



National Drowning Prevention Week at Sikome Aquatic Facility

Why Learn to Swim?

Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

Swimming builds confidence in one's self and helps kids discover who they are. More importantly it develops physical literacy skills that allow kids to be active for life.

Alberta Parks' Sikome Aquatic Facility is the perfect facility to help introduce your kids to water and the lake-style setting. Learn to love the outdoors today!

Who We Are

About Us

Sikome Aquatic Safety Staff provide safety supervision and rescue response at our facility. As qualified instructors, we are taking the new step in 2017 of offering swimming lessons at our facility as a means to increase the safety of all patrons around the waterfront. Public Education is key around the water and it starts with you knowing how to swim!

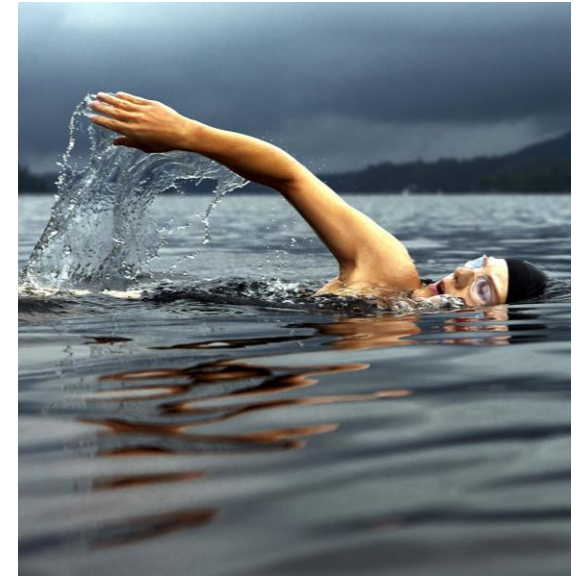
Contact Us

Phone: (403) 678-0760

www.albertaparks.ca/fish-creek



**FISH CREEK
PROVINCIAL PARK**
22 Sikome Circle SE
Calgary, AB. T2X 2Z3



**SIKOME
SWIMMING
LESSONS
2017**

Learn to Swim Outdoors!



National Drowning Prevention Week: Water Safe activity session led by an Aquatic Safety Staff member July 17 – July 21, 2017

Registered Programs

Swimmer 1 (\$80) (Age: 6-12)

Jul 10-20: Mon-Thu	10:15-10:45am
Jul 24-Aug 3: Mon-Thu	1:30-2:00pm
Aug 8-18: Tue-Fri, Mon-Thu	10:15-10:45am
Aug 21-31: Mon-Thu	3:45-4:15pm

Swimmer 2/3 (\$93) (Age: 6-12)

Jul 10-20: Mon-Thu	10:45-11:30am
Jul 24-Aug 3: Mon-Thu	12:45-1:30pm
Aug 8-18: Tue-Fri, Mon-Thu	10:15-10:45am
Aug 21-31: Mon-Thu	4:15-5:00pm

Swimmer 4/5 (\$107) (Age: 6-12)

Jul 10-20: Mon-Thu	11:30-12:30pm
Jul 24-Aug 3: Mon-Thu	11:15-12:15pm
Aug 8-18: Tue-Fri, Mon-Thu	11:30-12:30pm
Aug 21-31: Mon-Thu	5:00-6:00pm

Swimmer 6 (\$120) (Age: 6-12)

Jul 10-20: Mon-Thu	1:00-2:00pm
Jul 24-Aug 3: Mon-Thu	10:15-11:15am
Aug 8-18: Tue-Fri, Mon-Thu	1:00-2:00pm
Aug 21-31: Mon-Thu	6:00-7:00pm

Star Patrol (\$120) (Age: 6-14)

Jul 10-20: Mon-Thu	1:00-2:00pm
Jul 24-Aug 3: Mon-Thu	10:15-11:15am
Aug 8-18: Tue-Fri, Mon-Thu	1:00-2:00pm
Aug 21-31: Mon-Thu	6:00-7:00pm

Bronze Star (\$133) (Age: 8 & Up)

Jul 10-20: Mon-Thu	4:00-5:30pm
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Bronze Medallion (\$140) (Age: 13 & Up)

Jul 24-Aug 3: Mon-Thu	2:00-5:00pm
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Bronze Cross (\$150) (Age: 13 & Up)

Aug 8-18: Tue-Fri, Mon-Thu	2:00-5:00pm
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B. Med/Cross Combo Course (Age: 13 & Up)

Aug 21-31: Mon-Thu	10:15-3:15pm
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(\$250)

Junior Lifeguard Club (\$120) (Age: 8-14)

Jul 10-20: Mon, Wed, Fri	5:30-7:00pm
Jul 24-Aug 3: Mon, Wed, Fri	5:30-7:00pm
Aug 8-18: Mon, Wed, Fri	5:30-7:00pm
Aug 21-31: Mon, Wed, Fri	5:30-7:00pm



Sikome Aquatic Facility, Calgary, Alberta

FREE Drop-In Programs

Prepare to Survive – Boat Safety

Monday Nights 6:00pm.
Saturday Afternoons 1:00pm.

Be Water Smart – Beach Safety

Tuesday Nights 6:00pm
Sunday Afternoons 1:00pm

Movin' Quick – Swiftwater Safety

Wednesday Nights 6:00pm
Saturday Afternoons 2:30pm

Leave No Trace – Intro to Outdoors

Thursday Nights 6:00pm
Saturday Afternoons 4:00pm

Love Thy Nature – Wildlife Safety

Friday Nights 7:00pm
Sunday Afternoons 2:30pm