



Program Information



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SWIMMING
LIFE SAVING
FIRST AID



Aqua Essence Swim Academy

Aqua Essence Swim Academy is a young dynamic swim academy that is made up of a diverse group of swimming instructors that are sure to meet your needs and suit your personality. We offer programs from both the Canadian Red Cross and Lifesaving Society. We are a small cohesive group that works together to teach the whole family, infants to adults.

We offer programs that are exclusive to Aqua Essence; we have a highly trained and skilled team of staff that make teaching look easy and fun, it is our guaranteed recipe for success! As a group we bring together diverse backgrounds of water related experiences. Our instructors have been trained through a variety of Winnipeg's water safety programs and we have worked as a team to put together lessons that are sure to go beyond your expectations.

We believe in what we do, the love of the water and safety in and around it. We are a contagious group of water lovers, who specialize in helping those who are afraid and nervous to become more comfortable in and around the water.



2010 – 2011 programs

Aqua Essence offers programs from both Canadian Red Cross and Canadian Lifesaving Society.

Red Cross Swim

The Red Cross offers Canada's largest and most recognized swimming and water safety program.

Parent and Child Swim Classes

Aqua Essence is pleased to welcome back our very successful Parent and Child Swim Classes. We teach infants and young children how to swim and teach you to be safe and comfortable with your infants and young children in and around the water. We start the class anywhere from 4-6 months old (infants must be able to hold their head up) until they are 2 1/2 years old when they are ready to swim alone with an instructor and not a parent/caregiver.

Parent and child classes are a rewarding water experience for adults with young children. A parent or caregiver participates in this fun class with their child. The program introduces infants and toddlers to the joys of water activity, and teaches parents and caregivers how to ensure safety at all times while in and around water. The class will include water safety knowledge and practices, front and back floats, water submersion, and lots of fun and play in the water.

There will be a maximum of 5 kids per class. Children will be placed in a class depending on their age. Classes will be offered throughout the week at various times. These classes can be offered on any day. Put a group of your friends together and we will teach the class!



Red Cross Swim

- ✧ 10 Level program fits with today's swimmers; kids can get through all levels and feel proud of their achievement.
- ✧ Water Safety and Swimming skills are taught in the water so kids are always active and wet; promotes success and encourages lifelong fitness.
- ✧ New focus on individual achievement creates a cycle of success that is geared to kids.

Red Cross Swim:

Starfish - Whale (ages 4 months - 5 years old)

Levels 1-10 (ages 6 and older)

Red Cross Swim Levels 1-10

Levels Sea Turtle - Level 3 maximum of 2 participants per class

Levels 4-10 maximum of 5 participants per class

- ✧ All Classes are 30 minutes in length.
- ✧ One-on-one classes, assessments, and extra classes are available at a premium price.





Bronze Medallion and Bronze Cross Crash Courses

Crash courses are offered throughout the year in small groups. Get a group of friends together and we will teach you the skills you need to be a lifesaver.

Candidates must have a minimum of either a Level 10 Red Cross Swim Award, or a Bronze Star award or be 13 years old.

Courses are taught in early September, Winter Break, Spring Break and various times in the months of May and June. We are also available to teach crash courses on school in-service days.

Examination of Bronze Courses is by an independent authorized examiner.

Please call for scheduling information.

Bronze Medallion teaches an understanding of the lifesaving principles that make up the four components of water rescue -- judgement, knowledge, skill and fitness. Rescuers learn tows, carries, and release methods in preparation for challenging rescues of increased risk. Lifesavers learn to respond to increasingly complex situations involving conscious and unconscious victims in contact and non-contact rescues. Lifesavers develop stroke efficiency and endurance with a timed swim.

If successful the Bronze Medallion Award comes with a Level B CPR and an Emergency First Aid Award

Bronze Cross is a pre-requisite to the National Lifeguard Service Award, and the Lifesaving Instructor Award. Bronze Cross is the stepping-stone for all of the Society's advanced training programs in lifesaving, lifeguarding and leadership. Pre requisite Must have a Bronze Medallion Award

If successful the Bronze Cross Course comes with a Level C CPR and a Standard First Aid Award.

Must have a minimum of 4 participants and a maximum of 6. We are very flexible and more than happy to work around busy schedules. Please call to schedule a class.

Canadian Life Saving

The Society's mission is to prevent drowning and aquatic accidents for Canadians by providing public education and program education. The Lifesaving Society serves Canadians by providing information and skills that promote safety in, on and around the water.

Rookie, Ranger, Star, and Bronze Star: Maximum of 5 participants per class.

Bronze Medallion and Bronze Cross: Minimum of 4 participants, maximum of 6 participants per class.

The Combo Course

Do you require Bronze Medallion, a Standard First Aid and Level C CPR for Camp or a Job?

We will combine the 2 classes into an intensive crash course. Don't waste your time taking it twice.

First Aid Courses

All Levels of First Aid are offered and take anywhere from 4 hours 2 days depending on the level.

Aqua Essence staff is certified to bring you First Aid and CPR courses. We are equipped to teach you and your friends either Lifesaving Society First Aid and CPR or Red Cross. We have a variety of courses that will meet your needs.

We are pleased to put these courses together at a time suitable to your family's needs. Day times, Evenings and Weekends are all available.



Aqua Essence 2010 – 2011 Swimming Schedule

Aqua Essence caters to the individual family; meaning that we go out of our way to personalize the schedule and accommodate each individual family. The times below are times that we are able to teach, please give us a couple of options of days and times that will work for your family and we will do our very best to accommodate you.

Families who swam from September - March 2010 have priority - meaning that if they swam on a Tuesday at 4 pm at Pan-am Pool then for all intents and purposes they could have it again (unless there is some circumstance such as lack of instructor, level of other child in class no longer compatible or we no longer have space at that time). If you need to switch your time from last year and plan to vacate your spot please let us know as soon as possible so that we can make alternate arrangements to accommodate you for this year and offer that spot to another family.

Boni - Vital Swimming Options

Days	Times	Dates	Days off
Tuesdays	9:30 – 11:30 am	Sept. 14 – Dec. 14, 2010 Jan. 4 – April 12, 2011 28 Classes	December 21 December 28 March 29
Saturdays	12:30 – 5:00 pm	Sept. 25 – Dec. 18, 2010 Jan. 8 – April 16, 2011 25 Classes	October 9 December 25 January 1 February 19 April 2
Sundays	10:00 – 5:00 pm	Sept. 26 – Dec. 19, 2010 Jan. 9 – April 10, 2011 24 Classes	October 10 December 26 January 2 February 20 April 3

Concordia/East Kildonan Swimming Options




Days	Times	Dates	Days off
Fridays	4:00 - 9:00 pm	Oct. 15 – Dec. 17, 2010 Jan 7 – April 15 , 2011 23 Classes	December 24 December 31 February 18 April 1
Saturdays	12:00 – 5:00 pm	Oct. 16 – Dec. 18, 2010 Jan. 8 – April 16, 2011 23 Classes	December 25 January 1 February 19 April 2
Sundays	12:00 – 5:00 pm	Oct. 17 – Dec. 19, 2010 Jan. 9 – April 10, 2011 21 Classes	October 10 December 26 January 2 February 20 April 3

Cindy Klassen Recreation Centre (CKRC) Swimming Options

Days	Times	Dates	Days off
Mondays	9:30 – 11:30 am 2:00 – 8:00 pm	Sept. 13 – Dec. 20, 2010 Jan. 10 - April 11, 2011 25 Classes	October 11 December 27 January 3 February 21 March 28 April 4
Tuesdays	9:30 – 11:30 am	Sept. 14 – Dec. 14, 2010 Jan. 4 – April 12, 2011 28 Classes	December 21 December 28 March 29
Wednesdays	9:30 – 11:30 am 2:00 – 9:00 pm	Sept. 15 – Dec. 15, 2010 Jan. 5th – April 13, 2011 28 Classes	December 22 December 29 March 30
Thursdays	9:30 – 11:30 am	Sept. 16 – Dec. 16, 2010 Jan. 6 – April 14, 2011 27 Classes	November 11 December 23 December 30 March 31
Fridays	3:00 – 8:00 pm	Sept. 24 – Dec. 17, 2010 Jan. 7 – April 15, 2011 25 Classes	October 8 December 24 December 31 February 18 April 1
Saturdays	1:00 – 5:00 pm	Sept. 25 – Dec. 18, 2010 Jan. 8 – April 15, 2011 25 Classes	October 9 December 25 January 1 February 19 April 2
Sundays	9:00 – 5:00 pm	Sept. 26 – Dec. 19, 2010 Jan. 9 – April 10, 2011 24 Classes	October 10 December 26 January 2 February 20 April 3



 **If you don't see what you are looking for, just ask!**

-  Days and pools may change due to unforeseeable circumstances.
-  We do our best to ensure minimal instructor absences from our classes. In a situation where a suitable substitute may not be found we reserve the right for your safety to cancel this class. We will make all attempts to reschedule a missed class that occurred as a result of our absence.
-  We do not make up missed classes.

Pan-am Pool Swimming Options

Days	Times	Dates	Days off
Mondays	1:00 – 5:00 pm	Oct. 18 – Dec. 20, 2010 Jan. 10 – April 11, 2011 21 Classes	December 27 January 3 February 21 March 28 April 4
Tuesdays	4:00 – 5:00 pm	Oct. 12 – Dec. 14, 2010 Jan. 4 – April 12, 2011 24 Classes	December 21 December 28 March 29
Wednesdays	3:30 – 5:00 pm	Oct. 13 – Dec. 15, 2010 Jan. 5 – April 13, 2011 24 Classes	December 22 December 29 March 30
Thursdays	1:00 – 5:00 pm	Oct. 14 – Dec. 16, 2010 Jan. 6 – April 14, 2011 26 Classes	November 11 December 23 December 30 March 31
Saturdays	12:30 – 5:00 pm	Oct. 16 – Dec. 18, 2010 Jan. 8 – April 16, 2011 23 Classes	December 25 January 1 February 19 April 2
Sundays	12:30 – 5:00 pm	Oct. 17 – Dec. 19, 2010 Jan. 9 – April 10, 2011 23 Classes	October 10 December 26 January 2 February 20 April 3

St. James Civic Centre Swimming Options

Days	Times	Dates	Days off
Saturdays	9:00 – 12:00 pm	Sept. 25 – Dec. 18, 2010 Jan. 8 – April 16, 2011 25 Classes	October 9 December 25 January 1 February 19 April 2
Sundays	1:00 – 4:00 pm	Sept. 26 – Dec. 19, 2010 Jan. 9 – April 10, 2011 24 Classes	October 10 December 26 January 2 February 20 April 3



Aqua Essence Pricing

All prices include GST (857680722RT0001)

* PRICES DO NOT INCLUDE POOL ADMISSIONS, PLEASE CALL CITY OF WINNIPEG AT 986-5861 FOR FURTHER INFORMATION

Levels Sea Turtle- Whale; Level 1- 3

Prepayment Plan*

Day of Week	Pool	Deposit <i>Due: July 14/10</i>	Balance <i>Due: Sept. 1/10</i>	TOTAL
Monday	Cindy Klassen	\$50.00	\$265.00	\$315.00
Tuesday	Cindy Klassen	\$50.00	\$302.80	\$352.80
Wednesday	Cindy Klassen	\$50.00	\$302.80	\$352.80
Thursday	Cindy Klassen	\$50.00	\$290.20	\$340.20
Friday	Cindy Klassen	\$50.00	\$265.00	\$315.00
Saturday	Cindy Klassen	\$50.00	\$265.00	\$315.00
Sunday	Cindy Klassen	\$50.00	\$252.40	\$302.40
Tuesday	Boni-Vital	\$50.00	\$302.80	\$352.80
Saturday	Boni-Vital	\$50.00	\$265.00	\$315.00
Sunday	Boni-Vital	\$50.00	\$252.40	\$302.40
Monday	Pan-Am	\$50.00	\$214.60	\$264.60
Tuesday	Pan-Am	\$50.00	\$252.40	\$302.40
Wednesday	Pan-Am	\$50.00	\$252.40	\$302.40
Thursday	Pan-Am	\$50.00	\$239.80	\$289.80
Saturday	Pan-Am	\$50.00	\$239.80	\$289.80
Sunday	Pan-Am	\$50.00	\$227.20	\$277.20
Saturday	St. James Civic Centre	\$50.00	\$265.00	\$315.00
Sunday	St. James Civic Centre	\$50.00	\$252.40	\$302.40
Friday	Concordia/EK	\$50.00	\$239.80	\$289.80
Saturday	Concordia/EK	\$50.00	\$239.80	\$289.80
Sunday	Concordia/EK	\$50.00	\$227.20	\$277.20

ADDITIONAL OPTIONS	Private	\$25.20
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Installment Plan

Day of Week	Pool	Deposit <i>Due: July 14/10</i>	First Payment <i>Due: Sept. 1/10</i>	Second Payment <i>Due: Dec. 1/10</i>	TOTAL
Monday	Cindy Klassen	\$50.00	\$145.63	\$145.63	\$341.26
Tuesday	Cindy Klassen	\$50.00	\$166.10	\$166.10	\$382.20
Wednesday	Cindy Klassen	\$50.00	\$166.10	\$166.10	\$382.20
Thursday	Cindy Klassen	\$50.00	\$159.28	\$159.28	\$368.55
Friday	Cindy Klassen	\$50.00	\$145.63	\$145.63	\$341.25
Saturday	Cindy Klassen	\$50.00	\$145.63	\$145.63	\$341.25
Sunday	Cindy Klassen	\$50.00	\$138.80	\$138.80	\$327.60
Tuesday	Boni-Vital	\$50.00	\$166.10	\$166.10	\$382.20
Saturday	Boni-Vital	\$50.00	\$145.63	\$145.63	\$341.25
Sunday	Boni-Vital	\$50.00	\$138.80	\$138.80	\$327.60
Monday	Pan-Am	\$50.00	\$118.33	\$118.33	\$286.66
Tuesday	Pan-Am	\$50.00	\$138.80	\$138.80	\$327.60
Wednesday	Pan-Am	\$50.00	\$138.80	\$138.80	\$327.60
Thursday	Pan-Am	\$50.00	\$131.98	\$131.98	\$313.95
Saturday	Pan-Am	\$50.00	\$131.98	\$131.98	\$313.95
Sunday	Pan-Am	\$50.00	\$125.15	\$125.15	\$300.30
Saturday	St. James Civic Centre	\$50.00	\$145.63	\$145.63	\$341.25
Sunday	St. James Civic Centre	\$50.00	\$138.80	\$138.80	\$327.60
Friday	Concordia/EK	\$50.00	\$131.98	\$131.98	\$313.95
Saturday	Concordia/EK	\$50.00	\$131.98	\$131.98	\$313.95
Sunday	Concordia/EK	\$50.00	\$125.15	\$125.15	\$300.30



If you don't see what you are looking for, just ask!



Aqua Essence Pricing

All prices include GST (857680722RT0001)

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Levels 4-10 and Parent & Child

Prepayment Plan*

Day of Week	Pool	Deposit <i>Due: July 14/10</i>	Balance <i>Due: Sept. 1/10</i>	TOTAL
Monday	Cindy Klassen	\$50.00	\$225.63	\$275.63
Tuesday	Cindy Klassen	\$50.00	\$258.70	\$308.70
Wednesday	Cindy Klassen	\$50.00	\$258.70	\$308.70
Thursday	Cindy Klassen	\$50.00	\$247.68	\$297.68
Friday	Cindy Klassen	\$50.00	\$225.63	\$275.63
Saturday	Cindy Klassen	\$50.00	\$225.63	\$275.63
Sunday	Cindy Klassen	\$50.00	\$214.60	\$264.60
Tuesday	Boni-Vital	\$50.00	\$258.70	\$308.70
Saturday	Boni-Vital	\$50.00	\$225.63	\$275.63
Sunday	Boni-Vital	\$50.00	\$214.60	\$264.60
Monday	Pan-Am	\$50.00	\$181.53	\$231.53
Tuesday	Pan-Am	\$50.00	\$214.60	\$264.60
Wednesday	Pan-Am	\$50.00	\$214.60	\$264.60
Thursday	Pan-Am	\$50.00	\$203.58	\$253.58
Saturday	Pan-Am	\$50.00	\$203.58	\$253.58
Sunday	Pan-Am	\$50.00	\$192.55	\$242.55
Saturday	St. James Civic Centre	\$50.00	\$225.63	\$275.63
Sunday	St. James Civic Centre	\$50.00	\$214.60	\$264.60
Friday	Concordia/EK	\$50.00	\$203.58	\$253.58
Saturday	Concordia/EK	\$50.00	\$203.58	\$253.58
Sunday	Concordia/EK	\$50.00	\$192.55	\$242.55



ADDITIONAL OPTIONS		
	Private/Adult	\$33.08
	Semi-Private	\$22.05
	Assessment	\$52.50

Installment Plan

Day of Week	Pool	Deposit <i>Due: July 14/10</i>	First Payment <i>Due: Sept. 1/10</i>	Second Payment <i>Due: Dec. 1/10</i>	TOTAL
Monday	Cindy Klassen	\$50.00	\$125.94	\$125.94	\$301.88
Tuesday	Cindy Klassen	\$50.00	\$144.05	\$144.05	\$338.10
Wednesday	Cindy Klassen	\$50.00	\$144.05	\$144.05	\$338.10
Thursday	Cindy Klassen	\$50.00	\$138.01	\$138.01	\$326.03
Friday	Cindy Klassen	\$50.00	\$125.94	\$125.94	\$301.88
Saturday	Cindy Klassen	\$50.00	\$125.94	\$125.94	\$301.88
Sunday	Cindy Klassen	\$50.00	\$119.90	\$119.90	\$289.80
Tuesday	Boni-Vital	\$50.00	\$144.05	\$144.05	\$338.10
Saturday	Boni-Vital	\$50.00	\$125.94	\$125.94	\$301.88
Sunday	Boni-Vital	\$50.00	\$119.90	\$119.90	\$289.80
Monday	Pan-Am	\$50.00	\$101.79	\$101.79	\$253.58
Tuesday	Pan-Am	\$50.00	\$119.90	\$119.90	\$289.80
Wednesday	Pan-Am	\$50.00	\$119.90	\$119.90	\$289.80
Thursday	Pan-Am	\$50.00	\$113.86	\$113.86	\$277.73
Saturday	Pan-Am	\$50.00	\$113.86	\$113.86	\$277.73
Sunday	Pan-Am	\$50.00	\$107.83	\$107.83	\$265.65
Saturday	St. James Civic Centre	\$50.00	\$125.94	\$125.94	\$301.88
Sunday	St. James Civic Centre	\$50.00	\$119.90	\$119.90	\$289.80
Friday	Concordia/EK	\$50.00	\$113.86	\$113.86	\$277.73
Saturday	Concordia/EK	\$50.00	\$113.86	\$113.86	\$277.73
Sunday	Concordia/EK	\$50.00	\$107.83	\$107.83	\$265.65

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