

**Fluid Motion**  
**2019-2020**  
**Registration Information**



35 Years of  
Developing  
Swimmers,  
Instructors,  
Lifeguards and a  
Love of the Water!

How to Register, Fee Structure &  
Policies are on the final page!  
**(The Paper Work)**

**Register online [fluidmotion.ca](http://fluidmotion.ca)**

Registration Closes Sept 9

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

Register now, space is limited!



## Celebrating 35 Years of Swimming

The seed of Fluid Motion started in 1984 with just 2 swimmers taking lessons once a week at Sherbrook Pool. I had no idea back then that I would still be teaching swimming today. I always believed that I would have my own business at some point, but I didn't know in the beginning that it was going to be a swim school.

Fluid Motion has grown far beyond my expectations over the years in numbers of swimmers trained but more importantly in its philosophy. I have always truly believed that everyone can and should learn to swim, but it's how they learn that is important.

Our core philosophy remains unchanged, we want to develop a love of the water in all of our swimmers so that they will want to play in the water with their children one day. We want them to look back on their swimming lessons in a positive way and with happy memories (not just all the laps they had to do!)

We have continued to improve in a learner-centred approach to instructing. We will always look at who we are teaching and adapt our teaching methods for each swimmer. Each swimmer has a different path to follow to get to their goals, our job is to get them there and to celebrate all their successes along the way. It's so interesting to me that even when swimmers are truly fearful when they start and can even take a couple of years to feel comfortable enough to put their faces in the water (yes, this is true for some very thoughtful swimmers), they usually complete their level 10 about the same time as everyone else. It's the power of the brain, once the swimmers know they can trust themselves in the water, they take off. We need to be patient, supportive and flexible with each of our swimmers so they can feel comfortable enough to try. As long as the swimmers keep swimming, they all end up trusting the water, it's amazing!

I am so proud to say that we have been training our instructors and many more since the beginning and we are looking forward to training many more for years to come. We love teaching the instructor courses and watching our swimmers change from learners to teachers.

I have to make mention of Gail Henderson Brown, the 2018-19 season was Gail's 24th season with Fluid Motion. Gail's experience as a Red Cross Master Trainer continues to be a guiding force for Fluid Motion and is an integral part of our training team for our instructor candidates and the ongoing training and development of current instructors. Gail is also our School Division Coordinator. Since 2011 we have been teaching all Grade 3 students of St James School Division with their Swim@School program and have thoroughly loved it!

We have grown from our 2 swimmers in 1984 to nearly 900 swimmers last season, running 7 days a week at 7 pools around the City. We have 45 instructors, many who started with us as young children. It is such a privilege to watch our swimmers grow up and become the amazing young adults that they are.

We recognize that swimming lessons are often a toddlers first un-parented lesson and we are so honoured when families choose us to work with their babies. We love love love teaching the little ones! I also recognize that working with Fluid Motion is often our instructors first job. My goal is to make working with Fluid Motion as positive as possible. We have a team of mentors, experienced instructors and myself working with our new instructors to continue to develop them. Fluid Motion is the launching pad for their adult working life and I want to ensure that each instructor feels valued and carries a strong work ethic through their chosen careers.

It's also incredible to me that we are teaching the children of early instructors now (I'm trying to not feel too old here though.)

Thank you to all of our families over the years, and our amazing instructors who are so dedicated to their swimmers! It's been 35 years, but we are not close to slowing down. Here's to many more years to come!



# The Paper Work

## How to Register

Simply Fill out a Registration Form online at [fluidmotion.ca](http://fluidmotion.ca)

We always plan our class schedule from scratch with the priority of keeping family groupings together, and focusing on creating the most appropriate groupings of levels and ages. We will work with your request!

- Step 1:** Review the information package to find the type of class, location and day the class is offered.  
**Step 2:** Complete the online registration form, ensure to include your email address.  
**Step 3:** Send your deposit and post-dated cheques or e-Transfer to Fluid Motion.  
**Step 4:** Swimmers are placed on a first come first served basis, once their deposit is in. We will send your initial confirmation in late July with your swim time, location, level, start date, end date & payment statement. If we are struggling with your request we will contact you with alternate options. If no options work we will return your deposit.  
**Step 5:** If you do not want the time we have given you, you **Must** notify us in writing. Otherwise the spot is yours, we will not offer it to anyone else and you will be billed.  
**Step 6:** We will email your final confirmation in September with your payment statement.

## Payment Schedule

- Deposit of 30% of the program fee per swimmer is due **with** the registration form. We cannot place swimmers until the deposit is received.
- 40% due September 6, 2019
- 30% due November 30, 2019
- Post-dated cheques or e-transfer must accompany the registration form.

## Payment Options

1. e-transfer: made through your banking institution, send to [gillian@fluidmotion.ca](mailto:gillian@fluidmotion.ca)
2. Cheque: Please make the cheques payable to Fluid Motion and send to:  
654 Cathcart St.  
Winnipeg, MB R3R 1Y2

### Please note:

\$25.00 will be charged for all returned cheques

\$20.00 will be charged for all instalments not received by the due dates

**\*\*All swimmers must pay admission to the City of Winnipeg, to enter the City pools.\*\***

## Withdrawal Policy

A refund will be issued to swimmers who withdraw by written request prior to the fifth week into the program. The swimmer will be charged the cost of the number of classes they were registered for prior to withdrawing, the cost of materials such as textbooks and a \$25.00 administration fee.

### Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration fee if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

## Make-Up Lesson Policy

We do not do make up lessons because we cannot make it fair for all of our swimmers.

## Preschool Programs: 1 year – 5 years

### Baby Splashers

Our parent & child program is designed for 1 to 3 year olds. This is a great opportunity for new parents to better understand water safety and how to introduce the 'next generation' to being in and around the water. Learn how buoyant your babies are through lots of songs, games, floating, kicking, bubbles and fun in every class! We are 'planting seeds' to develop a life long love of the water for our next generation.

**New** Group fee: If you register with three friends or more for a Baby Splasher class, receive a 15% for each baby friend in the class. Please indicate in the medical conditions section of the registration form the name of the baby friend your little one wants to swim with to get the discount.

Parent & Child classes: Available times to swim:	1 year – 3 years: Starting & Ending Dates	a half-hour class per week	Fee
<b>Monday classes:</b>			
12:30 - 3:30 at Pan Am	Sep 30 - Mar 16, 2020		\$275.00
4:00 - 8:00 at Cindy Klassen	Sep 30 - Mar 16, 2020		\$275.00
<b>Tuesday classes:</b>			
12:30 - 3:00 at Pan Am	Oct 1 - Mar 10, 2020		\$275.00
<b>Wednesday classes:</b>			
3:30 - 4:00 at Pan Am	Oct 2 - Mar 11, 2020		\$275.00
4:00 - 8:00 at Cindy Klassen	Oct 2 - Mar 11, 2020		\$275.00
<b>Thursday classes:</b>			
12:30 - 3:30 at Pan Am	Oct 3 - Mar 19, 2020		\$275.00
1:00 - 3:00 at St. James Centennial	Oct 3 - Mar 19, 2020		\$275.00
<b>Friday classes:</b>			
9:30 - 11:00am at Cindy Klassen	Oct 4 - Mar 20, 2020		\$275.00
3:30 - 8:00 at Cindy Klassen	Oct 4 - Mar 20, 2020		\$275.00
<b>Saturday classes:</b>			
12:30 - 4:00 at St. James Civic Centre	Sep 28 - Mar 14, 2020		\$275.00
12:30 - 5:30 at St. James Centennial	Sep 28 - Mar 14, 2020		\$275.00
12:30 - 5:00 at Pan Am	Sep 28 - Mar 14, 2020		\$275.00
<b>Sunday classes:</b>			
12:30 - 5:00 at Pan Am	Sep 29 - Mar 15, 2020		\$275.00
12:45 - 5:15 at BoniVital	Sep 29 - Dec 15, 2019		\$151.25
1:00 - 4:00 at St. James Civic Centre	Sep 29 - Mar 15, 2020		\$275.00



\*St. James Civic Centre, St. James Centennial & BoniVital are warm pools. Great for the little ones!\*

Please note occasionally on Saturdays & Sundays, Pan Am pool will close due to swim meets, we will switch locations when this happens.



## Preschool Programs: 1 year – 5 years, continued

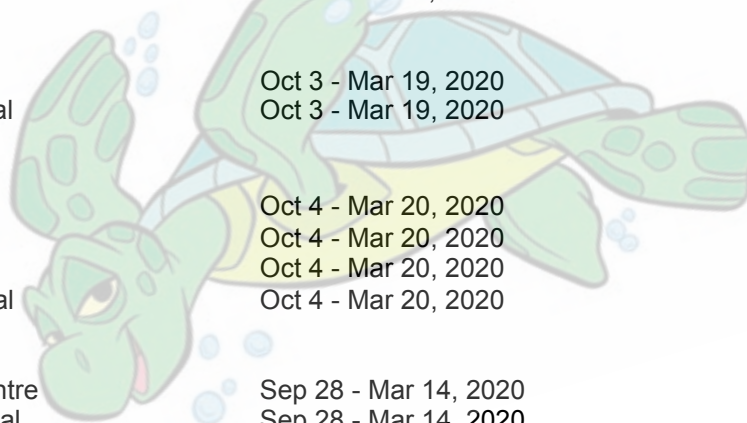
### Red Cross Preschool

Preschoolers, who are 3 - 5 years old, are placed in un-parented class with a maximum of 2 swimmers per instructor. These active classes are working on Sea Turtle, Sea Otter & Salamander levels which includes exploring the water, floats, glides, kicking, basic swimming, breath control and water safety. After Salamander, the swimmers move into level 1 of the Swim Kids program. We group swimmers together based on age and specific requests from our families.

Our approach is always learner-centred and active. Our swimmers are moving and practicing as much as possible in every class.

**Un-parented classes:**      3 – 5 years:      a half-hour class per week

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
12:30 - 4:30 at Pan Am	Sep 30 - Mar 16, 2020	\$365.00
4:00 - 8:00 at Cindy Klassen	Sep 30 - Mar 16, 2020	\$365.00
7:30 - 9:00pm at St. James Civic Centre	Sep 30 - Mar 16, 2020	\$365.00
<b>Tuesday classes:</b>		
12:30 - 3:00 at Pan Am	Oct 1 - Mar 10, 2020	\$365.00
7:30 - 9:00pm at St. James Civic Centre	Oct 1 - Mar 10, 2020	\$365.00
<b>Wednesday classes:</b>		
3:30 - 4:30 at Pan Am	Oct 2 - Mar 11, 2020	\$365.00
4:00 - 8:00 at Cindy Klassen	Oct 2 - Mar 11, 2020	\$365.00
6:30 - 9:00pm at St. James Civic Centre	Oct 2 - Mar 11, 2020	\$365.00
<b>Thursday classes:</b>		
12:30 - 4:30 at Pan Am	Oct 3 - Mar 19, 2020	\$365.00
1:00 - 5:00 at St. James Centennial	Oct 3 - Mar 19, 2020	\$365.00
<b>Friday classes:</b>		
9:30 - 11:00am at Cindy Klassen	Oct 4 - Mar 20, 2020	\$365.00
3:30 - 8:00 at Cindy Klassen	Oct 4 - Mar 20, 2020	\$365.00
4:00 - 6:30 at Elmwood Kildonan	Oct 4 - Mar 20, 2020	\$365.00
5:00 - 9:00 at St. James Centennial	Oct 4 - Mar 20, 2020	\$365.00
<b>Saturday classes:</b>		
12:30 - 4:00 at St. James Civic Centre	Sep 28 - Mar 14, 2020	\$365.00
12:30 - 5:30 at St. James Centennial	Sep 28 - Mar 14, 2020	\$365.00
12:30 - 5:00 at Pan Am	Sep 28 - Mar 14, 2020	\$365.00
12:30 - 3:30 at Elmwood Kildonan	Oct 5 - Mar 21, 2020	\$365.00
12:45 - 5:15 at BoniVital	Sep 28 - Dec 14, 2019	\$200.75
<b>Sunday classes:</b>		
12:30 - 5:00 at Pan Am	Sep 29 - Mar 15, 2020	\$365.00
12:30 - 5:00 at Elmwood Kildonan	Oct 6 - Mar 22, 2020	\$365.00
12:45 - 5:15 at BoniVital	Sep 29 - Dec 15, 2019	\$200.75
12:30 - 4:30 at St. James Centennial	Sep 29 - Mar 15, 2020	\$365.00
1:00 - 4:00 at St. James Civic Centre	Sep 29 - Mar 15, 2020	\$365.00



## School-age Programs: 5 – 14 years

### Red Cross Swim Kids

This 10-level learn-to-swim program for 5-year olds and up has a strong emphasis on water safety. Our active classes spend the majority of time on stroke development, aiming for strong, efficient and confident swimmers. The class size is small, never exceeding 5 swimmers per instructor, with an even smaller ratio of swimmers to instructors at the lower levels.

Our learner-centred approach allows us to work with each swimmer to progress in a logical & fun manner.

**Levels 1 – 10:** a half-hour class per week unless otherwise posted

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
12:30 - 4:30 at Pan Am	Sep 30 - Mar 16, 2020	\$365.00
4:00 - 9:00 at Cindy Klassen	Sep 30 - Mar 16, 2020	\$365.00
7:30 - 9:00pm at St. James Civic Centre	Sep 30 - Mar 16, 2020	\$365.00
8:00 - 10:00pm at St. James Centennial	Sep 30 - Mar 16, 2020	\$365.00
<b>Tuesday classes:</b>		
12:30 - 3:00 at Pan Am	Oct 1 - Mar 10, 2020	\$365.00
7:30 - 9:00pm at St. James Civic Centre	Oct 1 - Mar 10, 2020	\$365.00
8:00 - 9:30pm at Pan Am (45min classes)	Oct 1 - Mar 10, 2020	\$495.00
8:00 - 10:00pm at St. James Centennial	Oct 1 - Mar 10, 2020	\$365.00
<b>Wednesday classes:</b>		
3:30 - 4:30 at Pan Am	Oct 2 - Mar 11, 2020	\$365.00
4:00 - 8:30 at Cindy Klassen	Oct 2 - Mar 11, 2020	\$365.00
6:30 - 9:00pm at St. James Civic Centre	Oct 2 - Mar 11, 2020	\$365.00
8:00 - 9:30pm at Pan Am	Oct 2 - Mar 11, 2020	\$365.00
8:10 - 8:40pm at BoniVital	Oct 2 - Dec 18, 2019	\$219.00
8:45 - 9:30pm at BoniVital (45min classes)	Oct 2 - Dec 18, 2019	\$297.00
8:00 - 10:00pm at St. James Centennial	Oct 2 - Mar 11, 2020	\$365.00
<b>Thursday classes:</b>		
12:30 - 4:30 at Pan Am	Oct 3 - Mar 19, 2020	\$365.00
1:00 - 5:00 at St. James Centennial	Oct 3 - Mar 19, 2020	\$365.00
8:00 - 9:30pm at Pan Am (45 min classes)	Oct 3 - Mar 19, 2020	\$495.00
<b>Friday classes:</b>		
9:30 - 11:00am at Cindy Klassen	Oct 4 - Mar 20, 2020	\$365.00
3:30 - 8:00 at Cindy Klassen	Oct 4 - Mar 20, 2020	\$365.00
4:00 - 6:30 at Elmwood Kildonan	Oct 4 - Mar 20, 2020	\$365.00
5:00 - 9:00 at St. James Centennial	Oct 4 - Mar 20, 2020	\$365.00
<b>Saturday classes:</b>		
12:30 - 4:00 at St. James Civic Centre	Sep 28 - Mar 14, 2020	\$365.00
12:30 - 5:30 at St. James Centennial	Sep 28 - Mar 14, 2020	\$365.00
12:30 - 5:00 at Pan Am	Sep 28 - Mar 14, 2020	\$365.00
12:30 - 3:30 at Elmwood Kildonan	Oct 5 - Mar 21, 2020	\$365.00
12:45 - 5:15 at BoniVital	Sep 28 - Dec 14, 2019	\$200.75
<b>Sunday classes:</b>		
12:30 - 5:00 at Pan Am	Sep 29 - Mar 15, 2020	\$365.00
12:30 - 5:00 at Elmwood Kildonan	Oct 6 - Mar 22, 2020	\$365.00
12:45 - 5:15 at BoniVital	Sep 29 - Dec 15, 2019	\$200.75
12:30 - 4:30 at St. James Centennial	Sep 29 - Mar 15, 2020	\$365.00
1:00 - 4:00 at St. James Civic Centre	Sep 29 - Mar 15, 2020	\$365.00

## School-age Programs: 5 – 14 years, continued

### Mini Swim Club

Great fun and lots of swimming for level 5 - 6 swimmers! This mini club is meant for swimmers who are looking for an increased challenge with their strokes and fitness. Swim Club does not include water safety, we are not working on the Red Cross levels in Swim Club.

We have four 1-hour slots to choose from. For those who want to swim more than once a week, the fee is reduced by 20% for each additional Swim Club class.

Pre-requisite: Completed level 4

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b> 5:30 - 6:30 at Cindy Klassen	Sep 30 - Mar 16, 2020	\$495.00
<b>Friday classes:</b> 5:00 - 6:00 at Cindy Klassen	Oct 4 - Mar 20, 2020	\$495.00
<b>Saturday classes:</b> 2:00 - 3:00 at Pan Am	Sep 28 - Mar 14, 2020	\$495.00
<b>Sunday classes:</b> 1:30 - 2:30 at Pan Am	Sep 29 - Mar 15, 2020	\$495.00

### Swim Club

Swim in a club style atmosphere that is focused on fun, skills and fitness without the competition, nor the fundraising. Swim Club does not include water safety, we are not working on the Red Cross levels in Swim Club.

We have five 1-hour slots to choose from. For those who want to swim more than once a week, the fee is reduced by 20% for each additional Swim Club class.

Pre-requisite: Completed Level 7 or higher

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b> 6:30 - 7:30pm at Cindy Klassen	Sep 30 - Mar 16, 2020	\$495.00
<b>Friday classes:</b> 6:30 - 7:30pm at Cindy Klassen	Oct 4 - Mar 20, 2020	\$495.00
<b>Saturday classes:</b> 3:00 - 4:00 at Pan Am 2:30 - 4:30 at St James Centennial	Sep 28 - Mar 14, 2020 Sep 28 - Mar 14, 2020	\$495.00 \$495.00
<b>Sunday classes:</b> 2:30 - 3:30 at Pan Am	Sep 29 - Mar 15, 2020	\$495.00

Please note occasionally on Saturdays & Sundays, Pan Am pool will close due to swim meets, we will switch locations when this happens.



## School-age Programs: 5 – 14 years, continued

**NEW!**

### Next Wave Leader Club

Our mentorship program is an introduction to working with the developing swimmer and basic teaching techniques. It's a great opportunity to develop leadership skills, and to stay involved in aquatics, especially between the Assistant Lifeguard level and the Instructor course. The Next Waver's will practice teach along side our instructors with their swimmers. This is an opportunity to see if your swimmers would like to move onto the Instructor levels at age 15.

Club members meet once a month for a training session and practice teach with our instructors for 1-hour once a week.

#### Year One

Pre-requisite: 12 years and up, Red Cross Swim Kids level 10

#### Year Two

Pre-requisite: 13 years and up, Next Wave Year One

#### Year Three

Pre-requisite: 14 years and up, Next Wave Year Two

Fee: \$250.00

Training Sessions Time: Saturdays; 2:30 – 4:30 at Cindy Klassen monthly

Training Session Dates: Oct 19, Nov 16, Dec 14, Jan 23, Feb 22, Mar 21

Active Participants of the Next Wave Club receive a discount for the Red Cross WSI course!

### Assistant Lifeguard Club

**Red Cross Standard First Aid included**

Come join our Assistant Lifeguard Club! Practice your lifeguarding techniques, first aid skills, work on your aquatic fitness and learn to use make up in mock first aid situations. This is an opportunity to keep your skills up to prepare for the the Red Cross Lifeguard level at age 15.

The club meets once a week for 1.5 hours with two options to choose from.

Pre-requisite: 12 years and up  
Assistant Lifeguard (ALG), or Bronze Medallion

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b> 6:00 - 7:30pm at Cindy Klassen	Sep 30 - Mar 16, 2020	\$495.00
<b>Thursday classes:</b> 8:00 - 9:30pm at Pan Am	Oct 3 - Mar 19, 2020	\$495.00

Active Participants of the Assistant Lifeguard Club receive a discount for the Red Cross Lifeguard course!

## Teen Programs: 12 – 18 years

**NEW!**

### **Red Cross Assistant Lifeguard Course** **Red Cross Level C CPR included**

We are very excited to offer the Red Cross Assistant Lifeguard Course (ALG)! This is a new national program geared to 12 year olds and up. This program includes knowledge and practice of first aid, rescue skills, lifeguarding skills, safe behaviours, and how to be part of an elite team. This ensures the candidates are trained in the prevention of injuries, not just how to respond to them. This course teaches effective ways to use lifesaving equipment using physics to help keep the rescuer safe while doing rescues.

This is a pass/fail course and is examined by the Instructor.

The Red Cross Assistant Lifeguard is the prerequisite for Red Cross Water Safety Instructor (WSI) and Red Cross Lifeguard (LG) courses. These courses are recognized by the Manitoba Government and the City of Winnipeg as a standard for employment. The City of Winnipeg accepts ALG to be a wading pool attendant.

We love this program for the prevention it teaches as well as the advanced use of equipment, which promotes safer rescue techniques!

Fee:	\$350.00 (includes GST and materials)	
Pre-requisite:	12 years, Red Cross Swim Kids level 10 or equivalent	
Format:	Three Fridays, Two Saturdays and Sundays	
Class Time:	Fridays 5:00-9:00, Saturdays and Sundays 10:00 - 5:00	
Location:	Cindy Klassen	
Dates:	Oct 18, Oct 25, 26, Nov 1, 2, 3	Nov 15, 22, 23, 24, 29, 30, Dec 1
	Mar 6, 13, 14, 15, 20, 21, 22	Apr 24, May 1, 2, 3, 8, 9, 10
	May 8, 22, 23, 24, 29, 30, 31	

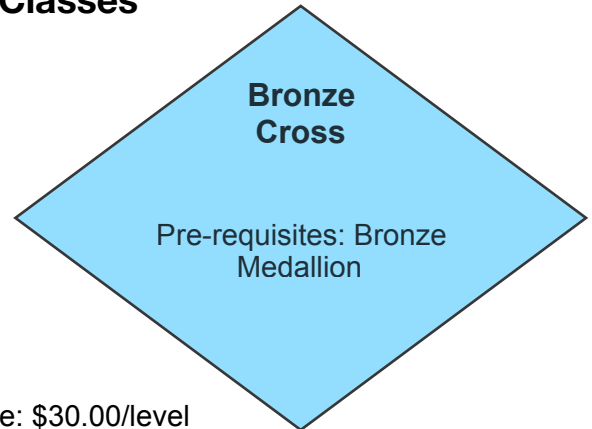
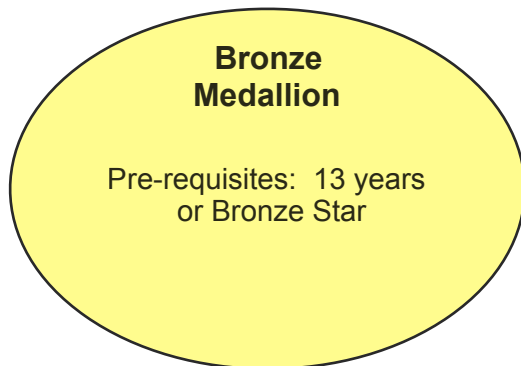


#### **Leadership Program Withdrawal Policy:**

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration fee if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

## Teen Programs: 12 – 18 years, continued

### Bronze Family Classes



Bronze Exam Fee: \$30.00/level

Our Bronze courses are taught with the Red Cross Assistant Lifeguard (ALG) course. Swimmers have the option to take the Bronze exam within the course for the additional fee of \$30.00 for Bronze Medallion and \$30.00 for Bronze Cross.

Format: Three Fridays, Two Saturdays and Sundays  
Class Time: Fridays 5:00-9:00, Saturdays and Sundays 10:00 - 5:00  
Location: Cindy Klassen

Dates: Oct 18, Oct 25, 26, Nov 1, 2, 3                      Nov 15, 22, 23, 24, 29, 30, Dec 1  
Mar 6, 13, 14, 15, 20, 21, 22                      Apr 24, May 1, 2, 3, 8, 9, 10  
May 8, 22, 23, 24, 29, 30, 31

### Bronze Cross Re-Certification includes CPR C

The Bronze Cross award is a lifetime award, but stays current for 2 years. Our re-certification is treated as a workshop, with a refresher course prior to the exam.

The exams will be held on Sundays, from 12:30 – 5:00 at Cindy Klassen

Dates: Feb 2, Mar 22, Apr 26, May 31  
Fee: \$70.00

We will create a course for you and 3 friends if you require different dates.

### Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration fee if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

## Teen Programs: 12 – 18 years, continued

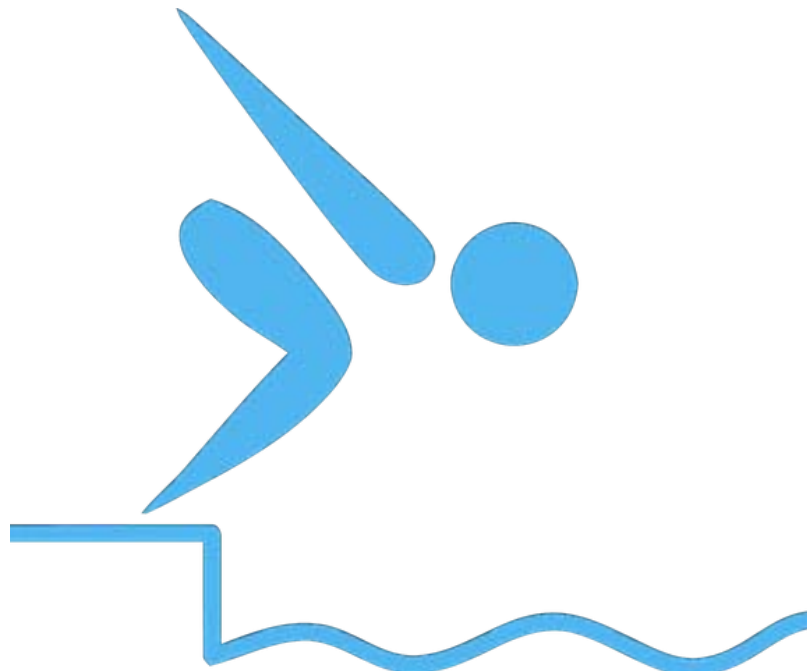
### Swim Club

Swim in a club style atmosphere that is focused on fun, skills and fitness without the competition, nor the fundraising. Swim Club does not include water safety, we are not working on the Red Cross levels in Swim Club.

We have eight 1-hour slots to choose from. For those who want to swim more than once a week, the fee is reduced by 20% for each additional Swim Club class.

Pre-requisite: Completed Level 7 or higher

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b> 7:00 - 8:00pm at Cindy Klassen	Sep 30 - Mar 16, 2020	\$495.00
<b>Tuesday classes:</b> 8:00 - 9:00pm at Pan Am	Oct 1 - Mar 10, 2020	\$495.00
<b>Wednesday classes:</b> 8:00 - 9:00pm at St James Civic Centre 8:30 - 9:30pm at St. James Centennial	Oct 2 - Mar 11, 2020 Oct 2 - Mar 11, 2020	\$495.00 \$495.00
<b>Friday classes:</b> 7:00 - 8:00pm at Cindy Klassen	Oct 4 - Mar 20, 2020	\$495.00
<b>Saturday classes:</b> 4:00 - 5:00 at Pan Am 2:30 - 3:30 at St. James Centennial	Sep 28 - Mar 14, 2020 Sep 28 - Mar 14, 2020	\$495.00 \$495.00
<b>Sunday classes:</b> 3:30 - 4:30 at Pan Am	Sep 29 - Mar 15, 2020	\$495.00



## Teen Programs: 12 – 18 years, continued

**NEW!**

### Next Wave Leader Club

Our mentorship program is an introduction to working with the developing swimmer and basic teaching techniques. It's a great opportunity to develop leadership skills, and to stay involved in aquatics, especially between the Assistant Lifeguard level and the Instructor course. The Next Waver's will practice teach along side our instructors with their swimmers. This is an opportunity to see if your swimmers would like to move onto the Instructor levels at age 15.

Club members meet once a month for a training session and practice teach with our instructors for 1-hour once a week.

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#### Year One

Pre-requisite: 12 years and up, Red Cross Swim Kids level 10

#### Year Two

Pre-requisite: 13 years and up, Next Wave Year One

#### Year Three

Pre-requisite: 14 years and up, Next Wave Year Two

Fee: \$250.00

Training Sessions Time: Saturdays; 2:30 – 4:30 at Cindy Klassen monthly

Training Session Dates: Oct 19, Nov 16, Dec 14, Jan 23, Feb 22, Mar 21

Active Participants of the Next Wave Club receive a discount for the Red Cross WSI course!

### Assistant Lifeguard Club

**Red Cross Standard First Aid included**

Come join our Assistant Lifeguard Club, practice your lifeguarding techniques, rescue skills, first aid skills, work on your water fitness and learn to use make up in mock first aid situations. This is an opportunity to keep your skills up to prepare for the the Red Cross Lifeguard level at age 15.

The club meets once a week for 1.5 hours with two options to choose from.

Pre-requisite: 12 years and up  
Assistant Lifeguard (ALG), or Bronze Medallion

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b> 6:00 - 7:30pm at Cindy Klassen	Sep 30 - Mar 16, 2020	\$495.00
<b>Thursday classes:</b> 8:00 - 9:30pm at Pan Am	Oct 3 - Mar 19, 2020	\$495.00

Active Participants of the Assistant Lifeguard Club receive a discount for the Red Cross Lifeguard course!



## Teen Programs: 12 – 18 years, continued

### Red Cross Water Safety Instructor

# WSI



This new WSI course combines the old AWSI & WSI into one course, (at a lower fee!). This is a 6 phase course, with a strong focus on practice teaching with real swimmers. The extra practice teaching time will allow for more real life and real time practice in a safe, controlled environment to ensure WSI candidates are completing the WSI course with confidence in their ability to teach all the ages and stages of the whole Red Cross Program - Preschool to Adults.

Fluid Motion has been running the Red Cross Instructor Development Program for over 30 years. We are so proud of the instructors we have trained over the years especially those who have worked with us and continue to work with us! We never tire of training instructors and watching them develop into the professional people they have become. It is a huge privilege and honour to work with all of our instructor candidates!

Fee:	\$470.00
Special Fee for Fluid Motion Next Wave Participants:	\$370.00
Special Fee for Fluid Motion Swimmers:	\$410.00

Pre-requisite:	15 years old Red Cross Level 10 or equivalent Red Cross Assistant Lifeguard or Bronze Cross
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#### Process of the WSI Course:

Step 1: Skills Evaluation:	(Friday 5:00-9:00)
Step 2: Online course:	(Done at home)
Step 3: Practice Teach:	(At least 2 hours prior to the Class and Pool course to meet swimmers, supervising instructors and learn class routines)
Step 4: Class & Pool Course 1-Weekend:	(Friday 5:00-9:00, Saturday & Sunday 10:00-5:00)
Step 5: Finish Practice Teach:	(With specific assignments to be accomplished)
Step 6: Final Meeting:	(Friday 5:00-9:00)

#### Class Time & Dates:

Course 1:	At Cindy Klassen Skills Evaluation: Oct 4 Class & Pool Weekend: Nov 8, 9, 10 Final Meeting: Dec 6
Course 2:	At Cindy Klassen Skills Evaluation: Dec 13 or Jan 10 Class & Pool Weekend: Feb 7, 8, 9 Final Meeting: Mar 13

#### Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

## Teen Programs: 12 – 18 years, continued

### Red Cross Lifeguard Course (LG)

This is Manitoba's newest professional lifeguard course, which is recognized by the Province and the City of Winnipeg. It prepares lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. We are so excited to offer this course!! The effective use of equipment taught in this course makes rescues safer for everyone!

Fee:	\$435.00
Special Fee for ALG Club Swimmers:	\$415.00 (Fee includes manuals, fanny pack & exam fee)
Pre-requisites:	15 years old current Standard First Aid & Level C CPR Assistant Lifeguard or Bronze Cross (not current)
Format:	3-Weekends
Class Time:	Fridays 5:00-9:00, Saturdays & Sundays 10:00 - 5:00
Dates:	Course 1: Feb 21, 22, 23, 28, 29, Mar 1, 6, 7, 8 Course 2: Apr 17, 18, 19, 24, 25, 26, May 1, 2, 3
Location:	Cindy Klassen

### National Lifeguard (NL) Transfer course to Red Cross Lifeguard

Rather than running a NL recertification, we are extremely proud to run the Red Cross transfer course so that our candidates are qualified in the Red Cross Pool Lifeguard level. We are so excited about the advanced rescue techniques taught in the Red Cross Lifeguard which is Canada's latest National Lifeguard program.

Format:	2-Half Days
Course time:	Friday 5:00-9:00 & Sunday 1:00-5:30
Pre-requisite:	National Lifeguard not current Current Standard First & Level C CPR
Fee:	\$150.00
Date:	Dec 6 & 8, Jan 24 & 26, Mar 13 & 15, May 8 & 10, Jun 5 & 7
Location:	Cindy Klassen

### Red Cross Pool Lifeguard Re-Cert Course

The Lifeguard course needs to be re-certified every two years to use it. This course reviews fitness and water rescue skills.

Format:	2-Half Days
Course time:	Friday 6:30-9:00 & Sunday 1:00-5:30
Pre-requisite:	Red Cross Lifeguard not current Current Standard First & Level C CPR
Fee:	\$125.00
Date:	Dec 6 & 8, Jan 24 & 26, Mar 13 & 15, May 8 & 10, Jun 5 & 7
Location:	Cindy Klassen

#### Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

## Adult Programs

### Learn to Swim

We are always very excited to have the opportunity to teach adults to swim! We fully understand how difficult it is to make the decision to learn to swim and we are there to support you, be patient and have fun along the way.

Our approach is always learner-centred, focusing on the specific skills you want to focus on, whether it's starting from scratch or improving the strokes you already have. We will create the program just for you.

The classes are one-on-one class, unless a small group approaches us. We would love to have the opportunity to work with you!  
It's your turn!

Half hour class once a week unless otherwise posted.

Available times to swim:	Starting & Ending Dates	Fee
<b>Monday classes:</b>		
12:30 - 3:00 at Pan Am	Sep 30 - Mar 16, 2020	\$420.00
7:00 - 8:30pm at Cindy Klassen	Sep 30 - Mar 16, 2020	\$420.00
8:00 - 10:00pm at St. James Centennial	Sep 30 - Mar 16, 2020	\$420.00
<b>Tuesday classes:</b>		
12:30 - 3:00 at Pan Am	Oct 1 - Mar 10, 2020	\$420.00
8:30 - 9:00pm at St. James Civic Centre	Oct 1 - Mar 10, 2020	\$420.00
8:00 - 9:30pm at Pan Am (45min classes)	Oct 1 - Mar 10, 2020	\$595.00
8:00 - 10:00pm at St. James Centennial	Oct 1 - Mar 10, 2020	\$420.00
<b>Wednesday classes:</b>		
3:30 - 4:00 at Pan Am	Oct 2 - Mar 11, 2020	\$420.00
5:30 - 8:30 at Cindy Klassen	Oct 2 - Mar 11, 2020	\$420.00
8:00 - 9:00pm at St. James Civic Centre	Oct 2 - Mar 11, 2020	\$420.00
8:30 - 9:30pm at Pan Am	Oct 2 - Mar 11, 2020	\$420.00
8:00 - 10:00pm at St. James Centennial	Oct 2 - Mar 11, 2020	\$420.00
<b>Thursday classes:</b>		
12:30 - 3:30 at Pan Am	Oct 3 - Mar 19, 2020	\$420.00
1:00 - 3:00 at St. James Centennial	Oct 3 - Mar 19, 2020	\$420.00
8:00 - 9:30pm at Pan Am (45 min classes)	Oct 3 - Mar 19, 2020	\$595.00
<b>Friday classes:</b>		
9:30 - 11:00am at Cindy Klassen	Oct 4 - Mar 20, 2020	\$420.00
3:30 - 8:00 at Cindy Klassen	Oct 4 - Mar 20, 2020	\$420.00
8:30 - 9:00pm at St. James Centennial	Oct 4 - Mar 20, 2020	\$420.00
<b>Saturday classes:</b>		
12:30 - 5:30 at St. James Centennial	Sep 28 - Mar 14, 2020	\$420.00
1:30 - 4:30 at Pan Am	Sep 28 - Mar 14, 2020	\$420.00
<b>Sunday classes:</b>		
1:30 - 4:30 at Pan Am	Sep 29 - Mar 15, 2020	\$420.00

Please note occasionally on Saturdays & Sundays, Pan Am pool will close due to swim meets, we will switch locations when this happens.

## ***Adult Programs, continued***

### **Learn to Swim, Continued**

#### **Group Lessons**

Have you decided it's your turn to get back into the pool and swim for fun and fitness? We are more than happy to create a class for you! We can put together a class for you and your friends. Maybe you are looking for stroke improvement, build up your endurance, learn some water safety skills. The program is up to you!

**It's your turn!**

**Swim for fun; Swim for fitness; Swim for Balance**

Contact us at [info@fluidmotion.ca](mailto:info@fluidmotion.ca)



Please note occasionally on Saturdays & Sundays, Pan Am pool will close due to swim meets, we will switch locations when this happens.

## **Adult Programs, continued**

### **Red Cross Level C CPR**

In this certificate course learn to recognize circulatory emergencies, perform one-rescuer and two-rescuer CPR and how to use an AED. As well as choking procedures for adults, children and infants. Participants will receive a manual.

Pre-requisites:	None
Class Time:	9:00 - 1:00
Dates:	Course 1: Feb 8 Course 2: Mar 21
Fee:	\$55.00/person or \$100.00/couple (GST included)

### **Red Cross Emergency First Aid**

This certificate course is for people looking for general knowledge of first aid and the emergency treatment of injuries. Skills include victim assessment, CPR & AED training, choking, circulatory emergencies and how to deal with bleeding and burns, head and spinal injuries. Participants will receive a manual.

Pre-requisite:	None
Class Time:	9:00 - 5:00
Dates:	Course 1: Feb 8 Course 2: Mar 21
Fee:	\$85.00/person or \$160.00/couple (GST included)

### **Red Cross Standard First Aid**

This certificate course provides comprehensive training covering all aspects of first aid, CPR & AED training. This course includes Emergency First Aid plus such topics as, heat and cold injuries, abdominal and chest injuries, diabetic emergencies and seizures. Participants will receive a manual.

Pre-requisites:	None
Class Time:	9:00 - 5:00
Dates:	Course 1: Feb 8 and 9 Course 2: Mar 21 and 22
Fee:	\$160.00/person or \$280.00/couple (GST included)

**For all First Aid and CPR courses we are happy to come to your location for a group of 4 or more participants!**



# Day Off Schedule

## Day Off Schedule 2019-2020

<b>Sundays:</b>	Pan Am, St James Centennial, St James Civic Centre:
	Dates: September 29 - March 15, 2020
	Days Off: Oct 13, Dec 22, 29, Jan 5, Feb 16
	BoniVital:
	Dates: September 29 - December 15, 2019
	Days Off: Oct 13
	Elmwood Kildonan:
	Dates: October 6 - March 22, 2020
	Days Off: Oct 13, Dec, 22, 29, Jan 5, Feb 16
<b>Mondays:</b>	Cindy Klassen, Pan Am, St James Centennial, St James Civic Centre:
	Dates: September 30 - March 16, 2020
	Days Off: Oct 14, Nov 11, Dec, 23, 30, Feb 17
<b>Tuesdays:</b>	Pan Am, , St James Centennial, St James Civic Centre:
	Dates: October 1 - March 10, 2020
	Days off: Dec 17, 24, 31, Feb 18
<b>Wednesdays:</b>	Cindy Klassen, Pan Am, St James Centennial, St James Civic Centre:
	Dates: October 2 - March 11, 2020
	Days Off: Dec 18, 25, Jan 1, Feb 19
	BoniVital:
	Dates: October 2 - December 18, 2010
<b>Thursdays:</b>	Pan Am, St James Centennial:
	Dates: October 3 - March 19, 2020
	Days Off: Oct. 31, Dec 19, 26, Jan 2, Feb 20
<b>Fridays:</b>	Cindy Klassen, Elmwood Kildonan, St James Centennial:
	Dates: October 4 - March 20, 2020
	Days Off: Oct 11, Dec 20, 27, Jan 3, Feb 21
<b>Saturdays:</b>	Pan Am, St James Centennial, St James Civic Centre:
	Dates: September 28 - March 14, 2020
	Days Off: Oct 12, Dec 21, 28, Jan 4, Feb 15
	BoniVital:
	Dates: September 28 - December 14, 2019
	Days Off: Oct 12
	Elmwood Kildonan:
	Dates: October 5 - March 21, 2020
	Days Off: Oct 12, Dec 21, 28, Jan 4, Feb 15

# The Paper Work

## How to Register

Simply Fill out a Registration Form online at [fluidmotion.ca](http://fluidmotion.ca)

We always plan our class schedule from scratch with the priority of keeping family groupings together, and focusing on creating the most appropriate groupings of levels and ages. We will work with your request!

- Step 1:** Review the information package to find the type of class, location and day the class is offered.
- Step 2:** Complete the online registration form, ensure to include your email address.
- Step 3:** Send your deposit and post-dated cheques or e-Transfer to Fluid Motion.
- Step 4:** Swimmers are placed on a first come first served basis, once their deposit is in. We will send your initial confirmation in late July with your swim time, location, level, start date, end date & payment statement. If we are struggling with your request we will contact you with alternate options. If no options work we will return your deposit.
- Step 5:** If you do not want the time we have given you, you **Must** notify us in writing. Otherwise the spot is yours, we will not offer it to anyone else and you will be billed.
- Step 6:** We will email your final confirmation in September with your payment statement.

## Payment Schedule

- Deposit of 30% of the program fee per swimmer is due **with** the registration form. We cannot place swimmers until the deposit is received.
- 40% due September 6, 2019
- 30% due November 30, 2019
- Post-dated cheques or e-transfer must accompany the registration form.

## Payment Options

1. e-transfer: made through your banking institution, send to [gillian@fluidmotion.ca](mailto:gillian@fluidmotion.ca)
2. Cheque: Please make the cheques payable to Fluid Motion and send to:  
654 Cathcart St.  
Winnipeg, MB R3R 1Y2

### Please note:

\$25.00 will be charged for all returned cheques

\$20.00 will be charged for all instalments not received by the due dates

**\*\*All swimmers must pay admission to the City of Winnipeg, to enter the City pools.\*\***

## Withdrawal Policy

A refund will be issued to swimmers who withdraw by written request prior to the fifth week into the program. The swimmer will be charged the cost of the number of classes they were registered for prior to withdrawing, the cost of materials such as textbooks and a \$25.00 administration fee.

### Leadership Program Withdrawal Policy:

- Participants registered for Bronze levels, Instructor courses, Lifeguarding & First Aid Courses
- A refund will be issued, minus the \$25.00 administration fee if the written withdrawal is received up until 14 days prior to the start of the course date
- No refund will be issued 13 days before the course

## Make-Up Lesson Policy

We do not do make up lessons because we cannot make it fair for all of our swimmers.