



# WETASKIWIN ORCAS

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## LIFESAVING CLUB

### Program Information for Recreation Squads

**Orca Members Receive 10% off on Bronze Medallion/Cross Registrations during the Orca season.**

#### **2022-2023 Registration Package**

Welcome to the exciting world of Lifesaving Sport!

**Enclosed in this package you will find:**

1. Registration Form
2. Parent Code of Conduct
3. Swimmer Code of Conduct
4. Photo Release

(These forms must be fully completed and brought back to the Manluk Centre)

**Additional information enclosed in this package:**

1. Program Information - 2022/2023
2. Members Handbook - Team Policies 2022/2023

(These documents are yours to keep for the season and do not need to be returned)

Registration documents can be dropped off at the front desk of the Manluk Centre



## Welcome to the Program

It is the goal of the Wetaskiwin Orcas Lifesaving Club to provide a safe and fun environment that allows individuals to improve and grow in both their swimming ability and lifesaving skills. By providing leadership and knowledge, this program strives to give swimmers the potential to achieve, challenge, and set personal bests in practices and at competitions.

The Orca's program is organized into two branches: Recreation squads and Competitive squads. In our Recreation squads, swimmers will focus on development of basic swimming abilities and lifesaving skills. Competitive Squads will focus on Lifesaving Sport and will encourage swimmers to build on existing swimming skills and their spirit of competition. These programs give us the diversity to include swimmers with varying levels of skill, competition, and motivation.

To ensure that swimmers are given the best training possible, we will be accepting a limited number of registrations in each squad. Please return your registration as soon as possible to secure a spot in the squad of your choice. *Final placement of swimmers will be based on individual skill and at the recommendation of the Head Coach.* Please call or email if you have any additional questions or concerns.

**Registration Opens** July 15<sup>th</sup>, 2022, for returning members and will open for new members on August 8<sup>th</sup>, 2022.

**Registration for Session 2 of Killer Whales and Beginner Rec** opens on December 1<sup>st</sup>, 2022, for returning members and open for new members on December 20<sup>th</sup>, 2022

### *City of Wetaskiwin*

**Recreation Department**  
**Online Registration**  
**Email us**

(780) 361-4444  
[manlukcentre.ca/programs](http://manlukcentre.ca/programs)  
[orcas@wetaskiwin.ca](mailto:orcas@wetaskiwin.ca)

*Tyler Bailer*

Head Coach/Aquatic Coordinator

*Angela Weinhandl*

Recreation Office Coordinator



## Killer Whales

**Activity Code:** Session 1, 5908  
Session 2, 5909

**Introduction:** The Killer Whales squad is for young swimmers who have an interest in improving their swimming abilities by increasing the depth and distance of the water that they are comfortable in while also being introduced to some aspects of Lifesaving Sport skills.

**Awards:** *Swimmers will work towards completing the Lifesaving Society's Swim for Life Program.*

**Prerequisites:**

- Ages 5-7
- Front Glide with kick for 5m
- Back Glide with kick for 5m
- Completed Lifesaving Society's Preschool 3 or Swimmer 1/Red Cross Preschool Sunfish or Swim Kids 1

**Sessions:** *Session 1:* October 5<sup>th</sup>, 2022 – December 21<sup>st</sup>, 2022  
*Session 2:* January 11<sup>th</sup>, 2023 – March 22<sup>nd</sup>, 2023

**Note:** **Registration for Session 2 of Killer Whales and Beginner Rec** opens on December 1<sup>st</sup>, 2022, for returning members and open for new members on December 21<sup>st</sup>, 2022

**Practices:** Wednesday & Friday 4:00pm – 4:30pm  
**No School = No Practice** (WRPS Calendar)

**Competitions:** Swimmers in Recreation squads can compete at our home swim meet if they wish. They must first be evaluated at the Jellybean meet and approved by the Head Coach. If approved, the \$50.00 Lifesaving activation fee will be added to your account and will need to be paid in full before being signed up for the meet.

**Cost:** **Session 1:** \$185.00 (Early Bird \$170.00)  
**Session 2:** \$185.00 (Early Bird \$170.00)  
**Session 1 & 2:** 370.00 (Early Bird \$340.00)

## Beginner Recreation

**Activity Code:** Session 1, 5906  
Session 2, 5907

**Introduction:** The Beginner Rec squad further improves upon the swimming and lifesaving skills that were introduced in the Killer Whales squad. They will also be introduced to some basic water safety and first aid skills.

**Awards:** *Swimmers will continue to work towards completing the Lifesaving Society's Swim for Life Program.*

**Prerequisites:**

- Ages 7-10
- Ability to swim 25m
- Completed Killer Whales or Lifesaving Society's Swimmer 3/Red Cross Swim Kids 4

**Sessions:** *Session 1:* October 5<sup>th</sup>, 2022 – December 21<sup>st</sup>, 2022  
*Session 2:* January 11<sup>th</sup>, 2023 – March 22<sup>nd</sup>, 2023

**Note:** **Registration for Session 2 of Killer Whales and Beginner Rec** opens on December 1<sup>st</sup>, 2022, for returning members and open for new members on December 21<sup>st</sup>, 2022

**Practices:** Wednesday & Friday 4:30pm – 5:15pm  
**No School = No Practice** (WRPS Calendar)

**Competitions:** Swimmers in Recreation squads can compete at our home swim meet if they wish. Swimmers must first be evaluated at the Jellybean meet and approved by the Head Coach. If approved, the \$50.00 Lifesaving activation fee will be added to your account and will need to be paid in full before being signed up for the meet.

**Cost:** **Session 1:** \$200.00 (Early Bird \$185.00)  
**Session 2:** \$200.00 (Early Bird \$185.00)  
**Session 1 & 2:** 400.00 (Early Bird \$360.00)

## Advanced Recreation

**Activity Code:** 5910

**Introduction:** The Advanced Rec squad focuses on the further development of swimming skills while going deeper into the understanding of basic first aid and water safety techniques. This is a good squad to choose if your swimmer is one day interested in becoming a lifeguard.



**Awards:** Each swimmer will work towards earning their JLC badges as well as completing the Lifesaving Society's *Canadian Swim Patrol Program and Bronze Star*.

**Prerequisites:**

- Ages 10-15
- Ability to swim 50m
- Completed Beginner Rec or Lifesaving Society's Swimmer 5/Red Cross Swim Kids 6

**Session:** October 4<sup>th</sup>, 2022 – March 23<sup>rd</sup>, 2023

**Practices:** Tuesday & Thursday 4:00pm – 5:00pm  
**No School = No Practice** (WRPS Calendar)

**Competitions:** Swimmers in Recreation squads can compete at our home swim meet if they wish. They must first be evaluated at the Jellybean meet and approved by the Head Coach. If approved, the \$50.00 Lifesaving activation fee will be added to your account and will need to be paid in full before being signed up for the meet.

**Cost:** 425.00 (Early Bird \$400.00)

## Masters

**Activity Code:** 5905

**Introduction:** The Masters squad is for those who are looking to improve their swimming ability and overall fitness in the water. Master swimmers' range between those who are just starting out to swim and improve their strokes to those who may be more advanced and are looking for a tough workout. Lifesaving Sport skills will also be introduced and taught in this squad. If desired swimmers in this squad can choose to compete at competitions, the \$50.00 Lifesaving activation fee will be added to your account and will need to be paid in full before being signed up for a swim meet.

**Prerequisites:**

- Ages 20+
- Ability to swim 50m continuously

**Sessions:** October 4<sup>th</sup>, 2022 – April 13<sup>th</sup>, 2023

**Practices:** Tuesday & Thursday 5:30pm – 7:00pm  
**No School = No Practice** (WRPS Calendar)

**Cost:** \$450.00 (Early Bird \$425.00)

**Competing:** \$50.00 Lifesaving Activation fee



## Bronze Medallion/Cross Courses

We encourage all swimmers to take the opportunity to achieve the Lifesaving Society's Bronze Medallion and Cross Courses. We will be offering the **Bronze Medal Awards** during the Orca season. Separate registration for these courses will be taken at the pool or online. *All Orca members will receive a 10% discount on their registration for these courses during the season.* It is highly recommended that all Orca members over the age of 13 take these courses, especially if you are interested in becoming a lifeguard or an Orca Coach.

These courses develop the fitness, skills and knowledge to perform a water related rescue and respond to a non-aquatic emergency. Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard (NL) award.

A Swimmer wanting to compete in SERC events must hold a current Bronze Cross certification or higher to be allowed to compete in these events.

The Manluk Centre will be hosting multiple Bronze Medallion and Bronze Cross courses throughout the Orca season. When registration becomes available for these courses it will be relayed to all Orca members via the Monthly Parent Newsletter which is sent through email and posted on the Orca Facebook Page.

## Contact Us

If you have any questions or concerns, please feel free to contact us by:

- Sending us a private message through our Facebook Page (Wetaskiwin Orcas Lifesaving Club Page) ([www.facebook.com/WetaskiwinOrcasLifesavingClub/](http://www.facebook.com/WetaskiwinOrcasLifesavingClub/))
- Email us at [Orcas@wetaskiwn.ca](mailto:Orcas@wetaskiwn.ca)
- Or phone the pool office @ (780) 361 4411 and ask to speak with Tyler, if he is unavailable, please leave a voicemail or a message with one of our aquatic staff.