



Madonna Catholic School
15 Main Blvd. Sherwood Park, AB T8A 3N3
Phone 780-467-7972
mcs@eics.ab.ca

September 8, 2025

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, 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 and wellness curriculum, such as:

- Participate in a variety of physical activities that develop various components of fitness
- Integrate elements of movement in various physical activities
- Planning for active living is an important step for leading a healthy life
- Participate in physical activities that require various levels of exertion

The Swimming Schedule this year will be as follows:

- **TUESDAYS: Group #1 : (1:00-1:45):**
 - Oct. 7, 14, 21, 28, Nov. 4, 18, 25 and Dec 2. **Omit Nov 11*
 - Class: Gr 1 Bourassa
 - Class: Gr 1 MacLean
 - Class: Gr 1 Stadnick/Wuinow
 - **TUESDAYS: Group #2 : (1:45-2:30)**
 - Oct. 7, 14, 21, 28, Nov. 4, 18, 25 and Dec 2. **Omit Nov 11*
 - Class: Gr 4 Gauthier
 - Class: Gr 4 Hagel/Wimmer
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- **THURSDAYS: Group #1 (1:00-1:45):**
 - Oct. 2, 9, 16, 23, 30, Nov. 6, 20, 27 **Omit Nov 13*
 - Class: Gr. 2 Larose
 - Class: Gr. 2 Niezen + Gr 2's from Odiobala Class
 - **THURSDAYS: Group #2 (1:45-2:30):**
 - Oct. 2, 9, 16, 23, 30, Nov. 6, 20, 27 **Omit Nov 13*
 - Class: Gr. 3 O'Brien
 - Class: Gr. 3 Verhun
 - Class: Gr. 3's from Odiobala Class



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The cost for swimming lessons including busing is **\$63.55** (\$49.20 for swimming lessons & \$14.35 for busing). By completing the attached forms 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. **Please note: This fee is due by Friday, September 19, 2025.**

We are in need of supervisors to help in the change room at Emerald Hills Leisure Center. 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. Please contact the school office for the documentation to complete the volunteer requirements.

Parents, please note that Strathcona County follows the **Lifesaving Society's "Swim For Life"** aquatics learn to swim program and lifesaving programs. Ideally, you can determine what level your child is currently working on by looking at their most recent swimming report card. We have also attached a Swim for Life doc to support you as well. If you have questions about which level to register your child in for Swim for Life programs, please contact our program team at swimming@strathcona.ca for some recommendations, and assistance.

If you are unsure which level your child should be in, you can simply write "Don't know" on this section of the Strathcona County Registration form blank. The swimming pool staff can look up participants' swim history or we can assess children on the first day of swimming to help in determining their swimming level.

Parents please fill out the swim registration form and send back to school to your child's homeroom teacher by Friday, September 19th:

Please note: If your child is not participating, they will accompany their class to the pool along with their teacher to work on other activities pool side. They will still be required to pay the bussing fee.

Swimmer

At-a-glance

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12-year-olds including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Swimmer levels.



| Swimmer 1 | Swimmer 2 | Swimmer 3 |
|---|--|---|
| Entries and Exits | | |
| 1. Enter and exit shallow water 2. Jump into chest-deep water 3. Jump into deep water wearing PFD | 1. Jump into deep water, return and exit 2. Sideways entry wearing PFD | 1. Kneeling dive into deep water 2. Forward roll entry into deep water |
| Surface Support | | |
| 4. Tread water 30 sec. wearing PFD | 3. Tread water 15 sec. | 3. Tread water 30 sec. |
| Underwater Skills | | |
| 5. Hold breath underwater 5 sec. 6. Submerge and exhale 5 times 7. Open eyes underwater | 4. Recover object from bottom in chest-deep water | 4. Handstand in shallow water 5. Front somersault (in water) |
| Swim to Survive® Skills | | |
| | 5. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick 15 m | 6. Jump into deep water, tread 30 sec. and swim / kick 25 m |
| Movement / Swimming Skills | | |
| 8. Float on front and back 5 sec. each 9. Roll laterally front to back and back to front 10. Glide on front, back and side 3 m each 11. Flutter kick on front and back 5 m each 12. Front crawl 5 m wearing PFD | 6. Flutter kick on front, back and side 10 m each 7. Whip kick in vertical position 30 sec. with aid 8. Front crawl and back crawl 10 m each | 7. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 8. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m 9. Whip kick on back 10 m 10. Front crawl and back crawl 15 m each |
| Fitness | | |
| | 9. Interval training: 4 x 5 m flutter kick with 20 sec. rests | 11. Interval training: 4 x 15 m flutter kick with 20 sec. rests |
| Water Smart® Education | | |
| 13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive | 10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive | 12. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive |

Swimmer 4

Swimmer 5

Swimmer 6

Entires and Exits

1. Standing dive into deep water

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water

1. Stride entry into deep water
2. Compact jump into deep water

Surface Support

2. Tread water 1 min.

3. Jump entry into deep water, and tread 2 min.
4. Stationary eggbeater kick 30 sec.

3. Legs-only surface support 45 sec.

Underwater Skills

3. Swim underwater 5 m

5. Back somersault (in water)

4. Swim underwater 10 m to recover object

Swim to Survive® Skills

4. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m

6. Roll entry into deep water, tread 90 sec. and swim 75 m

Movement / Swimming Skills

5. Whip kick on front 15 m
6. Breaststroke arms drill 15 m
7. Front crawl and back crawl 25 m each

7. Breaststroke 25 m
8. Front crawl and back crawl 50 m each
9. Head-up front crawl 10 m

5. Eggbeater kick on back 15 m
6. Scissor kick 15 m
7. Breaststroke 50 m
8. Front crawl and back crawl 100 m each
9. Head-up swim 25 m

Fitness

8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl 25 m

10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl and back crawl 25 m each

10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
11. Sprint breaststroke 25 m
12. Workout 300 m:
50 m warm-up (choice of strokes)
4 x 25 m front crawl with 15 sec. rests
4 x 25 m back crawl with 15 sec. rests
50 m cool-down (choice of strokes)

Water Smart® Education

10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive

13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive

13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive



Recreation Programs - School Aquatic Lessons Registration

Kinsmen Leisure Centre, 2001 Oak Street, Sherwood Park, Alberta T8A 0W9
Mail: Recreation Administration Office, 2001 Sherwood Drive, Sherwood Park, AB T8A 3W7

Phone 780 464-2112 Fax 780 464-8469

Family name

Last name

First name

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)

Lesson 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

Personal information is collected under the authority of section 4(c) of the *Protection of Privacy Act* and will be used for managing and administering school aquatic program registrations. If you have questions about the collection, use or disclosure of this information, contact 780 467-2211.

Office use only Customer number Date processed CSR initials

