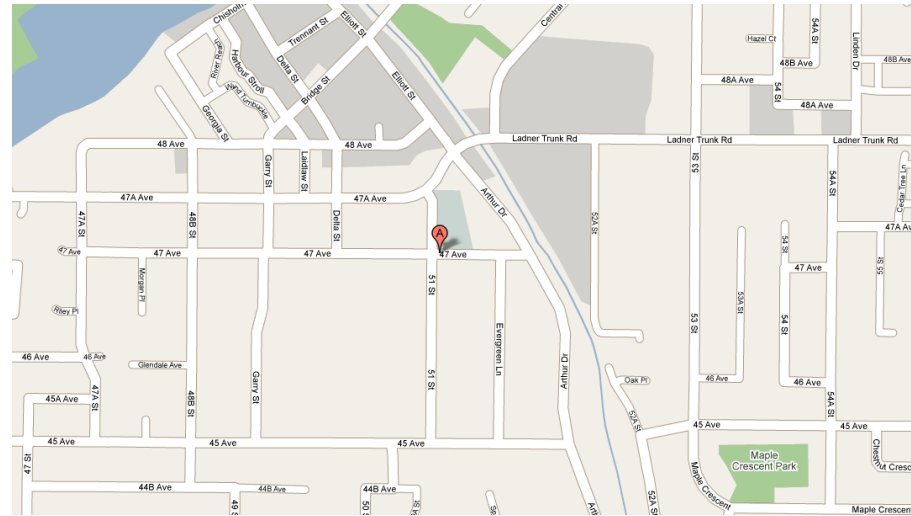


Ladner Outdoor Pool  
5105 47 Avenue  
Delta, BC V4K 1R2  
(604) 946-8369



E-mail: [park-rec@corp.delta.bc.ca](mailto:park-rec@corp.delta.bc.ca)  
Register On-line: [www.corp.delta.bc.ca/deltareg](http://www.corp.delta.bc.ca/deltareg)  
Register by Phone: (604) 952-3000



The Ladner Outdoor Pool is closed for the season. More information will follow at a later date.

**Youth****LifeSaving Camp - Swim****13+ yrs**

<b>Site</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Barcode</b>	<b>Sessions</b>	<b>Price</b>
LOP Ctr	Tu-F	9am-2pm	Jul 3-13	261754	8	\$265

<b>Preschool</b>						
<b>Salamander - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:45-11:15am	Jul 3-13	275625	8	\$44
<b>Sea Otter - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	11:15-11:45am	Jul 3-13	275617	8	\$44
LOP Ctr	Tu/Th	11:30am-12pm	Jul 3-26	275639	8	\$44
<b>Sea Turtle - New Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	11:15-11:45am	Jul 3-13	275616	8	\$44
LOP Ctr	Tu/Th	11-11:30am	Jul 3-26	275638	8	\$44
<b>Sunfish - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:45-11:15am	Jul 3-13	275626	8	\$44

<b>Child</b>						
<b>I Love Waterpolo</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	M	7-7:45pm	Jul 2-Aug 20	278637	8	\$56
LOP Ctr	M/W	10-10:45am	Jul 2-25	278636	8	\$56
<b>Red Cross Swim Kids 01 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Jul 3-13	275636	8	\$44
LOP Ctr	Tu/Th	10-10:30am	Jul 3-26	275640	8	\$44
<b>Red Cross Swim Kids 02 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Jul 3-13	275637	8	\$44
LOP Ctr	Tu/Th	10-10:30am	Jul 3-26	275641	8	\$44
<b>Red Cross Swim Kids 03 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Jul 3-13	275634	8	\$44
LOP Ctr	Tu/Th	10:30-11am	Jul 3-26	275642	8	\$44
<b>Red Cross Swim Kids 04 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Jul 3-13	275635	8	\$44
LOP Ctr	Tu/Th	10:30-11am	Jul 3-26	275643	8	\$44
<b>Red Cross Swim Kids 05 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 3-13	275627	8	\$56
<b>Red Cross Swim Kids 06 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 3-13	275628	8	\$56
<b>Red Cross Swim Kids 07 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 3-13	275629	8	\$56
<b>Red Cross Swim Kids 08 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 3-13	275630	8	\$56
<b>Red Cross Swim Kids 09 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Jul 3-13	275631	8	\$59
<b>Red Cross Swim Kids 10 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Jul 3-13	275633	8	\$59

<b>Preschool</b>						
<b>Salamander - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:45-11:15am	Jul 17-27	277081	8	\$44
<b>Sea Otter - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	11:15-11:45am	Jul 17-27	277089	8	\$44
<b>Sea Turtle - New Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	11:15-11:45am	Jul 17-27	277087	8	\$44
LOP Ctr	Tu-F	11:45am-12:15pm	Jul 17-27	277090	8	\$44
<b>Sunfish - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:45-11:15am	Jul 17-27	277082	8	\$44

<b>Child</b>						
<b>Red Cross Swim Kids 01 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Jul 17-27	277104	8	\$44
<b>Red Cross Swim Kids 02 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Jul 17-27	277105	8	\$44
<b>Red Cross Swim Kids 03 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Jul 17-27	277102	8	\$44
<b>Red Cross Swim Kids 04 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Jul 17-27	277103	8	\$44
<b>Red Cross Swim Kids 05 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 17-27	277091	8	\$56
<b>Red Cross Swim Kids 06 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 17-27	277092	8	\$56
<b>Red Cross Swim Kids 08 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 17-27	277094	8	\$56
<b>Red Cross Swim Kids 09 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Jul 17-27	277095	8	\$59
<b>Red Cross Swim Kids 10 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Jul 17-27	277096	8	\$59

**Youth****LifeSaving Camp - Swim****13+ yrs**

Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9am-2pm	Jul 31-Aug 10	261755	8	\$265

<b>Preschool</b>						
<b>Salamander - Swim</b>						<b>3-5 yrs</b>
<b>Site</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Barcode</b>	<b>Sessions</b>	<b>Price</b>
LOP Ctr	Tu-F	10:45-11:15am	Jul 31-Aug 10	275985	8	\$44
<b>Sea Otter - Swim</b>						<b>3-5 yrs</b>
<b>Site</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Barcode</b>	<b>Sessions</b>	<b>Price</b>
LOP Ctr	Tu-F	11:15-11:45am	Jul 31-Aug 10	275986	8	\$44
LOP Ctr	Tu/Th	11:30am-12pm	Jul 31-Aug 23	275987	8	\$44
<b>Sea Turtle - New Swim</b>						<b>3-5 yrs</b>
<b>Site</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Barcode</b>	<b>Sessions</b>	<b>Price</b>
LOP Ctr	Tu-F	11:15-11:45am	Jul 31-Aug 10	275988	8	\$44
LOP Ctr	Tu/Th	11-11:30am	Jul 31-Aug 23	275989	8	\$44
<b>Sunfish - Swim</b>						<b>3-5 yrs</b>
<b>Site</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Barcode</b>	<b>Sessions</b>	<b>Price</b>
LOP Ctr	Tu-F	10:45-11:15am	Jul 31-Aug 10	275990	8	\$44

<b>Child</b>						
<b>I Love Waterpolo</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	M/W	10-10:45am	Jul 30-Aug 22	278639	8	\$56
<b>Red Cross Swim Kids 01 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Jul 31-Aug 10	275971	8	\$44
LOP Ctr	Tu/Th	10-10:30am	Jul 31-Aug 23	275972	8	\$44
<b>Red Cross Swim Kids 02 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Jul 31-Aug 10	275973	8	\$44
LOP Ctr	Tu/Th	10-10:30am	Jul 31-Aug 23	275974	8	\$44
<b>Red Cross Swim Kids 03 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Jul 31-Aug 10	275975	8	\$44
LOP Ctr	Tu/Th	10:30-11am	Jul 31-Aug 23	275976	8	\$44
<b>Red Cross Swim Kids 04 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Jul 31-Aug 10	275977	8	\$44
LOP Ctr	Tu/Th	10:30-11am	Jul 31-Aug 23	275978	8	\$44
<b>Red Cross Swim Kids 05 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 31-Aug 10	275979	8	\$56
<b>Red Cross Swim Kids 06 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 31-Aug 10	275980	8	\$56
<b>Red Cross Swim Kids 07 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 31-Aug 10	275981	8	\$56
<b>Red Cross Swim Kids 08 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Jul 31-Aug 10	275982	8	\$56
<b>Red Cross Swim Kids 09 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Jul 31-Aug 10	275983	8	\$59
<b>Red Cross Swim Kids 10 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Jul 31-Aug 10	275984	8	\$59























**Youth****National Lifeguard Service Award - Swim****16+ yrs**

<b>Site</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Barcode</b>	<b>Sessions</b>	<b>Price</b>
LOP Ctr	M-Th	9am-3:30pm	Aug 20-30	261756	8	\$367



<b>Preschool</b>						
<b>Salamander - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:45-11:15am	Aug 14-24	277115	8	\$44
<b>Sea Otter - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	11:15-11:45am	Aug 14-24	277116	8	\$44
<b>Sea Turtle - New Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	11:15-11:45am	Aug 14-24	277117	8	\$44
LOP Ctr	Tu-F	11:45am-12:15pm	Aug 14-24	277118	8	\$44
<b>Sunfish - Swim</b>						<b>3-5 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:45-11:15am	Aug 14-24	277119	8	\$44

<b>Child</b>						
<b>Red Cross Swim Kids 01 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Aug 14-24	277106	8	\$44
<b>Red Cross Swim Kids 02 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	10:15-10:45am	Aug 14-24	277107	8	\$44
<b>Red Cross Swim Kids 03 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Aug 14-24	277108	8	\$44
<b>Red Cross Swim Kids 04 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:15am	Aug 14-24	277109	8	\$44
<b>Red Cross Swim Kids 05 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Aug 14-24	277110	8	\$56
<b>Red Cross Swim Kids 06 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Aug 14-24	277111	8	\$56
<b>Red Cross Swim Kids 08 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9-9:45am	Aug 14-24	277112	8	\$56
<b>Red Cross Swim Kids 09 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Aug 14-24	277113	8	\$59
<b>Red Cross Swim Kids 10 - Swim</b>						<b>6-12 yrs</b>
Site	Day	Time	Date	Barcode	Sessions	Price
LOP Ctr	Tu-F	9:45-10:45am	Aug 14-24	277114	8	\$59

The child is 6 years old they will go into:

If they took Red Cross Swim Preschool:	The level was marked:	Enroll them in Red Cross Swim Kids:
 <b>Starfish</b>	<b>Complete or Incomplete</b>	
 <b>Duck</b>	<b>Complete or Incomplete</b>	
 <b>Sea Turtle</b>	<b>Complete or Incomplete</b>	
 <b>Sea Otter</b>	<b>Complete or Incomplete</b>	
 <b>Salamander</b>	<b>Complete or Incomplete</b>	
 <b>Sunfish</b>	<b>Incomplete</b>	
 <b>Sunfish</b>	<b>Complete</b>	
 <b>Crocodile</b>	<b>Incomplete</b>	
 <b>Crocodile</b>	<b>Complete</b>	
 <b>Whale</b>	<b>Incomplete</b>	
 <b>Whale</b>	<b>Complete</b>	

## PROGRAM LEVEL REGISTRATION GUIDE – RED CROSS SWIM KIDS

Red Cross Swim Kids Levels	Brief Description
<b>Red Cross Swim Kids Level 1</b>	Develop front & back float, front & back glide, flutter kick (assisted), shallow water entries & exits & swim 5 metres.
<b>Red Cross Swim Kids Level 2</b>	Learn front & back glide with flutter kick, develop front swim, complete deep-water activities (assisted) & swim 10 metres continuously.
<b>Red Cross Swim Kids Level 3</b>	Increase distance on front & back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, & swim 15 metres continuously.
<b>Red Cross Swim Kids Level 4</b>	Learn back swim with shoulder roll & front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling & swim 25 metres continuously.
<b>Red Cross Swim Kids Level 5</b>	Develop front crawl (15m), learn back crawl (15m), & whip kick on back, learn stride dive & treading water, perform head-first sculling & swim 50 metres continuously..
<b>Red Cross Swim Kids Level 6</b>	Increase distance on front & back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, & swim 75 metres continuously.
<b>Red Cross Swim Kids Level 7</b>	Increase distance on front & back crawl (50m) & elementary back stroke (25m), learn front scull, perform whip kick on front & dolphin kick, learn stride entry & swim 150 metres continuously.
<b>Red Cross Swim Kids Level 8</b>	Increase distance on front & back crawl (75m), & elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive & standing shallow dive, & swim 300 metres continuously.
<b>Red Cross Swim Kids Level 9</b>	Increase distance on front & back crawl (100m), elementary back stroke (50m) & breast stroke (25m), learn sidestroke kick, perform head-first surface dive, & swim 400 metres continuously.
<b>Red Cross Swim Kids Level 10</b> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">   </div>	Increase distance on front & back crawl (100m), elementary back stroke (50m), & breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, & swim 500 metres continuously.

**PROGRAM LEVEL REGISTRATION GUIDE –  
RED CROSS SWIM FOR TEENS & ADULTS**

<b>LEVEL</b>	<b>PARTICIPANT PRE-REQUISITE</b>	<b>IN THIS LEVEL</b>
<b>Red Cross Swim Basic 1</b>	No previous swimming experience required.	Learn front & back float, front & back glide with kick, front swim for 10m, shallow water entries & exits, & deep-water activities (assisted).
<b>Red Cross Swim Basic 2</b>	Some swimming experience & can perform front swim 10m comfortably.	Learn back swim with shoulder roll, front & back crawl 15m, sitting dive, kneeling dive, stride dive & front dive, treading water, & swim a minimum distance of 25m.
<b>Red Cross Swim Strokes</b>	Able to swim front crawl at least 15m continuously, back crawl 15m & is comfortable swimming in deep water.	Choose the stroke(s) you wish to focus on. Participation-based program with individual goals.
<b>Red Cross Swim Sports</b>	Participate in sports modules & comfortable moving/swimming in shallow water. If can't swim, be comfortable using a floatation support such as a PFD.	Participate in two lessons per sport activity & learn the fundamental skills & techniques of each.