



Saskatoon Goldfins Swim Club

"I Can Swim" Program

The "I Can Swim" program is designed to be a learner centered approach to swimming, allowing for individual development while swimmers progress at their own rate.

The Program is designed for swimmers from ages 3 to early teens.

There are 6 levels:

- Gold Tots (water comfort- 30 minute classes)
- Stage 1 (water orientation-30 minute classes)
- Stage 2 Novice (skill development-45 minute classes)
- Stage 2 advanced (skill development- 45 minute classes)
- Stage 3 (skill improvement- 60 minute classes)
- Fitness Development- (60 minute classes)

There are 3 sessions per year: Fall, Winter, Spring and each session consists of 18 classes.

Classes are available at:

Shaw Centre on Mondays & Wednesdays between 4:30-7:00 PM

Harry Bailey on Tuesdays & Thursdays between 4:15-6:45 PM

Contact: Tim Smith

email: jtsmith@shaw.ca

Club phone: 978-4653