



WETASKIWIN ORCAS

LIFESAVING CLUB

Program Information for Competitive Squads

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

2026-2027 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 - 2026/2027
2. Members Handbook - Team Policies 2026/2027

(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

Registration Opens August 11th, 2026, for returning members and will open for new members on August 25th, 2026.

The Wetaskiwin Orcas Lifesaving Club is committed to providing a safe, positive, and supportive environment where swimmers can develop their swimming abilities, build lifesaving skills, and discover their potential in lifesaving sport. Through quality coaching, leadership, and teamwork, our program encourages swimmers to challenge themselves, set personal goals, and achieve their best both in training and at competitions.

The Orcas program is organized into two pathways: Recreation Squads and Competitive Squads. Recreation Squads focus on building foundational swimming abilities and lifesaving skills in a fun and supportive environment. Competitive Squads are focused on Lifesaving Sport, helping swimmers build on their swimming abilities while developing the skills, knowledge, and competitive experience needed to participate in lifesaving sport events.

With a variety of training options available, the Orcas program welcomes swimmers with different skill levels, goals, and levels of competition commitment. Whether swimmers are looking to build confidence in the water, develop lifesaving skills, or pursue competition, there is an opportunity to find a squad that fits their goals.

To provide swimmers with the best possible training experience, registration will be limited in each squad. We encourage you to register early to secure a spot in your preferred squad. Final squad placement will be based on individual swimming and lifesaving skills and determined at the recommendation of the Head Coach.

If you have any questions about the program or which squad may be the best fit, please contact us by phone or email to set up a swim assessment.

City of Wetaskiwin

Recreation Department
Online Registration
Email us

(780) 361-4444
wetaskiwin.ca/manlukcentre
orcas@wetaskiwin.ca



Competitive 2 Day

Introduction: The Competitive 2-Day Squad is designed for swimmers who are either new to lifesaving sport or are looking for a part-time training option. This squad is ideal for swimmers who want to develop their skills while training two days per week. Swimmers are encouraged to participate in competitions throughout the season but are not expected to attend every competition. Participation in our home swim meet and Provincial Championships is highly encouraged.

This squad offers two registration options:

Group A: Mondays and Wednesdays

Group B: Tuesdays and Thursdays

Activity Code: Group A: 8092 (Mon/Wed)
Group B: 8093 (Tues/Thurs)

Prerequisites:

- Ages 8-16
- Ability to swim 50m continuously
- Completed Lifesaving Society's Swimmer 4/Red Cross Swim Kids 5 or equivalent skills

Season: Group A: October 5th, 2026 – March 31, 2027

Group B: October 6th, 2026– April 1, 2027

Provincial Prep week is the last week before provincials and will be limited only to swimmers competing at provincials.

Practices: Group A: Monday & Wednesday 4:00pm – 5:30pm

Group B: Tuesday & Thursday 4:00pm – 5:30pm

No School = No Practice (WRPS Calendar)

Fees:	\$450.00	Registration Fee
	<u>\$50.00</u>	Lifesaving Activation fee
	\$500.00	Total

Early Bird Registration 10% off registration fee. Applies from the opening of registration until the start of the first practice. To receive the early bird rate, registration fees must be paid in full before the start of the first practice.

Focus (formerly 4 day)

Introduction: The Focus Squad trains four days per week and is designed to develop strong swimming fundamentals and lifesaving sport techniques for competition. Regular attendance is essential to support skill development and progression throughout the season.



Swimmers in this squad are expected to participate in the majority of competitions throughout the season, including the home swim meet and Provincial Championships.

Activity Code: 8091

Prerequisites:

- Ages 9 +
- Ability to swim 100m continuously
- Completed Swimmer 5 or Swimmer 6
- Previously competed in Lifesaving Sport and/or approved by Head Coach

Season: October 5, 2026-April 1, 2027

Provincial Prep week is the last week before provincials and will be limited only to swimmers competing at provincials.

Practices: Monday to Thursday 5:30pm – 7:00pm

No School = No Practice (WRPS Calendar)

Fees:	\$600.00	Registration Fee
	<u>\$50.00</u>	Lifesaving Activation fee
	\$650.00	Total

Early Bird Registration 10% off registration fee. Applies from the opening of registration until the start of the first practice. To receive the early bird rate, registration fees must be paid in full before the start of the first practice.

Focus Plus

Introduction: The **Focus Plus Squad** is designed for swimmers who are ready to further develop their competitive lifesaving skills and train for advanced lifesaving sport events.

Registration is open to swimmers currently in the Focus Squad (formerly the Competitive 4-Day program) who successfully complete a tryout. Swimmers must remain registered in the Focus Squad to participate in Focus Plus. Tryout details will be shared at a later date with interested swimmers.

Focus Plus practices are additional training sessions on top of the regular Focus Squad practices. Focus Plus swimmers will attend the regular Focus Squad practices (5:30–7:00 p.m.) and then participate in an additional 30-minute Focus Plus training session. (7:00-7:30PM) Additional morning training sessions will also be scheduled throughout the season and will be required for Focus Plus swimmers. The final Focus Plus training schedule will be developed in consultation with participants and the Head Coach.

Activity Code: TBD



Prerequisites:

- Ages 13 +
- Ability to swim 400m continuously
- Previously competed in Lifesaving Sport and/or approved by the Head Coach
- Recommended completion of the Lifesaving Society's Bronze Medallion certification (or plan to take it during the Orca season)

Season:

TBD with participants after tryout

Provincial Prep week is the last week before provincials and will be limited only to swimmers competing at provincials.

Practices:

Monday to Thursday 7:00pm-7:30pm

Morning practices TBD with participants and head coach

No School = No Practice (WRPS Calendar)

Fees:

TBD based on additional practices between head coach and participants

Junior Coaching

Introduction:

This is a volunteer program designed for those who have an interest in becoming a Lifesaving Sport Coach. Junior Coaches are paired with senior coaches. They will assist the senior coaches in making day to day lesson plans along with giving instruction to the swimmers. The goal of this program is to teach the instructional skills to better prepare potential candidates for the Lifesaving Society Lifesaving Instructor course as well as the Lifesaving Sport Coach Course.

Prerequisites:

- Ages 14+
- Previously competed in Lifesaving Sport
- Completed the Lifesaving Society's Bronze Medallion certification
- Must be approved by the Head Coach

Season:

November 2, 2026-April 1, 2027

Bronze Medal 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 water related rescues and respond to a non-aquatic emergency. Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard (NL) award.



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/)
- Email us at 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.