

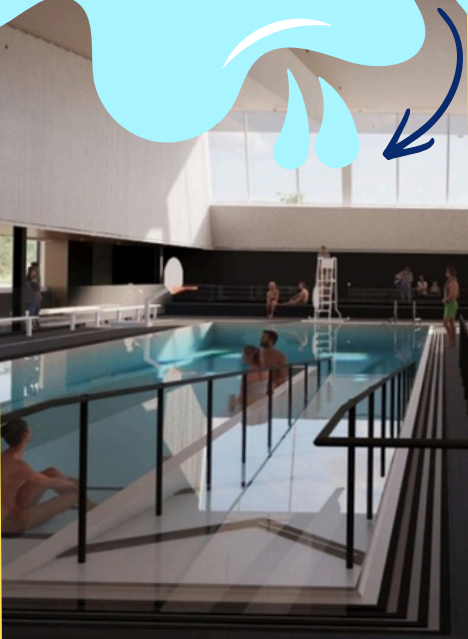
AQUATICS - CHILDREN'S PROGRAMMING -
ADULT PROGRAMMING - FAMILY PROGRAMMING

SUMMER RECREATION

2026 ONLINE GUIDE



BARR HOMES
AQUATIC
CENTRE
OPENING
THIS
SUMMER!



We have created this guide to make registering for Summer Recreation Programs easier!

1) Flip through the pages

Browse Program Descriptions, Prices, Age Requirements & More

2) Look for the Cursor Button

The link will take you to Xplor, our online registration platform

CULINARY KIDS

Join the Culinary Kids Cooking Class! Young chefs can explore the world of cooking and develop essential skills in the kitchen like chopping, sauteing, and mixing. Children will have an opportunity to create and explore different cuisines and recipes while putting their kitchen skills to the test!



Not sure how to create an account on Xplor?

[View the step-by-step instructions or how-to video here](#)

**Having Issues Registering on Xplor?
Give Us a Call - We can Help!**

Leisure & Activity Centre

613-386-7351 x 300#

W.J. Henderson Customer Service

613-386-7351 x 200#

Or stop by the...

W. J. Henderson Community Centre

322 Amherst Drive, Amherstview

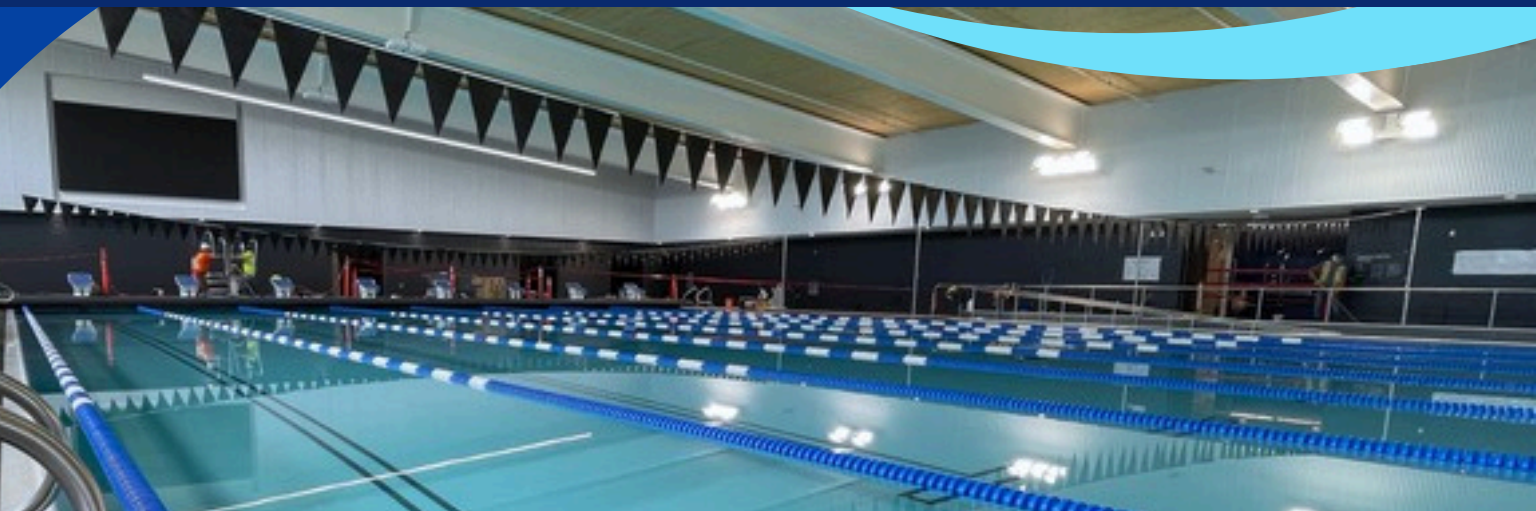


SUMMER

AQUATICS

PROGRAMMING

BARR HOMES AQUATIC CENTRE
OPENING JULY 20



2026 Summer Aquatic Programming will be hosted at the NEW Barr Homes Aquatic Centre, 322 Amherst Dr, Amherstview, ON

Summer Aquatics Registration Important Dates:

JULY 6 AT 12:00 P.M. (NOON)

Registration opens for Swimming Lessons and Leadership Courses for residents

JULY 9 AT 12:00 P.M. (NOON)

Registration opens for Swimming Lessons and Leadership Courses for non-residents

AUGUST 4

Summer swimming lessons and leadership courses begin

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

Spend quality time with your child while you both have fun and 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

Day	Dates	Time	Classes	Fees
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9	Resident Fee \$86.25 Non- Resident Fee \$103.50
Mon to Fri	Aug 17 to Aug 28	9:00 am to 9:30 am	10	Resident Fee \$95.83 Non- Resident Fee \$118.50

Parent & Tot 2

Ages: 4 to 12 months

Day	Dates	Time	Classes	Fees
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9	Resident Fee \$86.25 Non- Resident Fee \$103.50
Mon to Fri	Aug 17 to Aug 28	9:00 am to 9:30 am	10	Resident Fee \$98.70 Non- Resident Fee \$118.50

Parent & Tot 3

Ages: 4 to 12 months

Day	Dates	Time	Classes	Fees
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9	Resident Fee \$86.25 Non- Resident Fee \$103.50
Mon to Fri	Aug 17 to Aug 28	9:00 am to 9:30 am	10	Resident Fee \$95.70 Non- Resident Fee \$115.00

Parent & Tot 1/2/3 (combined class)

Ages: 4 to 12 months

Day	Dates	Time	Classes	Fees
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:30 pm	8	Resident Fee \$78.96 Non- Resident Fee \$94.80

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

We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). 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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9
Mon to Fri	Aug 4 - Aug 14	9:30 am to 10:00 am	9
Mon to Fri	Aug 4 - Aug 14	11:00 am to 11:30 am	9
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:30 pm	8
Tues & Thur	Aug 4 - Aug 27	5:30 pm to 6:00 pm	8
Mon to Fri	Aug 17 - Aug 28	9:00 am to 9:30 am	10
Mon to Fri	Aug 17 - Aug 28	9:30 am to 10:00 am	10
Mon to Fri	Aug 17 - Aug 28	10:00 am to 10:30 am	10

Resident Fees: 8 classes - \$78.96
Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83
Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70
Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:30 am to 10:00 am	9
Mon to Fri	Aug 4 - Aug 14	10:00 am to 10:30 am	9
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Tues & Thur	Aug 4 - Aug 27	5:30 pm to 6:00 pm	8
Tues & Thur	Aug 4 - Aug 27	6:00 pm to 6:30 pm	8
Mon to Fri	Aug 17 - Aug 28	9:00 am to 9:30 am	10
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:00 am	10
Mon to Fri	Aug 17 - Aug 28	11:00 am to 11:30 am	10

Resident Fees: 8 classes - \$78.96
Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83
Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70
Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Mon to Fri	Aug 4 - Aug 14	11:00 am to 11:30 am	9
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:30 pm	8
Tues & Thur	Aug 4 - Aug 27	6:00 pm to 6:30 pm	8
Mon to Fri	Aug 17 - Aug 28	9:30 am to 10:30 am	10
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:00 am	10
Mon to Fri	Aug 17 - Aug 28	11:00 am to 11:30 am	10

Resident Fees: 8 classes - \$78.96

Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83

Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70

Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	10:00 am to 10:30 am	9
Mon to Fri	Aug 4 - Aug 14	11:00 am to 11:30 am	9
Tues & Thur	Aug 4 - Aug 27	6:30 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	10:00 am to 10:30 am	10
Mon to Fri	Aug 17 - Aug 28	11:00 am to 11:30 am	10

Resident Fees: 8 classes - \$78.96

Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83

Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70

Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Tues & Thur	Aug 4 - Aug 27	6:30 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:00 am	10

Resident Fees: 8 classes - \$78.96

Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83

Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70

Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9
Mon to Fri	Aug 4 - Aug 14	10:15 am to 10:45 am	9
Tues & Thur	Aug 4 - Aug 27	5:30 pm to 6:00 pm	8
Tues & Thur	Aug 4 - Aug 27	6:00 pm to 6:30 pm	8
Mon to Fri	Aug 17 - Aug 28	9:00 am to 9:30 am	10
Mon to Fri	Aug 17 - Aug 28	10:15 am to 10:45 am	10

Resident Fees: 8 classes - \$78.96

Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83

Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70

Non-Resident Fees: 10 classes - \$118.50

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).

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9
Mon to Fri	Aug 4 - Aug 14	9:30 am to 10:00 am	9
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:30 pm	8
Tues & Thur	Aug 4 - Aug 27	6:30 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	9:00 am to 9:30 am	10
Mon to Fri	Aug 17 - Aug 28	10:00 am to 10:30 am	10

Resident Fees: 8 classes - \$78.96

Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83

Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70

Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9
Mon to Fri	Aug 4 - Aug 14	11:00 am to 11:30 am	9
Tues & Thur	Aug 4 - Aug 27	5:45 pm to 6:15 pm	8
Mon to Fri	Aug 17 - Aug 28	9:00 am to 9:30 am	10
Mon to Fri	Aug 17 - Aug 28	9:30 am to 10:00 am	10

Resident Fees: 8 classes - \$78.96

Non-Resident Fees: 8 classes - \$94.80

Resident Fees: 9 classes - \$88.83

Non-Resident Fees: 9 classes - \$106.65

Resident Fees: 10 classes - \$98.70

Non-Resident Fees: 10 classes - \$118.50

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:30 am to 10:15 am	9
Mon to Fri	Aug 4 - Aug 14	10:45 am to 11:30 am	9
Tues & Thur	Aug 4 - Aug 27	5:30 pm to 6:15 pm	8
Mon to Fri	Aug 17 - Aug 28	9:30 am to 10:15 am	10
Mon to Fri	Aug 17 - Aug 28	10:45 am to 11:30 am	10

Resident Fees: 8 classes - \$86.88

Non-Resident Fees: 8 classes - \$104.24

Resident Fees: 9 classes - \$97.74

Non-Resident Fees: 9 classes - \$117.27

Resident Fees: 10 classes - \$108.60

Non-Resident Fees: 10 classes - \$130.30

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	10:00 am to 10:45 am	9
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:45 pm	8
Mon to Fri	Aug 17 - Aug 28	9:45 am to 10:30 am	10

Resident Fees: 8 classes - \$86.88

Non-Resident Fees: 8 classes - \$104.24

Resident Fees: 9 classes - \$97.74

Non-Resident Fees: 9 classes - \$117.27

Resident Fees: 10 classes - \$108.60

Non-Resident Fees: 10 classes - \$130.30

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:30 am to 10:15 am	9
Tues & Thur	Aug 4 - Aug 27	6:15 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	10:45 am to 11:30 am	10

Resident Fees: 8 classes - \$86.88

Non-Resident Fees: 8 classes - \$104.24

Resident Fees: 9 classes - \$97.74

Non-Resident Fees: 9 classes - \$117.27

Resident Fees: 10 classes - \$108.60

Non-Resident Fees: 10 classes - \$130.30



SWIM PATROL/SWIMMER 7,8,9

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

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Tues & Thur	Aug 4 - Aug 27	6:00 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:30 am	10

Resident Fees: 8 classes - \$94.80

Non-Resident Fees: 8 classes - \$113.68

Resident Fees: 9 classes - \$106.65

Non-Resident Fees: 9 classes - \$127.89

Resident Fees: 10 classes - \$118.50

Non-Resident Fees: 10 classes - \$142.10

Swimmer 8/Ranger 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

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Tues & Thur	Aug 4 - Aug 27	6:00 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:30 am	10

Resident Fees: 8 classes - \$94.80

Non-Resident Fees: 8 classes - \$113.68

Resident Fees: 9 classes - \$106.65

Non-Resident Fees: 9 classes - \$127.89

Resident Fees: 10 classes - \$118.50

Non-Resident Fees: 10 classes - \$142.10

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.

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Tues & Thur	Aug 4 - Aug 27	6:00 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:30 am	10

Resident Fees: 8 classes - \$94.80

Non-Resident Fees: 8 classes - \$113.68

Resident Fees: 9 classes - \$106.65

Non-Resident Fees: 9 classes - \$127.89

Resident Fees: 10 classes - \$118.50

Non-Resident Fees: 10 classes - \$142.10

ADULT SWIMMER

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want to help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes.

Day	Dates	Time	Classes
Tues & Thur	Aug 4 - Aug 27	6:15 pm to 7:00 pm	8

Resident Fees: 8 classes - \$142.40

Non-Resident Fees: 8 classes - \$170.52

FITNESS SWIMMER

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water and be active for life. The Fitness Swimmer program provides a structured approach to improve physical fitness based on accepted training principles and practices.

Day	Dates	Time	Classes
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:45 pm	8

Resident Fees: 8 classes - \$142.40

Non-Resident Fees: 8 classes - \$170.52



PRIVATE AND SEMI-PRIVATE LESSONS

Private and semi-private lessons are a half hour in length and are scheduled in accordance with our lesson schedule. Private lesson registration will be available online and open for registrations at the same time as regular classes. Participants for semi-private lessons must find their partner for the lesson and contact 613-386-7351 x 200 to register.

Resident Private Lessons: 8 classes – \$216.32

Non-resident Private Lessons: 8 classes – \$259.60

Resident Semi-Private Lessons (per participant): 8 classes – \$144.96

Non-resident Semi-Private Lessons (per participant): 8 classes – \$173.92

Resident Private Lessons: 9 classes – \$243.36

Non-resident Private Lessons: 9 classes – \$292.05

Resident Semi-Private Lessons (per participant): 9 classes – \$163.08

Non-resident Semi-Private Lessons (per participant): 9 classes – \$195.66

Resident Private Lessons: 10 classes – \$270.40

Non-resident Private Lessons: 10 classes – \$324.50

Resident Semi-Private Lessons (per participant): 10 classes – \$181.20

Non-resident Semi-Private Lessons (per participant): 10 classes – \$217.4

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:00 am to 9:30 am	9
Mon to Fri	Aug 4 - Aug 14	10:00 am to 10:30 am	9
Mon to Fri	Aug 4 - Aug 14	11:00 am to 11:30 am	9
Tues & Thur	Aug 4 - Aug 27	5:00 pm to 5:30 pm	8
Tues & Thur	Aug 17 - Aug 27	6:00 pm to 6:30 pm	8
Mon to Fri	Aug 17 - Aug 28	9:00 am to 9:30 am	10
Mon to Fri	Aug 17 - Aug 28	10:00 am to 10:30 am	10
Mon to Fri	Aug 17 - Aug 28	11:00 am to 11:30 am	10



SWIM TUTOR

These new Swim Tutor program offers 30 minute 1-on-1, single day, drop-in lessons are available to swimmers of all ages and skills. This exciting new program begins on August 4th at a cost of \$15 per class for Loyalist residents and \$18 for non-residents. What a great and affordable way to get some time in the pool without having to commit for a full session!

Pre-registration is required. Resident registration opens 7 days in advance of the class time; non-resident registration opens 4 days in advance. Registration closes 24hrs before the class time.

Please note that no report cards or badges will be given for this program and that we cannot guarantee that you will have the same instructor if you register for multiple time slots.

Resident Fees: 30 min lesson - \$15.00

Non-Resident Fees: 30 min lesson - \$ 18.00

Day	Dates	Time	Classes
Mon to Fri	Aug 4 - Aug 14	9:30 am to 10:00 am	9
Mon to Fri	Aug 4 - Aug 14	10:30 am to 11:00 am	9
Tues & Thur	Aug 4 - Aug 27	5:30 pm to 6:00 pm	8
Tues & Thur	Aug 17 - Aug 27	6:30 pm to 7:00 pm	8
Mon to Fri	Aug 17 - Aug 28	9:30 am to 10:00 am	10
Mon to Fri	Aug 17 - Aug 28	10:30 am to 11:0 am	10



AQUATIC CERTIFICATION COURSES

Bronze Star

This course is excellent preparation for success in Bronze Medallion. Participants learn problem-solving and decision-making skills, in addition to rescue skills required to an aquatic emergency. It is recommended that swimmers have completed Swim Patrol. Recommended: Ages 10 to 13 years.

2026/2027 Bronze Star - Resident | \$110.00

2026/2027 Bronze Star - City of Kingston Resident | \$110.00

2026/2027 Bronze Star - Non-Resident | \$132.00

August 4 - August 7

9:00 a.m. to 12:00 p.m.

Barr Homes Aquatic Centre, W.J. Henderson Community Centre

Bronze Medallion

Includes Basic First Aid and CPR A Bronze Medallion is the prerequisite for all lifesaving awards. Candidates develop the necessary swimming and lifesaving skills to respond to a variety of aquatic emergencies. The course requires 100% attendance. Prerequisites: 13 years of age or Bronze Star Required.

2026/2027 Bronze Medallion - Resident | \$215.00

2026/2027 Bronze Medallion - City of Kingston Resident | \$215.00

2026/2027 Bronze Medallion - Non-Resident | \$258.00

August 4 - August 7

12:00 p.m. to 6:00 p.m.

Barr Homes Aquatic Centre, W.J. Henderson Community Centre

Bronze Cross

Bronze Cross teaches the principals of emergency procedures, advanced water rescues, first aid, team work and the use of specialized equipment.

2025/2026 Bronze Cross - Resident | \$265.00

2025/2026 Bronze Cross - City of Kingston Resident | \$275.00

2025/2026 Bronze Cross - Non-Resident | \$318.00

August 10 - August 15

10:00 a.m. to 4:30 p.m.

Barr Homes Aquatic Centre, W.J. Henderson Community Centre

AQUATIC CERTIFICATION COURSES

National Lifeguard

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership, and communication skills. The National Lifeguard training program is designed for lifesavers who wish to obtain a responsible job and leadership experience. This course requires 100% attendance. Prerequisites: Bronze Cross, Standard First Aid & 15 years of age Required Text: \$50.00 Lifesaving Alert Manual

2025/2026 National Lifeguard - Resident | \$350.00

2025/2026 National Lifeguard - City of Kingston Resident | \$350.00

2025/2026 National Lifeguard - Non- Resident | \$420.00

August 17 - August 21

8:00 a.m. to 5:30 p.m.

Barr Homes Aquatic Centre, W.J. Henderson Community Centre





Our summer weekly program options are designed to keep kids active, creative, and engaged all season long! Summer Fun Factory is a high-energy program where children explore hands-on activities, creative crafts, and exciting games that spark imagination and encourage new friendships. Each day is packed with fun, laughter, and opportunities to try something new in a safe, welcoming, and supportive environment.

This summer, we're giving parents flexible options to fit their schedule! Register for the full week, choose individual days, or join us for just the morning or afternoon sessions. With a variety of flexible programming options available, it's easy to build a summer schedule that works best for your family.

SUMMER CHILDREN'S PROGRAMMING



WEEK 1 - JUNE 29 TO JULY 3



[Click here to Register](#)

Weekly Theme: Under the Sea

Ages: 6 to 12 | No Class: July 1st (Canada Day)

Our summer weekly program options are designed to keep kids active, creative, and engaged all season long! Summer Fun Factory is a high-energy program where children explore hands-on activities, creative crafts, and exciting games that spark imagination and encourage new friendships. Each day is packed with fun, laughter, and opportunities to try something new in a safe, welcoming, and supportive environment.

AM Full Week Pricing

Resident Fee:
\$80.92
Non-Resident Fee:
\$97.12

PM Full Week Pricing

Resident Fee:
\$80.92
Non-Resident Fee:
\$97.12

AM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

PM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

Full Week AM & PM Pricing

Resident Fee: \$161.84
Non-Resident Fee: \$194.24

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Monday	Jun 29	9:00 am - 12:00 pm	W.J. Henderson
Tuesday	Jun 30	9:00 am - 12:00 pm	W.J. Henderson
Thursday	July 2	9:00 am - 12:00 pm	W.J. Henderson
Friday	July 3	9:00 am - 12:00 pm	W.J. Henderson

AFTERNOON (PM)

Day	Session	Time	Location
Monday	Jun 29	1:00 pm - 4:00 pm	W.J. Henderson
Tuesday	Jun 30	1:00 pm - 4:00 pm	W.J. Henderson
Thursday	July 2	1:00 pm - 4:00 pm	W.J. Henderson
Friday	July 3	1:00 pm - 4:00 pm	W.J. Henderson

WEEK 2 - JULY 6 TO JULY 10

Weekly Theme: Disney



[Click here to Register](#)

Ages: 6 to 12

Our summer weekly program options are designed to keep kids active, creative, and engaged all season long! Summer Fun Factory is a high-energy program where children explore hands-on activities, creative crafts, and exciting games that spark imagination and encourage new friendships. Each day is packed with fun, laughter, and opportunities to try something new in a safe, welcoming, and supportive environment.

AM Full Week Pricing	PM Full Week Pricing	AM Individual Pricing	PM Individual Pricing
Resident Fee: \$101.15 Non-Resident Fee: \$121.40	Resident Fee: \$101.15 Non-Resident Fee: \$121.40	Resident Fee: \$20.23 Non-Resident Fee: \$24.28	Resident Fee: \$20.23 Non-Resident Fee: \$24.28

Full Week AM & PM Pricing

Resident Fee: \$202.30

Non-Resident Fee: \$242.80

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Monday	July 6	9:00 am - 12:00 pm	W.J. Henderson
Tuesday	July 7	9:00 am - 12:00 pm	W.J. Henderson
Wednesday	July 8	9:00 am - 12:00 pm	W.J. Henderson
Thursday	July 9	9:00 am - 12:00 pm	W.J. Henderson
Friday	July 10	9:00 am - 12:00 pm	W.J. Henderson

AFTERNOON (PM)

Day	Session	Time	Location
Monday	July 6	1:00 pm - 4:00 pm	W.J. Henderson
Tuesday	July 7	1:00 pm - 4:00 pm	W.J. Henderson
Wednesday	July 8	1:00 pm - 4:00 pm	W.J. Henderson
Thursday	July 9	1:00 pm - 4:00 pm	W.J. Henderson
Friday	July 10	1:00 pm - 4:00 pm	W.J. Henderson

WEEK 3 - JULY 13 TO JULY 17

Weekly Theme: Nature Ranger



[Click here
to Register](#)

Ages: 6 to 12

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AM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

PM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

AM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

PM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

Full Week AM & PM Pricing

Resident Fee: \$202.30
Non-Resident Fee: \$242.80

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Monday	July 13	9:00 am - 12:00 pm	W.J. Henderson
Tuesday	July 14	9:00 am - 12:00 pm	W.J. Henderson
Wednesday	July 15	9:00 am - 12:00 pm	W.J. Henderson
Thursday	July 16	9:00 am - 12:00 pm	W.J. Henderson
Friday	July 17	9:00 am - 12:00 pm	W.J. Henderson

AFTERNOON (PM)

Day	Session	Time	Location
Monday	July 13	1:00 pm - 4:00 pm	W.J. Henderson
Tuesday	July 14	1:00 pm - 4:00 pm	W.J. Henderson
Wednesday	July 15	1:00 pm - 4:00 pm	W.J. Henderson
Thursday	July 16	1:00 pm - 4:00 pm	W.J. Henderson
Friday	July 17	1:00 pm - 4:00 pm	W.J. Henderson

WEEK 4 - JULY 20 TO JULY 24

Weekly Theme: Carnival - Under the Big Top



[Click here to Register](#)

Ages: 6 to 12

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AM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

PM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

AM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

PM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

Full Week AM & PM Pricing

Resident Fee: \$202.30
Non-Resident Fee: \$242.80

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Monday	July 20	9:00 am - 12:00 pm	W.J. Henderson
Tuesday	July 21	9:00 am - 12:00 pm	W.J. Henderson
Wednesday	July 22	9:00 am - 12:00 pm	W.J. Henderson
Thursday	July 23	9:00 am - 12:00 pm	W.J. Henderson
Friday	July 24	9:00 am - 12:00 pm	W.J. Henderson

AFTERNOON (PM)

Day	Session	Time	Location
Monday	July 20	1:00 pm - 4:00 pm	W.J. Henderson
Tuesday	July 21	1:00 pm - 4:00 pm	W.J. Henderson
Wednesday	July 22	1:00 pm - 4:00 pm	W.J. Henderson
Thursday	July 23	1:00 pm - 4:00 pm	W.J. Henderson
Friday	July 24	1:00 pm - 4:00 pm	W.J. Henderson



Summer Sports Academy

AGES: 8 TO 12

Summer Sports Academy is an action-packed program where kids dive into a variety of exciting sports, skill-building drills, and team-based games. Each day focuses on developing athletic abilities, learning good sportsmanship, and building confidence through friendly competition. Days are filled with energy, teamwork, and opportunities to try new sports in a safe, supportive, and encouraging environment where every child can grow and have fun.

Day	Session	Time	Location
Monday to Friday	July 27 to July 31	9:00 a.m. to 4:00 p.m.	W.J. Henderson Community Centre

Resident Fee: \$202.30

Non-Resident Fee: \$242.80

Summer Sports Academy is a full-week program and individual class registrations are not available. Get ready for a week packed with fun, skill-building, and active play!

WEEK 6 - AUGUST 4 TO AUGUST 7

Weekly Theme: Space



[Click here to Register](#)

Ages: 6 to 12 | No Class: Monday, August 3rd (Civic Holiday)

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AM Full Week Pricing	PM Full Week Pricing	AM Individual Pricing	PM Individual Pricing
Resident Fee: \$80.92	Resident Fee: \$80.92	Resident Fee: \$20.23	Resident Fee: \$20.23
Non-Resident Fee: \$97.12	Non-Resident Fee: \$97.12	Non-Resident Fee: \$24.28	Non-Resident Fee: \$24.28

Full Week AM & PM Pricing

Resident Fee: \$161.84

Non-Resident Fee: \$194.24

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Tuesday	Aug 4	9:00 am - 12:00 pm	W.J. Henderson
Wednesday	Aug 5	9:00 am - 12:00 pm	W.J. Henderson
Thursday	Aug 6	9:00 am - 12:00 pm	W.J. Henderson
Friday	Aug 7	9:00 am - 12:00 pm	W.J. Henderson

AFTERNOON (PM)

Day	Session	Time	Location
Tuesday	Aug 4	1:00 pm - 4:00 pm	W.J. Henderson
Wednesday	Aug 5	1:00 pm - 4:00 pm	W.J. Henderson
Thursday	Aug 6	1:00 pm - 4:00 pm	W.J. Henderson
Friday	Aug 7	1:00 pm - 4:00 pm	W.J. Henderson

WEEK 7 - AUGUST 10 TO AUGUST 14

Weekly Theme: Under the Sea



[Click here to Register](#)

Ages: 6 to 12

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AM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

PM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

AM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

PM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

Full Week AM & PM Pricing

Resident Fee: \$202.30
Non-Resident Fee: \$242.80

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Monday	Aug 10	9:00 am - 12:00 pm	W.J. Henderson
Tuesday	Aug 11	9:00 am - 12:00 pm	W.J. Henderson
Wednesday	Aug 12	9:00 am - 12:00 pm	W.J. Henderson
Thursday	Aug 13	9:00 am - 12:00 pm	W.J. Henderson
Friday	Aug 14	9:00 am - 12:00 pm	W.J. Henderson

AFTERNOON (PM)

Day	Session	Time	Location
Monday	Aug 10	1:00 pm - 4:00 pm	W.J. Henderson
Tuesday	Aug 11	1:00 pm - 4:00 pm	W.J. Henderson
Wednesday	Aug 12	1:00 pm - 4:00 pm	W.J. Henderson
Thursday	Aug 13	1:00 pm - 4:00 pm	W.J. Henderson
Friday	Aug 14	1:00 pm - 4:00 pm	W.J. Henderson

WEEK 8 - AUGUST 17 TO AUGUST 21

Weekly Theme: Superheroes and Villains



[Click here to Register](#)

Ages: 6 to 12

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AM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

PM Full Week Pricing

Resident Fee:
\$101.15
Non-Resident Fee:
\$121.40

AM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

PM Individual Pricing

Resident Fee:
\$20.23
Non-Resident Fee:
\$24.28

Full Week AM & PM Pricing

Resident Fee: \$202.30
Non-Resident Fee: \$242.80

Note: We offer lunchtime supervision from 12:00pm-1:00pm at no charge for those registered for both AM & PM classes.

MORNING (AM)

Day	Session	Time	Location
Monday	Aug 17	9:00 am - 12:00 pm	Odessa Agricultural Society
Tuesday	Aug 18	9:00 am - 12:00 pm	Odessa Agricultural Society
Wednesday	Aug 19	9:00 am - 12:00 pm	Odessa Agricultural Society
Thursday	Aug 20	9:00 am - 12:00 pm	Odessa Agricultural Society
Friday	Aug 21	9:00 am - 12:00 pm	Odessa Agricultural Society

AFTERNOON (PM)

Day	Session	Time	Location
Monday	Aug 17	1:00 pm - 4:00 pm	Odessa Agricultural Society
Tuesday	Aug 18	1:00 pm - 4:00 pm	Odessa Agricultural Society
Wednesday	Aug 19	1:00 pm - 4:00 pm	Odessa Agricultural Society
Thursday	Aug 20	1:00 pm - 4:00 pm	Odessa Agricultural Society
Friday	Aug 21	1:00 pm - 4:00 pm	Odessa Agricultural Society

During the summer months, while the ice is out, the Arena Floor transforms into a vibrant hub of activity with a variety of programs designed to keep our community moving. From energetic drop-in opportunities to structured registered programs, participants of all ages can stay active, engaged, and connected throughout the season. Join us on the Arena Floor for a fun and healthy summer filled with recreation for everyone!



SUMMER
SLAB
PROGRAMMING

FAMILY PROGRAMMING - FAMILY FLOOR FRENZY

Families can stay active this summer with drop-in Arena Floor sessions filled with fast-paced games including pickleball, dodgeball, and other exciting activities. Drop-in for some fun this summer! Fee is for individual drop-ins.

Ages: All Ages

Resident Fee: \$2.50

Non-Resident Fee: \$3.00

Day	Session	Time	Location
Friday	July 3 to Jul 31	5:30 p.m. to 7:30 p.m.	W.J. Henderson Community Centre, Arena Floor

ADULT PROGRAMMING - LOYALIST BADMINTON CLUB

Open to adults wishing to participate in a non-competitive, fun environment. Bring a racquet and clean gym shoes. Protective eyewear is recommended.

Adult Fees: Resident \$20.00 | Non-Resident: \$24.00

Senior Fees: Resident \$16.00 | Non-Resident: \$19.20

Day	Session	Time	Location
Tuesday	June 9 to Jul 28	6:00 p.m. to 8:00 p.m.	W.J. Henderson Community Centre, Arena Floor

PICKLEBALL

Open to adults wishing to participate in a non-competitive, fun environment. Bring a racquet and clean gym shoes. Protective eyewear is recommended.

No Class: July 1

Adult Fees: Resident \$20.00 | Non-Resident: \$24.00

Senior Fees: Resident \$16.00 | Non-Resident: \$19.20

Day	Session	Time	Location
Monday	June 8 to Jul 27	6:00 p.m. to 8:00 p.m.	W.J. Henderson Community Centre, Arena Floor
Wednesday	June 3 to July 29	6:00 p.m. to 8:00 p.m.	W.J. Henderson Community Centre, Arena Floor

COME OUT & PLAY TRAILER DAYS!

JULY 3RD - AUGUST 21ST



Fairfield Park, Amherstview
Fridays 2:00 pm - 3:30 pm

FOR ALL AGES, PLEASE NOTE THIS IS NOT A DROP-OFF PROGRAM

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



Spike ball

Horseshoes

Soccer

Cornhole

Washer Toss

Giant Connect 4

