

Fall 2 - Private Swim Lessons

There will be two different options for private swim instruction. During the Tuesday / Thursday session of Fall 2 (starting November 3, 2009) patrons will receive eight 30-minute instructional periods for \$180.00 (taxes included).

Private lessons will also be offered on Wednesday evenings beginning October 28 and running for 6 weeks. Lessons will be 30 minutes with one-on-one instruction for \$120.00 (taxes included). Please note that these lessons are Shallow Water only - suitable for Preschool levels.

The following times are available for private instruction:

Tuesday / Thursdays		
4:00PM	4:30PM	6:00PM
6:30PM	7:00PM	7:30PM

When can I go swimming?

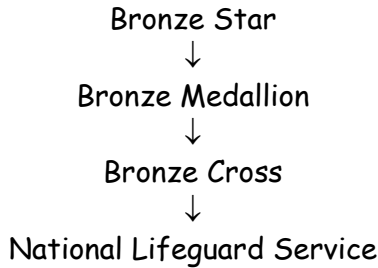
The weekly pool schedule runs from Monday - Sunday. Schedules are published the Wednesday prior to the start date. For up-to-date schedules please visit our website at www.caripei.ca

Having problems reading the schedule?
Contact the Control and Information Desk at 569-4584 Ext. 0

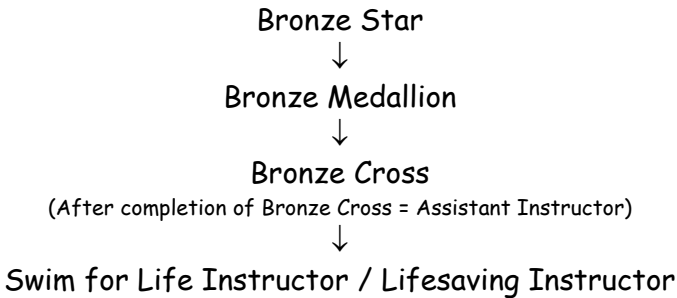
Leadership Programs

Our Leadership programs are designed to give participants the skills and knowledge to prevent accidents and drownings in, on, or around water. They also give successful candidates the opportunity to be employable in aquatic recreation.

To Be A Lifeguard:



To Be An Instructor:



For more information on our Leadership Courses visit our website or e-mail us aquatics@caripei.ca

Bronze Star



Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to

be their own personal lifeguard.

Prerequisite: None - Canadian Swim Patrol Experience Recommended

Bronze Medallion



Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for challenging rescues involving conscious and unconscious

victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Completing Bronze Medallion also certifies the swimmer with a CPR-A certificate.

Prerequisite: Minimum 13 years of age or Bronze Star certification

Bronze Cross



Bronze Cross is designed for lifesavers who want the challenge of more advanced training including and introduction to safe supervision in aquatic facilities. Completing Bronze Cross also certifies the swimmer with a CPR-C certificate. Bronze Cross is a prerequisite for all advanced training programs

including National Lifeguard and Instructor certification.

Prerequisite: Bronze Medallion certification

Swim for Life Instructor

The Lifesaving Society Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes, and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and correction techniques. Successful completion of the Swim Instructor portion of the course certifies the candidate to instruct and evaluate the Swim for Life program levels.

Prerequisite: 16 years of age and Bronze Cross certified

Lifesaving Instructor

Lifesaving Instructors are trained to teach the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Instructor candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

Prerequisite: 16 years of age and Bronze Cross certified

National Lifeguard Service

National Lifeguard certification is available in four options - Pool, Waterpark, Waterfront, and Surf. All certifications include the 20-hour core program in addition to specialized training for the specific lifeguarding environment (e.g. NLS Surf). The NLS award is the only nationally recognized certification in Canada.

NLS Pool - Trains lifeguards in safety supervision and rescue in a pool environment.

NLS Surf - Trains lifeguards in safety supervision and rescue in a surf beach environment. Prerequisite: 16 years of age, Bronze Cross certified & Standard First Aid & CPR.

Leadership Programs

The following are the leadership programs which we will be offering for the Fall of 2009. Our Leadership courses run on Sunday evenings.

Program	Start Date	# of Sessions	Hours
Bronze Star	Sept. 13	8	5PM - 7PM
Bronze Medallion	Sept. 13	8	5PM - 7PM
Bronze Cross	Sept. 13	8	6PM - 8PM
NLS - Pool	Sept. 13	13	5PM - 8PM
Swim & Lifesaving Instructor	Sept. 13	13	5PM - 8PM
Bronze Star	Nov. 8	6	5PM - 8PM
Bronze Medallion	Nov. 8	6	5PM - 8PM
Bronze Cross	Nov. 8	6	5PM - 8PM

Family Swims

Every Sunday Morning from 9:00AM - 11:00AM
Bring the whole family for only \$15.00!



Aqua Fitness Programs

The CARI Aquatics Department offers a wide variety of Aqua Fitness programs to meet the needs of all our users. Our Fall Aqua Fitness Schedule will run from September 7th until December 18th. There will be a Christmas schedule published for between December 18th and the beginning of the winter schedule.

Class	Day	Time	Intensity
Aqua Jogging	Mon/Wed/Fri	7:00AM	Mod/High
Cardio Craze	Mon/Wed/Fri	8:45AM	Easy/Mod
Tethered Explosion	Tues/Wed/Thurs	8:00AM	High
Sunset Fitness	Tues/Thurs	6:30PM	High
Liquid Abs	Mon/Wed	8:30PM	Mod/High
Aqua Arthritis	Mon/Wed/Fri	11:45AM	You Choose
Baby & Me	Mon	9:45AM	You Choose
PACE (Arthritis)	Mon	7:00PM	Land Based

Lane Swims

Lane swims are available at various times throughout the day. The following are the lane swim times for September - December. Please consult with the weekly pool schedule as these times are subject to change without notice. (Note: Times marked with * = 1 lane only.)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*5:30AM - 7:00AM	5:30AM - 9:30AM	*5:30AM - 7:00AM	5:30AM - 9:30AM	*5:30AM - 7:00AM	10:00AM - 1:30PM	9:00AM - 2:00PM
7:00AM - 9:30AM	11:30AM - 12:30PM	7:00AM - 9:30AM	11:30AM - 12:30PM	7:00AM - 9:30AM	4:00PM - 7:00PM	5:00PM - 8:00PM
11:30AM - 12:30PM	4:00PM - 6:30PM	11:30AM - 12:30PM	4:00PM - 6:30PM	11:30AM - 12:30PM		
7:00PM - 9:30PM		6:00PM - 9:30PM		8:00PM - 9:30PM		

Value Packages

CARI ALL ACCESS MONTHLY PASS..... \$45.00

This package will entitle you to full access to our facility during open swims, lane swims and all the Aqua Fitness Classes you want! The perfect package for the aquatic-fanatics out there!

Monthly Seniors Pass..... \$25.00

Come on in and join in the fun! Swim some laps, relax in the hot tub or simply float about in any one of our pools anytime between 6 a.m. and 4 p.m. This package is sure to keep you active!

Monthly Lane Swim Pass..... \$40.00

Looking to keep active but want to stay indoors? Lane Swims will keep you physically active at a cheap price!

Aqua Fitness & Lane Swim 75..... \$200.00

Now this package is tailored to save you money! This package entitles you to 75 passes to either Lane Swims or Aqua Fitness - you can decide!

Admission Prices

Type	Day Pass	Book of 10
Adult (Over 20 years old)	\$6.00	\$54.00
Student (7-19 years old <u>or</u> valid Student Card)	\$5.00	\$45.00
Child (2-6 years old)	\$3.50	\$31.50
Infants (0-24 months old)	FREE	FREE
Senior (Over 55 years old)	\$5.00	\$45.00
Family	\$15.00	\$135.00
Aqua Arthritis	\$4.00	\$36.00
PACE	\$4.00	
Aqua Fitness	\$4.50	\$40.50
Lane Swim	\$4.00	\$36.00
Baby & Me	\$6.00	

Birthday Party Packages

Leave the work to us!

We provide everything but the cake!

Birthday Party Package includes:

1 1/2 hours in the pool

1 hour in a private room (decorated in a birthday theme)

Pizza Delight Pizza (2 slices per child), Pop

Plates, Napkins, Candles etc.

Price: \$13.00/person

Parents of the birthday child are free, each additional parent pays student price. Children under the age of 7 must be accompanied by an adult. (Ratio of 4:1) Minimum of 7 children per party.

A deposit of \$39.00 is required to ensure confirmation.

Please note: Cameras are not permitted on the pool deck, but welcomed in the private room.

To book or for more information please call (902)569-4584.

My child has never taken lessons before - How do I know what level they are in?

Assessments are provided free of charge to all patrons. Assessments are completed by certified Swim for Life Instructors. To schedule an assessment please contact the Program Coordinator at (902) 569-4584 Ext. 232 or programs@caripei.ca



Charlottetown Bluephins
We have the program for you!
www.charlottetownbluephins.ca
902-314-9097

FREE ASSESSMENTS AVAILABLE
Special Fall Assessments September 7th, 9th and 11th
Visit our Website for more information!



Charlottetown Naiads Synchronized Swimming
Team is starting our 10 week recreational program
on September 2nd, 2009.

Swimmers will experience small class sizes, coaches in the
water teaching skills, Synchro Canada's star program,
water show and testing at the end of each session.

Class Times: Wednesdays 5:30-6:30pm or 6:30-7:30pm

Swimmers must be able to swim 2 full lengths of the deep pool to register.
Come join us for registration on Wednesday, September 2nd, 2009 at 5:00pm.
Swimmers should come prepared to swim (goggles, bathing cap, 1 piece suit).

City resident discount.

For more information contact
Doreen Walsh at dmwalsh@eastlink.ca or 566-9765.



Charlottetown Masters Swim Club

The Charlottetown Masters Swim Club meets twice a week on Monday and
Wednesday evenings from 8:00PM - 9:30PM.

The cost of the swim club is \$4.00/session; \$36.00/10 sessions or
\$40.00/month (unlimited lane swim included). There is also a Swim PEI
registration fee of \$10.00/participant.

For more information contact **Greg Mills 902 566-2344**

cmsc@pei.sympatico.ca



UPEI Varsity Swim Team

The Proud hosts of the 2010 Atlantic University Sport
Swimming Championships

For more information:

Email: swimming@upei.ca

www.upei.ca/athletics/swimming



Take Two The Exercise Connection

Specializing in land and aquatic rehabilitation programs
for hip and knee conditions.

Program runs once a week for eight weeks and is covered by most extended
health insurance plans.

Exercising in the water is fun and easy
and you don't have to know how to swim.

Debbie Gee and Marlene Cairns have over 50 combined years of experience in
physiotherapy and aquatic therapy.

Brochures available at the Control and Information Desk

taketwopei@gmail.com

(902) 316-1122





ParaSport and Recreation PEI

The Aquatics Department is pleased to continue the partnership with PARASPORT & RECREATION PEI to offer the Aqua Abilities Program. Aqua Abilities is a program designed for children between the ages of 10-17 living with a permanent physical or mental disability. Through this program, children are provided with the opportunity to learn how to swim at their own pace with the guidance of a certified instructor.

Our next session of Aqua Abilities starts September 12, 2009 and runs until October 31, 2009. Classes are offered on Saturday afternoons from 1:00PM - 1:45PM. Cost for the entire session is \$20.00. For more information please contact the CARI Information and Control Desk at (902) 569-4584 Ext. 0 or visit the ParaSport and Recreation PEI website at www.parasportpei.ca

Parasport and Recreation PEI (Paralympics PEI) is a charitable, non-profit organization that was established in 1974 and incorporated in 1976. A volunteer Board of Directors governs the Organization. ParaSport and Recreation PEI provides recreation and sport opportunities for individuals with a physical disability on Prince Edward Island. Participation is encouraged through a variety of local programs and provincial events.

Tracy Stevenson, Executive Director
PO Box 841 Ph: 368-4540
40 Enman Cres. Suite 123 Fax: 368-4548
Charlottetown, PE C1A 7L9
Email: tracy@parasportpei.ca
Website: www.parasportpei.ca

Funding Opportunities for Sporting Activities



Kid Sport

The Kid Sport™ Fund of Prince Edward Island was established in 1997 to assist families with limited financial resources by providing funding for sporting programs and/or mandatory equipment.

Families with children aged 6 - 16 are eligible for support. There is no limit as to the number of children (aged 6 - 16) in a family who may receive a grant.

For more information on the Kid Sport Program visit www.sportpei.pe.ca



Canadian Tire Jump Start Program



Giving kids a sporting chance.

Strong communities include strong kids. We believe all kids should have the chance to run, skate, play, and grow. Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4-18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self esteem and confidence.

For more information visit www.canadiantire.ca/jumpstart

We now offer the Red Cross Babysitting Course!

Is your adolescent interested in starting to make their own cash? With the proper skills and knowledge they can start their own Babysitting Business and be on their way to having their own money while gaining employment experience!

For more information please contact the Control & Information Desk at (902) 569-4584 Ext. 0 or visit our website www.caripei.ca

Upcoming Events at the CARI Complex



The CARI Complex is a proud host venue for the 2009 Canada Games. CARI is thrilled to be the host venue of Swimming, Diving and Volleyball.
Come Cheer on our Athletes!

Upcoming Events:

Bluephin Development Meet.....October 24th, 2009
(Half Day Event)

UPEI Development Meet.....January 16th, 2010
(Half Day Event)

AUS Championship.....February 5-7th, 2010

East Coast Short Course Championship.....March 4-7th, 2010

Synchro Provincials.....April 10-11th, 2010

Community Swims

Check our weekly pool schedule out to find out about our weekly community swims for only \$3.00 / swimmer!