

City of
Yorkton



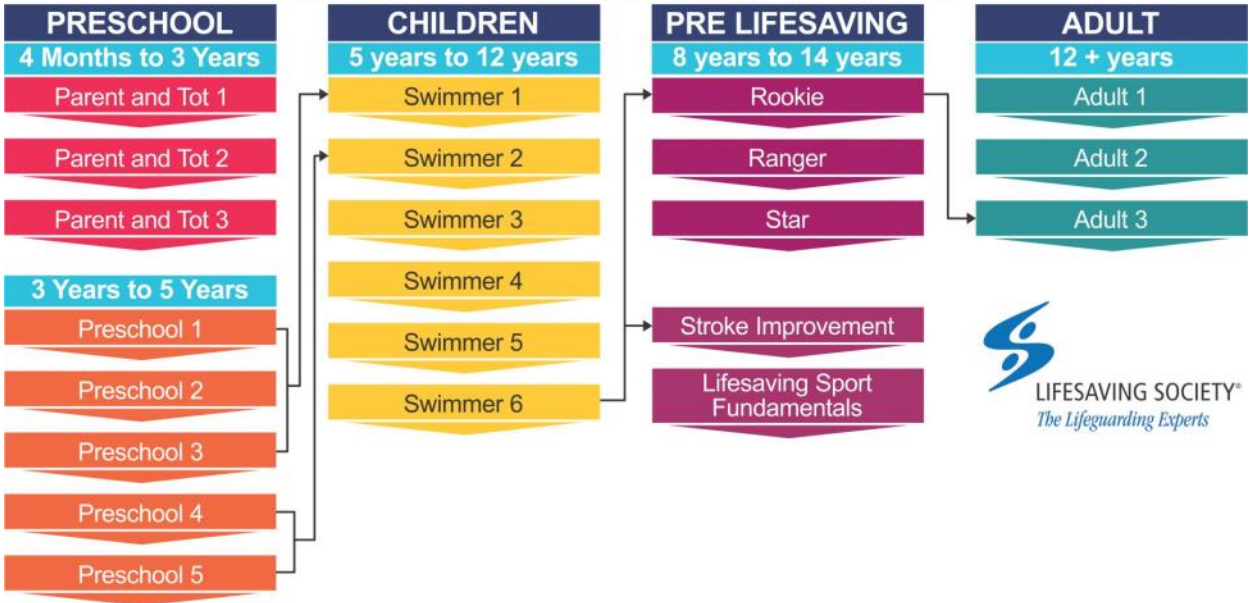
Swimming Program Information Guide

Winter 2022

Registration opens December 7 at 8:00 am
Online: cityofyorkton.perfectmind.com



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

Winter 2022 Lesson Schedule

Registration Opens December 7 at 8:00 a.m.

Parent & Tot (4 Months to 5 Years) - 9 Classes

Level	Monday	Wednesday	Thursday	Saturday
Start Date	January 10	January 5	January 6	January 8
End Date	March 14	March 9	March 10	March 12
No Lessons	February 21	February 23	February 24	February 19
Parent & Tot 1 \$76.50 (9 Classes)	5:05 PM	5:00 PM	5:05 PM	9:05 AM 10:50 AM
Parent & Tot 2 \$76.50 (9 Classes)	5:40 PM*	6:10 PM*	4:30 PM*	9:35 AM* 10:25 AM*
Parent & Tot 3 \$76.50 (9 Classes)	5:40 PM*	6:10 PM*	4:30 PM*	9:35 AM* 10:25 AM*

Preschool (3 Years to 5 Years) - 9 Classes

Level	Monday	Wednesday	Thursday	Saturday
Start Date	January 10	January 5	January 6	January 8
End Date	March 14	March 9	March 10	March 12
No Lessons	February 21	February 23	February 24	February 19
Preschool 1 \$76.50 (9 Classes)	5:35 PM	5:35 PM	6:15 PM	9:00 AM 10:10 AM
Preschool 2 \$76.50 (9 Classes)	5:00 PM	5:35 PM	4:40 PM	9:50 AM 10:50 AM
Preschool 3 \$76.50 (9 Classes)	6:15 PM	5:05 PM	5:40 PM	9:35 AM 9:40 AM
Preschool 4 \$76.50 (9 Classes)	6:20 PM*	6:15 PM*	5:50 PM*	11:25 AM*
Preschool 5 \$76.50 (9 Classes)	6:20 PM*	6:15 PM*	5:50 PM*	11:25 AM*

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

Swimmer (5 Years to 12 Years) - 9 Classes

Level	Monday	Wednesday	Thursday	Saturday
Start Date	January 10	January 5	January 6	January 8
End Date	March 14	March 9	March 10	March 12
No Lessons	February 21	February 23	February 24	February 19
Swimmer 1 \$76.50 (9 Classes)	5:45 PM	5:40 PM	4:30 PM	9:05 AM 10:10 AM
Swimmer 2 \$76.5 (9 Classes)	6:10 PM	6:50 PM	5:15 PM	9:40 AM 11:20 AM
Swimmer 3 \$76.50 (9 Classes)	6:55 PM	6:10 PM	6:50 PM	9:00 AM 10:15 AM
Swimmer 4 \$112.50 (9 Classes)	6:45 PM	—	6:15 PM	—
Swimmer 5 \$112.50 (9 Classes)	—	6:45 PM*	—	11:00 AM*
Swimmer 6 \$112.50 (9 Classes)	—	6:45 PM*	—	11:00 AM*

Youth Lessons - 9 Classes

Level	Monday	Wednesday	Thursday	Saturday
Start Date	January 10	January 5	January 6	January 8
End Date	March 14	March 9	March 10	March 12
No Lessons	February 21	February 23	February 24	February 19
Rookie, Ranger, Star Patrol \$117 (9 Classes)				10:45-11:45 AM*

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

Private Swimming Lessons (All Ages) - 9 Classes

	Monday	Wednesday	Thursday	Saturday
Start Date	January 10	January 5	January 6	January 8
End Date	March 14	March 9	March 10	March 12
No Lessons	February 21	February 23	February 24	February 19
Private Lessons \$252 (9 classes)	5:10 PM 6:50 PM	5:00 PM 6:45 PM	5:05 PM 5:40 PM 6:25 PM 7:05 PM	9:15 AM 10:15 AM 10:45 AM 11:25 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.**
- Instructors will teach multiple levels simultaneously.
- Parents may register with their children for instruction at the same time.
- 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 our

Featured Winter Programs

Parent and Tot Aquacize

Parent and Tot Aquacize allows you to bring your little swimmer with you during your recreational fitness time. Dolphin floats allow you keep your little one in arms reach and keep moving. Located in the wave pool with zero depth entry for easy access.

Dolphin floats are suitable for infants 6 months to 3 years and between 15 to 35 LBS. Coast Guard approved personal flotation devices are also available for children larger than 30 LBS. Limit of 1 Tot swimmer per adult participant.



Aqua Cycle

Aqua Cycle is an indoor cycling class that takes place in a pool. Participants use stationary bikes in 3-4 feet of water, and pedal against the resistance of the water. The water's buoyancy helps provide support to working muscles and joints, and can be beneficial to those with limited mobility or recovering from injury. Aqua Cycle is a low impact endurance program focusing on both strength and cardiovascular fitness.

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.

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.

The City reserves 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. A refund will only be offered if the registration can be filled from our waitlists. 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.

Lifesaving Society Leadership Programs

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

Bronze Medallion (\$160)

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for assistant lifeguard training in the Lifesaving Society's Bronze Cross. Includes a 400 meter timed swim within 12 minutes.

Course time is split between classroom learning, in water practice and assessment and some take home assignments.

Prerequisites: Minimum 13 years of age (or older or Bronze Star certification).

Required: *Canadian Lifesaving Manual*, available at the Water Park Kiosk for \$45.00.

Candidates receive Bronze Medallion medal, Bronze Medallion Award crest, certification card, CPR-A and AED with this course.

- **January 21-23**

Friday 5:00 p.m. - 9:00 p.m. Saturday & Sunday 9:00 a.m.—6:00 pm.

Bronze Cross (\$160)

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are also included. Bronze Cross is a prerequisite for advanced training in the Lifesaving Society's National Lifeguard award (NLS) and leadership certification programs such as Lifesaving Instructor. Includes a 400 meter timed swim within 11 minutes.

Prerequisite: Lifesaving Society Bronze Medallion (need not be current)

Required: Canadian Lifesaving Manual, whistle

- **February 4-6**

Friday 4:00 p.m. - 10:00 p.m. Saturday & Sunday 9:00 a.m.—6:00 pm.

Aquatic Emergency Care & Standard First Aid with CPR-C (\$169)

An OH&S recognized Standard First Aid and CPR-C course with additional training highlighting aquatic situations and rescues. This award is a prerequisite for candidates wishing to train as lifeguards.

- **February 25-27**

Friday 5:00 p.m. - 9:00 p.m. Saturday & Sunday 9:00 a.m.—5:00 pm.

National Lifeguard (\$355)

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 15 or older, have completed Bronze Cross Award and hold a current Standard First Aid & CPR-C and AED (or Aquatic Emergency Care) award from the following agencies: Lifesaving Society, Red Cross, St John's Ambulance, Ski Patrol

- **March 4-6 & 11-13**
Friday 5:00 pm - 9:00 pm
Saturdays & Sundays from 9:00 am - 6:00 pm

National Lifeguard Water Park (\$169)

National Lifeguard Waterpark provides advanced training to develop the lifeguarding skills, principles and practices and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments.

Prerequisites: Must be 15 or older, and have completed National Lifeguard.

- **January 9 & 16**
Sunday 9:00 am - 6:00 pm

Recertification Courses

Standard First Aid & CPR-C / Aquatic Emergency Care Recert (\$89)

This course allows candidates to recertify their Aquatic Emergency Care or their Standard First Aid & CPR-C. The AEC award is good for 2 years from date of recertification. Standard First Aid & CPR-C is good for 2 years from date of recertification.

- **September 11**
Saturday 9:00 am - 6:00 pm

National Lifeguard Pool Recert (\$89)

This course allows candidates to recertify their National Lifeguard Pool Award. The award is good for 2 years from date of recertification.

- **January 30**
Sunday 8:00 am - 5:00 pm



LIFESAVING SOCIETY®
The Lifeguarding Experts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/ STAT
6 am - 8 am Lane Swim		6 am - 8 am Lane Swim		6 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	9 am - 9:50 am Regular Aquacize	9 am - 9:50 am Regular Aquacize	9:00 pm - 12:00 pm Lessons	
10:30 - 11:15 am Aqua Cycle	10:30 - 11:20 am Parent & Tot Aquacize	10:30 - 11:15 am Aqua Cycle	10:30 - 11:20 am Parent & Tot Aquacize	10:00 - 11:45 am Public Swim Wave Pool*		
12:00 pm - 1:00 pm Lane Swim (Lap Pool)			12:00 pm - 12:50 pm Aquacize (Wave Pool)			
					1 pm - 2:30 pm Public Swim	
					3 pm - 4:30 pm Public Swim	
5:00 pm - 7:30 pm Lessons	6 pm - 6:50 pm Regular Aquacize	5:00 pm - 7:30 pm Lessons	4:30 pm - 7:30 pm Lessons	6 pm - 6:50 pm Deep Aquacize		
7:30 pm - 9:00 pm Public Swim	7:30 - 8:15 am Aqua Cycle	7:30 pm - 9:00 pm Public wim	7:30 - 8:15 am Aqua Cycle	7:00 pm - 9:00 pm Public Swim		
	7:30 - 8:30 pm Lane Swim		7:30 - 8:30 pm Lane Swim			

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. Please follow posted etiquette for safe and courteous swimming.

Public Swim: Enjoy recreational swimming for all ages during our Public Swim. Use the water slide, diving board, climbing wall lazy river and hot areas with family and friends.

Hot Areas: Steam Room and Sauna and Hot Tub are open and available to Swimmers booked into Public & Lane swims, and Aquacize for the duration of the program. Aquacize patrons may use the hot tub for 10 minutes after the program ends. Please review posted signage.

Schedule subject to change without notice.

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.

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	
10:30 - 11:15 am Aqua Cycle	10:30 - 11:20 am Parent & Tot Aquacize	10:30 - 11:15 am Aqua Cycle	10:30 - 11:20 am Parent & Tot Aquacize		
12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize	12 pm - 12:50 pm Regular Aquacize
	6 pm - 6:50 pm Regular Aquacize		7:30 - 8:15 pm Aqua Cycle	6 pm - 6:50 pm Regular Aquacize	
	7:30 - 8:15 pm Aqua Cycle				

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 water's resistance for core, cardio and strength. Float belts provided. A stairway access is available to enter the pool.

NEW: Aqua Cycle: indoor cycling class that takes place in a pool. Participants use stationary bikes in 3-4 feet of water, and pedal against the resistance of the water. The water's buoyancy helps provide support to working muscles and joints, and can be beneficial to those with limited mobility or recovering from injury. Water Shoes are recommended for use with the bikes.

NEW: Parent and Tot Aquacize: Bring your little swimmer with you during your recreational fitness time. Dolphin floats allow you keep your little one in arms reach and keep moving. Located in the wave pool with zero depth entry for easy access.

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 to receive a copy.

Admission Fees

Admission Rates	Single Admission	Multi Admission Punch Pass			
		10x	20x	50x	100x
Preschool (0 to 2 years)	Free				
Child (3 to 6 years)	\$ 4.50	\$ 40	\$ 70	\$155	\$265
Youth (7 to 17 years)	\$ 5.75	\$ 45	\$ 85	\$ 180	\$ 310
Adult (18+ years)	\$ 8.00	\$ 72	\$ 128	\$ 280	\$ 480
Combo*	\$ 20				
Mega**	\$ 26				

*Comb Pack — 4 patrons (min 1 adult, max 2 adults)

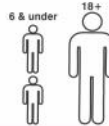
**Mega Pack — 6 Patrons (min 1 adult, max 2 adults)

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

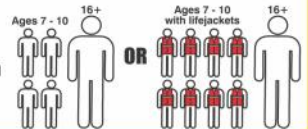
RED Bands

- 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

