

SUMMER 2024 | Loyalist Township

EXPLORE & PLAY GUIDE



@exploreloyalist
www.loyalist.ca





Celebrate Seniors Month with us at the
SENIORS EXPO

— Aging Well Together —

Hosted by the Loyalist Family Health Team & Loyalist Township

Learn about programs, services and opportunities in the area that support healthy, social, active aging at home from 50+ local exhibitors.

Thursday, June 6, 2024

10:00 a.m. - 2:00 p.m.

Odessa Fairgrounds
231 Main Street, Odessa

Seniors' Expo is free to attend.

It's a one-stop shop for older adults and their families to get the right resources to live happy and healthy lives.

All are encouraged to attend, connect and learn!

Learn more at loyalist.ca/events





JRPM

JUNE IS RECREATION AND PARKS MONTH



JUNE IS RECREATION AND PARKS MONTH

JUNE 2024

SATURDAY 1		SUNDAY 2
Recreation & Parks Event 1-3PM at Bath Park		
National Health and Fitness Day		
8		9
		Yoga 4 Every Body Fitness Class 10-10:45AM at Finkle's Shore Gazebo, Bath
15		16
Doors Open Ontario 10:00AM-4:00PM		
22		23
Hike & Create 10:00AM-1:00PM Parrott's Bay, Bath Rd. Entrance		
29		30

PRIDE MONTH • SENIORS MONTH • NATIONAL INDIGENOUS HISTORY MONTH

MOVEMENT	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	8	9
	Running Group 6:00-7:00PM Leisure & Activity Centre, Amherstview World Bike Day		 World Environment Day	Seniors Expo 10AM-2PM at Odessa Fairgrounds, Odessa	Aging Backwards with Essentrics Fitness Class 11-11:45AM at Finkle's Shore Gazebo, Bath		
TRAILBLAZERS	10	11	12	13	14	15	16
	Running Group 6:00-7:00PM Leisure & Activity Centre, Amherstview		TuNes Day in the Township 6:30-8:00PM at Loyalist Park, Amherstview				
GUARDIANS	17	18	19	20	21	22	23
	Running Group 6:00-7:00PM Leisure & Activity Centre, Amherstview				National Indigenous Peoples Day		
CONNECTION	24	25	26	27	28	29	30
	Running Group 6:00-7:00PM Leisure & Activity Centre, Amherstview			Canadian Multiculturalism Day	Stonewall Riots Anniversary		



PARKS AND RECREATION ONTARIO

#JRPM2024 | #CommunityThrivesHere



TuNes Day

in the Township
Summer Concert Series

Grab a lawn chair, a blanket and your dancing shoes & join us
this summer for free live music in the park!

Concerts will take place at Loyalist Park Amphitheatre on Amherst Drive,
Amherstview. **Shows start at 6:30 p.m.**

Concerts are proudly hosted by Loyalist Township.

More information at loyalist.ca/events

June 12

The Monarchs
with opening act
Greater Kingston Chorus



July 10

Heartland Country



August 14

Rudy & Saddle Up



Bring a non-perishable food donation to support
the Amherstview Lions Club Food Bank!





DOORS OPEN

in Loyalist Township

Saturday, June 15, 2024

10:00 a.m. - 4:00 p.m.

Admission is free!

Take a trip around Loyalist Township and explore our local culture and heritage.

Check out this year's participating sites:

- The Bath Museum
- Bath United Church
- Layer Cake Hall
- Hogans Honey and Maple Products
- St. Johns Church
- The Babcock Mill
- Second Chance Ranch
- St. Albans Church
- Neilson Store Museum and Cultural Centre
- Topsy Farms
- Dry Stone Walls
- St. Paul's Church
- Fairfield House
- Trinity Presbyterian Church
- St. Peter's Anglican Church
- Amherstview Fire Hall

For more information about the Doors Open event, please visit loyalist.ca/events



BATH CANADA DAY



Join us in the village of Bath for an action-packed Canada Day celebration that you won't want to miss! Dress in your red and white, bring your friends and family, and spend the day with us!

Monday, July 1, 2024

217 Church Street, Bath ON

7:00 am – 11:00 am

Start your day off right with a delicious, **hearty breakfast of pancakes and sausages** prepared by the Bath Firefighters Association. Located at the Bath Fire Hall, \$10 per person.

10:00 am – 4:00 pm

Vendors Market featuring over 50 vendors!

Kids Zone filled with inflatables, games, wagon rides, and more! All activities are free!

Main Stage Entertainment featuring a full day of family friendly live performances, with headliner Ryan Malcolm and Low Level Flight!

1:00 pm

The **Red & White Parade** rolls out at 1:00pm. View the parade route by visiting loyalist.ca/events

3:00 pm

Firefighters Foam is back! Get ready to splash and play in the foam at the kids zone.



Learn More:

[Loyalist.ca/
CanadaDay](http://Loyalist.ca/CanadaDay)

**This events title
sponsor's are:**



This event is proudly hosted by:

**Volunteers of the Bath Canada Day Planning
Team & Loyalist Township**



**Canadian
Heritage**

**Patrimoine
canadien**

Exploration Days are returning for 2024!
Visit Loyalist.ca/HistoryandHeritage for more information.



BATH MUSEUM & VISITOR CENTRE

434 Main St. Bath
May 30 to August 25
Thur - Sun 10 a.m. - 4 p.m.
Admission: Free

HISTORY & HERITAGE

Explore Loyalist Township

BABCOCK MILL

100 Bridge St. Odessa
May 30 to August 25
Thursday - Sunday
10 a.m. - 4 p.m.
Admission: Free



NEILSON STORE MUSEUM AND CULTURAL CENTRE

5220 Front Rd. Stella
visit
neilsonstoremuseum.ca
for open hours
Admission: By Donation



FAIRFIELD HOUSE

4574 Bath Rd.
Amherstview
June 29 to August 25
Wed - Sun 11 a.m. - 4 p.m.
Admission: \$3/adult,
\$1/child, \$5/family



Loyalist Township Updates

Parks & Recreation Master Plan

Loyalist Township is in the final stages of developing a Parks and Recreation Master Plan titled “A Decade of Play,” which aims to strategically manage the direction of parks and recreation, including infrastructure and services, for the next 10 years in the township.

Want to learn more? We invite you to visit our web page www.loyalist.ca/PRMasterPlan to learn about the project, timelines, and more.

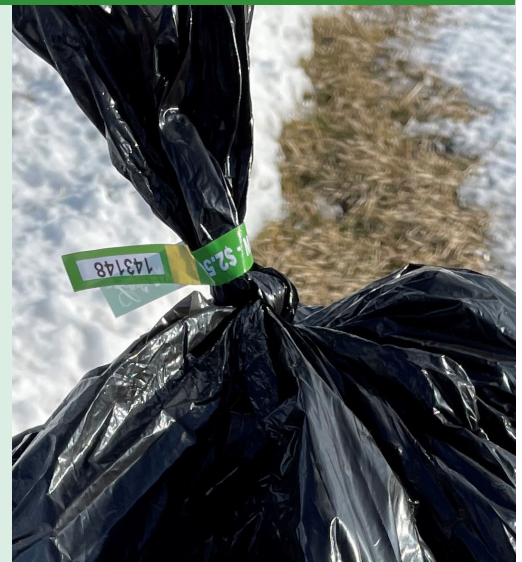


Bag Tag Updates

As of July 1, 2024, the cost of garbage bag tags in Loyalist Township will be increasing by \$0.50 per tag to \$3.00. Residents can continue using their current orange tags up until July 1 at which point they must begin to use new bag tags which are green.

July 2nd to September 6th | Exchange time period, Exchange old bag tags for a credit at Odessa Municipal Office.

Want to learn more? We invite you to visit our web page www.loyalist.ca/en/living-in-loyalist/bag-tags.aspx to learn about why the cost of bag tags are increasing.



**Visit a Local Park
this Summer!**

www.loyalist.ca/parks

**Centennial Park North & South,
329 Main St, Bath**

Beach/Swimming | Flower
Garden | Gazebo/Pavilion | Picnic
Tables | Playground Equipment
| Washroom Facilities | Walking
Path | Accessible Parking

W.J. Henderson Recreation Centre Renewal Project!

Design work for the W.J. Henderson Recreation Centre Renewal project is well underway, and construction is on track. The building remains closed throughout the summer season, however the library will remain open during this time. The Arena and lobby will re-open to the public by September 2024. Full completion of construction is projected by January 2026.

The scope of work for the project involves the following:

- The construction of a new aquatic facility comprising of an 8-lane, 25 metre pool as well as a separate warm-water leisure pool;
- Undertaking accessibility upgrades throughout the existing facility, including the addition of a lift, accessible change rooms, and barrier-free viewing areas;
- Installing new aquatic change rooms, including creation of a family change room;
- Incorporating new Indigenous Legacy Space;
- Incorporating energy conservation measures throughout the facility to reduce greenhouse gas emissions associated with its operations;
- Designing the building to be Net-Zero ready, meaning that the amount of energy needed to operate the building in a given year can be produced directly on site in the future, typically through the use of solar panels;
- Keeping the building operational during construction and minimizing facility and programming downtime.



www.wjrenewal.ca

Community members can learn more about the renewal project online which includes updates on construction progress, the Validation Report, timelines, amenities, and more.



HOW DO I REGISTER FOR A PROGRAM?

Online

loyalist.ca/register

Visa or Mastercard
accepted



Phone

613-386-7351
ext. 200# or 300#

Mon to Thur | 8:15 am - 4:30 pm
Fri | 8:15 am - 12:15 pm



Registration Dates

Residents: June 3rd

Non-Residents: June 6th

Outdoor Facility Rentals

in Loyalist Township



PICKLEBALL - TENNIS - BALL DIAMONDS - FIELDS - BASKETBALL COURTS & MORE

www.loyalist.ca/OutdoorFacilities

Children's Programs

Curious Creators (Ages 4 - 11 yrs)

Location: Leisure & Activity Centre | **Time:** 9:00 am – 12:00 pm

In these combo classes each week will include a variety of activities such as games, crafts, cooking, STEM projects and more. Delicious recipes will be created each day along with activities such as painting, volcano eruptions and fun active games outdoors. Participants will also take breaks to play outside. (weather permitting.) **Be sure to pack a pair of running shoes, a water bottle, and sunscreen.**

Pre Registration Fee		
	Resident	Non - Resident
4 days	\$145.68	\$174.82
5 days	\$182.10	\$218.52

Daily Drop-in Fee	
Resident	Non - Resident
\$37/day	\$44.40/day

JULY		
Day	Theme	Session
Tues - Fri	The 4 Seasons	July 2nd - July 5th
Mon - Fri	Disney Movies	July 8th - July 12th
Mon - Fri	Space & Science	July 15th - July 19th
Mon - Fri	Dinosaurs Among Us	July 22nd - July 26th

AUGUST		
Day	Theme	Session
Mon - Fri	Olympics	July 29th - Aug 2nd
Tues - Fri	Superheroes & Villians	Aug 6th - Aug 9th
Mon - Fri	Fire & Water	Aug 12th - Aug 16th
Mon - Fri	Nature Rangers	Aug 19th - Aug 23rd

Come Out & Play Trailer Days (All Ages)

Join our summer staff for lots of fun and exciting outdoor games in the parks of Loyalist! Outdoor games include: Spikeball, Horseshoes, Soccer, Kan Jam, Cornhole, Washer Toss, Giant Connect 4 , and much more!

This program runs on the following days and locations:

Mondays 2pm – 3:30pm | Fairfield Park, Amherstview

Wednesdays 2pm – 3:30pm | Finkle Shores, Bath

Thursdays 2pm – 3:30pm | Wilton Playground, 229 Simmons Rd, Wilton

PRE-REGISTRATION IS NOT REQUIRED.

Subject to inclement weather, please refer to the Explore & Play - Loyalist Township Facebook Page for cancellations.

Please note this is not a drop off program.



Explore & Play (Ages 4 - 11 yrs)

Location: Leisure & Activity Centre | **Time:** 1:00 pm – 4:00 pm

In these combo classes each week will include a variety of activities such as sports & games, crafts, STEM projects and more. Everyday will include active sports, mixed media for art projects and curious science experiments. Participants will also take breaks to play outside (weather permitting.) **Be sure to pack a snack, a pair of running shoes, a water bottle, and sunscreen.**

Pre Registration Fee		
	Resident	Non - Resident
4 days	\$97.08	\$116.50

Daily Drop-in Fee	
Resident	Non - Resident
\$25/day	\$30/day

JULY		
Day	Theme	Session
Tues - Fri	The 4 Seasons	July 2nd - July 5th
Mon - Thurs	Disney Movies	July 8th - July 11th
Mon - Thurs	Space & Science	July 15th - July 18th
Mon - Thurs	Dinosaurs Among Us	July 22nd - July 25th

AUGUST		
Day	Theme	Session
Mon - Thurs	Olympics	July 29th - Aug 1st
Tues - Fri	Superheroes & Villains	Aug 6th - Aug 9th
Mon - Thurs	Fire & Water	Aug 12th - Aug 15th
Mon - Thurs	Nature Rangers	Aug 19th - Aug 22nd



Play & Learn Together (Ages 9+)

Learning to Crochet

Location: Leisure & Activity Centre

Time: 2:00 pm – 4:00 pm

Date: Friday, July 12th

Learn a new hobby with learning to crochet! We will look at a basic pattern and how to turn it into many different things! We will start with wash-cloths and discuss how you can make blankets, plushies, and more! All supplies are included.

No experience required, feel free to bring your own hooks.

Fees	
Resident	Non - Resident
\$24.28	\$29.14

Coding 101

Location: Leisure & Activity Centre

Time: 2:00 pm – 4:00 pm

Date: Friday, August 16th

Come on out and have fun exploring the massive world of coding. Utilizing both technological and basic approaches, you will learn the introductory techniques that are needed in the growing industry of computer coding!

No experience required, please bring your own device.

Fees	
Resident	Non - Resident
\$24.28	\$29.14

Adult Programming (Ages 18+)

Running Group - 5 classes

Location: Leisure & Activity Centre | **Time:** 6:00 pm – 7:00 pm

Day: Monday | **Session:** May 27th - June 24th | **Cost:** No Cost

Calling all running enthusiasts! Are you ready to lace up your sneakers, break a sweat, and make new friends while improving your fitness level? Whether you're a walker, new to running or an experienced runner, we don't want you to miss out on this amazing opportunity to train alongside like-minded individuals and have a blast while doing it!

Free Community Run - 7 classes

Location: Leisure & Activity Centre | **Time:** 6:00 pm – 7:00 pm

Day: Monday | **Session:** July 8th - Aug 26th | **No Class:** Aug 5th | **Cost:** No Cost

Are you interested in running but unsure where to start? Or do you already run but are looking for support along the way? Join us on Monday evenings for a free community run. Coached by Elaina Raponi, new runners will learn how to gradually increase the distance of their runs with the goal of running 5km upon completion of the program. Participants will be led through warmup and cooldown techniques and will be offered guidance on pacing and progression. Please bring a water bottle and appropriate footwear.

Line Dancing - 7 classes

Location: Amherstview Community Hall, Leisure & Activity Centre (July 8th, 15th)

Time: 1:00 pm – 2:00 pm | **Day:** Monday | **Session:** July 8th - Aug 26th | **No Class:** Aug 5th

Resident Fee's: \$38.57 - **Non-Resident Fee's:** \$46.28

Join us as we remember previous line dances and songs we have grown to know and love over the years. For knowledgeable Line Dancers who have previous line dancing experience in the Beginner and Improver levels.

Fitness for Osteoporosis - 7 classes

Location: Leisure & Activity Centre | **Time:** 2:15 pm – 3:15 pm

Day: Friday | **Session:** July 5th - Aug 30th | **No Class:** July 19th, July 26th

Resident Fee's: \$70.00 - **Non-Resident Fee's:** \$84.00

Join a fitness class that will help you strengthen your muscles and bones, help you improve your balance to avoid falls/fractures, and learn how to live well with osteoporosis. This class is a mix of seated and standing exercise.

Paint Night with Bonnie - Individual Classes

Location: Leisure & Activity Centre | **Time:** 1:00 pm - 3:00 pm

Day: Saturday | **Session:** July 20th (1 class) - Aug 24th (1 class)

Resident Fee's: \$24.28 - **Non-Resident Fee's:** \$29.14

Enjoy some time with friends and family painting a one-of-a-kind masterpiece! All supplies for paint night will be provided, all you'll need to bring is your creative, artistic side!

PWR!Moves Parkinson's Fitness - 7 classes

Location: Leisure & Activity Centre | **Time:** 1:00 pm – 2:00 pm

Day: Friday | **Session:** July 5th - Aug 30th | **No Class:** July 19th, July 26th

Resident Fee's: \$70.00 - **Non-Resident Fee's:** \$84.00

A Parkinson-specific exercise class that “makes function, exercise” to keep you moving and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility. Exercises are designed to improve your fitness, counteract your PD symptoms, and increase your daily activity. This whole body, function-focused exercise class will push you to do more than you think you can through sitting and standing exercises. Programs will be well rounded to serve the entire group.

Qi Gong - 7 classes

Location: Leisure & Activity Centre | **Time:** 9:00 am – 9:45 am

Day: Sunday | **Session:** July 7th - Aug 25th | **No Class:** Aug 11th

Resident Fee's: \$57.75 - **Non-Resident Fee's:** \$69.30

Qi gong uses exercises to optimize energy within the body, mind, and spirit. It is a system of coordinated body-posture and movement, breathing, and meditation used for multiple health benefits like lowering blood pressure and reducing stress.

Pickleball - 11 & 10 classes

Wednesday Session: June 19th - Aug 28th | **Time:** 6:00pm - 8:00pm

Location: Bath Pickleball Courts, 217 Church Street, Bath

Resident fee: \$22.00 | **Non Resident Fee:** \$26.00

Classes: 11 classes

Thursday Session: June 27th - Aug 29th | **Time:** 1:00pm - 3:00pm

Location: Sk8er Park, 231 Main Street, Odessa

Resident fee: \$20.00 | **Non Resident Fee:** \$24.00

Classes: 10 classes

This sport is fun for anyone! This unique blend of tennis, badminton and table tennis or ping pong is sure to get you moving; great for all levels of fitness! This program gives participants complete access to all the courts for the dates and times listed. Drop-in program, not instructor led.

This program is subject to weather cancellations. Note that there are no make-up classes as a result. The cancellations are posted on our Facebook Page (Loyalist Township Recreation Services) and emailed to members.

Senior's Social With Jennifer

Location: Amherstview Community Hall | **Time:** 9:30 am - 12:00 pm

Day: Tuesday | **Session:** July 23rd - Aug 27th

Resident Fee's: \$64.28 - **Non-Resident Fee's:** \$77.14

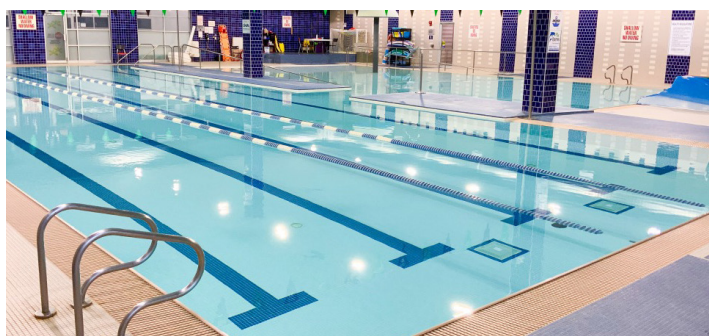
Recreational activities for seniors that includes boardgames, backyard games, trivia, card playing, entertaining media presentations and interactive games, along with seasonal and holiday activities to help keep you engaged and having fun!

Summer 2024 Aquatics Programs

Loyalist Township is proud to continue our partnership to use the pools at the BGC South East (West End) and the YMCA of Eastern Ontario (Wright Crescent Branch) for interim aquatics programs for the Summer 2024 season! Swimming lessons will run in a weekly format on Tuesday nights OR in two-week Monday-to-Friday sessions in the afternoon. Please be sure to double check the location of your swimmer's lesson and visit www.loyalist.ca/swimminglessons to view common questions and answers.

Please remember that all programming is dependent on registration and staffing. Information for Summer 2024 swimming lessons will also be available online at www.loyalist.ca/swimming.

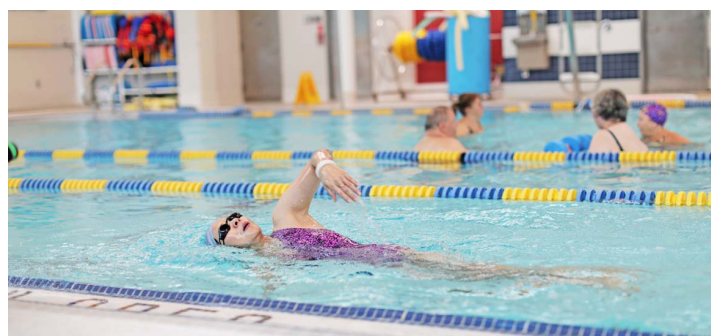
Partner Program Pool Locations



BGC South East

1300 Bath Rd, Kingston, ON

www.bgcsoutheast.ca



YMCA of Eastern Ontario

100 Wright Crescent, Kingston, ON

eo.ymca.ca

Interested in becoming a lifeguard?

Loyalist Township is offering limited aquatic leadership programs due to the closure of the pool at the W.J. Henderson Recreation Centre.

Residents should visit www.loyalist.ca/becomealifeguard to learn more about current opportunities in Loyalist and the surrounding area.

Interested in Private/Semi-Private Swim lessons?

Private and semi-private lessons are a half hour in length and are scheduled in accordance with our lesson schedule. Swimmers of all ages and abilities are welcome to register for private and semi-private lessons. Private lesson registration will be available online and open for registrations at the same time as regular classes. The last two week daily lesson session of the summer will be only Private/Semi-Private Lessons. Participants for semi-private lessons must find their partner for the lesson and contact 613-386-7351 x 200 to register. Scan the QR code to learn more!





PARENT & TOT SWIMMING LESSONS (4 MONTHS TO 3 YEARS OLD)

Spend quality time with your child while you both have fun, learn, and socialize.

Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions. Because activities and progressions are based on child development, you register in the level appropriate for your child's age: 4–12 months, 12–24 months, or 2–3 years.

Parent & Tot 1 (Combined with Parent & Tot 2 and Parent & Tot 3)

Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:00 pm - 1:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	1:00 pm - 1:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:00 pm - 1:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Parent & Tot 2 (Combined with Parent & Tot 2 and Parent & Tot 3)

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:00 pm - 1:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	1:00 pm - 1:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:00 pm - 1:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Parent & Tot 3 (Combined with Parent & Tot 2 and Parent & Tot 3)

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:00 pm - 1:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	1:00 pm - 1:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:00 pm - 1:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Summer 2024 Aquatics Programs

PRESCHOOL SWIMMING LESSONS (3 YEARS TO 5 YEARS)

Give your child a head-start on learning to swim. The Lifesaving Society Preschool Program develops an appreciation and healthy respect for the water before these kids get in too deep. In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

Preschool 1

Parents/guardians of swimmers in Preschool 1 may want to bring their own bathing suit and towel. Parent participation in Preschool 1 is optional but welcome in the event that your swimmer needs some extra support gaining confidence and comfort in the water.

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	12:30 pm - 1:00 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 2 - Jul 12	2:00 pm - 2:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	12:30 pm - 1:00 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 15 - Jul 26	2:00 pm - 2:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	12:30 pm - 1:00 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00
M-F	Jul 29 - Aug 9	2:00 pm - 2:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Preschool 2

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:00 pm - 1:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 2 - Jul 12	2:30 pm - 3:00 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	1:00 pm - 1:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 15 - Jul 26	2:30 pm - 3:00 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:00 pm - 1:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00
M-F	Jul 29 - Aug 9	2:30 pm - 3:00 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Preschool 3

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:30 pm - 2:00 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 2 - Jul 12	3:00 pm - 3:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	1:30 pm - 2:00 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 15 - Jul 26	3:00 pm - 3:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:30 pm - 2:00 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00
M-F	Jul 29 - Aug 9	3:00 pm - 3:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00



Preschool 4

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:30 pm - 2:00 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	1:30 pm - 2:00 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:30 pm - 2:00 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Preschool 5

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	2:30 pm - 3:00 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 15 - Jul 26	2:30 pm - 3:00 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	2:30 pm - 3:00 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

Summer 2024 Aquatics Programs

CHILDREN'S SWIMMING LESSONS (5 YEARS+)

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

Swimmer 1

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. Parents/guardians of swimmers in Swimmer 1 may want to bring their own bathing suit and towel. Parent participation in Swimmer 1 is optional but welcome in the event that your swimmer needs some extra support gaining confidence and comfort in the water.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	1:00 pm - 1:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 2 - Jul 12	3:00 pm - 3:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
Tue*	Jul 2 - Aug 20	5:30 pm - 6:00 pm	8 Classes	Kingston YMCA		\$91.68	\$110.00
M-F	Jul 15 - Jul 26	1:00 pm - 1:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 15 - Jul 26	3:00 pm - 3:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	1:00 pm - 1:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00
M-F	Jul 29 - Aug 9	3:00 pm - 3:30 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

*Low Ratio Class - Max 3 Swimmers

Swimmer 2

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
M-F	Jul 2 - Jul 12	12:30 pm - 1:00 pm	9 Classes	BGC South East		\$82.53	\$99.00
M-F	Jul 2 - Jul 12	2:00 pm - 2:30 pm	9 Classes	BGC South East		\$82.53	\$99.00
Tue*	Jul 2 - Aug 20	5:30 pm - 6:00 pm	8 Classes	Kingston YMCA		\$91.68	\$110.00
M-F	Jul 15 - Jul 26	12:30 pm - 1:00 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 15 - Jul 26	2:00 pm - 2:30 pm	10 Classes	BGC South East		\$91.70	\$110.00
M-F	Jul 29 - Aug 9	12:30 pm - 3:00 pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00
M-F	Jul 29 - Aug 9	2:00pm - 2:30pm	9 Classes	BGC South East	Aug 5	\$82.53	\$99.00

*Low Ratio Class - Max 3 Swimmers

Swimmer 3

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	6:00 pm - 6:30 pm	8 Classes	Kingston YMCA		\$73.36	\$88.00
Tue	Jul 2 - Aug 20	6:30 pm - 7:00 pm	8 Classes	Kingston YMCA		\$73.36	\$88.00

Swimmer 4

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	6:00 pm - 6:45 pm	8 Classes	Kingston YMCA		\$80.64	\$96.80

Swimmer 5

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	6:45 pm - 7:30 pm	8 Classes	Kingston YMCA		\$80.64	\$96.80

Swimmer 6

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300m workout.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	6:45 pm - 7:30 pm	8 Classes	Kingston YMCA		\$80.64	\$96.80

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SWIM PATROL/SWIMMER (7-9)

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment.

Swimmer 7 (ROOKIE PATROL)

Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	5:45 pm - 6:45 pm	8 Classes	Kingston YMCA		\$88.00	\$105.60

Swimmer 8 (RANGER PATROL)

Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	5:45 pm - 6:45 pm	8 Classes	Kingston YMCA		\$88.00	\$105.60

Swimmer 9 (STAR PATROL)

Swimmers are challenged with 600 m workouts, 300m timed swims and a 25 m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Days	Dates	Time	# of Classes	Location	No Lesson	Resident Fee	Non-Resident Fee
Tue	Jul 2 - Aug 20	5:45 pm - 6:45 pm	8 Classes	Kingston YMCA		\$88.00	\$105.60