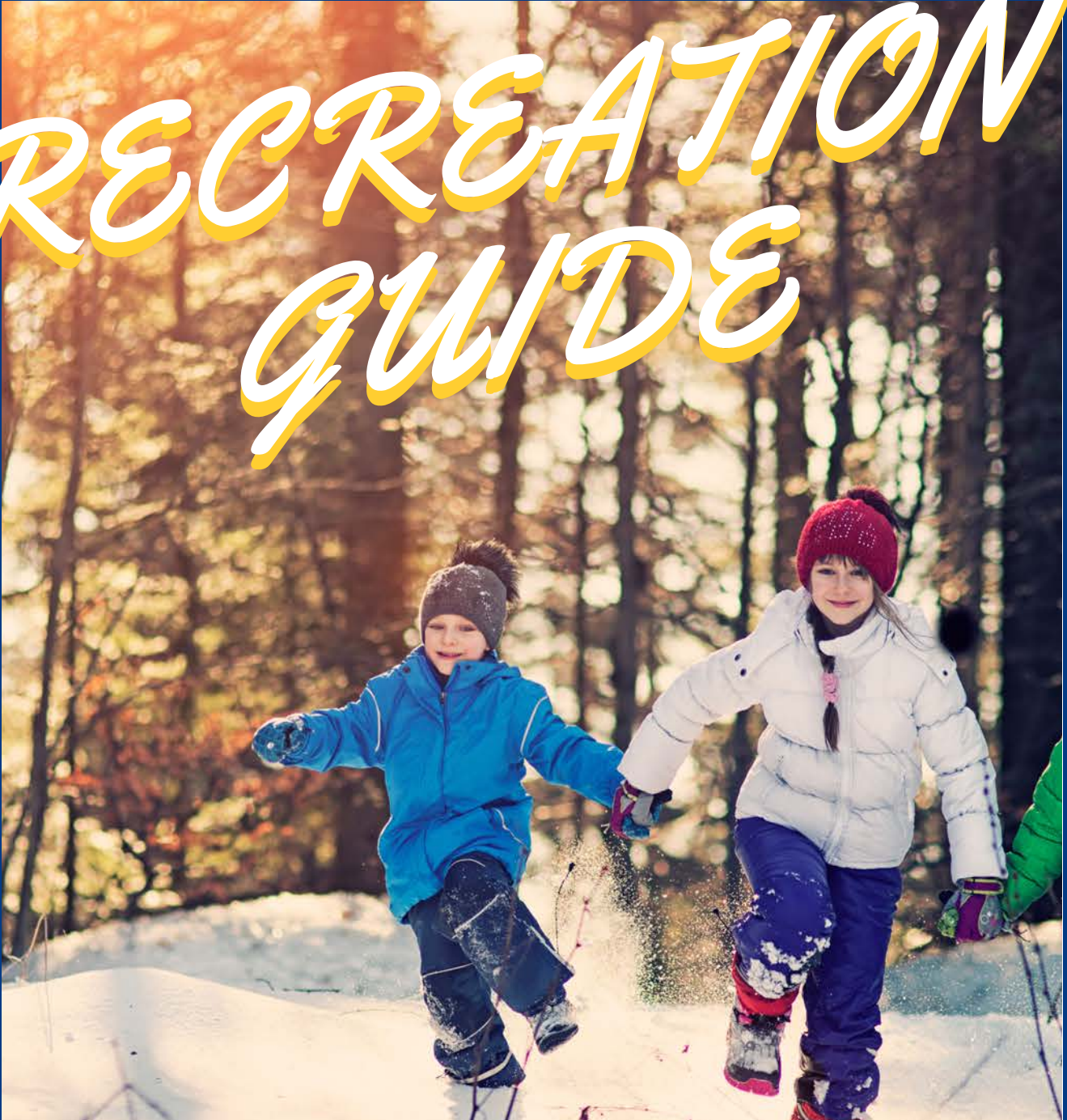


TOWN OF CLARESHOLM

RECREATION GUIDE

WINTER 23/24



Claresholm
Where Community Takes Root



Welcome to our guide!

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Town of Claresholm Map.....	PG. 19



COMMUNITY

PICKLEBALL

Mondays & Thursdays 7:00 - 9:00 PM
\$1 Drop in Fee West Meadow Elementary
School *not during School Holidays

CHRISTMAS SHOWCASE

Join us at the Claresholm Arena for the Annual Christmas showcase!

December 13th Check Claresholm Skating club Facebook page for time and updates.

NEW YEARS SKATE

Come down to the Arena **December 31st** for a FREE community skate provided by FCSS. Check Claresholm.ca for time and additional details.

FAMILY SKATE

Bring your family to the arena **Monday February 19th** for a FREE Family skate provided by FCSS. Check Claresholm.ca for time and additional details.

SKATE CARNIVAL

Claresholm Skating Club annual Skate Carnival. **Saturday March 16th.** Check Claresholm.ca for time and additional details.

POOL RENTALS

Rent the pool for a family event, Birthday party or team wind up.
\$95.00/ hr for less than 40 people.
To book call (403)625-2172

Looking for a gift
or stocking
stuffer?
**Pick up a Swim
Pass!!**



OPEN ICE

Come on out to our open skate time. Enjoy a leisurely skate, improve your health and fitness or an opportunity to get out in the community.

Monday - Thursday 8:00 - 3:00 PM
Friday 8:00 - 1:30 PM

**HELMETS RECOMMENDED
ON ICE**



AFTER SCHOOL SKATE

Looking for something to do with your kids, family teens to do after school?

Monday - Thursday 3:30 - 4:30 PM
Friday 1:45 - 3:45 PM

WINTER WALKING PROGRAM

Claresholm Community Centre
Tuesdays & Thursdays
9:00 - 10:00AM
Sponsored by Claresholm FCSS

WINTERFEST 2024

Claresholm Annual Winterfest! Lots of activities for everyone!
Saturday March 9th



CLARESHOLM REC

ARENA LIKE OUR CLARESHOLM REC FACEBOOK PAGE!

Submit your info to rec@claresholm.ca for the Spring/Summer 2024 Recreation Guide!





ARENA RENTALS

RENTAL DESCRIPTIONS	PRICE
Prime Time Ice Rental, Youth, Minor Hockey-Local	\$78.00 +GST
Prime Time Ice Rental /hr - Adult -Local	\$115.50 +GST
Non Prime time Youth (Weekday Rental before 3pm)	\$50.00 +GST
Out of Town /hr - Youth	\$129.83 +GST
AA & Adult /hr	\$135.98 +GST
Arena Floor /hr Non Profit	\$64.90 +GST
Mezzanine Rental /Day	\$64.90 +GST
Mezzanine Rental/Hour	\$20.21 +GST

ARENA ADVERTISING

ARENA AREA - LEVEL	STANDARD	FEES
Rink Board Level 1 East Visible to bleachers	30" X 96" DECALS	\$499 - New Advertiser \$324 - Return Advertiser
Rink Board Level 2 West Visible to bleachers	30" X 96" DECALS	\$479 - New Advertiser \$311 - Return Advertiser
North Wall Level 3 Above and sides of door	4' X 8' Banner/Whiteboard	\$459 - New Advertiser \$299 - Return Advertiser
Rink Board Level 4 South Visible from Arena Doors	30" X 96" DECALS	\$439 - New Advertiser \$286 - Return Advertiser
Ice Resurfacers	1.5' X 4.5' Coroplast/Whiteboard	\$650/side 2 sides available

POOL ADMISSION

AGE	DROP IN	10 PASS	3 MONTH
Under 3 Years	FREE	FREE	FREE
Ages 3 - 7	\$3.00	\$15.50	\$31.00
Ages 8 - 17	\$4.25	\$31.00	\$60.00
Ages 18 - 54	\$6.00	\$51.00	\$102.00
Ages 55+	\$4.50	\$36.50	\$66.00
Family	\$14.25	\$108.00	\$209.00
Aquafit	\$6.00	\$53.50	
Shower	\$3.00		

- A family consists of immediate family only, with a maximum of 2 adults and 4 children.
- 3 month passes are for Fitness, Public Swims, Parent & Tot Swims and Senior Programs

POOL RULES



Kids under the age of 8 must be within arms reach of a responsible person over the age of 14 at all times.



Follow all posted rules and listen to the Lifeguards direction at all times.



Lifejackets are mandatory on children if your group has more than one child under the age of 8.



Proper swim attire must be worn at all times.



The town is not responsible for any lost, stolen or damaged items. Please lock up all belongings.



AQUATICS

POOL SCHEDULE

CHECK OUT OUR
RENTAL TIMES
BELOW IN RED.
DETAILS ON PG.2

Schedule subject to change. Check Claresholm.ca or our Facebook page for recent updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane/Fitness Swim 6 - 7:30 AM	Lane/Fitness Swim 6 - 8:30 AM	Lane/Fitness Swim 6 - 7:30 AM	Lane/Fitness Swim 6 - 8:30 AM	Lane/Fitness Swim 6 - 7:30 AM		
Aquafit 7:45 - 8:45 AM		Aquafit 7:45 - 8:45 AM		Aquafit 7:45 - 8:45 AM		
Schools & Rentals 8:45 - 11 AM						
Lessons 11 - 12 PM	SR. Program 11:15 - 11:45 AM	Lessons 11 - 12 PM	SR. Program 11:15 - 11:45 AM	Lessons 11 - 12 PM	Adult Lessons 11 - 11:45 AM	
Lane/Fitness Swim 12 - 1 PM						
Aquafit 1 - 2 PM	CCMHA 1 - 2 PM	Aquafit 1 - 2 PM	CCMHA 1 - 2 PM	Aquafit 1 - 2 PM	Public Swim 1 - 3 PM	Public Swim 1 - 3 PM
Schools 2 - 3 PM				Public Swim 2 - 4 PM		
Public Swim 3 - 4 PM						Rental 3 - 4 PM
Lessons 4 - 6 PM (JLC Viking 4 - 5 PM)	Lessons 4 - 6 PM (JLC Sport 4 - 5 PM)	Lessons 4 - 6 PM (JLC Viking 4 - 5 PM)	Private Lessons 4 - 6 PM	JLC Viking 4 - 6 PM		
Lane Swim/P&T 6 - 7 PM	Public Swim 6:15 - 8 PM	Lane Swim/P&T 6 - 7 PM	Public Swim 6:15 - 8 PM			
CCMHA 7 - 8 PM		CCMHA 7 - 8 PM				
Bootcamp 8 - 9 PM	Lane Swim 8 - 9 PM	Bootcamp 8 - 9 PM	Lane Swim 8 - 9 PM			

*See page 7 for program descriptions

ACTIVITIES

Come join us for some fun!!

Inflatable Weekends

FRIDAY - SUNDAY DURING PUBLIC SWIMS

JANUARY 26 - 28

FEBRUARY 23 - 25

March 22 - 24

APRIL 26 - 28

FAMILY SWIMS

FRIDAY MARCH 15

6:15 - 8 :15 PM

FRIDAY APRIL 19

6:15 - 8:15 PM

TEEN SWIM

FRIDAY MARCH 15

8:30 - 10:00 PM

MOVIE NIGHTS

FRIDAY JANUARY 19

6:15 - 8 :15 PM

FRIDAY FEBRUARY 16

6:15 - 8:15 PM

FITNESS



AQUAFIT

A low to high impact workout that focuses on cardiovascular system, strength and is great for people with joint issues. Great workout with great people!

MONDAY, WEDNESDAY, FRIDAY
7:45 - 8:45 AM & 1:00 - 2:00 PM

BOOTCAMP

A high intensity workout for adults targeting core muscles, cardiovascular system, with zero impact on the joints. Variety between shallow and deep water fitness. Great for post partum health!!

MONDAY & WEDNESDAY
8:00 - 9:00 PM

SENIORS PROGRAM

Come out and get your groove on to some classic rock. Great people, a smooth 20-30 minute workout, ideal if you're just starting to exercise, have lower mobility issues, or working on rehabilitation.

TUESDAY & THURSDAY
11:15 - 11:45 AM

MONTHLY PASSES

	JAN	FEB	MARCH	APRIL
Aquafit	\$52.00	\$44.00	\$48.00	\$52.00
Bootcamp	\$36.00	\$36.00	\$32.00	\$32.00

10 PUNCH PASSES
\$53.50

DROP IN ADMISSION
\$6.00



LESSONS

Family Week

Easter Week

Swim into Spring



PARENT & TOT

4 month - 3 yrs

The Parent & Tot program structures in water interaction between parent/caregiver and child to support in water play, skill development and the importance for safety around the water for adult and child.

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
January 8 - 17	11:00 - 11:30	Mon/Wed AM	4	\$ 29.00	
Jan. 29 - Feb. 14	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
March 11 - 27	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
Jan. 29 - Feb. 14	4:40 - 5:10	Mon/Wed PM	6	\$ 41.00	
March 18 - April 3	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	

PreSchool

1

3 - 5 years

Parented Optional - The preschool programs works to ensure children become comfortable in the water and have fun developing foundations in the water from entering and exiting, floats, glides and water safety education.

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Jan. 29 - Feb. 14	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
March 11 - 27	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
April 8 - 24	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
Jan. 29 - Feb. 14	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	
Feb. 27 - April 2	4:00.- 4:30	Tuesday PM	6	\$ 41.00	
Jan. 13 - Feb. 17	9:30 - 10:00	Saturday AM	6	\$ 41.00	
March 2 - April 13	9:30 - 10:00	Saturday AM	6	\$ 41.00	April 6
February 20 - 23	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 2 - 5	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 15 - 18	4:00 - 4:30	Mon - Thurs	4	\$ 41.00	



LESSONS

Family Week

Easter Week

Swim into Spring



PreSchool

2

3 - 5 years

Preschooler 2's will continue developing their confidence in the water while becoming more independent with the support of a variety of buoyant aids. Improving their body positioning in the water and strengthening their flutter kick.

Prerequisite - Complete Preschool 1

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Jan. 29 - Feb. 14	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
March 11 - 27	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
April 8 - 24.	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
Jan. 29 - Feb. 14.	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	
Feb. 27 - April 2	4:00 - 4:30	Tuesday PM	6	\$ 41.00	
Jan. 13 - Feb. 17	9:30 - 10:00	Saturday AM	6	\$ 41.00	
March 2 - April 13	9:30 - 10:00	Saturday AM	6	\$ 41.00	April 6
February 20 - 23	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 2 - 5	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 15 - 18	4:00 - 4:30	Mon - Thurs	4	\$ 41.00	

PreSchool

3

3 - 5 years

Preschooler 3's transition into more independent skills working on floating for 5 seconds, gliding and flutter kicking on their front and back for 3 - 5m. Swimmers continue to develop rhythmic breathing with a variety of entries.

Prerequisite - Complete Preschool 2

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Feb. 26 - March 13	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
April 8 - 24	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
Feb. 26 - March 13	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	
January 8 - 24	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	
Jan. 9 - Feb. 13	4:00 - 4:30	Tuesday PM	6	\$ 41.00	
Feb. 27 - April 2	5:15 - 5:45	Tuesday PM	6	\$ 41.00	

PRESCHOOL 3 CONTINUED ON NEXT PAGE

LESSONS

Family Week

Easter Week

Swim into Spring



PreSchool 3 Continued

Prerequisite - Complete Preschool 2

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Jan. 13 - Feb. 17	10:10 - 10:40	Saturday AM	6	\$ 41.00	
March 2 - April 13	10:10 - 10:40	Saturday AM	6	\$ 41.00	April 6
February 20 - 23	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 2 - 5	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 15 - 18	4:00 - 4:30	Mon - Thurs	4	\$ 41.00	
April 22 - 25	4:00 - 4:30	Mon - Thurs	4	\$ 41.00	

PreSchool

4

3 - 5 years

Preschooler 4's continue to transition into more independent skills. This includes opening eyes under water, treading water, recovering an item in chest deep water, floats and flutter kicks

Prerequisite - Complete Preschool 3

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Feb. 26 - March 13	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
April 8 - 24.	11:15 - 11:45	Mon/Wed AM	6	\$ 41.00	
January 8 - 24	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	
Feb. 26 - March 13	4:00 - 4:30	Mon/Wed PM	6	\$ 41.00	
Jan. 9 - Feb. 13	4:00 - 4:30	Tuesday PM	6	\$ 41.00	
Feb. 27 - April 2	5:15 - 5:45	Tuesday PM	6	\$ 41.00	
Jan. 13 - Feb. 17	10:10 - 10:40	Saturday AM	6	\$ 41.00	
March 2 - April 13	10:10 - 10:40	Saturday AM	6	\$ 41.00	April 6
February 20 - 23	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 2 - 5	9:00 - 9:30	Tues - Fri	4	\$ 41.00	
April 15 - 18	4:00 - 4:30	Mon - Thurs	4	\$ 41.00	
April 22 - 25	4:00 - 4:30	Mon - Thurs	4	\$ 41.00	



LESSONS

Family Week

Easter Week

Swim into Spring



Swimmer 1 5+ years

Swimmer 1 continues to work on the skills from Preschool 3 & 4, and is where youth start their swimming journey. Treading water, front and back glides and flutter kick

Prerequisite - No previous experience required

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Feb. 26 - March 13	11:15 - 11:45	Mon/Wed AM	6	\$ 47.00	
January 8 - 24	4:40 - 5:10	Mon/Wed PM	6	\$ 47.00	
Jan. 29 - Feb. 14	5:20 - 5:50	Mon/Wed PM	6	\$ 47.00	
Feb. 26 - March 13	4:40 - 5:10	Mon/Wed PM	6	\$ 47.00	
March 18 - April 3	4:40 - 5:10	Mon/Wed PM	6	\$ 47.00	
Jan. 9 - Feb. 13	5:15 - 5:45	Tuesday PM	6	\$ 47.00	
Feb. 27 - April 2	4:40 - 5:10	Tuesday PM	6	\$ 47.00	
Jan. 13 - Feb. 17	9:30 - 10:00	Saturday AM	6	\$ 47.00	
March 2 - April 13	10:10 - 10:40	Saturday AM	6	\$ 47.00	April 6
February 20 - 23	9:40 - 10:25	Tues - Fri	4	\$ 47.00	
April 2 - 5	9:40 - 10:25	Tues - Fri	4	\$ 47.00	
April 15 - 18	5:00 - 5:45	Mon - Thurs	4	\$ 47.00	
April 22 - 25	4:00 - 4:45	Mon - Thurs	4	\$ 47.00	

Swimmer 2 5+ years

Swimmer 2 continues to build on their skills. Flutter kick to 10 m, with the introduction to front crawl, back crawl and whip kick.

Prerequisite - Complete Swimmer 1

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Feb. 26 - March 13	11:15 - 11:45	Mon/Wed AM	6	\$ 47.00	
January 8 - 24	4:40 - 5:10	Mon/Wed PM	6	\$ 47.00	

SWIMMER 2 CONTINUED ON NEXT PAGE



LESSONS

Family Week

Easter Week

Swim into Spring



Swimmer 2 Continued

Prerequisite - Complete Swimmer 1

Jan. 29 - Feb. 14	5:20 - 5:50	Mon/Wed PM	6	\$ 47.00	
Feb. 26 - March 13	4:40 - 5:10	Mon/Wed PM	6	\$ 47.00	
March 18 - April 3	4:40 - 5:10	Mon/Wed PM	6	\$ 47.00	
Jan. 9 - Feb. 13	5:15 - 5:45	Tuesday PM	6	\$ 47.00	
Feb. 27 - April 2	4:40 - 5:10	Tuesday PM	6	\$ 47.00	
Jan. 13 - Feb. 24	10:10 - 10:40	Saturday AM	6	\$ 47.00	
March 2 - April 13	9:30 - 10:00	Saturday AM	6	\$ 47.00	April 6
February 20 - 23	9:40 - 10:25	Tues - Fri	4	\$ 47.00	
April 2 - 5	9:40 - 10:25	Tues - Fri	4	\$ 47.00	
April 15 - 18	5:00 - 5:45	Mon - Thurs	4	\$ 47.00	
April 22 - 25	4:00 - 4:45	Mon - Thurs	4	\$ 47.00	

**Swimmer
3/4**
5+ years

Youth must be able to complete the Swim to Survive Standard,
Roll entry into deep water, tread 1 minute and swim 50m.
Breaststroke is introduced, 25m Front & Back Crawl

Prerequisite - Complete Swimmer 2 / 3

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
January 8 - 24	5:20 - 5:50	Mon/Wed PM	6	\$ 47.00	
Jan. 29 - Feb. 14	5:15 - 5:45	Mon/Wed PM	6	\$ 47.00	
Feb. 26 - March 13	5:20 - 5:50	Mon/Wed PM	6	\$ 47.00	
March 18 - April 10	5:15 - 5:45	Mon/Wed PM	6	\$ 47.00	
March 18 - April 10	5:20 - 5:50	Mon/Wed PM	6	\$ 47.00	
Jan. 9 - Feb. 13	4:40 - 5:10	Tuesday PM	6	\$ 47.00	
Feb. 27 - April 2	5:15 - 6:00	Tuesday PM	6	\$ 47.00	
Jan. 13 - Feb. 17	10:50 - 11:20	Saturday AM	6	\$ 47.00	
March 2 - April 13	10:50 - 11:20	Saturday AM	6	\$ 47.00	April 6
Feb 20 - 23	9:40 - 10:25	Tues - Fri	4	\$ 47.00	

SWIMMER 3 CONTINUED ON NEXT PAGE



LESSONS

Family Week

Easter Week

Swim into Spring



Swimmer 3/4 Continued

Prerequisite - Complete Swimmer 2/3

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
April 2 - 5	9:40 - 10:25	Tues - Fri	4	\$ 47.00	
April 15 - 18	4:55 - 5:40	Mon - Thurs	4	\$ 47.00	
April 22 - 25	4:55 - 5:40	Mon - Thurs	4	\$ 47.00	

Swimmer
5/6
5+ years

Youth work towards building endurance, swimming longer distances. The introduction of different lifesaving kicks including the eggbeater and stride entry.

Prerequisite - Complete Swimmer 3/4

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
January 8 - 24	5:10 - 5:55	Mon/Wed PM	6	\$ 53.50	
Feb. 26 - March 13	5:10 - 5:55	Mon/Wed PM	6	\$ 53.50	
Jan. 9 - Feb. 13	5:15 - 6:00	Tuesday PM	6	\$ 53.50	
Jan. 13 - Feb. 24.	10:55 - 11:40	Saturday AM	6	\$ 53.50	
March 2 - April 13	10:55 - 11:40	Saturday AM	6	\$ 53.50	April 6
April 22 - 25	4:50 - 5:50	Mon - Thurs	4	\$ 53.50	

PRIVATE & ADULT LESSONS CONTINUED ON NEXT PAGE



Pool & Rec Office (403)625-2172 Claresholm.ca



13

LESSONS

Family Week

Easter Week

Swim into Spring



PRIVATE LESSONS

Are you or your youth in need of extra assistance to meet goals?
Our private lessons are one on one instruction. Can be personalized.

Prerequisite - No previous experience required

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
January 8 - 17	9:00 - 9:30	Mon/Wed AM	4	\$ 78.00	
January 8 - 17	9:10 - 9:40	Mon/Wed AM	4	\$ 78.00	
January 8 - 17	9:45 - 10:15	Mon/Wed AM	4	\$ 78.00	
January 8 - 17	10:00 - 10:30	Mon/Wed AM	4	\$ 78.00	
January 8 - 17	10:30 - 11:00	Mon/Wed AM	4	\$ 78.00	
Jan. 11 - Feb. 15	4:00 - 4:30	Thursday PM	6	\$ 117.00	
Jan. 11 - Feb. 15	4:00 - 4:30	Thursday PM	6	\$ 117.00	
Jan. 11 - Feb. 15	4:40 - 5:10	Thursday PM	6	\$ 117.00	
Jan. 11 - Feb. 15.	4:40 - 5:10	Thursday PM	6	\$ 117.00	
Jan. 11 - Feb. 15	5:20 - 5:50	Thursday PM	6	\$ 117.00	
Feb. 29 - April 4	4:00 - 4:30	Thursday PM	6	\$ 117.00	
Feb. 29 - April 4	4:00 - 4:30	Thursday PM	6	\$ 117.00	
Feb. 29 - April 4	4:40 - 5:10	Thursday PM	6	\$ 117.00	
Feb. 29 - April 4	4:40 - 5:10	Thursday PM	6	\$ 117.00	
Feb. 29 - April 4	5:20 - 5:50	Thursday PM	6	\$ 117.00	

ADULT LESSONS

These are group lessons for Adults!
We've set aside a quiet time for you to work on your skills, and meet your goals. Whether you are a beginner or looking for stroke development this is the right space.

Prerequisite - No previous experience required

DATES	TIME	DAYS	CLASSES	COST	NO CLASSES
Jan. 14 - Feb. 18	11:00 - 11:45	Sunday AM	6	\$ 117.00	February 18
March 3 - April 14	11:00 - 11:45	Sunday AM	6	\$ 117.00	

JLC

Junior Lifeguard Club



JLC SPORT

Non Competitive

JLC Sport focuses on Swim Patrol (Rookie, Ranger & Star awards) and Lifesaving Sport. Youth ages 8 to 17 years are welcome. Members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. Must complete a Swim to Survive challenge to join; roll into pool, tread water 1 minute & swim 50 meters.

TUESDAYS 4:00 - 5:00 PM

January 9 - April 23

Excluding Feb. 20 & April 2

\$100.00

**\$6
Drop In**



JLC VIKINGS

Competitive

JLC Vikings is a competitive Lifesaving club. The club focuses on developing skills through the Swim Patrol (Rookie, Ranger & Star awards) and Lifesaving Sport programs. Youth ages 8 to 17 years are welcome. Must complete a Swim to Survive challenge to join; roll into pool, tread water 1 minute & swim 50 meters.

MONDAYS & WEDNESDAYS 4:00 - 5:00 PM

FRIDAYS 4:00 - 6:00 PM

January 9 - March 27

Excluding Feb. 19

\$375.00



ADVANCE COURSE DETAILS

ROOKIE PATROL

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

RANGER PATROL

Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first aid basics, victim recognition and non-contact rescues.



STAR PATROL

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and for 300m timed swims.

BRONZE STAR

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

INTERMEDIATE FIRST AID

Intermediate First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, environmental injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR-C and AED certification.

Prerequisite(s): None

Certification Currency: 3 years from the date of certification

CAC recommends taking Intermediate First Aid prior to Bronze Medallion

BRONZE MEDALLION

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.

Prerequisite(s): 13 years of age (or Bronze Star) and CPR-C.



Bronze Cross, National Lifeguard and Lifesaving Swim Instructor on next page.

ADVANCE COURSE DETAILS

BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite(s): Bronze Medallion and Intermediate First Aid CPR-C & AED.

NATIONAL LIFEGUARD (NL)

The Lifesaving Society's National Lifeguard certification builds on the fundamental skills, knowledge, fitness, judgment and values taught in the prerequisite Lifesaving Society lifesaving certifications.

Recognized as the standard for lifeguards in Canada, National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisite(s): Bronze Cross, current AB workplace approved Intermediate First Aid (Aquatic Emergency Care is recommended), and minimum 15 years of age

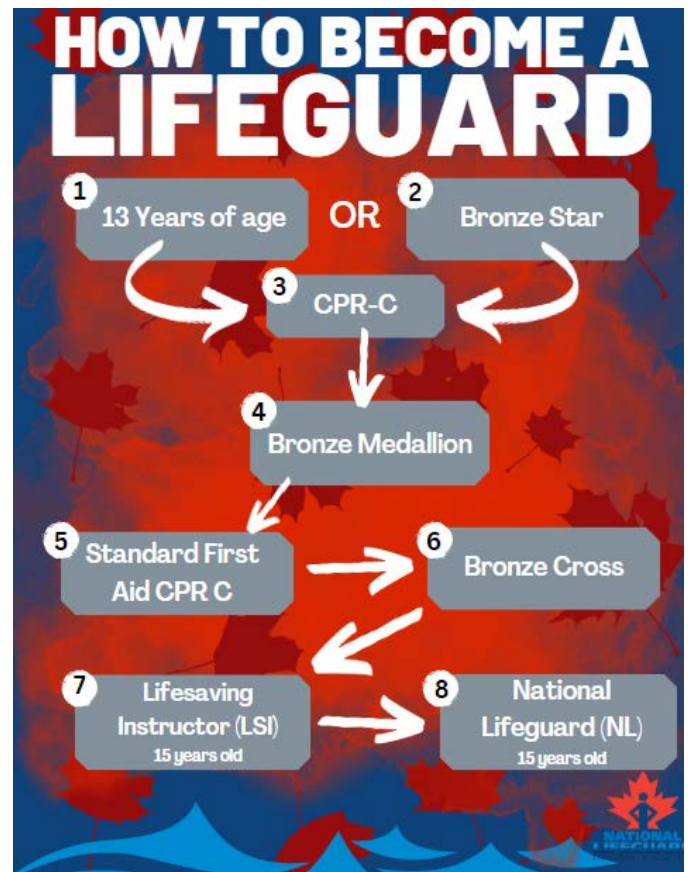


LIFESAVING SWIM INSTRUCTOR (LSI)

The Lifesaving Society Swim & Lifesaving Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Preparing candidates to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross
- Lifesaving Fitness
- Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C

Prerequisite(s): Bronze Cross



Continued on next page

LIFEGUARD

ADVANCED COURSE SCHEDULE

COURSE	DATES	TIMES	COST	LOCATION
National Lifeguard Pool Recert	December 28	8 AM - 12 PM	\$100.00	CAC
Intermediate First Aid Recert	January 5	8 AM - 4 PM	Course Fee \$100.00 + Materials \$13.50	Town Office
Intermediate First Aid Original	January 26 & 27	8 AM - 4 PM Daily	Course Fee \$130.00 + Materials \$13.50	Town office
Bronze Medallion	February 2 - 4	Fri 5 - 9 PM/ Sat & Sun 9 AM - 5 PM	Course Fee \$130.00 + Materials \$47.50	CAC
Bronze Cross	February 9 - 11	Fri 5 - 9 PM/ Sat & Sun 9 AM - 5 PM	Course Fee \$130.00 + Materials \$29.50	CAC
National Lifeguard (NL) Pool Original	February 20 - 24	8 AM - 4 PM Daily	Course Fee \$300.00 + Materials \$42.00	CAC
Rookie	February 20 - 23	9:15 - 10:45 AM Daily	\$58.00	CAC
Ranger	February 20 - 23	9:15 - 10:45 AM Daily	\$58.00	CAC
Star	April 2 - 5	9:15 - 10:45 AM Daily	\$58.00	CAC
Lifesaving Instructor (LSI)	April 2-6	8 AM - 4 PM Daily	Course Fee \$130.00 + Materials \$74.50	CAC



FACILITIES

CLARESHOLM AQUATIC CENTRE (CAC)

212 Fairway Dr. W
Claresholm AB TOL OT0
(403) 625-2172
cac@claresholm.ca

CLARESHOLM SKATING ARENA

4918 2 St. E
Claresholm AB TOL OT0
Arena (403) 625-2595
Rec Office (403) 625-2172
Rec@claresholm.ca

CLARESHOLM TOWN OFFICE

111 55 Ave W
Claresholm AB TOL OT0
(403) 625-3381
info@claresholm.ca

CLARESHOLM PUBLIC LIBRARY

211 49th Ave W
Claresholm AB TOL OT0
(403) 625-4168
help@claresholmlibrary.ca

CLARESHOLM SOCIAL CENTER

5009 2 St E
Claresholm AB TOL OT0
(403) 625-4141
claresholm.dropin@mail.com

CLARESHOLM CURLING RINK

430 53 Ave E
Claresholm AB TOL OT0
(403) 625-3933
claresholmcurlingclub@gmail.com

CLARESHOLM & DISTRICT MUSEUM

5126 1 St W
Claresholm AB TOL OT0
(403) 625-3131
museum@claresholm.ca

CLARESHOLM GOLF COURSE

349 39 Ave W
Claresholm AB TOL OT0
(403) 625-3500
Proshop@claresholmgolf.com

PARKS & PATHWAYS

PARKS

Centennial Park 366 46 Ave W
Amundsen Park 4900 3 St W
Willow Park 6 Willow Place
Willow Park Off-Leash Dog Area- 8 St W
Patterson Park-Patterson Heights Blvd
9 Tone Disc Golf, Bark Park
Lions Park 7 St W
West Hill Park Alley behind 6 St and 53 Ave west
Frog Creek Wetland South on 8 St west

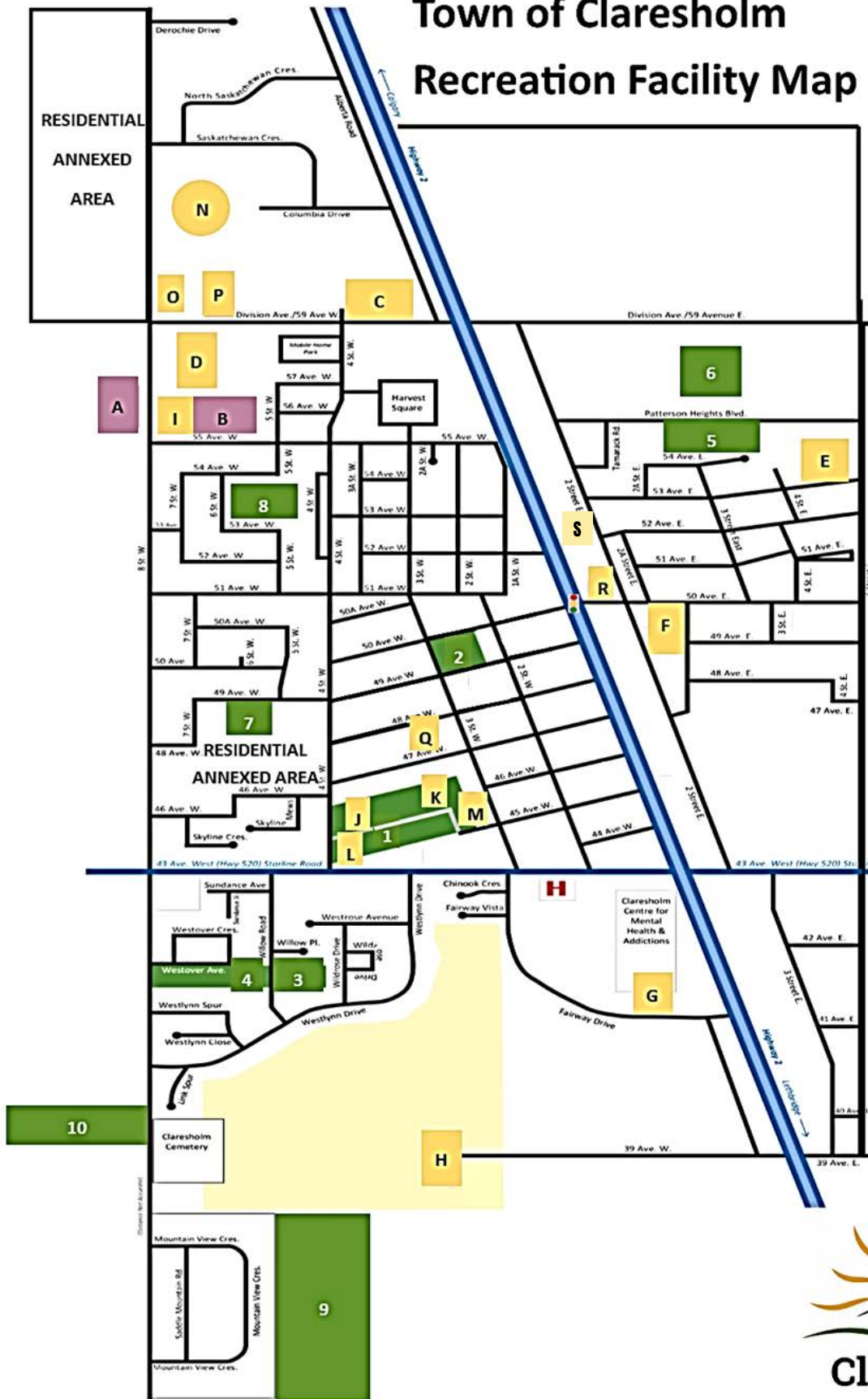
PATHWAYS

Kin Trail 1.6 km
Frog Creek Wetland 3.4km
8 Street West 4.7km
Derochie to Mountain View Cres.
Patterson Heights Blvd East
650m
Bark Park 400m to 1.2km
Claresholm Perimeter 10km
Claresholm East Perimeter 5km



TOWN MAP

Town of Claresholm Recreation Facility Map



SCHOOLS

- A. West Meadow School
- B. Willow Creek Composite High School

RECREATIONAL FACILITIES

- C. Claresholm Agriplex
- D. Football Field & Track
- E. Curling Rink
- F. Skating Arena & Skateboard Park
- G. Claresholm Aquatic Centre
- H. The Bridges of Claresholm Golf Course
- I. Tennis Courts, Pickleball, Basketball Court & Volleyball Courts
- J. Centennial Park Campground
- K. Spray Park & Playstructure
- L. Centennial Park Ball Diamonds
- M. Centennial Park T-ball Diamonds
- N. Millennium Park Baseball Complex
- O. Moffat Ball Diamonds
- P. Community Center
- Q. Mackin Hall
- R. Social Centre
- S. Museum

PARKS

- 1. Centennial Park
- 2. Amundsen Park
- 3. Willow Park
- 4. Willow Park Off-Leash Dog Area
- 5. Patterson Park
- a. 9 Tone Disc Golf
- 6. Bark Park, Dog Park
- 7. Lions Park
- 8. West Hills Park
- 9. Frog Creek Wetland



Claresholm