



Weyburn Leisure Centre  
Swimming Lessons  
2024



LEVEL	COST
Parent & Tot and Pre-school	\$72.50
Swimmer 1 - 3	\$77.75
Swimmer 4 - 6	\$83.00
Rookie, Ranger, Star Patrol	\$121.00

**ONLINE REGISTRATION INFORMATION**

- Class dates and times will be posted on the City of Weyburn booking portal <https://cityofweyburn.perfectmind.com/>
  - If you have a membership at the CU Spark Centre or WLC or if you've been registered for programming at either facility since June 1, 2022, you already have an account. Please call the WLC if you forget your password or need a reset.
- Online registrations will be accepted for each lesson up until 1 week before the start of the lesson.
- CANCELLATION POLICY:** A refund will only be given if the cancellation is made AT LEAST 1 week prior to the first lesson. Any other refunds will ONLY be given with a Doctor's Note. Refunds are subject to a \$5.50 administration fee. *Course cancellations/withdrawals can only be made at the WLC with Management approval.*
- Participants may only be registered in ONE lesson at a time. WLC reserves the right to withdraw participants registered in two sessions at a time.**

	Private Lessons	Winter 2024	Spring 2024
When will Course Dates & Times be posted online?	September 1	December 1	March 1
Registration dates	Ongoing	December 12	March 12
Session Dates	Numerous 30-minute sessions available on Tuesday, Thursday and Friday afternoons  Cost: \$57.75/30 min  <i>One-on-one instruction provided by qualified Swim for Life Instructors.</i>	<b>Monday &amp; Wednesday PM</b> January 8 – February 5 February 12 – March 13  <b>Saturday AM</b> January 13 – March 9  <i>No classes February 19</i>	<b>Saturday AM</b> April 6 – June 1  <b>Monday &amp; Wednesday PM</b> April 8 – May 6  <i>9 classes</i>

For more information on the Swim for Life Program:

Stefany Grigg, Aquatics Coordinator & Lifesaving Society Instructor Trainer: 306-848-3266 or email [sgrigg@weyburn.ca](mailto:sgrigg@weyburn.ca)



**Weyburn Leisure Centre**  
**Winter 2024**  
**Swim for Life® Program Schedule**



Course	Day	Date	Time	Cost
<b>Parent &amp; Tot Lessons – Parented (4 months – 3 years)</b>				
Parent & Tot 1/2	Saturdays	January 13 – March 9	10:55 – 11:25am	\$72.50
Parent & Tot 3	Saturdays	January 13 – March 9	11:30 – 12:00pm	\$72.50
<b>Pre-school Lessons – Not Parented (3 – 5 years)</b>				
Pre-school 1	Monday & Wednesday	January 8 – February 5	4:40 – 5:10pm	\$72.50
Pre-school 1	Saturdays	January 13 – March 9	12:20 – 12:50pm	\$72.50
Pre-school 1	Monday & Wednesday	February 12 – March 13	4:00 – 4:30pm	\$72.50
Pre-school 2	Monday & Wednesday	January 8 – February 5	5:20 – 5:50pm	\$72.50
Pre-school 2	Saturdays	January 13 – March 9	8:00 – 8:30am	\$72.50
Pre-school 2	Monday & Wednesday	February 12 – March 13	5:20 – 5:50pm	\$72.50
Pre-school 3	Saturdays	January 13 – March 9	9:20 – 9:50am	\$72.50
<b>Swimmer 1 - 6 (6 – 12 years)</b>				
Swimmer 1	Monday & Wednesday	January 8 – February 5	5:20 – 5:50pm	\$77.75
Swimmer 1	Saturdays	January 13 – March 9	9:55 – 10:25am	\$77.75
Swimmer 1	Saturdays	January 13 – March 9	11:45 – 12:15pm	\$77.75
Swimmer 1	Monday & Wednesday	February 12 – March 13	4:40 – 5:10pm	\$77.75
Swimmer 1	Monday & Wednesday	February 12 – March 13	5:20 – 5:50pm	\$77.75
Swimmer 2	Monday & Wednesday	January 8 – February 5	4:40 – 5:10pm	\$77.75
Swimmer 2	Saturdays	January 13 – March 9	8:40 – 9:10am	\$77.75
Swimmer 2	Saturdays	January 13 – March 9	10:30 – 11:00am	\$77.75
Swimmer 2	Monday & Wednesday	February 12 – March 13	4:40 – 5:10pm	\$77.75
Swimmer 3	Saturdays	January 13 – March 9	11:10 – 11:40am	\$77.75
Swimmer 3	Monday & Wednesday	February 12 – March 13	4:40 – 5:10pm	\$77.75
Swimmer 4	Saturdays	January 13 – March 9	10:00 – 10:45am	\$83
Swimmer 4	Monday & Wednesday	February 12 – March 13	5:20 – 6:05pm	\$83
Swimmer 5/6	Saturdays	January 13 – March 9	9:00 – 9:45am	\$83
<b>Rookie, Ranger, Star Patrol</b>				
	Dates TBA	Spring 2024		

**For more information on the Swim for Life Program:**

**Stefany Grigg, Aquatics Coordinator & Lifesaving Society Instructor Trainer: 306-848-3266 or email [sgrigg@weyburn.ca](mailto:sgrigg@weyburn.ca)**

***Learning to swim opens up a world of recreation opportunities. The Lifesaving Societies Swim for Life® program teaches swimmers water safety and swimming skills. Learn with your young child in parent and tot classes. Preschoolers and children learn confidence and independence in group classes. Youth build strength and endurance to learn lifesaving skills. Swimming is an important, lifelong skill where there is something for everyone!***

- **Parent & Tot (4 – 36 months)**

The Parent & Tot program structure in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skill. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. For ages 6 months up to 3 years.

- **Parent & Tot 1** (4 month – 12 months, parented)
- **Parent & Tot 2** (12 – 24 months, parented)
- **Parent & Tot 3** (2 – 3 years, parented)

- **Preschool (3 – 5 years)**

The Preschool program is targeted to 3 – 5 years old. An instructor leads the lesson in water (no parent/caregiver). Preschool levels cover basic swimming skills and orientation such as getting face wet, front and back floats, glides, use of PFD's, basic front and back swims, and entries and exits. Water Smart® education is also incorporated in to the levels.

- **Pre-school 1** (3 – 5 years)
  - No lesson experience and/or just starting on their own
- **Pre-school 2** (3 – 5 years)
  - Can jump in to chest deep water assisted, floats, glides on their front and back, blows bubbles and can get face wet, assisted
- **Pre-school 3** (3 – 5 years)
  - Can jump into chest-deep water unassisted; submerge and exhale under water for 3 seconds; front and back floats wearing a PFD for 3 seconds
- **Pre-school 4** (3 – 5 years)
  - Can jump in to water wearing a PFD; hold breath under water for 3 seconds; front and back floats for 5 seconds; glide and kick on front and back for 5 metres (all skills must be preformed unassisted)
- **Pre-school 5** (3 – 5 years)
  - Can jump in to deep water; side glide 3 metres; front float, roll to back float and then swim 5 metres; flutter kick on front and on back 7 metres; front crawl wearing a PFD for 5 metres.

- **Swimmer (6 – 12 years old)**

The Swimmer program targets 6 – 12 years old. Swimmer levels center around self-rescue, basic swimming skills, swimming strokes and fitness. Front and back floats, glides, diver, forward roles, front crawl, back crawl, breaststroke, plus a variety of kicks such as flutter kick, whip kick, scissor kick and eggbeater kick. Water Smart® education is part of every level.

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**When your Child completes all pre-school levels before age 6, or  
When they turn 6, they must move up to the Swim for Life Swimmer Program.  
Please use the guidelines below to determine which level your child should be in.**

Parent & Tot  For children 4 – 36 months old	Has Completed in Red Cross	Then Register in Swim for Life
Parented	No previous lesson experience	Parent & Tot 1
	Starfish or 4 – 12 months old	Parent & Tot 1
	Duck or 12 – 24 months old	Parent & Tot 2
	Sea Turtle or 24 – 36 months old	Parent & Tot 3
Pre-school  For children 3 – 5 years old	Has Completed in Red Cross	Then Register in Swim for Life
Not Parented	No previous lesson experience	Preschool 1
	Sea Otter or just starting out on their own	Preschool 1
	Salamander	Preschool 2
	Sunfish	Preschool 3
	Crocodile	Preschool 4
	Whale	Preschool 5
Swimmer  For children 6 – 12 years old	Has Completed in Red Cross	Then Register in Swim for Life
	No previous lesson experience	Swimmer 1
	Swim Kids 1, Sea Otter, Salamander or Sunfish	Swimmer 1
	Swim Kids 2 or Crocodile	Swimmer 2
	Swim Kids 3 or Whale	Swimmer 3
	Swim Kids 4 or 5	Swimmer 4
	Swim Kids 6	Swimmer 5
	Swim Kids 7	Swimmer 6
	Swim Kids 8	Rookie
	Swim Kids 9	Ranger
	Swim Kids 10	Star Patrol