

Fluid Motion

2019-2020 Season



Program Highlights:

- Baby Splashers
- Preschool
- School-age programs:
 - ★ Red Cross Swim Kids
 - ★ Mini Swim Club for levels 5- 6
 - ★ Swim Club for levels 7 and up
- Teen programs:
 - ★ Learn-to-swim
 - ★ Swim Club
 - ★ Assistant Lifeguard Course (ALG)
 - ★ Assistant Lifeguard Club
 - ★ Next Wave Leader Club
 - ★ Water Safety Instructor Course (WSI)
 - ★ Red Cross Lifeguard Course (LG)
- Adult programs:
 - ★ Learn-to-swim
 - ★ Group Lessons
 - ★ CPR/First Aid
- This is our 35th Season of Teaching Swimming!

2019-2020 Registration Information including dates & fees is attached. Use it as a guide to register online at www.fluidmotion.ca

What to do after Level 10:

We have lots of options for our swimmers who have completed level 10:

- Assistant Lifeguard for 12 year olds and up (NEW)
- Assistant Lifeguard Club
- Next Wave Leader Club
- Swim Club; fun & fitness, you don't have to wait for level 10
- Red Cross Water Safety Instructor 15 year olds
- Red Cross Lifeguard 15 year olds

Adults:

Swim for Fitness, Fun & for Balance!

Learn-to-swim or improve your fitness and strokes. Try our one-on-one classes or bring friends for group classes.

SWIM TO THRIVE!

Register Now, Space is Limited!

15% discount for the 1st, 11th, 27th & 43rd registration with deposit!

Swimmers placed on a first come first served basis once deposit is in.

Registration Closes Sept 9