

# ALL SUMMER 2021 SWIMMING LESSONS



## STEINBACH AQUATIC CENTRE CONTACT INFORMATION

Phone: (204) 346-6207

Email: [aquaticcentre@steinbach.ca](mailto:aquaticcentre@steinbach.ca)

330 Park Road East; Steinbach, MB  
Mailing Address: 225 Reimer Ave. Steinbach MB R5G 2J1

[steinbach.ca](http://steinbach.ca) |  Steinbach Recreation

**Steinbach Resident Registration: July 13 2021 at 8 a.m.**

Online at [Steinbach.ca](http://Steinbach.ca) only

**Open Registration: July 14, 2020 at 8 a.m.**

Online at [steinbach.ca](http://steinbach.ca) only

**Private Registration: July 15, 2021 at  
8 a.m. for Special needs - 8:30 a.m. non special needs  
by phone only**

**Session 1:** Jul 19 - Jul 30 (10 Classes)

**Session 2:** Aug 3 - Aug 13 (9 Classes)

**Session 3:** Aug 16 - Aug 27 (10 Classes)

**Session 4:** Aug 30 - Sept 3 (5 Classes)

## Things to Do Before Registering:

If you have not already done so, please register for your online account at [www.steinbach.ca](http://www.steinbach.ca) at least 48 hours before registration day!

- Do you need to know what level your child should be in?
  - You can look this information up on the last Progress Card that your child received.
  - Call customer service at 204-346-6207. We will be happy to look this up for you and answer any questions you may have.
  - If it has been a while since you last registered, and you think your child is beyond the level last taken, bring your child in for a free evaluation during any Public Swim time before registration day. One of our deck supervisors will explain the results and recommend the appropriate level for your child.
- Review the list of available classes and have a few options chosen in the event your first choice is not available. Schedule information can be viewed at [steinbach.ca](http://steinbach.ca).
- Please ensure you have all your personal information ready to input once registration starts (i.e. Login passwords and form of payment).

## Resident Priority Registration:

For Steinbach residents registration begins at 8am on July 13, 2021

Registration is online at [www.steinbach.ca](http://www.steinbach.ca) only. Phone registrations will NOT be available.

## Open Registration:

For both residents and non-residents registration begins at 8am on July 14, 2021

Registration is online at [www.steinbach.ca](http://www.steinbach.ca) only. Phone registrations will NOT be available.

## Private Lesson Registration:

For both residents and non-residents registration begins at 8am for special needs and 8:30am for non special needs on July 15

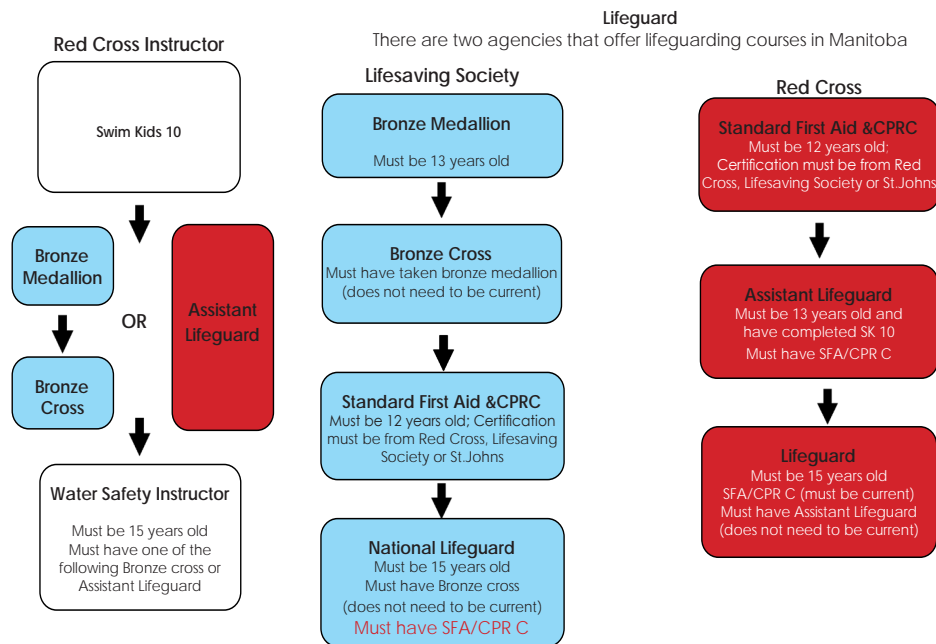
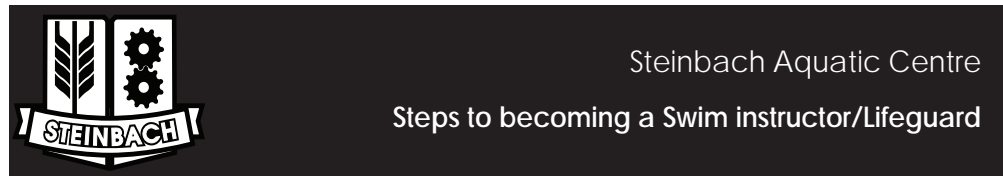
Phone registrations only.

## STANDARD FIRST AID & CPR COURSE

PLEASE NOTE: Red Cross recommends that all participants wear a face mask. To keep costs low, we ask that you supply your own mask, either procedural or homemade

Comprehensive First Aid & CPR techniques for those who need training for work requirements, or who want more knowledge to respond to emergencies in the workplace or home. The course covers a variety of topics from basic (such as cardiovascular & breathing emergencies, CPR Level C, AED, prevention of disease transmission) to in-depth, such as sudden medical conditions and injuries to the head and spine. SFA & CPR is a pre-requisite for both NLS and Red Cross Lifeguard courses.

For more information or to register for a session, contact us at the Steinbach Aquatic Center at 204.346.6207, or check the course dates and times on our website: [steinbach.ca](http://steinbach.ca)



# Lifeguard Training

## Lifesaving Society Stream

### Bronze Medallion

This course teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Upon completion of this course and practical exam, the candidate will be able to take Bronze Cross.

### Bronze Cross

For lifesavers who want more advanced training, including an introduction to safe supervision in aquatic facilities. Bronze Cross is the pre-requisite award for all advanced training programs including National Lifeguard service award and the Lifesaving Instructor certification.

### National Lifeguard

This course trains lifeguards in safety supervision and rescues in a pool environment. Upon completion of this course and final exam, the candidate will be a certified Lifeguard in Manitoba, and can seek employment as a life guard as long as their NLS and SFA with CPR C awards are current.

## Red Cross Stream

### Assistant Lifeguard

PLEASE NOTE: Red Cross recommends that all participants wear a face mask. To keep costs low, we ask that you supply your own mask, either procedural or homemade

Pre-requisites: Swim Kids Level 10 and 12 years old by the end of the course. Assistant Lifeguard candidates will learn knowledge and practice of first aid, rescue skills, lifeguarding skills, safe behaviours and how to be part of an elite team.

### Lifeguard

PLEASE NOTE: Red Cross recommends that all participants wear a face mask. To keep costs low, we ask that you supply your own mask, either procedural or homemade

Assistant Lifeguard is the pre-requisite for the Red Cross Lifeguard course. Candidates build on the skills learned in the Assistant Lifeguard course. The Lifeguard course prepares Lifeguards to create a safe environment, prevent and respond to lifeguard emergencies, work in teams and handle public relations in a professional manner. Upon completion of this course, the candidate will be a certified Lifeguard in Manitoba, and can seek employment as a life guard at the age of 16 as long as their certifications are current.

Registration for these courses can be done throughout the year and do not have to be done on swimming lesson registration days. For more information on the lifeguard training courses please visit our website at [www.steinbach.ca](http://www.steinbach.ca) or call us at 204.346.6207.

## What is the cost?

	CITY OF STEINBACH	
	Resident	Non-Resident
Starfish to Sea Turtle (30 mins. lesson)	\$73.00	\$108.04
Sea otter to SK4 (30 min. lesson)	\$78.00	\$115.44
SK5-SK6 (45 min. lesson)	\$88.00	\$130.24
SK7-SK10 (60 min. lesson)	\$99.00	\$146.52
Swim Basics & Strokes (45 min. lesson)	\$92.40	\$136.75

## Refund Information:

For any refund processed there is an *\$8.40 administration fee*. In lieu of a refund you may choose to have the amount credited to your account, at no charge, to use at a later date.

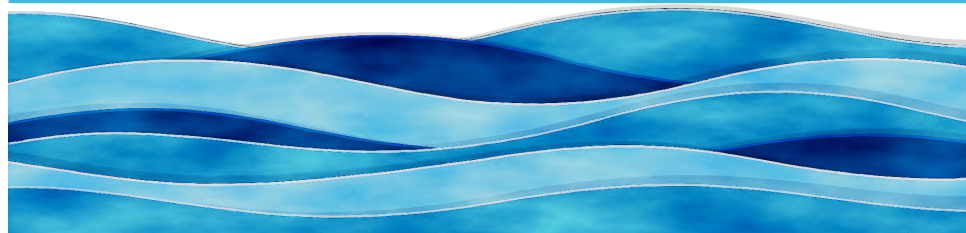
Withdrawals from lessons must be made either before the start of lessons or up to end of the business day of the second scheduled lesson.

Withdrawals made before the start of classes will be given a refund or credit on the account. Each refund is subject to the Administration Fee of \$8.00 (plus GST).

Withdrawals made up to the end of the business day of the second scheduled lesson will be issued a pro-rated refund or credit. Each refund is subject to the Administration Fee of \$8.00 (plus GST).

Any withdrawals made after this time will only be issued a prorated refund or credit with a valid Medical Certificate. Each refund is subject to the Administration Fee of \$8.00 (plus GST).

If you are unsure of what level to register in, have never taken lessons at our facility, or have not had lessons in awhile, stop by during any public swim time for a free evaluation with one of our deck supervisors.



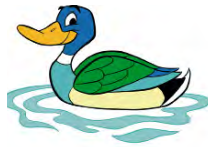
# Red Cross Swimming Lesson Program

## Parented Programs - 4 to 36 months

Progression through these levels is based on age.



**Starfish**  
4-12 months  
before the first  
class



**Duck**  
12-24 months  
before the first  
class



**Sea Turtle**  
24-36 months  
before the first  
class

## Preschool Lessons - 3-5 years old

Starting with Sea Otter progression is based on completion of levels instead of age. Once a child turns 6 they will move to the Swim Kids program.



**Sea Otter**  
Starting at 3 years old (before the first class)

Child will participate with a caregiver until the instructor phases them out. Children repeating Sea Otter should also have a caregiver ready to go into the water.



**Salamander**

Complete Sea Otter or evaluated

Incomplete: SK1 @ 6  
Complete: SK1 @ 5 or 6



**Sunfish**

Complete Salamander or evaluated

Incomplete: SK1 @ 5 or 6  
Complete: SK2 @ 5 or 6



**Crocodile**

Complete Sunfish or evaluated

Incomplete: SK2 @ 5 or 6  
Complete: SK3 @ 5 or 6



**Whale**

Complete Crocodile or evaluated

Incomplete: SK3 @ 5 or 6  
Complete: SK4 @ 5 or 6



**Mark your calendars...  
Fall 2021 Registration**

(Subject to change)

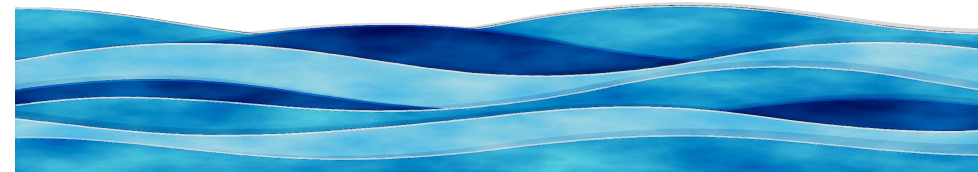
Steinbach Priority Resident Registration: Tuesday, August 31 at 8am

Open Registration: Wednesday September 1 at 8am

Private Lesson Registration: Thursday, September 2  
at 8am for special needs & 8:30am for non-special needs and

Home schools

**One parent/caregiver per family unit during lessons unless supervision of other children is necessary because an adult is required to be in the water.**





# PRESCHOOL LESSONS

## STAR FISH/DUCK SPLIT

4 - 24 months old

Child Participates with a caregiver .

Barcode	Start Date	End Date	Start Time	End Time
5445	07/19/2021	07/30/2021	09:35	10:05
5494	08/03/2021	08/13/2021	18:30	19:00

## SEA TURTLE

24 -36 months old

Child Participates with a caregiver.

Barcode	Start Date	End Date	Start Time	End Time
5473	08/03/2021	08/13/2021	09:35	10:05
5512	08/16/2021	08/27/2021	16:30	17:00

## SEA OTTER

3 - 5 years

Child participates with a caregiver for the first few classes, Children repeating Sea Otter should also have an adult ready to go into the water.

Barcode	Start Date	End Date	Start Time	End Time
5444	07/19/2021	07/30/2021	09:00	09:30
5447	07/19/2021	07/30/2021	10:10	10:40
5449	07/19/2021	07/30/2021	10:35	11:05
5459	07/19/2021	07/30/2021	16:30	17:00
5464	07/19/2021	07/30/2021	17:40	18:10
5470	08/03/2021	08/13/2021	09:00	09:30
5481	08/03/2021	08/13/2021	11:45	12:15
5484	08/03/2021	08/13/2021	16:30	17:00
5488	08/03/2021	08/13/2021	17:05	17:35
5502	08/16/2021	08/27/2021	10:45	11:15
5519	08/16/2021	08/27/2021	18:30	19:00

## SALAMANDER

Must have completed Sea Otter or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5457	07/19/2021	07/30/2021	12:10	12:40
5461	07/19/2021	07/30/2021	17:05	17:35
5468	07/19/2021	07/30/2021	18:30	19:00
5475	08/03/2021	08/13/2021	10:10	10:40
5486	08/03/2021	08/13/2021	16:30	17:00
5501	08/16/2021	08/27/2021	10:35	11:05
5510	08/16/2021	08/27/2021	16:30	17:00

**SUNFISH** Must have completed Salamander be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5498	08/16/2021	08/27/2021	09:35	10:05

# SWIM KIDS LESSONS

## Swim Kids Program - Levels 1-10

Children can enter the Swim Kids program at age 5 if they have completed Salamander or higher preschool level. If not, they can start Swim Kids at age 6 (must be 6 before the first class).

### SWIM KIDS 1 - 6 years and up

May register in SK1 at age 5 if completed Salamander or a higher preschool

Barcode	Start Date	End Date	Start Time	End Time
5443	07/19/2021	07/30/2021	09:00	09:30
5534	07/19/2021	07/30/2021	11:00	11:30
5455	07/19/2021	07/30/2021	11:45	12:15
5463	07/19/2021	07/30/2021	17:35	18:05
5535	08/03/2021	08/13/2021	9:00	9:30
5536	08/03/2021	08/13/2021	9:35	10:05
5478	08/03/2021	08/13/2021	11:00	11:30
5485	08/03/2021	08/13/2021	16:30	17:00
5500	08/16/2021	08/27/2021	10:10	10:40
5506	08/16/2021	08/27/2021	11:10	11:40
5515	08/16/2021	08/27/2021	17:20	17:50

### SWIM KIDS 2

Must have completed SK1 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5446	07/19/2021	07/30/2021	09:35	10:05
5456	07/19/2021	07/30/2021	12:10	12:40
5458	07/19/2021	07/30/2021	16:30	17:00
5480	08/03/2021	08/13/2021	11:35	12:05
5491	08/03/2021	08/13/2021	17:40	18:10
5504	08/16/2021	08/27/2021	11:10	11:40
5509	08/16/2021	08/27/2021	11:45	12:15
5516	08/16/2021	08/27/2021	17:40	18:15
5518	08/16/2021	08/27/2021	17:55	18:25



### IMPORTANT DATE INFORMATION:

We will be open for public swim on the following holidays:

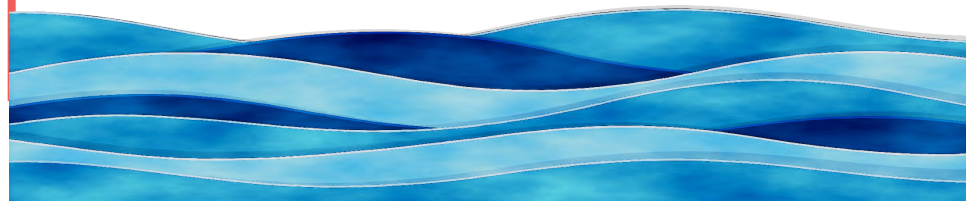
Civic Day - August 2, 2021

Labour Day - September 6, 2021

There will be **no classes** on Monday August 2, 2021!

### COVID 19 Regulations

**All lessons will take place in the outdoor pool**



# PRIVATE LESSONS

## What is the cost?

### CITY OF STEINBACH

	Resident	Non-Resident
10 Classes Special Needs	\$139.50	\$206.46
10 Classes Non Special Needs	\$232.50	\$344.10
5 Class Special Needs	\$69.75	\$103.23
5 Class Non Special Needs	\$116.25	\$172.05

### 10 Class Private Lessons

Barcode	Start Date	End Date	Start Time	End Time
5454	07/19/2021	07/30/2021	11:35	12:05
5482	08/03/2021	08/13/2021	11:50	12:20
5497	08/16/2021	08/27/2021	09:00	09:30
5508	08/16/2021	08/27/2021	11:55	12:25

### 5 Class Private Lessons

Barcode	Start Date	End Date	Start Time	End Time
5522	08/30/2021	09/03/2021	09:00	09:30
5523	08/30/2021	09/03/2021	9:50	10:20
5524	08/30/2021	09/03/2021	10:25	10:55
5525	08/30/2021	09/03/2021	11:00	11:30
5526	08/30/2021	09/03/2021	16:30	17:00
5527	08/30/2021	09/03/2021	17:05	17:35
5528	08/30/2021	09/03/2021	17:40	18:10
5529	08/30/2021	09/03/2021	18:15	18:45

**One parent/caregiver per family unit during lessons unless supervision of other children is necessary because an adult is required to be in the water.**

### SWIM KIDS 3

Must have completed SK2 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5442	07/19/2021	07/30/2021	09:00	09:30
5453	07/19/2021	07/30/2021	11:35	12:05
5466	07/19/2021	07/30/2021	18:10	18:40
5471	08/03/2021	08/13/2021	09:00	09:30
5476	08/03/2021	08/13/2021	10:35	11:05
5483	08/03/2021	08/13/2021	12:10	12:40
5489	08/03/2021	08/13/2021	17:05	17:35
5496	08/16/2021	08/27/2021	09:00	09:30
5503	08/16/2021	08/27/2021	10:40	11:10
5514	08/16/2021	08/27/2021	17:05	17:35
5521	08/16/2021	08/27/2021	18:30	19:00

### SWIM KIDS 4

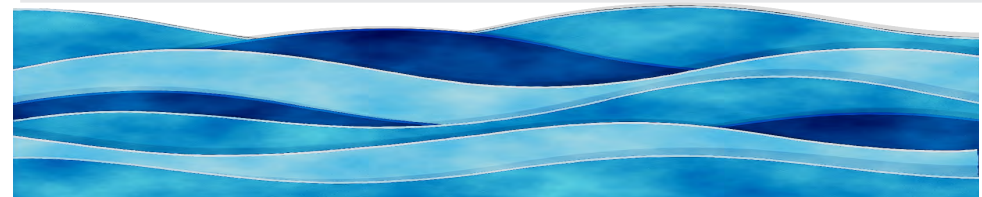
Must have completed SK3 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5452	07/19/2021	07/30/2021	11:10	11:40
5465	07/19/2021	07/30/2021	17:55	18:25
5479	08/03/2021	08/13/2021	11:10	11:40
5487	08/03/2021	08/13/2021	17:05	17:35
5495	08/16/2021	08/27/2021	09:00	09:30
5505	08/16/2021	08/27/2021	11:20	11:50
5517	08/16/2021	08/27/2021	17:55	18:25

### SWIM KIDS 5

Must have completed SK4 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5450	07/19/2021	07/30/2021	10:45	11:30
5467	07/19/2021	07/30/2021	18:15	19:00
5474	08/03/2021	08/13/2021	10:10	10:55
5493	08/03/2021	08/13/2021	18:15	19:00
5507	08/16/2021	08/27/2021	11:45	12:30
5511	08/16/2021	08/27/2021	16:30	17:15



## SWIM KIDS 6

Must have completed SK5 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5448	07/19/2021	07/30/2021	10:10	10:55
5462	07/19/2021	07/30/2021	17:05	17:50
5490	08/03/2021	08/13/2021	17:40	18:25
5513	08/16/2021	08/27/2021	17:05	17:50

## SWIM KIDS 7/8 SPLIT

Must have completed SK6 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5460	07/19/2021	07/30/2021	16:30	17:30
5477	08/03/2021	08/13/2021	10:45	11:45
5499	08/16/2021	08/27/2021	09:35	10:35

## SWIM KIDS 9/10 SPLIT

Must have completed SK8 or be evaluated.

Barcode	Start Date	End Date	Start Time	End Time
5492	08/03/2021	08/13/2021	17:40	18:40

We carry a selection of swimming accessories for sale. Please see our display case in the main lobby and speak to one of our customer service representatives at the front desk.

## Covid 19 Regulations for Lessons

**All Lessons will take place in the outdoor pool.**

**One parent/caregiver per family unit during lessons unless supervision of other children is necessary because an adult is required to be in the water.**

Please arrive already dressed in your bathing attire to assist with timely staggered entry through the changerooms.

All patrons will be screened at the door. Anyone exhibiting symptoms will be turned away. Please stay home if you are ill and use the online self-screening tool before attending the facility.

<http://sharedhealthmb.ca/covid19/screening-tool/>

**There will be no refunds due to weather.**

Due to COVID-19 Sanitization requirements, some equipment will be unavailable (this includes floatation belts, pool noodles, and dumbbells).

**If you have your own equipment (pool noodles, PFDs) please bring it with you to your class.**

Pool noodles are available at the front desk for purchase.

A sling lift is available for those requiring assistance, please let staff know in advance.

Showers in the changerooms will not be available at the end of each class- please rinse off outside and shower at home to assist with timely staggered exit through the changerooms.

The Sauna and hot tub are closed.