



Swimming Program Information Guide Summer 2021

Registration opens Tuesday June 8 at 8:00 am
Online: cityofyorkton.perfectmind.com



Summer 2021 Lesson Information

COVID-19 PROTOCOL FOR SWIMMING LESSONS

The health and safety of guests and staff at the Gallagher Centre remains our top priority. The Water Park is aligning with provincial guidelines as well as professional recommendations for facility operations. All lesson registrants in the Access Communications Water Park must comply with the following protocols. Groups and participants found not following these protocols may be asked to leave the Water Park. Please register online.

- Stay home if you are sick. Those showing symptoms of COVID-19 are advised to contact the Saskatchewan HealthLine at 811 for further guidance.
- Follow all posted directional signage and guidelines.
- Households must maintain social distancing on deck. Designated seating locations are stationed across the deck and viewing gallery. Please do not move the chairs.
- **Masks must be worn into the Facility and onto the deck. Masks will be removed before entering the water. Masks can be left at designated seating locations.**
- Wash and sanitize hands regularly. Sanitizing stations are located on the pool deck.
- Arrive at the facility no more than **10 minutes before** the scheduled start time. Maintain social distancing while waiting to access to the change rooms and on pool deck.
- Minimize time spent in change facilities. **Come as dressed as possible for your activity.** Footwear must be removed in the change room entrance.
- All swimmers must shower with soap before entering the water.
- Change rooms, including showers and lockers are available, but may be limited or reduced to promote physical distancing.
- Class sizes have been reduced to promote distancing.
- Class start times have been staggered to avoid crowding on deck.
- Swimming Instructors will maintain social distancing from participants while teaching. A parent or guardian must enter the water to provide direct contact to beginner swimmers in all Parent & Tot, Preschool and Swimmer 1-2 classes.
- Where there are multiple children from the same household in a class, only 1 guardian needs to enter the water.
- Families may book up to 4 members of the same household into a Private Lesson. A guardian must be available to enter the water to assist children evaluated at Preschool levels and Swimmer 1 & 2.
- Swimmers are encouraged to bring full water bottles. Bottle filling stations are not available in the Water Park at this time. Food and glass containers are not allowed in the water park.
- The hot tub is not available for use after lessons at this time.
- Make up classes will not be available for missed or disrupted classes.
- Swimmers shall be given **10 minutes** to access the change rooms to change and shower after a training session. Shower and locker access in change rooms shall be limited to promote spacing. It is recommended that swimmers change into appropriate outerwear and shower at home.

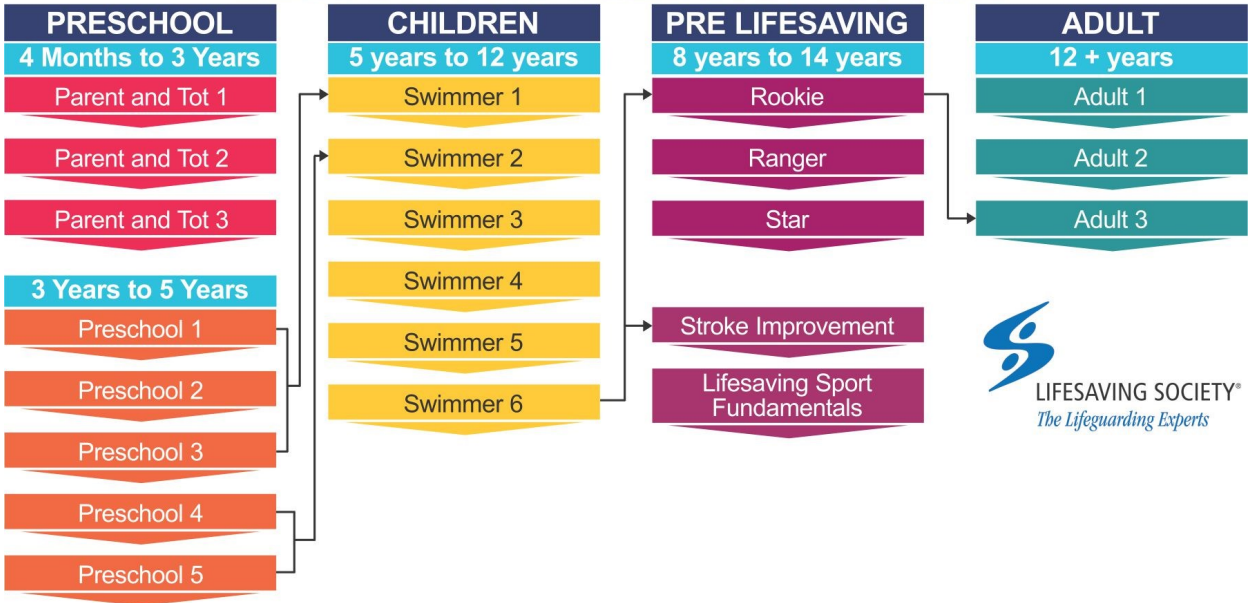
HOW TO BOOK ONLINE

- Log into your *PerfectMind* account at <https://cityofyorkton.perfectmind.com>.
- Add family members to your account as needed.
- Hover over **“My Profile”**, then select **“Course & Program Registration”**.
- Select your activity from the available options.
- Find the session you would like to attend and click **“Book Now”**.
- Review the information, then click **“Book Now”**.
- Select the program attendees, then click **“Next”**.
- Confirm your fees, then click **“Next”**.
- Review your booking, then click **“Checkout”**.
- Enter payment details, and then click **“Place My Order”**. You will receive automatic emails containing your receipt and registration confirmation.
- Reminder emails will be sent in the days before the course start.

We reserve the right to cancel a program due low registration; you will receive notification informing you of the cancelation 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. Administrative fees will also be applied for patrons who wish to change or transfer classes. Fees will be waived if schedule changes are initiated by the City of Yorkton for safety or program needs. Waitlist names are collected and contacted if room becomes available.

LESSON PROGRESSION CHART



Swimming Lesson Comparison Chart Program Descriptions

Before you register, check this guide for the right level. Check previous level results on your Perfect Mind account under “Outcomes.”

If your child...	Previously in Red Cross Swim	Register in Lifesaving Society
Is 4 to 12 months old and ready to learn to enjoy the water with a parent.	Starfish	Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with a parent.	Duck	Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent.	Sea Turtle	Parent & Tot 3
Is 3 to 5 years and just starting on his/her own.	Sea Turtle	Preschool 1
Is 3 to 5 years and 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.	Salamander	Preschool 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.	Sunfish	Preschool 3
Can jump into deep water wearing a PFD; recover objects from the bottom, hold their breath underwater float and glide on front & back.	Crocodile	Preschool 4

If your child...

	Previously in Red Cross Swim	Register in Lifesaving Society
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.	Whale	Preschool 5
Is 5 to 12 years and passed Preschool 5 or has never taken a swimming lesson.	Whale	Swimmer 1
Can jump into the water with and without a PFD; open eyes, hold breath, and exhale underwater, float, kick & glide on front and back.	Completed Swim Kids 1	Swimmer 2
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.	Completed Swim Kids 2/3	Swimmer 3
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.	Completed Swim Kids 4/5	Swimmer 4
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.	Completed Swim Kids 6	Swimmer 5
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.	Completed Swim Kids 7	Swimmer 6
Can do stride entries and compact jumps; eggbeater kick & scissor kick; sprint breaststroke over 25m; and a workout of 300m.	Completed Swim Kids 8	Swim Patrol: Rookie
Can swim carry a 5 lb weight 15m, swim 300 minutes continuously; head and foot-first surface dives; shallow dives.	Completed Swim Kids 9	Swim Patrol: Ranger
Can do eggbeater; swim 75 m of front crawl, back crawl and breast stroke; support a 5 lb object for 1 min; complete a 350 m workout.	Completed Swim Kids 10	Swim Patrol: Star
Preferred successful completion of Swim Patrol: Star; 10 years or older, swim 400 meters; eggbeater; surface dives; head up swimming.		Bronze Star
Can swim 25 meters continuously and would like to focus on improving their stroke's technique and endurance.		Stroke Improvement
Can swim 25 meters continuously and is looking for a mental and physical challenge with introduction to lifesaving rescue and sport. Excellent preparation to become a Lifeguard.		Lifesaving Sport Fundamentals
Is 12 or older and has never taken swimming lessons.		Adult 1
Is 12 or older and can float independently, swim 10-15 meters, jump into deep water and tread water for 30 seconds.		Adult 2/3

Summer 2021 Lesson Schedule

Registration Opens June 8 at 8:00 a.m.

Parent & Tot (4 Months to 5 Years) - 8 Classes

Level	Session 1 PM	Session 2	Session 2 AM
Start Date	July 5	July 26	July 26
End Date	July 15	August 6	August 6
No Lessons	July 9, 10, 11	July 30,31 August 1,2	July 30,31 August 1,2
Parent & Tot 1 \$68 (8 Classes)	5:10 -5:40 pm 6:50 – 7:20 pm	5:10 PM-5:40 pm 6:50 PM– 7:20 pm	10:10-10:40 AM
Parent & Tot 2 \$68 (8 Classes)	5:10-5:40 pm * 6:55 -7:25 pm *	5:10-5:40 pm * 6:55 PM-7:25 pm *	11:20-11:50 AM *
Parent & Tot 3 \$68 (8 Classes)	5:10-5:40 pm * 6:55 -7:25 pm *	5:10-5:40 pm * 6:55 PM-7:25 pm *	11:20-11:50 AM *

Preschool (3 Years to 5 Years) - 8 Classes

Level	Session 1 PM	Session 2 AM
Start Date	July 5	July 26
End Date	July 15	August 6
No Lessons	July 9, 10, 11	July 30,31 August 1,2
Preschool 1 \$68 (8 Classes)	4:30-5:00 pm * 6:20-6:50 pm *	4:30-5:00 pm * 6:20-6:50 pm *
Preschool 2 \$68 (8 Classes)	4:30-5:00 pm * 6:20-6:50 pm *	4:30-5:00 pm * 6:20-6:50 pm *
Preschool 3 \$68 (8 Classes)	4:35-5:05 pm 5:45-6:15 pm	4:35-5:05 pm 5:45-6:15 pm
Preschool 4 \$68 (8 Classes)	5:45-6:15 pm * 6:15-6:45 pm*	5:45-6:15 pm * 6:15-6:45 pm*
Preschool 5 \$68 (8 Classes)	5:45-6:15 pm * 6:15-6:45 pm*	5:45-6:15 pm * 6:15-6:45 pm*

* Class is combined with another level. Please register swimmer in the level appropriate for their evaluation.

Swimmer (5 Years to 12 Years) - 8 Classes

Level	Session 1 PM	Session 2 AM
Start Date	July 5	July 26
End Date	July 15	August 6
No Lessons	July 9, 10, 11	July 30,31 August 1,2
Swimmer 1 \$68 (8 Classes)	4:35-5:05 pm 5:40-6:10 pm	4:35-5:05 pm 5:40-6:10 pm
Swimmer 2 \$68 (8 Classes)	5:05-5:35 pm 6:20-6:50 pm	5:05-5:35 pm 6:20-6:50 pm
Swimmer 3 \$68 (8 Classes)	6:10-6:40 pm 6:55-7:25 pm	6:10-6:40 pm 6:55-7:25 pm
Swimmer 4 \$100 (8 Classes)	5:20-6:05 pm	5:20-6:05 pm
Swimmer 5 \$100 (8 Classes)	4:30-5:15 pm * 6:45-7:30 pm *	4:30-5:15 pm * 6:45-7:30 pm *
Swimmer 6 \$100 (8 Classes)	4:30-5:15 pm * 6:45-7:30 pm *	4:30-5:15 pm * 6:45-7:30 pm *

Youth Lessons — 8 Classes

Level	Session 2 AM
Start Date	July 26
End Date	August 6
No Lessons	July 30,31 August 1,2
Rookie, Ranger, Star Patrol \$104 (8 Classes)	10:10-11:10 AM 10:45-11:45 AM

Swimming Lesson General Information

**** Class is combined with another level. Please register swimmer in the level appropriate for their evaluation.***

Children who are 5 years of age may register in Preschool levels or Swimmer levels. Swimmers who have completed Preschool 4 or 5 should register directly in Swimmer 2 if they are older than 5.

Swimming assessments can be booked with a certified instructor to determine the best level to register a child in. Please call 306-786-1740 to inquire about assessments.

Private Swimming Lessons (All Ages) - 5 Classes

	Session 1 AM	Session 2 AM
Start Date	July 5	July 12
End Date	July 9	July 16
No Lessons		
Private Lesson \$170 (5 classes)	10:10-10:40 AM 10:45-11:15 AM 11:20-11:50 AM	10:10-10:40 AM 10:45-11:15 AM 11:20-11:50 AM

- Private Lessons are available for individual instruction, or instruction for the whole family at one time.
- Private Lessons are limited to **4 people maximum in the same household**.
- A guardian must be available to enter the water to assist children evaluated at Preschool levels and Swimmer 1 & 2.
- To schedule additional family members in a private lesson, register the first student online, then call [306-786-1740](tel:306-786-1740) to add additional swimmers by speaking to the Water Park Manager

Aquatic Sport Clinics (Ages 7 and up)

Learn to: Dive (\$45.00)

Learn the basics of diving from a competitive diving coach.

Prerequisites: Must be able to dive from pool edge and swim in deep water. Recommended completion of Swimmer 3.

• July 19-21

Monday—Wednesday 10:00 am—12:00 pm



Learn to: Water Polo (\$15.00)

Learn the basics of Water Polo.

Prerequisites: Must be able to swim in deep water. Recommended completion of Swimmer 3.

• July 23

1.) Friday 10:00 am—11:00 am

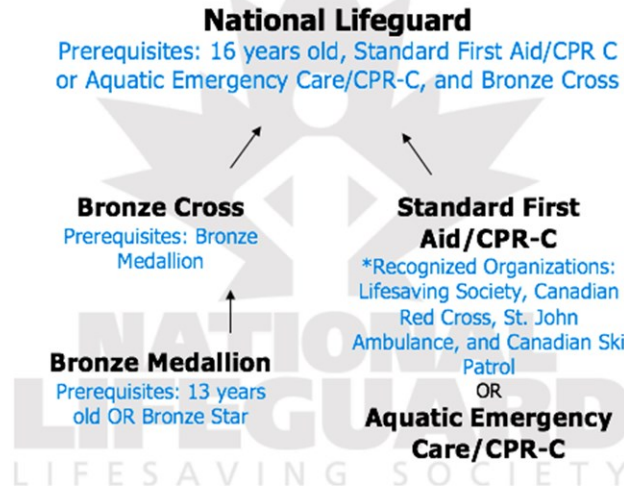
2.) Friday 11:00 am—12:00 pm

Lifesaving Society Leadership Programs

The Lifesaving Society is the organization responsible for setting the standard for professional lifeguarding in Canada.

Steps to Achieve the National Lifeguard Award

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



Upcoming Leadership courses

Bronze Star

- Monday July 5 — Friday July 9

Bronze Medallion

- Monday July 12 — Friday July 16

Bronze Cross

- Monday July 26 — Friday July 30

National Lifeguard:

- Monday August 16 — Friday August 20



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/ STAT
6 am - 7 am Lane Swim		6 am - 7 am Lane Swim		6 am - 7 am Lane Swim		
7 am - 8 am Lane Swim		7 am - 8 am Lane Swim		7 am - 8 am Lane Swim		
8 am - 8:50 am Regular Aquacize		8 am - 8:50 am Regular Aquacize		8 am - 8:50 am Regular Aquacize		
9 am - 9:50 am Regular Aquacize		9 am - 9:50 am Regular Aquacize		9 am - 9:50 am Regular Aquacize		
10:00 am - 12:00 pm Lessons		10:00 am - 12:00 pm Lessons		10:00 am - 12:00 pm Lessons		
12:00 am - 1:00 pm Lane Swim (Lap Pool)			12:00 pm - 12:50 pm Aquacize (Wave Pool)			
	1:30 pm - 3:30 pm Public Swim		1:30 pm - 3:30 pm Public Swim	1:30 pm - 3:30 pm Public Swim	1 pm - 2:30 pm Public Swim	
					3 pm - 4:30 pm Public Swim	
4:30 pm - 7:30 pm Lessons	4:30 pm - 7:30 pm Lessons	4:30 pm - 7:30 pm Lessons	4:30 pm - 7:30 pm Lessons			
7:30 pm - 8:20 pm Shallow Aquacize		7:30 pm - 8:20 pm Deep Aquacize				
7:30 pm - 9:30 pm Public Swim*		7:30 pm - 9:30 pm Public Swim*				

Stay home if you are sick or experiencing symptoms of COVID-19. Please pre-register for swimming times at cityofyorkton.perfectmind.com. Admission capacity is limited as part of our reopening protocols. Maintain social distancing of 2 meters at all times. Please go to www.gallaghercentre.com for full guidelines.

Lane Swim: Lane swim is a great way to stay in shape and improve your technique. Three double lanes are provided for slow, medium, and fast swimming.

Public Swim: Enjoy recreational swimming for all ages during our Public Swim. Water park features will be available based on booked pool. Lap Pool and Wave pool will be open for evening swims(*). Features include waves, three story waterslide, and lazy river, diving pool* and climbing wall*.

Hot Areas: **Steam Room and Sauna are** closed at this time. The Hot tub is open with new restrictions under the *Reopen Saskatchewan Guidelines*. Please review posted signage. The Hot Tub is not available during swimming lessons.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am - 8:50 am Regular Aquacize		8 am - 8:50 am Regular Aquacize		8 am - 8:50 am Regular Aquacize	
9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	
12 pm-12:50pm Regular Aquacize	12 pm-12:50pm Regular Aquacize	12 pm-12:50pm Regular Aquacize	12 pm-12:50pm Regular Aquacize	12 pm-12:50pm Regular Aquacize	12 pm-12:50pm Regular Aquacize
7:30-8:20 pm Shallow Aquacize		7:30-8:20 pm Deep Aquacize			

As per **Re-Open Saskatchewan** guidelines, class sized capacity is limited to 8 persons. Please pre-register at <http://www.cityofyorkton.perfectmind.com> All patrons must exit the water at the end of each class.

Regular Aquacize: Regular Aquacize gives the participant the option to work at a transitional depth, and gives excellent cardio, strength and flexibility training. Suitable for everyone. Regular Aquacize is in the Wave Pool and there is a zero-depth beach entry.

Deep Aquacize: This class occurs in deep water in the Lap Pool and is intended for strong swimmers. Focus on using the waters resistance for core, cardio and strength. Float belts provided. A stairway access is available to enter the pool.

Shallow Aquacize: This class occurs in shallow water in the Lap Pool. Focus on using the waters resistance for core, cardio and strength. Float belts provided. A stairway access is available to enter the pool.

Par-Q and you! In order to provide a safe exercise environment we encourage all participants to read our Part-Q signage and assess your fitness to participate. If you are new to Aquacize at the Water Park talk to our staff for a copy.

Schedule and pandemic protocols are subject to change.

Updated schedules are available online at www.gallaghercentre.com. Admission and supervision rules for children are enforced at all times. Grey areas on the swim schedule note times when the water park is closed to the public. Please call 306-786-1740 for any daily updates.

Admission Fees

Preschool (0 - 2 years).....	FREE	Combo Pack	\$20.00
Child (3 to 6 years).....	\$4.50	(4 patrons: max 2 adults)	
Youth (7 to 17 years).....	\$5.75	Mega Pack	\$26.00
Adult (18+ years).....	\$8.00	(6 patrons: max 2 adults)	

WATER PARK PASSES	Multi Pass		Multi Pass	
	10x	20x	50x	100x
Child (3 to 6 years)	\$40.50	\$72	\$155	\$265
Youth (7 to 17 years)	\$51.75	\$92	\$180	\$310
Adult (18+ years)	\$72	\$128	\$280	\$480
Combo Pack	\$180	\$320		
Mega Pack	\$234	\$416		

Lockers are available for day use only: bring your own lock or rent a locker for \$2. Goggles, Nose Plugs, Swimming Caps and diapers are available for purchase.

Swim Admission Policy

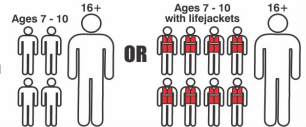
RED Bands

- 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

