

Gallagher^{CENTRE}

WATER PARK

Spring 2018

Swimming Program Information Guide

Registration opens March 6, 2018



Lifesaving Society - Swim For Life Program Descriptions

Before you make your swim class selection, check our registration guideline

If your child...	Register in Lifesaving Society	Formerly in Red Cross Swim	Formerly in I Can Swim
Is 4 to 12 months old and ready to learn to enjoy the water with a parent	Parent & Tot 1	Starfish	Ducklings
Is 12 to 24 months old and ready to learn to enjoy the water with a parent	Parent & Tot 2	Duck	Dinos
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Parent & Tot 3	Sea Turtle	Dolphins 1
Is 3 to 5 years and just starting on his/her own	Preschool 1	Sea Turtle	Dolphins 1
Can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet	Preschool 2	Salamander	Dolphins 2
Can get in and out alone, jump into chest deep water, submerge & exhale underwater, and float on front back assisted for 3-5 seconds	Preschool 3	Sunfish	Dolphins 2
Can jump into deep water wearing a PFD; recover objects from the bottom, hold their breath underwater float and glide on front & back	Preschool 4	Crocodile	Dolphins 3
Can do solo jumps into deep water and get out by themselves, swim front crawl 3 - 5 m and do flutter kick on their front, back and side	Preschool 5	Whale	Dolphins 3
Is 5 to 12 years and passed Preschool 5	Swimmer 1	Whale	Dolphins 3

If your child...	Register in Lifesaving Society	Formerly in Red Cross Swim	Formerly in I Can Swim
Can jump into the water with and without a PFD; open eyes, hold breath, and exhale underwater, float, kick & glide on front and back	Swimmer 2	Completed Swim Kids 1	Stage 1 Beginner
Can jump into deeper water, roll sideways into water wearing PFD; support self at the surface without an aid, do whip kick in the vertical position, and swim 10 - 15 m on front and back	Swimmer 3	Completed Swim Kids 2/3	Stage 1 Intermediate
Can complete the Canadian Swim to Survive Standard Roll - Tread (1 minute) - Swim (50 m); handstands and kneeling dives, and whip kick on their back	Swimmer 4	Completed Swim Kids 4/5	Stage 1 Advanced
Can do dives, swim underwater, tread water for 2 minutes, 25 m of front and back crawl; whip kick on front; breaststroke arms with breathing; and interval training of 4 x 25m	Swimmer 5	Completed Swim Kids 6	Stage 2 Beginner
Can do shallow dives and cannonballs; stationary eggbeater kick, 50 m of front and back crawl, breaststroke for 15 - 25 m; sprint 25m; interval training of 4 x 50m	Swimmer 6	Completed Swim Kids 7	Stage 2 Intermediate
Can do stride entries and compact jumps; eggbeater kick & scissor kick; sprint breaststroke over 25m; and a workout of 300m	Swim Patrol Rookie	Completed Swim Kids 8	Stage 2 Advanced
Preferred successful completion - Rookie	Swim Patrol Ranger	Completed Swim Kids 9	Stage 3 Beginner
Preferred successful completion - Ranger	Swim Patrol Star	Completed Swim Kids 10	Stage 3 Intermediate
Preferred successful completion - Star	Bronze Star		Stage 3 Advanced

Spring 2018 Lesson Schedule

Registration Opens March 6

Parent & Tot

Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Tuesday	Thursday	Saturday
Start Date	April 9	May 14	April 10	April 12	April 14
End Date	May 9	June 18	June 12	June 14	June 23
Cancelations		May 21			May 19
Level 1 \$53.25/Class 10 Classes	5:30-6:00 pm			5:00-5:30 pm	11:45-12:15 pm
Level 2/3 \$53.25/Class 10 Classes	5:30-6:00 pm			5:15-5:45 pm	11:45-12:15 pm
Level 1/2/3 \$53.25/Class 10 Classes		5:15-5:45 pm	9:45-10:15 am		

Preschool

Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Tuesday	Thursday	Saturday
Start Date	April 9	May 14	April 10	April 12	April 14
End Date	May 9	June 18	June 12	June 14	June 23
Cancelations		May 21			May 19
Level 1 \$53.25/Class 10 Classes	5:00-5:30 pm 6:00-6:30 pm	5:30-6:00 pm 6:00-6:30 pm	8:45-9:15 am*	5:30-6:00 pm 6:00-6:30 pm	11:00-11:30 am 11:30-12:00pm
Level 2 \$53.25/Class 10 Classes	5:00-5:30 pm 6:00-6:30 pm	5:15-5:45 pm 6:15-6:45 pm	8:45-9:15 am*	5:45-6:15 pm	11:15-11:45 am 12:15-12:45 pm
Level 3 \$53.25/Class 10 Classes	6:00-6:30 pm	6:00-6:30 pm	9:15-9:45 am**	5:30-6:00 pm 6:00-6:30 pm	11:00-11:30 am 12:15-12:45 pm
Level 4 \$53.25/Class 10 Classes	5:45-6:15 pm	5:45-6:15 pm	9:15-9:45 am**	5:30-6:00 pm 6:00-6:30 pm	10:30-11:00 am 11:30-12:00pm
Level 5 \$53.25/Class 10 Classes	6:00-6:30 pm	5:45-6:15 pm		4:45-5:15 pm	12:30-1:00 pm

*Level 1/2 Class **Level 3/4 Class

Swimmer

Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Thursday	Saturday
Start Date	April 9	May 14	April 12	April 14
End Date	May 9	June 18	June 14	June 23
Cancelations		May 21		May 19
Level 1 \$53.25/Class 10 Classes	6:15-6:45 pm 6:30-7:00 pm	5:45-6:15 pm 6:15-6:45 pm	4:45-5:15 pm 5:45-6:15 pm	10:30-11:00 am 12:15-12:45 pm
Level 2 \$53.25/Class 10 Classes	4:30-5:00 pm 5:15-5:45 pm	5:15-5:45 pm 6:15-6:45 pm	5:15-5:45 pm 6:15-6:45 pm	10:30-11:00 am 12:00-12:30 pm
Level 3 \$60.50/Class 10 Classes	4:30-5:15 pm 5:15-6:00 pm	4:30-5:15 pm 5:15-6:00 pm	4:00-4:45 pm 4:45-5:30 pm	11:00-11:45 am
Level 4 \$60.50/Class 10 Classes	4:30-5:15 pm	4:30-5:15 pm	4:00- 4:45 pm	10:30-11:15 am
Level 5 \$60.50/Class 10 Classes	4:30-5:15 pm	4:30-5:15 pm	4:00-4:45 pm	11:30 am-12:15 pm
Level 6 \$60.50/Class 10 Classes	5:15-6:00 pm	4:30-5:15 pm	4:00-4:45 pm	12:00-12:45 pm
Level 5/6 \$60.50/Class 10 Classes			4:45-5:30 pm	

Many of our programs require registration. You can either register in person at the SecurTek Kiosk or over the phone by calling 306-786-1740.

We reserve the right to cancel a program if we don't have enough registrants; you will get a phone call and a full refund.

However, if you cancel your registration for any reason within 7 days of the start date you will not receive a refund. If you cancel your registration greater than 7 days from the start date you will receive a refund minus a \$10 administrative fee.

Private Swimming Lessons (2 student maximum)

	Mon./Wed. Session 1	Mon./Wed. Session 2	Thursday Session 1	Saturday Session 1
Start Date	April 9	April 25	April 12	April 14
End Date	April 23	May 7	May 10	May 12
\$139.50 for 5 classes 2nd Student add \$50/set	4:30-5:00 pm 6:30-7:00 pm 6:30-7:00 pm	4:30-5:00 pm 6:30-7:00 pm 6:30-7:00 pm	6:15-6:45 pm 6:30-7:00 pm 6:30-7:00 pm 6:30-7:00 pm	12:45-1:15 pm 12:45-1:15 pm

	Mon./Wed. Session 3	Mon./Wed. Session 4	Thursday Session 2	Saturday Session 2
Start Date	May 14	June 4	May 17	May 26
End Date	May 30	June 18	June 14	June 23
Cancelations	May 21			
\$139.50 for 5 classes 2nd Student add \$50/set	6:30-7:00 pm 6:30-7:00 pm	6:30-7:00 pm 6:30-7:00 pm	6:15-6:45 pm 6:30-7:00 pm 6:30-7:00 pm 6:30-7:00 pm	12:45-1:45 pm 12:45-1:45 pm

- To ensure that instructors can apply extreme attention to each individual, private lessons are limited to 2 people maximum.
- Cost for 1 student is \$139.50 for five 30 minute sessions. (Private lessons are only sold in 5 lesson sets)
- To enroll a **second student** in the same lesson, add a **\$50 fee** per set.

Youth & Adult Lessons

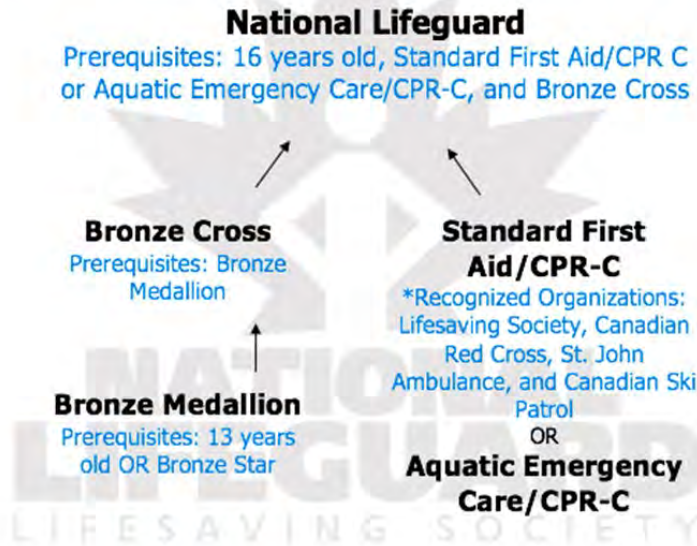
Level	Mon./Wed. Session 1	Mon./Wed. Session 2	Thursday	Saturday
Start Date	April 9	May 14	April 12	April 14
End Date	May 9	June 18	June 14	June 23
Cancelations		May 21		May 19
Adult 1/2/3 \$69.75 10 Classes (Ages 12+)		4:30-5:30 pm	4:00-5:00 pm	
Swim Patrol \$69.75 10 Classes				10:30-11:30 am

Lifesaving Society Programs

The Lifesaving Society is organization responsible for setting the standard for professional life-guarding in Canada.

Steps to Achieve the National Lifeguard Award

Becoming a National Lifeguard is very easy when you follow these few steps.



Boot Camp (Bronze Medallion and Bronze Cross) (\$192.85)

The Bronze Boot Camp teaches all the program components of the Bronze Medallion and Bronze Cross awards in a condensed format. This physically demanding program is a prerequisite for everyone interested in employment as a Lifeguard and Lifesaving Swimming Instructor.

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types.

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Lifesavers develop stroke efficiency and endurance in a 600m timed swim.
Must have *Canadian Lifesaving Manual*, available at the Water Park for \$44.00.
Prerequisites: Minimum 13 years of age or older or Bronze Star certification.

- **April 3 - 6**
Tuesday - Friday 8:00 am - 5:00 pm

Bronze Cross (\$123.25)

Bronze Cross 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 600 m swim.

Prerequisite: Bronze Medallion and Emergency First Aid certifications. Must have *Canadian Lifesaving Manual*, available at the Water Park for \$44.00.

- **April 6, 7 & 8**
Friday 4:00 pm - 10:00 pm
Saturday & Sunday 9:00 am - 6:00 pm

Aquatic Emergency Care (\$158.75)

An OH&S recognized Standard First Aid and CPR-C course with additional training highlighting aquatic situations and rescues

- **April 13, 14 & 15**
Friday 4:00 pm - 9:00 pm
Saturday & Sunday 9:00 am - 6:00 pm

National Lifeguard (\$298.00)

National Lifeguard is the Canada's professional Lifeguarding standard. Candidates receive an Alert *Lifeguarding In Action* Manual with course. Must bring a whistle and lanyard and prerequisite certificates to the first day of the course.

Prerequisites: Must be 16 or older, have completed Bronze Cross Award and hold a current OH&S Recognized Standard First Aid & CPR-C and AED award. (Lifesaving Society, Red Cross, St John's Ambulance, Ski Patrol)

- **Session 1: April 20, 21, 22 & 27, 28, 29**
- **Session 2 June 1, 2, 3 & 8, 9, 10**
Friday 4:00 pm - 10:00 pm
Saturdays & Sundays from 9:00 am - 6:00 pm

Lifesaving Instructor (\$311.25)

Prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the society's lifesaving and first aid awards.

Prerequisites: Must be 16 or older, have completed Bronze Cross Award. For purposes of employment, must also hold a current OH&S Recognized Standard First Aid & CPR-C and AED award (Lifesaving Society, Red Cross, St John's Ambulance, Ski Patrol) and National Lifeguard Award

- **May 11, 12, 13 & 25, 26, 27**
Fridays 4:00 pm - 10:00 pm
Saturdays & Sundays 9:00 am - 6:00 pm

National Lifeguard: Waterpark Option (\$158.75)

Provides advanced training to develop the lifeguarding skills, principles and practices, and the decision-making processes required to work in a Waterpark facility.

- **June 15, 16, 17**
Fridays 4:00 pm - 8:00 pm
Saturday & Sunday 9:00 am - 6:00 pm

Recertification Courses

AEC Recert (\$81.25)

This course allows candidates to recertify their Aquatic Emergency Care or their Standard First Aid. AEC expires every two years.

- **June 23**
Saturday 9:00 am - 5:00 pm

National Lifeguard Recert (\$81.25)

This course allows candidates to recertify their National Lifeguard Award. NL expires every two years.

- **June 24**
Sunday 9:00 am - 5:00 pm

National Lifeguard Waterpark Recert (\$81.25)

This course allows candidates to recertify their National Lifeguard Award. NL Waterpark expires every two years.

- **June 30**
Saturday 9:00 am - 5:00 pm



Water Park Swim Schedule

April 1 - June 29, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/STAT
6:00 - 9:00 am Morning Lane Swim		6:00 - 9:00 am Morning Lane Swim		6:00 - 9:00 am Morning Lane Swim		
9:00 am - 12:00 pm Lengths & Leisure					10:30 - 1:00 pm Swim Lessons	
12:00 - 1:00 pm Lane Swimming						
					1:00 - 5:00 pm Public Swim	
3:00 - 4:30 pm Lengths & Leisure			3:00 - 4:00 pm Lane Swim	3:00 - 5:00 pm Public Swim		
4:30 pm - 7:00 pm Swim Lessons						
7:00 - 9:30 pm Public Swim					6:30 - 9:30 pm Public Swim	

Lane Swimming: Lane swim is a great way to stay in shape and improve your technique. We have three double wide lanes for fast, medium, and slow swimmers.

Lengths & Leisure: During the Lengths & Leisure swim a portion of the Lap Pool will be available for lane swimming. Other activities may occasionally be scheduled during these times restricting access for Lane Swimming.

Public Swim: During our Public Swim times everything is open and available for recreational use: waves, three story waterslide, climbing wall, diving board, and lazy river. We do not reserve lane space during these swims as the climbing wall is open.

Lessons: Due to the busy nature of the pool both the lap and leisure pool are closed during lessons. The hot areas remain open.

Hot Areas: Sauna, Steam Room and Hot Tub are open to the public during all open water park hours

Please note all swim times are subject to change. Access to the pool during school hours on weekdays may be adjusted to provide children and youth with swimming and learning opportunities. Please call ahead if you have questions about our daily programming. All swimming admissions are subject to the Swim Admission Process posted on the back cover of the information guide.

Fitness Schedule

September 4, 2017 - June 29, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:15 am Boot Camp		6:30 - 7:15 am Boot Camp		6:30 - 7:15 am Boot Camp	
9:00 - 10:00 am Regular Aquacize	9:00 - 10:00 am Shallow Aquacize	9:00 - 10:00 am Regular Aquacize	9:00 - 10:00 am Shallow Aquacize	9:00 - 10:00 am Regular Aquacize	9:30 - 10:30 am Regular Aquacize
12:00 - 1:00 pm Arthritis Aquacize	12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Arthritis Aquacize	12:00 - 1:00 pm Regular Aquacize	12:00 - 1:00 pm Arthritis Aquacize	
	3:00 - 4:00 pm Water Walking		3:00 - 4:00 pm Water Walking		
	6:00 - 7:00 pm Shallow Aquacize				
7:00 - 8:00 pm Shallow Aquacize		7:00 - 8:00 pm Deep Aquacize		7:00 - 8:00 pm Shallow Aquacize	

Boot Camp: Our Boot Camp Aquacize is a high intensity early morning workout. Perfect for those looking to start their day on the right foot.

Regular & Shallow Aquacize: Both our Regular and Shallow Aquacize gives the participant the option to work at a transitional depth. Excellent cardio, strength and flexibility training. Suitable for everyone.

Arthritis Aquacize: Helps to relieve pain, maintain or increase range of motion, strengthen weak muscles and improve circulation. This class is for those seeking injury rehabilitation, arthritis joint therapy or those wishing to improve their strength and range of motion.

Water Walking: For those looking for something self directed we encourage you to come and enjoy our Lazy River for some water walking. Perfect to do alone or with a friend. Walk through the water to improve your flexibility, posture and range of motion.

Admission Fees

Leisure Swim Admission

Preschool (0 - 2 years)	FREE
Child (3 to 6 years)	\$4.50
Youth (7 to 17 years)	\$5.50
Adult (18+ years)	\$7.50
Combo Pack	\$20.00
(4 patrons: min. 1 adult, max. 2 adults)	
Mega Pack	\$25.75
(6 patrons: min. 1 adult, max. 2 adults)	

Water Park Passes

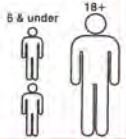
Child (3-6 years)	\$22/month	\$220/year
Youth (7-17 years)	\$27/month	\$270/year
Adult (18+ years)	\$45/month	\$450/year
Family	\$90/month	\$900/year

Lockers are available on a first come basis. Bring your own lock or rent a locker for \$2. Goggles, Nose Plugs and Swimming Caps are available for purchase.

Swim Admission Policy!

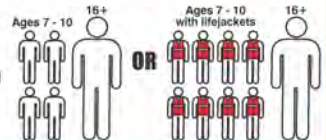
RED Bands

- All children 6 and under MUST be accompanied by a parent/guardian (18+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 2 children per each parent/guardian (1:2)



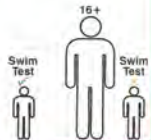
YELLOW Bands

- Children 7 to 10 years MUST be accompanied by a parent/guardian (16+ years)
- Children must remain within direct supervision and within arm's reach
- Maximum of 4 children per each parent/guardian (1:4)



GREEN Bands

- Children 7 to 10 years who pass the Waterpark Admission Swim Test MAY swim unaccompanied
- Children with green bands may be asked to take the test again if aquatic staff are concerned that they cannot demonstrate the ability to maintain the Waterpark Admission Swim Test



Summer Registration opens June 5, 2018 at 8:00 am



Box 400, 455 Broadway Street West, Yorkton, SK S3N 2W3
Ph 306-786-1740 | Fax 306-786-6880 | waterpark@yorkton.ca
www.gallaghercentre.com | [f GallagherCentreWaterPark](https://www.facebook.com/GallagherCentreWaterPark)