

Kivimaa-Moonlight Bay Swimming Lessons 2021

I am a proud Indigenous woman currently pursuing a 5-year combined Native Studies and Elementary Education degree at the University of Alberta. For the past four years, I've worked as a swimming instructor. During that time, I trained swimmers ranging in age from 4 to 14. Over the years, I've learned how to properly teach and how to adapt my teaching style to meet the needs of each child. I am a NCCP (National Coaching Certification Program) Level I certified swimming instructor and have my First Aid certificate. I have been swimming competitively for over ten years..

My aim is to teach children ages 4 to 12 particular swimming skills based on their current skill level. I really want to make the lake a safe and comfortable place for everyone, and I want to help children who don't know how to swim feel at ease and safe in the water. I'll use innovative thinking to make lesson plans that are both fun and educational, while also teaching everyone useful skills that they can use in both the lake and the pool. I always include a fun activity to take a break from teaching so that the kids can interact with others in the class.

How I am going to break up the groups

Lessons will be July 5th - August 31st, 2021 (Monday - Friday)

Group one

Ages 4-5. Each group will have 2 swimmers (for safety purposes)

For this age group each lesson will be 30min long.

(Cost for this age group \$50/weekly per swimmer)

Group two

Ages 6-7. Each group will have 4 swimmers

For this age group each lesson will be an hour long.

(Cost for this age group is \$100/weekly per swimmer)

Group four

Ages 8-9. Each group will have 4 swimmers

For this age group each lesson will be an hour long.

(Cost for this age group is \$100/weekly per swimmer)

Group five

Ages 10-12. Each group will have 6 swimmers

For this age group each lesson will be an hour long

(Cost for this age group is \$100/weekly per swimmer)

I will let each parent know which group their child will be in and at what time through email.

Each swimmer is required to bring a pair of goggles, a kickboard (can find online or at dollar store) and a life jacket if needed

Currently accepting registrations at sdouglascoaching@gmail.com. Also use this email for any extra questions you may have regarding the swimming lessons.