

What to Know Before Registering

- Our schedule and class times will be posted on social media and our City of Terrace webpage 3 weeks before lessons start. Registration for lessons will open 2 weeks before the classes start
- Children who have not had lessons before, or those who have not participated in a class for over a year, must complete a swim assessment prior to registering for swimming lessons
- Children currently enrolled in swimming lessons must wait until their set has finished before registering for the next set of swimming lessons
- Please have your report card available when registering to ensure your child is being placed in the correct level
- Registration is on a first-come first serve basis. You can register at the facility or over the phone with a credit card
- No childcare is available for siblings during classes. They must be supervised by an adult at all times
- Please do not enter the pool before your class has started. Please exit the pool as soon as the instructor indicates that the class has finished
- All participants are required to wear appropriate swim attire. Athletic wear is prohibited. Children who are in diapers must wear a swim diaper

Swimming Lessons Schedule

March 30 to April 29		Monday/Wednesday Evening Lessons		
4:00pm – 4:30pm	Swim Kids 1	Sea Otter	Salamander	Swim Kids 3
4:30pm – 5:00pm	Swim Kids 2	Starfish/Duck	Sea Otter	Swim Kids 4
5:00pm – 5:30pm	Salamander	Swim Kids 6/7	Swim Kids 1	Sea Turtle

March 31 to April 30		Tuesday/Thursday Morning Lessons	
10:00am – 10:30am	Sea Turtle	Sea Otter	
10:30am – 11:00am	Salamander	Starfish/Duck	
11:00am – 11:30am	Sunfish	Sea Otter	

March 31 to April 30		Tuesday/Thursday Evening Lessons		
5:00pm – 5:30pm	Sunfish	Swim Kids 2	Swim Kids 1	Sea Otter
5:30pm – 6:00pm	Swim Kids 3	Swim Kids 5	Sea Otter	Salamander
6:00pm – 6:30pm	Swim Kids 4		Crocodile	Swim Kids 2

Costs:

Starfish, Duck, and Sea Turtle: \$45.00

Sea Otter to Swim Kids 4: \$60.00

Swim Kids 5 to 10: \$80.00

Common Questions about Swimming Lessons

Free Assessment

If you are unsure about the level your child should be registered in, bring them in for a free assessment! Assessments can be done after school or during a scheduled Fun Swim

Goggles

There are a number of skills that need to be done without goggles. That being said, goggles should be worn when doing distance swims. We encourage parents/caregivers to fit the goggles before the swimming lesson. Mask type goggles are not recommended as they cover the nose, preventing exhalation through the nose

Watching My Child/Photos

Prior communication with the Supervising Lifeguard is recommended when wanting to take photographs. When taking a picture, please ensure that you capture only your child/grandchild. We do not allow parents/guardians to watch lessons from the pool deck. We have found this to be very distracting for the children

Report Cards

Please remember to bring your child's report card to the first day of lessons. It's helpful to the instructor to see previous comments and any areas needing attention. It also helps the instructors when completing the cards as evaluation is continuous

Private Swimming Lessons For All Ages

1-on-1 Lessons – if you are looking to start swimming, work on some new skills, or if your child needs that extra focus with the instructor, we are happy to offer private lessons. They can be done in a group setting or individually. Please come in and let us know what you are looking to learn or accomplish! We are happy to accommodate as much as we can!
Cost: \$20.00 per 30 minute lesson

Free Private Lessons

When a child has been unsuccessful 3 consecutive times and it's mostly because of a single skill, the Aquatic Foreman can make a determination whether the child would be successful with 2 free private lessons. The idea is that with some 1-on-1 work, the child would meet the evaluation requirement. This is not an option if there is more than one item or skill that is preventing advancement to the next level



Terrace & District Aquatic Centre SWIMMING LESSON INFORMATION



250-615-3030

www.terrace.ca



Pre-School Levels and the Skills Learned



Starfish – 4 (able to hold their head up) to 12 months *Parented*

Babies and their caregivers work on getting wet, buoyancy and movement, front, back, and vertical position in the water, and shallow water entries and exits



Duck – 12 to 24 months *Parented*

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back floats with recovery, and shallow water entries and exits



Sea Turtle – 24 to 36 months *Parented*

Toddlers and their caregivers work on submersions, front and back floats and glides, jumping into chest-deep water with assistance, kicking on their front, and front swim



Sea Otter – 3 to 6 years

Swimmers work on front and back floats and glides, kicking on their front with a buoyant object, swimmers will be able to swim 1 metre



Salamander – 3 to 6 years, successful completion of Sea Otter

Swimmers work on improving their front and back floats and jumping into chest-deep water unassisted. Kicking is added to the front and back glides, swimmers will be able to swim 2 metres



Sunfish – 3 to 6 years, successful completion of Salamander

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD in deep water, and swim 5 metres continuously



Crocodile – 3 to 6 years, successful completion of Sunfish

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres



Whale – 3 to 6 years, successful completion of Crocodile

Swimmers increase their distance on front and back glides with kick, increase their distance on front and back swim, learn the sitting dive, and swim 15 metres continuously

Swim Kids Levels and the Skills Learned

Swim Kids 1 – 6 to 12 years

Swimmers develop front and back floats, front and back glides, flutter kick (assisted), shallow water exits and entries, and swim 5 metres continuously

Swim Kids 2 – 6 to 12 years, successful completion of Swim Kids 1

Swimmers learn front and back glides with flutter kick, develop front swim, complete deep water activities (assisted), and swim 10 metres

Swim Kids 3 – 6 to 12 years, successful completion of Swim Kids 2

Swimmers increase their distance on the front and back glides with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously

Swim Kids 4 – 6 to 12 years, successful completion of Swim Kids 3

Swimmer learn back swim with a shoulder roll, front crawl, work on flutter kick on back, perform a kneeling dive, introduction to sculling, and swim 25 metres continuously

Swim Kids 5 – 6 to 12 years, successful completion of Swim Kids 4

Swimmers develop front crawl, learn back crawl, learn whip kick on their back, learn a stride dive, treading water, perform head-first sculling on back, and swim 50 metres continuously

Swim Kids 6 – 6 to 12 years, successful completion of Swim Kids 5

Swimmers increase their distance on front and back crawl, learn elementary back stroke, learn dolphin kick, tread water in deep water, perform a front dive, and swim 75 metres continuously



Swim Kids 7 – 6 to 12 years, successful completion of Swim Kids 6

Swimmers increase their distance on front and back crawl and elementary back stroke, learn front scull, perform whip kick on front, and dolphin kick, learn stride entry and swim 150 metres continuously

Swim Kids 8, 6 – 12 years, successful completion of Swim Kids 7

Swimmers increase their distance on front and back crawl and elementary back stroke, learn breast stroke, learn eggbeater/tread water, perform feet-first surface dive and shallow dive, and swim 300 metres continuously

Swim Kids 9, 6 – 12 years, successful completion of Swim Kids 8

Swimmers increase distance on front and back crawl, elementary back stroke, and breast stroke, learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously

Swim Kids 10 – 6 to 12 years, successful completion of Swim Kids 9

Swimmers increase their distance on front and back crawl, elementary backstroke and breast stroke, learn sidestroke, perform vertical dolphin kick, lean feet and head-first surface dives with an underwater swim, and swim 500 metres continuously

Our Goal

Our goal here at the Terrace & District Aquatic Centre is to help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success

Being Successful

Instructors do an evaluation of all skills on the first day of lessons to confirm that your child is in the correct level. Height, weight, body composition, and comfort in the water all play a part in your child's ability to progress. If an instructor determines that a child is in the incorrect level, we will work with you to move your child to the correct level.

In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been performed. The instructor must see each skill performed 3 times to the criteria in a lesson set. This means the child must be able to do the skill with no coaching – if an instructor needs to remind the child, for example, to blow bubbles, then they haven't performed the skill to the criteria. This may not sound like it should be a big deal, but if the child was to progress to the next level, the skills get a little more complex and challenging. Their inability to automatically do the skill, compounds the difficulty of the new skill.