

THRC SUMMER PROGRAMS

Call: 403-646-2522

Email: pool@nanton.ca

Visit: www.nanton.ca

Tom Hornecker Recreation Center has an outdoor 25 meter five lane pool that includes five dive blocks, a slide and in water stairs. Starting Sunday June 10th, there will be lessons, open swim, lane swim and aquafit programming.

PRICES	
Season Pass Family	\$175.00
Season Pass 13 - Adult	\$104.00
Ten Pass	\$40.00
½ hr Lesson	\$32.50
½ hr Lesson - Pass Holder	\$25.00
45min Lesson	\$55.00
45min Lesson - Pass Holder	\$40.00
Rookie, Ranger, Star	\$92.00
Bronze Star	\$105.00
Bronze Med & Bronze Cross	\$120.00
National Lifeguard	\$300.00
Standard First Aid	\$150.00
Lifesaving Instructor	\$300.00

JUNE PRE SCHOOL LESSONS

Get a jump on the summer rush and give your child a head start on learning to swim. They will have fun developing the basics to be a safe and confident little swimmer.

Mon/Wed/Fri - June 11, 13, 15, 18, 20, 22

10:00 – 10:30 Preschool 1 & 2

10:30 - 11:00 Preschool 3 & Parent and Tot

Tue/Thurs – June 12, 14, 18, 21, 26, 28

10:00 – 10:30 Preschool 4 & 3

10:30 – 11:00 Preschool 2 & 1

MORNING LESSONS

In July and August the pool will offer weeklong (5 classes) swimming lessons for all levels. Each level will challenge your child and teach them how to become a stronger swimmer. All levels include safe entries, deep water support, underwater skills, and swimming strokes. Swimmer levels include fun, hands on teaching activities that focus on water safety – lessons that will last a lifetime!

SCHEDULE 1

July 2 nd – 6 th		
July 16 rd – 20 th		
July 30 th – August 3 rd		
August 13 th – 17 th		
August 27 th – 31st		
SWIMMER 1	9:30 – 10:00	½ hr
SWIMMER 2	9:30 – 10:00	½ hr
SWIMMER 3	8:45 – 9:30	45 min
SWIMMER 4	8:45 – 9:30	45 min
SWIMMER 5	9:30 – 10:15	45 min
SWIMMER 6	8:45 – 9:30	45 min
PRE SCHOOL 1	10:30 – 11:00	½ hr
PRE SCHOOL 2	10:30 – 11:00	½ hr
PRE SCHOOL 3	10:00 – 10:30	½ hr
PRE SCHOOL 4	10:00 – 10:30	½ hr
PRE SCHOOL 5	10:15 – 10:45	½ hr

SCHEDULE 2

July 9 th – 13 th		
July 23 rd – 27 th		
August 6 th – 10 th		
August 20 th – 24 th		
SWIMMER 1	9:30 – 10:00	½ hr
SWIMMER 2	9:30 – 10:00	½ hr
SWIMMER 3	8:45 – 9:30	45 min
SWIMMER 4	8:45 – 9:30	45 min
ROOKIE/RANGER/STAR	8:45-10:45	2 hrs
PRE SCHOOL 1	10:00 – 10:30	½ hr
PRE SCHOOL 2	10:30 – 11:00	½ hr
PRE SCHOOL 3	10:00 – 10:30	½ hr
PRE SCHOOL 4	10:30 – 11:00	½ hr
PRE SCHOOL 5	10:00 – 10:30	½ hr

BECOME A LIFEGUARD



BRONZE STAR

Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Excellent for preparation for Bronze Medallion.

Prerequisites: Rookie/Ranger/Star completion is recommended but not required. 100% attendance is required for completion of course. Note - Swimmers must be comfortable swimming 400m in 12 minutes.*

June 16 th & 17 th 11:00am-6:00pm
July 14 th & 15 th 11:00am-6:00pm
August 25 th & 26 th 11:00-6:00pm

Cost: \$105.00

BRONZE MEDALLION

Teaches an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types.

Prerequisites: 13 years old. 100% attendance is required for completion of course. Note - Swimmers must be comfortable swimming 500m in 15 minutes.*

June 22 nd – 24 th Time TBA

Cost: \$120.00

BRONZE CROSS

For lifesavers who want to advance their training in safe supervision in aquatic facilities.

Prerequisites: Bronze Medallion. 100% attendance is required for completion of the course. *Note- Swimmers must be comfortable swimming 600m in 18 minutes*

Bronze Medallion/Bronze Cross Combined

July 25 th – 29 th Time TBA
August 27 th – 30 th 1:00pm-8:00pm

Cost: \$225.00

STANDARD FIRST AID

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.

June 2 nd & 3 rd 10:00am-6:00pm
July 7 th & 8 th 10:00-6:00pm
August 10 th 12:00pm-8:00pm & August 11 th 10:00am-6:00pm

Cost: \$150.00

NATIONAL LIFEGUARD (40hrs)

NL is the standard measurement of lifeguard performance in Canada. The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. 100% attendance is required for completion of the course.

Prerequisites: 16 Years old; Copy of completed Bronze Cross; Current Standard First Aid, or AEC and Level "C" CPR certificate; Proof of age: birth certificate or drivers license. Prerequisites or proof of previous courses must be provided to instructor prior to first class.

July 9 th – 13 th 12:00-8:00pm
August 12 th – 16 th 12:00pm-8:00pm

Cost: \$300.00

LIFESAVING INSTRUCTOR (40hrs)

Prepares instructors to teach The Lifesaving Society's: Swim Lessons, Canadian Swim Patrol Program, Bronze Star/Medallion/Cross, Lifesaving Fitness Distinction, Basic and Emergency First aid CPR-A/B/C. 100% attendance is required for completion of the course.

Prerequisites: 16 Years old; Copy of completed Bronze Cross. Prerequisites or proof of previous courses must be provided to instructor prior to first class.

August 19 th – 23 rd 12:00pm-8:00pm

Cost: \$300.00

POOL EVENTS

School's Out Family Fun Night Thursday June 28 th 6:00pm-8:00pm
School's Out Teen Swim Friday June 29 th 8:00pm-10:00pm
Canada Day FREE Swim Sunday July 1 1:00pm – 4:00pm
Friday the 13th Late Night Teen Swim Friday July 13 th 10:00pm-12:00am
Late Night Glow Swim Friday July 27 th 8:00pm-10:00pm
Last Days of Summer Pool Party! Friday August 24 th 1:00pm-8:00pm

SUMMER POOL PARTIES

Get everyone together at the pool this summer! Our pool is available for birthday, team parties, family reunions or any celebration.

Available Friday, Saturday's and Sunday's, times will vary.

Cost: \$77.00 1 hour pool rental
 \$93.00 1 hour pool rental with lounge

AQUAFIT

The class is deigned to get you moving and feeling great! This aerobics class in water is a fun, safe and effective way to tone muscles and burn calories using the resistance of water combined with movement.

Bring your sunscreen, sunglasses and a hat and we will get your body moving.

Monday/Wednesday/Friday 11:15am – 12:00pm

Tuesday & Thursday 5:45pm – 6:30pm

Cost: \$4.75

FREE SWIM ASSESSMENTS *NEW*

Not sure what level your swimmer should be registered in? No problem! Book a FREE swim assessment and find out exactly what level your child is swimming at. Assessments take 10-15 minutes and are done with a certified Lifesaving Instructor to guarantee an accurate evaluation of your swimmer.

Call Devan at 403-646-2522 to book your FREE swim assessment!

STAND UP PADDLEBOARD YOGA CLASSES *NEW*

New this year, the THRC is offering Stand Up Paddleboard Yoga classes. These classes combine balance, strength, coordination and relaxation to provide participants with a fun and unique experience. Come alone for some R&R or gather a group of friends and book your spots today!

Three Dates: June 17th, July 22, and August 5th

All classes have two times: 4pm-5:15pm & 5:30pm-6:45pm

Call Devan at 403-646-2522 for class times and to book your spot in our SUP Yoga Classes before they fill up! Spaces are limited.

SEE YOU AT THE POOL!



Visit www.nanton.ca for up to date pool information or visit the Tom Hornecker Recreation Centre Facebook page