

## Madonna Catholic School



September 17th, 2018

Dear Parents/Guardians,

Grade 1 to 4 students will be participating in **Strathcona's Swimming & Water Safety programs** from October to December at the Emerald Hills Leisure Centre. Participation in swimming lessons provides students with the opportunity to meet a variety of learning outcomes in the physical education curriculum, such as:

- Improving upon functional level of fitness through participation
- Experiencing and appreciating the health benefits that result from physical activity.
- Acquiring and improving upon skills through a variety of developmentally appropriate movement activities in alternative environments
- Interacting positively with others
- Assuming responsibility to lead an active way of life

The Swimming Schedule this year is as follows:

**Tuesday:** Grade **1** 1:00 – 1:45 p.m. Oct. 2 – Dec. 4 **No lessons – Nov.13**

**Tuesday:** Grade **3** 1:45 – 2:30 p.m. Oct. 2 – Dec. 4 **No lessons – Nov.13**

**Thursday:** Grade **4** 1:00 – 1:45 p.m. Oct. 4 – Dec. 6 **No lesson – Nov.15**

**Thursday:** Grade **2** 1:45 – 2:30 p.m. Oct. 4 – Dec. 6 **No lesson – Nov.15**

***Please fill out the registration form and have it returned to the school by Thursday, September 20th.*** There will be a link to swim lesson levels on this week's SMORE. If you are unsure of your child's swimming level simply write "Don't know" on the form.

The cost for swimming lessons including busing is **\$68.75**. By completing the attached form you are agreeing to the participation of your child in this enhanced educational activity and the fee will be applied to your child's account in PowerSchool. Payment can be made through your parent portal account. Payment must be made prior to their first lesson in order to participate. Please note: ***This fee is due by Friday September 28th.***

***If your child is not participating they will accompany their class to the pool along with their teacher to work on activities pool side.***

We are in need of male supervisors to help supervise the boys in the change room at the Emerald Hills Leisure Center. If you can help, even just for one lesson, and the office has a completed copy of your Criminal Record Check and Record Intervention Check, please call the school at 780-467-7972.

If you have any further questions please contact **Mrs. Hinger at 780-467-7972.**

## Red Cross Swim Kids Programs 5 Years +

This 10-level program for school aged children helps swimmers develop all five swimming strokes (front and back crawl, elementary backstroke, breaststroke, and sidestroke). Swimmers actively learn how to be safe around the water, increase fitness and improve endurance through fun activities. Children are challenged to achieve personal bests in distance and time, which is a strong motivator through all 10 levels.

### Level 1

- orientation to water and pool area, introduce floats & glides with kicks.
- build endurance by improving distance.

### Level 2

- build skills for front/back swims in deep water; build endurance in flutter kicking with assisted glides.
- learn proper use of a Personal Flotation Device (PFD).

### Level 3

- learn front crawl, diving and making wise choices surrounding swims.
- work on floats, changing direction; build strength in flutter kick and 15m swim.

### Level 4

- develop front crawl, back glide and shoulder roll for back crawl.
- work on kneeling dives, surface support; build strength in 25m swim; develop sense of self-safety and personal limits.

### Level 5

- develop back crawl, sculling skills, stride dives, safe boating skills & whip kick on back
- develop endurance through 50m swim.

### Level 6

- refine front and back crawl; introduce elementary backstroke and dolphin kick; build endurance through a 75m swim.
- introduce safety on ice, elementary rescue of others with throwing assists, treading water and front dives.

### Level 7

- continue to build skills and endurance for front crawl, back crawl and elementary back stroke; introduce whip kick on the front.
- learn about airway/breathing obstructions; increase endurance through timed water- treading and a 150m swim.

### Level 8

- introduce breaststroke, foot first surface dives, and rescue entries.
- learn the dangers of open water, hypothermia; perform rescue breathing on children and adults; build endurance through dolphin kick and 300m swim.

### Level 9/10

#### In level 9

- refine front crawl, back crawl, elementary backstroke and breaststroke; combine different strokes and kicks for fitness; build endurance through 400m swim.
- work on head-first shallow dives & standing dives; learn about wise choices, peer influences, and self-rescue from ice.

#### In level 10

- increased stroke & endurance development
- learn about sun safety, rescuing others from the ice, & head-first, feet first shallow dives
- build endurance using dolphin kick and 500m swim.

# Recreation Programs – School Aquatic Lessons Registration

Kinsman Leisure Center, 2001 Oak Street, Sherwood Park, Alberta T8A 0W9 Phone (780) 464-2112 Fax (780) 464-8469

**Family name:** \_\_\_\_\_  
Last name First name Initial

**Phone number:** Day \_\_\_\_\_ Evening \_\_\_\_\_ email \_\_\_\_\_  
Evening Phone number/Daytime Phone Number/ *Email (to receive promotional Recreation Program Information)*

**Street address:** \_\_\_\_\_  
City Province Postal code

**Emergency contact:** \_\_\_\_\_ **ph.** \_\_\_\_\_  
Name (different from above) Phone number

**Registrant (Student)** \_\_\_\_\_  
First name Last name *(if different than above)*

**Birthdate** \_\_\_\_\_ **Please Circle: Male Female**  
(mm/dd/yy)

## Lesson Day/Time/Grade - Please Check:

\_\_\_\_\_ Tuesday 1:00-1:45 - Grade 1 \_\_\_\_\_ Tuesday 1:45-2:30 - Grade 3  
\_\_\_\_\_ Thursday 1:00-1:45 - Grade 4 \_\_\_\_\_ Thursday 1:45-2:30 - Grade 2

**Swimming Level** Registering In \_\_\_\_\_ (“Do not Know” if unsure)

Specify any **medical or special needs** we should be aware of or if EpiPen use is required.

\_\_\_\_\_  
(additional forms may be required if medical or special needs are identified)

School Name: **Madonna Catholic School**

## Collection and use of personal information

This personal information is being collected in accordance with the *Municipal Government Act* and is protected by the privacy provisions of the Freedom of Information and Protection of Privacy Act. The information will be used to facilitate and coordinate school aquatic program registrations. This information will also be used for the promotion of new programs or activities so that we can provide you with good customer service. If you have any questions about the collection and use of your information, contact the Coordinator, Central Services, Recreation, Parks and Culture at (780) 467-2211.

**Office use only** Customer number \_\_\_\_\_ Date processed CSR initials

REC 27021/B (P/W)