



WAUBUNO BEACH
PROGRAM INFORMATION
PACKAGE
SUMMER 2010

For questions or more information on any of our programs or registration information, please contact April McNamara, Leisure Services Coordinator at 746-2101.

Looking for something fun for you and the kids to do this summer?
ENROLL IN SWIMMING LESSONS!!

We offer lessons for the whole family, including both Red Cross Swim program and Lifesaving Society Programming. For the lifeguard enthusiasts, we offer lifesaving leadership courses, Swim Patrol and Junior Lifeguard Club. Once again this summer, we will offer adult stroke improvement classes, triathlon swim training clinics, and private and semi-private lessons. There are also several programs and special events yet to be scheduled!

REGISTRATION INFORMATION

Registration for summer beach programs starts Monday June 7, 2010.

(No registrations will be accepted before this date)

(Payment **MUST** accompany form to process registration)

In Person: At the Charles W. Stockey Centre
Monday, June 7th, 2010: 1:00pm - 8pm.
Registration will be accepted after this date at the Town Office,
70 Joseph Street (Parry Sound Mall between the Hart Store and
Northern Reflections) from 8:30am -4:30pm.
You may register directly at Waubuno Beach from June 28th until
August 15, 2010.

By Mail: Mail registrations will be accepted anytime after June 8th.
Please mail registration and payment to:
Town of Parry Sound,
Attention: April McNamara
70 Joseph Street, Parry Sound, Ontario, P2A 2G5

Please make cheques payable to the Town of Parry Sound

RED CROSS SWIM LEVEL REQUIREMENTS

Level	Description
Starfish	4 To 6 months of age or older, able to hold their head up, and participating with a parent
Duck	18 months of age or older, and participating with a parent, perform a front, back, vertical position (with assistance), move forward, backward, and use arms with assistance.
Sea Turtle	Between 30 months of age to age 3, and just starting out, previous lessons not necessary
Salamander	3-5 years of age and can comfortably move and float with assistance, and put their face in the water.
Sunfish (3-5) Level 1	Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times.
Crocodile (3-5) Level 1	Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres.
Whale (3-5) Level 2	Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously
Level 3	Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5m, and swim 5 metres continuously
Level 4	Can swim front crawl at least 5 metres, arms recovering above the water; and swim 15 metres continuously
Level 5	Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously
Level 6	Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously
Level 7	Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously
Level 8	Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously
Level 9	Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously
Level 10	Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously
Adults	For adolescents or adults interested in participating in swimming and Water Safety program, based on their own abilities, interests and goals.

RED CROSS LESSONS DATES AND COSTS:

SESSION DATES: Private Session 1: June 28 - July 2
Group Session 1: July 5 - 16
Group Session 2: July 19 - 30
Group Session 3: August 2 - 13
Group Session 4: August 16 - 27
Private Session 2: August 30 - September 3

COSTS: Individual Rates: \$45/person (Residents)
\$50/person (Non-residents)
Private Lessons: \$90/person - Five 1 hour lessons

Meet the teacher and join the class with your child for lesson #6

ADDITIONAL INFORMATION

Group Lessons run every day Monday to Friday for **2 weeks**.

In the event that classes fill up, there are extra time slots available for levels 1-6

*** PARENTS MUST PARTICIPATE IN THE WATER WITH CHILD FOR STARFISH***

For questions or more information call April at 746-2101.
After June 28, contact Waubuno Beach 774-9779.

WAUBUNO BEACH RED CROSS SWIMMING LESSON SCHEDULE - 2010

SWIMMING LEVEL	SESSION 1 July 5 - 16	SESSION 2 July 19 - 30	SESSION 3 August 2 - 13	SESSION 4 August 16 - 27	MAX #/ CLASS
Starfish	10:00-10:30	10:00-10:30	10:00 - 10:30	10:00 - 10:30	8
Duck	10:00-10:30	10:00-10:30	10:00 - 10:30	10:00 - 10:30	8
Sea Turtle	10:00-10:30 4:00-4:30	10:00-10:30 4:30-5:00	10:00 - 10:30 4:30 - 5:00	10:00 - 10:30 4:30 - 5:00	4-6
Salamander	10:00-10:30 4:30-5:00	10:00-10:30 5:00-5:30	10:00 - 10:30 5:00 - 5:30	10:00 - 10:30 5:00 - 5:30	4
Sunfish	10:30-11:00 5:00-5:30	10:30-11:00 4:00-4:30	10:20 - 11:00 4:00 - 4:30	10:20 - 11:00 4:00 - 4:30	4
Crocodile	10:30-11:00 4:00-4:30	10:30-11:00 4:00-4:30	10:30 - 11:00 4:00 - 4:30	10:30 - 11:00 4:00 - 4:30	4
Whale	10:30-11:00 4:00-4:30	10:30-11:00 4:00-4:30	10:30 - 11:00 4:00 - 4:30	10:30 - 11:00 4:00 - 4:30	4
Level 1	10:30-11:00 11:00-11:30 4:30-5:00	10:30-11:00 11:00-11:30 4:30-5:00	10:30 - 11:00 11:00 - 11:30 4:30 - 5:00	10:30 - 11:00 11:00 - 11:30 4:30 - 5:00	6
Level 2	11:00-11:30 4:30-5:00	11:00-11:30 4:30-5:00	11:00 - 11:30 4:30 - 5:00	11:00 - 11:30 4:30 - 5:00	6
Level 3	11:45-12:15 4:30-5:00 (3/4 split)	11:45-12:15 4:30-5:00 (3/4 split)	11:45 - 12:15 4:30 - 5:00 (3/4 split)	11:45 - 12:15 4:30 - 5:00 (3/4 split)	6
Level 4	11:45-12:15 4:00-4:30	11:45-12:15 4:00-4:30	11:45 - 12:15 4:00 - 4:30	11:45 - 12:15 4:00 - 4:30	6
Level 5	12:15-1:00 5:00-5:45	12:15-1:00 5:00-5:45	12:15 - 1:00 5:00 - 5:45	12:15 - 1:00 5:00 - 5:45	8
Level 6	12:15-1:00 5:00-5:45	12:15-1:00 5:00-5:45	12:15 - 1:00 5:00 - 5:45	12:15 - 1:00 5:00 - 5:45	8
Level 7	12:30-1:30	12:30-1:30	12:30 - 1:30	12:30 - 1:30	10
Level 8	1:30-2:30	1:30-2:30	1:30 - 2:30	1:30 - 2:30	10
Level 9	1:30-2:30	1:30-2:30	1:30 - 2:30	1:30 - 2:30	10
Level 10	2:30-3:30	2:30-3:30	2:30 - 3:30	2:30 - 3:30	10
Adults	Please inquire	Please inquire	Please inquire	Please inquire	

Note: All times are approximate, as it gets closer to summer, some times may need to change slightly based on instructor availability.

LIFESAVING COURSES

Course and Description	Date and Time	Cost
<p><u>Triathlon Swim Training Clinics</u> In these one hour clinics, you will learn stroke improvement as well as gain helpful insight for swimming in the 'bay', when competing in this summer's upcoming triathlon.</p>	<p>Tuesdays & Thursdays July & August Times: To be determined based on interest. <i>Need sufficient enrolment to run</i></p>	<p>\$15/person/ clinic</p>
<p><u>Swim Patrol</u> For kids 8-12 years of age who are ready to go beyond swim lessons. Areas such as water proficiency, first aid, and rescue are taught, with an emphasis on water smart behaviour. Perfect for those who want to get an idea of what lifeguarding is all about.</p>	<p>Session A: July 5 - July 23 Session B: August 2 - August 20 Time: 3:15-4:00pm Monday to Friday <i>Need sufficient enrolment to run</i></p>	<p>Residents: \$50/Session Non-Residents: \$55/Session</p>
<p><u>Junior Lifeguard Club</u> JLC offers a unique aquatic alternative to those kids who love the water but want more than just 'lessons'. The club stresses fun and aquatic skill development based on personal-best achievement. Water based with a focus on lifesaving skills, knowledge, teamwork, community education and personal fitness.</p>	<p>Session A: July 5 - July 23 Session B: August 2 - August 20 Time: 2:45-3:45pm Monday to Friday <i>Need sufficient enrolment to run</i></p>	<p>Residents: \$50/Session Non-Residents: \$55/Session</p>
<p><u>Bronze Star/Basic First Aid</u> This is the pre-Bronze Medallion training standard, and is an excellent prep to the Bronze Medallion course. Participants develop problem solving and decision making skills. They learn basic first aid and C.P.R. as well as basic lifesaving rescue skills. Prerequisites: 12 years of age</p>	<p>Session A: July 5 - July 23 Session B: August 2 - 20 10:00-11:00am daily Monday to Friday <i>Need sufficient enrolment to run</i></p>	<p>Residents: \$65/Session Non-Residents: \$70/Session</p>
<p><u>Bronze Medallion/Emergency First Aid</u> Candidates will learn strokes, rescue techniques, first aid skills. A timed swim is also required. Bronze Medallion and Emergency First Aid are the prerequisites needed for Bronze Cross. Prerequisites: Candidates must be 13 years of age by the completion of the course.</p>	<p>Session 1: July 5 - July 30 Session 2: August 2 - August 27 10:00-11:30am daily Monday to Friday <i>Need sufficient enrolment to run</i></p>	<p>Residents: \$135 Non-Residents: \$145 (Includes Book)</p>
<p><u>Bronze Cross</u> Candidates will be taught the difference between lifeguarding and lifesaving. The principals of emergency procedures, team work, and the use of specialized equipment will be taught. This is a prerequisite for anyone wishing to take NLS which you must have to lifeguard in Ontario. Prerequisites: Bronze Medallion and Emergency First Aid</p>	<p>Session 1: July 5 - July 30 Session 2: August 2 - August 27 10:00-11:30am daily Monday to Friday <i>Need sufficient enrolment to run</i></p>	<p>Residents: \$130 Non-Residents: \$140</p>

