

Valley Aquatic Centre

Opening Day, MAY 21st

Daily Rates

Adult	\$8.75
Senior	\$6.50
Youth (13-18)	\$6.50
Child (6-12)	\$5.50
Preschool (0-5)	Free
Family	\$21.50
Caregiver observing from pool deck (with child over 6)	Free
Aquacise	\$8.75

10 Pass Punch Cards

Adult	\$77.00
Senior	\$56.00
Youth (13-18)	\$56.00
Child (6-12)	\$45.50

Season Passes

Adult	\$161.50
Senior	\$136.00
Youth (13-18)	\$136.00
Child (6-12)	\$123.50
Family	\$346.00

PRIVATE RENTALS

May - August Availability!

\$123.50/hr +GST includes booking for up to 49 people

**For groups larger than 49 people, please call 306-232-5044 or email
vac@rosthern.com**

We will be offering lane swimming, aquacise, private rentals, and public swimming!
There may be several changes to our operations & the schedule as new info comes available over the season.

Contact vac@rosthern.com with questions or phone (306) 232-5044 starting May 21st



Rosthern Valley Aquatic Centre

We accept
cash, cheque,
debit, & credit
at the VAC!

For those families needing
childcare assistance while
participating in swimming lessons,
check out the **Rosthern Summer
Program** running July 4th-August
19th. More info will be available
at www.rosthern.com



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Swimming Lesson Rates

Parent & Tot	\$56.50
Swim Kids	\$62.50
Bronze Medallion	\$125.00
Bronze Cross	\$135.00

Private Lesson Rates

Private Lessons (1 hr)	\$43.00
Additional Child (per hr)	\$22.00
Private Lessons (1/2 hr)	\$22.00
Additional Child (per 1/2 hr)	\$12.00

LESSON REGISTRATION WILL OPEN ONLINE TUES, May 24th at 10:00am, on www.rostthern.com

Set 1: June 1st-29th (Wednesday Evenings)

Swimmer 1: 5:30-6:00, 7:00-7:30
Swimmer 2: 5:35-6:05, 7:05-7:35
Swimmer 3: 5:30-6:15, 7:15-8:00
Swimmer 4: 6:00-6:45, 7:45-8:30
Swimmer 5: 6:05-6:50, 7:35-8:20
Swimmer 6: 6:15-7:00, 8:00-8:45

Set 4: July 18th-22nd

Preschool 3-5: 9:35-10:05, 11:35-12:05
Preschool 1: 9-9:30, 11-11:30
Swimmer 1: 9:05-9:35, 11:05-11:35
Swimmer 2: 10:05-10:35, 12:05-12:35
Swimmer 3/4: 10:10-10:55, 12:10-12:55
Swimmer 6: 10:05-10:50, 12:05-12:50

Set 7: August 8th-12th

Parent & Tot 1-3: 9-9:30, 11-11:30
Preschool 3-5: 9:05-9:35, 11:05-11:35
Swimmer 3: 9:10-9:55, 11:10-11:55
Swimmer 4: 9:35-10:20, 11:35-12:20
Swimmer 5/6: 9:40-10:25, 11:40-12:25
Ranger/Star Patrol: 10-11, 12-1

Set 2: July 4th-8th

Preschool 1/2: 9:00-9:30, 11:00-11:30
Swimmer 1: 9:05-9:35, 11:05-11:35
Swimmer 3/4: 9:45-10:30, 11:45-12:30
Swimmer 4: 10:10-10:55, 12:10-12:55
Swimmer 5/6: 9:25-10:10, 11:25-12:10
Rookie Patrol: 10-11, 12-1

Set 5: July 25th-29th

Preschool 1/2: 9:00-9:30, 11:00-11:30
Swimmer 1/2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:05-10:50, 12:05-12:50
Swimmer 4: 9:40-10:25, 11:40-12:25
Swimmer 5/6: 10:05-10:50, 12:05-12:50
Ranger/Star Patrol: 9-10, 11-12

Set 8: August 15th-19th

Preschool 1: 9-9:30, 11-11:30
Swimmer 2: 9:30-10:00, 11:30-12:00
Swimmer 3/4: 9:00-9:45, 11:00-11:45
BRONZE MEDALLION: 8:00-1:00

Set 3: July 11th-15th

Parent & Tot 1-3: 9-9:30, 11:00-11:30
Preschool 1/2: 9:35-10:05, 11:35-12:05
Swimmer 2: 9:05-9:35, 11:05-11:35
Swimmer 3: 9:40-10:25, 11:40-12:25
Swimmer 5: 10:05-10:50, 12:05-12:50
Ranger/Star Patrol: 9:40-10:40, 11:40-12:40

Set 6: *August 2nd-5th*

Parent & Tot 1-3: 9-9:30, 11-11:30
Preschool 1/2: 9:35-10:05, 11:35-12:05
Swimmer 1: 9:05-9:35, 11:05-11:35
Swimmer 2: 9:40-10:25, 11:40-12:25
Swimmer 3: 10:05-10:50, 12:05-12:50
Rookie Patrol: 10-11, 12-1

Set 9: August 22nd-26th

Swimmer 1: 9-9:30, 11-11:30
Swimmer 4: 9:35-10:20, 11:35-12:20
Swimmer 6: 9-10, 11-12
BRONZE CROSS: 8-12, 1-6

Private Lessons

Private lessons are scheduled as the pool schedule allows. Please contact vac@rostthern.com for information.

Payment must be made in advance to the start of your lesson with cash, cheque, debit or credit to confirm your spot.

Payments and in-person registrations will be accepted at the pool starting **Wednesday, May 25th.**

Please contact the pool, (306) 232-5044 or follow Rostthern Valley Aquatic Centre's Facebook page for hours of operation.

Valley Aquatic Centre

Valley Aquatic Centre Rules

- Showering: All patrons must shower before entering the pool.
- Horseplay (chicken fights/back flips/jumps/dives) and running are not permitted on pool grounds.
- Diving is permitted in the deep end only (past the second rope).
- Ropes are not meant to be hung, sat or played on.
- The use of play equipment is at discretion of staff.
- Admittance is prohibited to anyone under the influence of alcohol or drugs.
- Street shoes are not permitted past the entrance.
- Food (including gum) and drinks (other than water) are not permitted on the deck other than at the picnic tables. Food and drink are also permitted on the grass areas. Glass containers are not permitted anywhere in the vicinity of the pool.
- Persons with open sores are not permitted to use the pool. Please consult the Pool Manager if unsure.
- Children 6 and under must remain within arms reach of a parent or guardian (age 15+) at all times. Only two children are allowed per guardian. Permission to be out of arms reach may be granted by lifeguards if a distance swim of 10 m is completed to their standards. Regardless, a guardian must remain in the pool at all times.
- Children 6 and under will be required to wear a red wristband, while children 7 and 8 will be required to wear a green wristband. These must be visible to lifeguards.
- The Aquatics Supervisor and/or Recreation Manager must approve any tests, pictures, reports and/or videos involving the pool and its programs.
- Please ask a Lifeguard for assistance with lifejackets.
- Verbal abuse will not be tolerated

Swimming Lesson Refunds

Lessons must be cancelled a minimum of 10 days prior to the start of the lesson to receive a full refund. A refund request within 10 days of the start date, or once the lessons has began but no more than 20% of the lesson complete, will receive a 50% refund. After 20% of the lesson, no refund shall be issued.

COVID-19 UPDATE

At this time, we do not have any restrictions in place. We will continue to monitor the situation and follow guidelines provided by the Government of Saskatchewan

BRONZE MEDALLION/BRONZE CROSS

**Interested in becoming a lifeguard? We will be offering both Bronze Courses in August.
All participants must be 13 years of age.**

Are you new to swimming lessons or unsure what level to register in?
Please follow these **Lifesaving Society** guidelines for registration.

Parent & Tot

If your child is under 3 years of age and:

Has completed Red Cross Swim:

Then register in Lifesaving Society:

Has no previous lesson experience

N/A

Parent & Tot 1

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:

Has completed Red Cross Swim:

Then register in Lifesaving Society:

Has no previous lesson experience

n/a

Pre-school1

Just starting out on their own

Sea Otter

Pre-school 1

Can jump into chest-deep water assisted, float and glide on front and back assisted & blow bubbles and get face wet unassisted

Salamander

Preschool 2

Can jump into chest-deep water unassisted, submerge and exhale underwater 3 times & float on front and back wearing a PFD for 3 seconds

Sunfish

Preschool 3

Can jump into deep water wearing a PFD, hold breath underwater for 3 seconds, front and back floats for 5 seconds & Glide and kick on front and back for 5 meters (all skills performed unassisted)

Crocodile

Preschool 4

Can jump into deep water, side glide 3 meters, front float, roll to back float, and then swim 5 meters, flutter kick on front and on back 7 meters & front crawl wearing a PFD for 5 meters

Whale

Preschool 5

<h1>Swimmer</h1> <p>If your child is 6 years of age or older and:</p>	Has Completed Red Cross Swim:	Then register in Lifesaving Society:
Has no previous lesson experience	n/a	Swimmer 1
Is 6 to 12 years old with some lesson experience	Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
Can jump into chest-deep water unassisted and into deep-water wearing a PFD & open eyes, hold breath, exhale underwater & float, & kick and glide on front and back.	Swim Kids 2 or Crocodile	Swimmer 2
Can jump into deep water and do a sideways entry wearing a lifejacket, support self at the surface for 15 sec, do whip kick in vertical position, & swim 10 m on front and back.	Swim Kids 3 or Whale	Swimmer 3
Can tread water for 30 sec, do kneeling dives and front somersaults, 10 m whip kick on back, & swim 15 m front crawl and back crawl.	Swim Kids 4 or Swim Kids 5	Swimmer 4
Can complete the Swim to Survive Standard: roll – Tread (1 min.) – Swim (50 m), dive, swim underwater, 15 m whip kick on front, breaststroke arms with breathing, & swim front and back crawl 25 m.	Swim Kids 6	Swimmer 5
Can do shallow dives and cannonballs, eggbeater and scissor kick, swim 50 m front and back crawl, breaststroke for 25 m, & sprint 25 m.	Swim Kids 7	Swimmer 6
Can do stride entries and compact jumps, legs only surface support for 45 seconds, sprint 25 m breaststroke, swim 100 m of front crawl and back crawl & 300 m workout.	Swim Kids 8	Rookie Patrol
	Swim Kids 9	Ranger Patrol
	Swim Kids 10	Star Patrol