be offering blood pressure clinics—find out what your blood pressure is and how to control it. We will also be offering workshops and clinics for working out in the gym or in the water.

Fitness challenges will include a swimming challenge and the Terrace Aquatic Centre's version of "The Biggest Loser" - details are still being worked out.

Everyone Welcome swims will offer games and challenges for the whole family.

Is there something specific we can do for you?



TERRACE AQUATIC CENTRE

●

WINTER 2010 & SPRING 2011 PROGRAMS

Winter

TERRACE AQUATIC CENTRE

Phone: 250-615-3030
Fax: 250-615-3013
E-mail: dvantkruis@terrace.ca

Phone 250-615-3030

DECEMBER 2010

December 7 Gym Orientation for Seniors

This is a free workshop—from 9:30—11:30. Special guest is Lori Janzen from Cedar River Physiotherapy & Rehabilitation. Find out how you can get the most from your exercise.

December 20—24 Radical Relay Days

Join us during “Everyone Welcome” swim in the afternoon for relays of every sort and difficulty. Relays are suitable for everyone regardless of your swimming ability. Form your own team or join a team.

December 24—Radical Relay Wrap up

This will be the ultimate ending to the relays of the week. Participants will be able to “buy” the lifeguard of their choice to be on their team.

December 27—31 Winter Olympics

This is the Terrace Aquatic Centre's 5th annual Winter Olympics. The fun will take place during “everyone welcome” swims in the afternoon. Events will include hoola hoop, underwater swim, diving, tandem swimming, and noodle races to name just a few.



Happy Holidays

December 24 Santa Beard-Making Contest

Put your creative talents to work making the most sophisticated, crazy, or funniest beard. Shave cream will be supplied.

JANUARY 2011

Starting January 1—Update Red Cross Swim Program

Swimming lessons will see the introduction of the new Sea Otter level, as well as changes to the criteria in both the Pre-school and Swim Kids programs. Sea Turtle will now be a “parented” level and the age ranges have been changed to be more reflective of developmental abilities.



Happy 2011!

We will also see changes in the Swim Kids program such as the removal of butterfly in Level 10, the addition of sidestroke as an evaluated stroke. The Adult & Teen program has been updated as well. Please see the brochure on Red Cross Swimming & Water Safety Program.

Starting January 1—Health & Fitness Challenges

Stay tuned for more information on the health & fitness challenges. Plans are in motion to start another swimming challenge, as well as a fitness challenge. Please check out the City of Terrace web site as well as the information boards in the lobby for updates and start dates.

January 16, 21, 22, & 23 Lifesaving Instructor Course

Lifesaving Instructors are trained to teach and evaluate the Canadian Swim Patrol, Bronze Programs, Fitness and Excellence Programs. Instructor candidates are also taught learning styles and teaching methods as they apply to water rescue, first aid and related aquatic skills. Candidates also learn about long and short term planning, class management, safety supervision and the principles of evaluation. The class is 25 hours long and consists of both classroom and pool time. Pre-requisite: Bronze Cross and 16 years old by last day. Cost: \$258.80 + applicable tax

FEBRUARY 2011

February 5 & 6, 19 & 20 Bronze Cross

This is a pre-requisite to the National Lifeguard Award course (NLS). Candidates build on the skills and techniques learned in the Bronze Medallion course. Pre-requisite: Bronze Medallion

February 11 National Lifeguard Appreciation Day



Come on down and help celebrate this day by “buying” a lifeguard and participating in fun events and games. There will be a bake sale on all day as well with proceeds of both events going to purchase equipment and prizes for special events.

February 12 CPR-C (full course) 2 for price of 1

February is Heart & Stroke month and the Terrace Aquatic Centre will be holding 2 for the price of 1 CPR training, as well as demonstrating CPR skills.

Watch for other courses such as CPR-C or HCP recerts and full courses. These will be advertised on our web site at www.terrace.ca or on the notice boards in the lobby of the aquatic centre.