

THIS IS THE CORRECT LETTER

November 26th, 2021

Dear Parents/Guardians,

Grade 1 to 4 students will be participating in **Strathcona's Swimming & Water Safety programs** from January to March at the Emerald Hills & Kinsmen Leisure Centres, for a total of 8 lessons.

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:

Wed. Gr. 3G. 9:00 – 9:45 am January 12th – March 2nd **@ Kinsmen**

Wed. Gr. 4P 9:45 – 10:30 am January 12th – March 2nd **@ Kinsmen**

Thurs. Gr. 1F 9:00 – 9:45 am January 13-March 10 **No lessons Feb. 10 @Kinsmen**

Thurs. Gr. 1N 9:45 – 10:30 am January 13-March 10 **No lessons Feb. 10 @Kinsmen**

Thurs. Gr. 2/3H 1:00–1:45 pm January13-March 10 **No lessons Feb.10 @Emerald Hills**

Thurs. Gr. 2S 1:45 – 2:30 pm January13-March 10 **No lessons Feb.10@Emerald Hills**

Please fill out the Strathcona County registration form & permission form attached and have it returned to the school by December 1st. 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 **\$56.88** (The cost of lessons is \$46 and transportation is \$10.88). 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 January 7th, 2022.**

We are in need of supervisors to help in the change room at both Emerald Hills and the Kinsmen Leisure Centers. Your child's teacher will be putting out a request according to the needs of the class. Supervisors will need the following: Criminal Record Check, Child Intervention Check, and proof of vaccination. Contact the office for assistance.

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

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.

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

Family name

Last name

First name

Initial

Phone number

Evening Phone number

Daytime Phone Number

Email (to receive promotional Recreation Program Information)

Address

Street address

City

Province

Postal code

Emergency contact

Name (different from above)

Phone number

Registrant

First name

Last name (if different than above)

Birthdate

(mm/dd/yy)

male ☐ female ☐

Lesson Day/Timeslot

Level Registering In

School Name

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)

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 (PW)

Release & Indemnification Form for Educational Trips
For students **UNDER** 18 years of age.

This Form must be read and signed by every student participating in this activity, and by a parent or guardian of the participating student.

_____ Madonna _____ Catholic School is coordinating a Field Trip
to _____ Emerald Hills Leisure Centre/Kinsmen Leisure Centre _____ (see details in attached letter)

ELEMENTS OF RISK

Educational activity programs may involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injury which may result from participating in:

Describe Activity: _____ Swimming lessons with qualified swim instructors _____

Describe potential types of injury:

Slip/Trip/Fall hazards associated with wet pool deck surfaces, change rooms, pool toys, running, horseplay and towels which may cause bruises, scrapes, cuts, broken bones or concussion. Injury or Drowning exposures due to diving, water too deep for students, skill level, swallow water, panic, no guards on drains or filter systems, no life guard on duty, horseplay, inadequate life safety equipment. Chemical exposures due to chlorine and associated pool treatments, possible physical reactions for students All manner of injuries and/or death which may result in the transportation to and from the facility.

The risk of sustaining these types of injuries results from the nature of the activity and can occur without fault of the student, or the School Division, its employees/agents, or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity. The Elk Island Catholic Separate School Division does not provide accidental death, disability, or dismemberment or medical expense insurance on behalf of the students participating in this activity.

By signing this form and permitting my son/daughter to participate in this field trip/excursion, I/we, as parent(s)/guardian(s) – both for myself/ourselves and on behalf of our son/daughter – acknowledge that we are aware of the risks associated with this field trip/excursion and agree to release and hold harmless Elk Island Catholic Schools Division, the School, and their respective agents, servants and employees, from and against any and all claims for damages or bodily injuries arising out of my/our son's/daughter's participation in the above authorized field trip/excursion. The Division will, however, be responsible for any injuries and damages suffered by the student while participating in this field trip/excursion that arises **as a result of the negligence of the Division.**

I give _____ permission to
(please clearly print student name above)

participate in _____ to be held on:
(description of activity)

_____ to be held on:
(date of activity)

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date: _____