

# What's New at VAC?

**We are excited to be opening the Valley Aquatic Centre (VAC) on May 23rd, 2024, for the first public swim of the season!**

## **Updates for the 2024 season:**

- We have made some adjustments to our swim lesson class & rate -structures. Parent & Tot lessons will now be offered once a day rather than twice. The rate for these lessons has been reduced as we are now providing (5) classes per week. The rate for Rookie/Ranger/Star has increased slightly to reflect the 45-minute instructional time.
- A new pool liner was installed at the beginning of May. The total capital investment for this project was just over \$178,000.
- **\*COMING SOON\*** Baby Boats for Aquasize classes.  
Are you a new parent who wants to be active at the pool? Bring your baby with you and let them float next to you throughout the class!
- **TRY IT FOR FREE – AQUASIZE.** Try an Aquasize class on us! Class date is TBD and will be announced in June.
- **FIRST TIMER - An Introduction to the VAC.** Are you new to Rosthern? Never been to the Valley Aquatic Centre before? Join us for a 30-minute educational session on Saturday, June 1st at 1:00pm or Monday, June 10th at 6:00pm. Meet our staff, get familiar with the facility, learn about our pool rules, basic water safety & upcoming programming. Participants are invited to stay after the session for public swim. These sessions are free of charge. Advance registration is required, and space is limited.
- We will once again be hosting multiple lifesaving certification courses this summer, including Bronze Cross, Bronze Medallion and National Lifeguard Award (NLA). Did you know – you can earn a high school credit for completing your NLA?! Contact us or your school administration for more information.

**\*\*June is Parks & Recreation month.** Funding for our June programming has been provided through the ParticipACTION Community Challenge. Stay tuned for details on how you can take part in our Community Challenge – Together We Move!

# Swimming Lesson FAQ

## **When can I register for swimming lessons?**

Swimming lesson registration will open on May 22nd at 12:00 pm. You are welcome to register after this date however, swimming lessons fill up very fast!

## **Can I register for lessons over the phone?**

We will have staff available to provide general assistance on registration day. Due to our limited resources and capacity, we strongly encourage online registration.

## **The level I wanted to register for is not accepting responses.**

If the Google Form says that it is no longer accepting responses it means that the chosen level is at maximum capacity. From here you may:

- Look for availability in another lesson set
- Join the waitlist for the level you would like, found at the bottom of the lesson set folder. If a spot becomes available, we will contact the waitlist in order of submission. We may also create additional lesson sets depending on waitlist demand, class sizes and instructor availability.

## **How do I confirm that I am registered for lessons?**

You should receive an emailed receipt of your responses. Be sure to check your junk mail folder. If you have registered and do not receive an email, you can call or email us to confirm. Please be patient! We receive a large influx of phone calls and emails on registration day. We will do our best to respond in a timely manner.

## **The form wont let me type in information.**

To type your information into the form you will need to click on the three dots in the top right corner, select OPEN IN NEW WINDOW, and from there you will be able to enter information if the level is available.

Parent & Tot	If your child is under 3 years of age:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
		Is under 3 years old with no previous lesson experience	n/a
	Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1
	Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2
	Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3
Preschool	If your child is 3-5 years old and can:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
	Is 3 to 5 years with no previous lesson experience	n/a	Preschool 1
	Is 3 to 5 years and just starting out on their own	Sea Otter	Preschool 1
	<input type="checkbox"/> Can jump into chest-deep water assisted <input type="checkbox"/> float and glide on front and back assisted <input type="checkbox"/> blow bubbles and get face wet unassisted	Salamander	Preschool 2
	<input type="checkbox"/> Can jump into chest-deep water unassisted <input type="checkbox"/> Submerge and exhale underwater 3 times <input type="checkbox"/> float on front and back wearing a PFD for 3 seconds	Sunfish	Preschool 3
	<input type="checkbox"/> Can jump into deep water wearing a PFD <input type="checkbox"/> Hold breath underwater for 3 seconds <input type="checkbox"/> Front and back floats for 5 seconds <input type="checkbox"/> Glide and kick on front and back for 5 metres (all skills performed unassisted)	Crocodile	Preschool 4
	<input type="checkbox"/> Can jump into deep water <input type="checkbox"/> Side glide 3 metres <input type="checkbox"/> Front float, roll to back float, and then swim 5 metres <input type="checkbox"/> Flutter kick on front and on back 7 metres <input type="checkbox"/> Front crawl wearing a PFD for 5 metres	Whale	Preschool 5

Swimmer	If your child is 6 years of age or older and can:	Has Completed Red Cross Swim:	Then register in Lifesaving Society:
		Is 6 to 12 years with no previous lesson experience	n/a
	Is 6 to 12 years old with some lesson experience	Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
	<input type="checkbox"/> Jump into chest-deep water unassisted and into deep-water wearing a PFD <input type="checkbox"/> Open eyes, hold breath, and exhale underwater	<input type="checkbox"/> Float, kick and glide on front and back  Swim Kids 2 or Crocodile	Swimmer 2
	<input type="checkbox"/> Jump into deep water and do a sideways entry wearing a lifejacket <input type="checkbox"/> Support self at the surface for 15 sec	<input type="checkbox"/> Do whip kick in vertical position <input type="checkbox"/> Swim 10 m on front and back	Swim Kids 3 or Whale Swimmer 3
	<input type="checkbox"/> Tread for 30 sec <input type="checkbox"/> Do kneeling dives and <input type="checkbox"/> Front somersaults	<input type="checkbox"/> 10 m whip kick on back <input type="checkbox"/> Swim 15 m front crawl and back crawl	Swim Kids 4 or Swim Kids 5 Swimmer 4
	<input type="checkbox"/> Complete the Swim to Survive Standard: <input type="checkbox"/> Roll – Tread (1 min.) – Swim (50 m) <input type="checkbox"/> Dive <input type="checkbox"/> Swim underwater	<input type="checkbox"/> 15 m whip kick on front <input type="checkbox"/> Breaststroke arms with breathing <input type="checkbox"/> Swim front and back crawl 25 m	Swim Kids 6 Swimmer 5
	<input type="checkbox"/> Do shallow dives and cannonballs <input type="checkbox"/> Eggbeater and scissor kick <input type="checkbox"/> Swim 50 m front and back crawl	<input type="checkbox"/> Breaststroke for 25 m <input type="checkbox"/> Sprint 25 m	Swim Kids 7 Swimmer 6
	<input type="checkbox"/> Do stride entries and compact jumps <input type="checkbox"/> Legs only surface support for 45 seconds <input type="checkbox"/> Sprint 25 m breaststroke;	<input type="checkbox"/> Swim 100 m of front crawl and back crawl and <input type="checkbox"/> 300 m workout	Swim Kids 8 Rookie Patrol
		Swim Kids 9	Ranger Patrol
		Swim Kids 10	Star Patrol

# Wednesday Evening Swimming Lessons

**Welcome Back to VAC!**

**There's lots going on here in the month of June so be sure to keep an eye out for schedules and activity nights!**

**This Spring we are bringing back Wednesday evening swimming lessons! Lessons will take place at VAC beginning on May 29th and ending June 26th. These are an awesome opportunity to get a head start on your swimming!**

**Registration will be done online through a link that will be shared with the public on **Wednesday May 22nd at 12:00pm** !**

**The link to register can be found on our Facebook page as well as on the Town of Rosthern website.**

**Email us with any questions at [VAC@Rosthern.com](mailto:VAC@Rosthern.com)**

## Wednesday Evening Lessons:

- Swimmer 1. (5-5:30, 7:00-7:30)
- Swimmer 2. (5:35-6:05, 7:35-8:05)
- Swimmer 3. (5:05-5:35, 7:05, 7:35)
- Swimmer 4. (5:45-6:15, 7:45-8:15)
- Swimmer 5. (5:00-5:45, 7:00-7:45)
- Swimmer 6. (6:00-6:45, 8:00-8:45)

## Pricing:

All swimmer levels are \$64.00.

payment will be taken as confirmation!

# Swimming lessons at the VAC

The VAC offers 8 Lifesaving Society Swim for Life lessons sets.

Our lessons will run twice each day for one week. A registration link will be posted online on May 22nd at 12:00pm

## Set 1 (July 1-5)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Rookie/Ranger Patrol (10:10-10:55, 12:10-12:55)

## Set 2 (July 8-12)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Swimmer 1 (10:10-10:40, 12:10-12:40)  
**BRONZE CROSS + BRONZE MEDALLION**  
Monday-Friday (9:00am - 4:30pm)  
Please contact for more information  
VAC@rosthern.com

## Set 3 (July 15-19)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Swimmer 1 (10:10-10:40, 12:10-12:40)  
Swimmer 3 (9:30-10:00, 11:00 - 11:30)  
Rookie/Ranger Patrol (10:00-10:45, 12:00-12:45)

## Set 4 (July 22-26)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Star Patrol (10:10-10:55, 12:10-12:55)

## Set 5 (July 29 - August 2)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Ranger/Star Patrol (10:10-10:55, 12:10-12:55)

## Set 6 (August 5 -9)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Rookie/Ranger Patrol (10:10-10:55, 12:10-12:55)

## Set 7 (August 12 - 16)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Swimmer 1/2 (10:10-10:40, 12:10-12:40)

**NATIONAL LIFEGUARD AWARD**  
Monday-Friday (9:00am - 4:30pm)  
Please contact for more information  
VAC@rosthern.com

## Set 8 (August 19 - 23)

Preschool 1/2 (9:00-9:30, 11:00-11:30)  
Preschool 3-5 (9:35-10:05, 11:35-12:05)  
Parent and tot (12:15 - 12:45)  
Swimmer 1 (9:00-9:30, 11:00-11:30)  
Swimmer 2 (9:35-10:05, 11:35-12:05)  
Swimmer 3 (10:10-10:40, 12:10-12:40)  
Swimmer 4 (9:00-9:30, 11:00-11:30)  
Swimmer 5/6 (9:35-10:05, 11:35-12:05)  
Ranger/Star Patrol (10:10-10:55, 12:10-12:55)

Parent & Tot: \$48.00

Preschool and Swimmer Levels: \$64.00

Rookie, Ranger, Star Patrol: \$72.00

\*Lessons must be paid for as confirmation prior to the first day of class.

# Safety Training and Fitness Courses

In 2024 VAC will be hosting a number of safety training and fitness courses throughout the summer:

## **Bronze Medallion**

**July 8-12**

**Cost: \$132.00**

## **Bronze Cross**

**July 8-12**

**Cost: \$142.00**

\*Bronze Cross and Medallion will take place during the same week. Bronze Medallion July 8-10 and Bronze Cross July 10-12. Participants are encouraged to register for both courses however are welcome to complete just one. Courses will be all day with a break for lunch. More details will be provided with registration.

## **National Lifeguard Award**

**Date:**

**Cost: \$250.00**

The National Lifeguard Award is a week long course that will provide participants with all of the safety and fitness training required to become a working lifeguard. Participants must be 15 years of age before the start of the course and have completed Bronze Medallion, Bronze Cross, as well as a First Aid CPR/AED C course.

**A link to register for these programs will be posted with swimming lesson registration on Wednesday May 22nd at 12:00pm**

## **Aquasize**

**Every Monday and Wednesday beginning on July 1st.**

**Individual Class: \$10.00**

**Aquasize Punchcard (10-classes) : \$86.00**

Aquasize is a fun and social way to stay active throughout the summer. These classes are lead by a professional instructor who will guide participants through a series of adaptable exercises in the pool. All equipment is provided by VAC.

Drop-in classes will take place twice per week throughout the July and August, and can be paid for individually or with the purchase of an Aquasize punchcard.

# Private Rentals

**Private rentals will be available on weekends from 4:45-6:15pm.**

## Rules:

- 1) Valley Aquatic Centre Lifeguards must be on duty at all times. No outside lifeguards are permitted to work the rental.
- 2) There is a strict no alcohol policy in this facility. Any Alcohol brought onto the premises will mean termination of rental contract WITHOUT refund.
- 3) Absolutely no smoking is allowed.
- 4) No BBQ's or glass of any kind is to be brought onto the premises.
- 5) Attendance of the rental may not exceed the number specified in this contract.
- 6) Pool rules must be followed at all times.
- 7) Renters will exit the water 10 minutes PRIOR to the END time specified on contract to allow time to gather your items and exit the facility.
- 8) Children ages 6 and under will be required to be within arms reach of an adult (ages 15 +)

## Rates:

Payment will be taken as confirmation for your rental

1.5 Hour Rates:

1-49: \$198.45

50-74: \$237.83

75-99: \$280.35

100-149: \$310.28

**To book, visit the link on this post or the Town of Rosthern Website!**



# Valley Aquatic Centre 2024 Rates

## Daily Swimming Rates

Preschool (0-6)	Free of Charge
Child (7-12)	\$6.50
Youth (13-18)	\$7.50
Adult	\$10.00
Senior	\$7.50
Family	\$23.25

## Season Pass Rates

Child	\$138.75
Youth	\$154.35
Adult	\$183.15
Senior	\$154.35
Family	\$388.50

## 10 Pass Punch Card Rates

Child	\$51.00
Youth	\$63.00
Adult	\$86.00
Senior	\$63.00
Aquasize	\$86.00

# VAC Private Lessons

**Saturdays from 9:00–12:00pm, beginning June 29th**

**Pricing: 1/2 hour individual private: \$24.00**

**Additional child: \$12.50**

**Registration will open on May 29th at 12:00pm**

Private lessons are an excellent opportunity for children who would benefit from a one on one teaching experience or, who just have a couple of requirements left for an incomplete level.

All lessons will be scheduled individually in half-hour slots on Saturday mornings.

Each class is limited to one participant on the forms. However, the limit for class participants is two. If you wish to register a second child in a class please send us an email: [VAC@rosthern.com](mailto:VAC@rosthern.com)

## **CONTACT US!**

For more information and updates, follow us on Facebook and Instagram:

[@RosthernValleyAquaticCentre](#)

or

check out the Town of Rosthern Website: [www.Rosthern.com](http://www.Rosthern.com)

If you have any questions we are happy to help!

Email: [VAC@rosthern.com](mailto:VAC@rosthern.com)

Phone: 306-232-5044