



The Banff Centre

SALLY BORDEN POOL YOUTH AQUATICS

Red Cross Swim Parent and Tot Age 6 months or older

Duck \$38
Duck # 2109 Wed 10:30 -11:00 Sept 10 – Oct 29

Red Cross Swim Preschool Age 3-5 years

Sea Turtle and Salamander \$38
Sea # 2138/Sal # 2133 Sun* 5:00 – 5:30 Sept 7 – Nov 2
Sea # 2140/Sal # 2135 Sun* 4:45 – 5:15 Sept 7 – Nov 2
Sea # 2137/Sal # 2132 Wed 9:00 – 9:30 Sept 10 – Oct 29
Sea # 2141/Sal # 2136 Wed 10:00 – 10:30 Sept 10 – Oct 29

Sunfish and Crocodile \$38
Sun #2142/Croc#2106 Tues 4:45 – 5:15 Sept 9 – Oct 28
Sun #2143/Croc#2107 Wed 9:30 – 10:00 Sept 10 – Oct 29
Sun #2144/Croc#2108 Thurs 4:00 – 4:30 Sept 11 – Oct 30

Red Cross Swim Kids Ages 6 – 12 years

Level 1 & 2 \$38
L1 #2112/L2 #2116 Sun* 5:30 – 6:00 Sept 7 – Nov 2
L1 #2113/L2 #2117 Thurs 5:30 – 6:00 Sept 11 – Oct 30

Level 3 & 4 \$38
L3 #2120/L4 #2122 Thurs 4:30 – 5:00 Sept 11 – Oct 30
L3 #2119/L4 #2121 Thurs 5:00 – 5:30 Sept 11 – Oct 30

Level 5 & 6 \$40
L5 #2124/L6 #2126 Sun* 4:00 – 4:45 Sept 7 – Nov 2
L5 #2123/L6 #2125 Tues 4:00 – 4:45 Sept 9 – Oct 28

Level 7 \$40
L7 #2127 Tues 5:15 – 6:00 Sept 9 – Oct 28

Level 8 \$40
L8 #2128 Sun* 5:15 – 6:00 Sept 7 – Nov 2

Level 9 & 10 \$44
L9 #2130/L10 #2115 Sun* 4:00 – 5:00 Sept 7 – Nov 2

NO CLASSES ON Sunday, October 12th

Teen Fit Swim – Ages 12 and up \$44
Course #2110 Thurs 5:00 – 6:00 Sept 11 – Oct 30
* Registrants must be 12 years old on first day of course

SALLY BORDEN POOL ADULT AQUATICS

Bronze Medallion/ Bronze Cross

Those interested in Life guarding and Water Safety can take these courses as the two prerequisites for the National Life guarding Certificate. The Bronze Medallion class teaches rescuers how to do tows and carries, how to build endurance in a timed swim and introduces the skills necessary in water rescue. The Bronze Cross course will include more advanced training to life guarding skills and lifesavers will learn how to rescue a spinal injured victim and a pulse less victim. Please sign up for either Bronze Medallion or Bronze Cross. Participants in both courses must be 13 years of age at the start of the course.

\$125 + GST
Bronze Medallion # 2162
Bronze Cross # 2164
1 weekend, October 24-26 **Fri: 5-9pm, Sat and Sun: 9am -5pm**
Inst: Jennifer Olsen

Midmorning Masters

Start your day off with a challenging workout in the pool. This class is for individuals who have some knowledge of all four strokes and are interested in improving their technique as well as endurance.

\$50+GST
2160
8 Mon, Sept 8-Nov 03 (no class Oct 13) **9am-10am**
Inst: Carol Trow

National Lifeguard Service Award

This course builds on the fundamental skills, knowledge and values of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. NLS is recognized as the standard measurement of lifeguard performance in Canada. Participants will have the opportunity to attain the necessary certification to work as a lifeguard at pool across Canada. Prerequisites are Bronze Cross certification, Standard First-Aid certification and minimum age of 16 years.

\$225+GST
2163
2 weekends, Nov 21-23 and Nov 28-30
Fri: 5-9pm, Sat & Sun: 9am-5pm
Inst: Jennifer Olsen

Early Morning Masters

Start your day off with a challenging workout in the pool. This class is for individuals who have some knowledge of all four strokes and are interested in improving their technique as well as endurance.

\$50+GST
2161
8 Wed, Sept 10-Oct 29 **7am-8am**
Inst: Carol Trow