



Calgary Swims for Lunch Swim Program Information

Where: Forest Lawn Outdoor Pool (1706 39St SE)

When: Monday, Wednesday, and Friday

Time: 12:00 PM - 12:45 PM

Who Can Participate: 5-17 years of age

Calgary Swims for Lunch is a non-profit organization whose mission is to teach water safety and aquatic skills to Calgary's youth in summer months, as well as providing a nutritious meal.

Once the waiver is returned to **Forest Lawn Outdoor Pool** the child is registered for the summer and can attend any of the above sessions. Waivers can be brought in at any time during the summer from June 18, 2016-August 26, 2016. **There is limited space for the in-water component of our program and safety requirements only allow a certain number of participants for each instructor. Waivers must be in before children participate in the lunch or water programs.** The number of children we can take for the in-water component will depend on the number of volunteers present on that day. However, even if a participant cannot get in the water, we will still provide a meal for them at the end of the hour if they have a signed waiver. The in-water program is done on a first-come, first-serve basis. If your child has a disability please let us know so that we can accommodate their needs. Requests for ages under 7 and adult swim programs can be made by email.

Our program is very flexible and allows participants to excel at their own rate. Participants **ARE NOT** required to show up to every session in one week. It is a **drop-in based** program. Participants can show up to however many sessions possible, however, there can be no guarantee of the same instructor and/or class every time. There will be no report cards given out, and no badges to show level advances.

Who We Are

All instructors are volunteering their time to offer a flexible swim program based on the participant's needs. We will combine water safety, orientation to water, stroke progression drills and skills.

Instructors have various swimming experience and have taught for a variety of lesson programs. Some instructors have coached or swam competitively. Volunteer swim instructors many are currently active teachers, newly certified instructors eager for more training, or experienced swimmers with a passion for teaching and swimming skill improvement.

All volunteers have undergone a Calgary Police Vulnerable Sector Search (police check) prior to starting volunteer hours.

All in water programming will be overseen by the lifeguards of Forest Lawn Outdoor Pool.

Program Features

Your child will be assessed for swim skills at the beginning of the session to create a curriculum customized to their needs. They will receive verbal feedback during the session, but no written feedback.

Cancellations: We swim in the rain, but do not swim if there is lightening sighted or thunder heard. We will engage your children in indoor games and activities related to water safety and skills if appropriate during bad weather.

Location and Safety: Safety is our number one priority. Children will receive instruction on safe behavior around water, and rules related to safety will be strictly enforced during lesson time. There will be a secure ratio of Instructors to participants during all lessons. Lifeguards of Forest Lawn Outdoor Pool will supervise in appropriate ratios.

Lunch Features

Calgary Swims For Lunch will begin July 3, 2016 and end September 4, 2016. Days of the week lunch will be served include: Monday, Wednesday, and Friday. Request for food Tuesday, Thursday, Saturday, and Sunday may be provided for specific cases.

Lessons Start at 12:00 PM-1: 00 PM. Lunch will commence at 12:45 PM and the program will end daily at 11:45AM. Free swimming is not permitted after or before program times.

For more information see: Website: www.calgaryswimsforlunch.com Email: calgaryswimsforlunch@gmail.com Social Media: Facebook, Instagram, and Twitter