

FREE Swim to Survive Summer Program

Thanks to the generosity of CUPE 4400 and the RBC Royal Bank Foundation the Lifesaving Society is pleased to announce that parents and guardians of interested children are invited to register for **FREE Swim to Survive lessons** at 4 different locations in Toronto.

- Who is this FREE program for?** Children ages 7 – 15 & Adults 16+
(there will be one adult/family class per week at each location)
- Where?**
Carlton Village Jr & Sr Public School – 315 Osler St (Weston & St. Clair)
Central Technical School – 725 Bathurst St (Bathurst & Bloor)
Downsview Secondary School – 7 Hawksdale Rd (Keele & Wilson)
R.H. King Academy – 3800 St. Clair Ave E (McCowan & St. Clair)
- What will they learn?** Participants will be taught the **Swim to Survive** program which teaches 3 basic skills in 5 – 30 minute lessons. Skills include:
Roll entry, Tread water (1 minute), Swim 50m (with or without a lifejacket)
 Swim to Survive standard is the minimum skills required to survive an unexpected fall into deep water.
- When is the program offered?** Lessons will be offered in one week sessions (Monday – Friday) from:
July 9th – August 3rd, 2012
9:00am – 1:15pm
 (the last lesson each day will be either an all girls / all boys lesson, pending demand)
- How do I register my child?** To register please complete the following Registration form and drop it off in person on the following dates **or at the pool during the month of July:**

| Location | Registration Day | Time |
|----------------------------|------------------|------------------|
| Carlton Village Jr & Sr PS | May 6, 2012 | 11:00pm – 3:00pm |
| Central Technical School | May 12, 2012 | 11:00pm – 3:00pm |
| Downsview SS | May 26, 2012 | 11:00pm – 3:00pm |
| RH King Academy | May 27, 2012 | 11:00pm – 3:00pm |

Questions?

Contact your local pool at the following email:

Carlton Village – cvsim2survive@hotmail.com

Central Technical School – ctssim2survive@hotmail.com

Downsview Secondary School – dcisim2survive@hotmail.com

RH King Academy – rhkingssim2survive@hotmail.com

FREE Swim to Survive Summer Program Registration Form – 2012

Location Choice: (Please circle one)

Carlton Village PS

Central Technical School

Downsview SS

RH King Academy

Participant Information

Participant #1 _____ Participant #2 _____

1st time participant? Yes No Age _____ 1st time participant? Yes No Age _____

Participant # 3 _____ Participant #4 _____

1st time participant? Yes No Age _____ 1st time participant? Yes No Age _____

Address: _____

Phone Number: _____ Age: _____

School Name _____

Medical Information: (Please provide us with any relevant information to help us keep your child safe, i.e. anaphylaxis, seizures, respiratory concerns, etc.)

Parent/Guardian Information

Parent/Guardian Name: _____ Phone Number: _____

I acknowledge that in consideration of the acceptance of this registration and the permission to participate in a program sponsored by the Lifesaving Society, I hereby waive and forever discharge the Lifesaving Society and Toronto District School Board, its employees, agents, officers and elected officials from all claims, damages, cost and expenses in respect to injury or damages, to my son/daughter or property, however caused, which may be sustained as a result of his/her participation in the program.

Parent/Guardian Signature

Date

Program Information

Please indicate your 1st, 2nd & 3rd choices in the appropriate week and time.

| | 9:00 – 9:30 | 9:30 – 10:00 | 10:00 – 10:30 | 10:30 – 11:00 <i>Adult / Family</i> | 11:15 – 11:45 | 11:45 – 12:15 | 12:15 – 12:45 | 12:45 – 1:15 <i>All girls*</i> | 12:45 – 1:15 <i>All boys*</i> |
|------------------------------|----------------|-----------------|------------------|---|------------------|------------------|------------------|--------------------------------------|-------------------------------------|
| July 9 – 13, 2012 | | | | | | | | | |
| July 16 – 20, 2012 | | | | | | | | | |
| July 23 – 27, 2012 | | | | | | | | | |
| July 30 – Aug 3, 2012 | | | | | | | | | |

****Please Note:** For all girls only / boys only swim times, the organizer cannot guarantee same gender aquatic staff