

Stettler Aquatic Centre

Swim Programs



Fitness Swim: The lanes are in! The kids are out of the way! There's nobody to get in your way! This is the time where the pool is set up for swimming laps, practicing your strokes, building your endurance, and getting in your exercise routine.

H2O Fitness: An aerobics-centered drop-in fitness class for adults and seniors! Get all the benefits of the natural resistance and hydrostatic pressure of exercising in the water, while the added buoyancy support means it's easy on the joints!

Water Running: Put on an aqua-belt for buoyancy, clip on a tether to the lane-rope, and pull! A higher intensity interval-type workout where you jog, run, climb, ski etc. while tethered in place. *This is a drop-in program.*

Public Swim Lessons:

Our **parent & tot lessons** - for **ages 4-36 months** - allow caregiver and child to experience the water together through songs, games and skill-building activities while teaching the caregiver holds, supports and supervision skills.

Our **preschool lessons**, for **ages 3-5**, introduce swimming and water safety skills in a fun, active and age-appropriate ways to help develop a love of water and swimming.

For **ages 5-15**, our **school-age lessons** teach basic strokes, promote fitness and endurance, promote water-safe attitudes and give swimmers lifelong skills to safely enjoy a variety of aquatic pursuits.

Registration is required. The pool deck is closed to the general public during Swim Lessons.

School Lessons: We also offer swim lessons to schools during daytime hours. This is meant to supplement (not replace) individual swim lessons as well as give many children the chance to learn basic water safety skills who might otherwise never have the opportunity. *The pool deck is closed to the general public during School Lessons.*

Advanced Training Courses: We offer courses for teens and adults that take you beyond basic swimming lessons, and prepare and train future lifeguards. *Pre-registration is required, most courses require a minimum number of registrants to run. See our website for more details about our courses being currently offered.*

Stettler Swim Club: The Stettler Swim club is a competitive winter-season swim club. *Only swim-club participants and recognized coaches are allowed on the pool deck during these times.*

Sensory-Friendly Swim: A special, quiet swim time for clients with special physical or developmental needs and their service workers.

Family Swim: A great time to bring in your younger kids or grandkids! Less raucous than Public Swim, *any children (under 18) may only attend if they are accompanied in the water by a responsible parent or guardian.*

Fitness / Family Swim: Sometimes **Family Swim** coincides with **Fitness Swim**, which means families may not have access to the Main Pool. Check the pool schedule to be sure.

Public Swim: Open swim time for individuals, families and friends. All ages are welcome. No lanes or restrictions, all pools are wide open. This is the time for adults and kids to splash and play and just have fun. Warm up in the hot tub, scale the rock-climb wall, speed down the water slide, or lay back on a floating toy.

Public Swim Party: A special deal – bring a group of swimmers to a scheduled Public Swim and get access to the multi-purpose room for an hour (either before or after the swim). A great deal for a fun birthday party or other event!

Private Swim Party: Book the entire facility for an hour (or more) your party or other event. Allows your group private access to the Main Pool, Leisure Pool and Hot Tub and water slide.

No outside public will be allowed access during a private swim party.

PFDs are available for rent for **\$1**. Ticket must be purchased at the Front Desk. Children under 9 *must* be accompanied by an adult at all times.

Visit stettler.net online for more detailed information, swim schedules, upcoming lessons, courses and events, fees and registrations. Follow us on **Facebook** ("Stettler Recreation Centre") and **Instagram** ("stettlerreccentre") to keep up with our latest announcements and updates.

Stettler Aquatic Centre



2023 Rates & Fees

General Admission Fees

	Drop-In 1x	Drop-in 10x	1 Month	3 Month	6 Month	1 Year
Infants 0-2 Yrs.	<i>free</i>	<i>free</i>	<i>free</i>	<i>free</i>	<i>free</i>	<i>free</i>
Child 3-8 Yrs.	\$3.75	\$33.00	\$37.00	\$85.00	\$148.00	\$250.00
Student 9-17 Yrs.	\$5.00	\$45.00	\$50.00	\$115.00	\$200.00	\$340.00
Adult 18-59 Yrs.	\$5.50	\$50.00	\$55.00	\$130.00	\$225.00	\$380.00
Senior 60+ Yrs.	\$5.00	\$45.00	\$50.00	\$115.00	\$200.00	\$340.00
Family* immediate only	\$17.00	\$140.00	\$150.00	\$360.00	\$560.00	\$790.00

Group Rates

Public Swim Party		<i>Includes:</i>
Up to 15 swimmers: \$75.00 +GST	Each additional 5 swimmers: \$15.00 +GST	General Admission to a regular Public Swim or Family Swim, 1-hour Meeting Room rental.
Private Swim Party		<i>Includes:</i>
Up to 40 swimmers: \$135 +GST per hour	Each additional 20 swimmers: \$35 +GST per hour	The entire aquatic facility is reserved exclusively for you and your guests for the hour

Swimming Lessons

Lifesaving Society – Swim for Life

Parent & Tot	Preschool	Swimmer (1-3)	Swimmer (4-6)	Swim Patrol
Ages 4 – 36 months \$45	Ages 3 – 5 years \$45	Ages 5 – 12 years \$45	Ages 5 – 12 years \$52	Ages 10-15 approx. \$52

Individual Adult Instruction

\$45 for eight sessions

Courses

<u>Bronze Star</u> (optional) A simple prep. course for younger students just starting their lifesaving training. Recommended for ages 10-15, no prerequisite \$100	<u>Bronze Medallion</u> (includes CPR A) Basic lifesaving skills and your first required step towards lifeguard training. Prerequisites: Age 11+ or Bronze Star \$150	<u>Standard First Aid</u> (includes CPR C and AED) This is the standard Government of Alberta workplace-approved Standard First Aid course. No prerequisites \$135	<u>Bronze Cross</u> Advanced lifesaving training and assistant lifeguard skills. Prerequisites: Standard First Aid, Bronze Medallion \$110
<u>National Lifeguard</u> The Canadian national standard for lifeguard training and certification! Prerequisites: Age 16+, Bronze Cross, Standard First Aid (current) \$325	<u>Swim Instructor</u> Learn to teach the Swim For Life water-smart program Prerequisites: Age 16+, Bronze Cross (or higher) \$275	<u>Red Cross Babysitting</u> Learn basic first aid and caregiving skills. For ages 11-15 \$95	