WINTER

RECREATION

2026 ONLINE GUIDE

Loyalist Township
Explore & Play









WWW.LOYALIST.CA/RECREATION | 613-386-7351

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

1) Flip through the pages

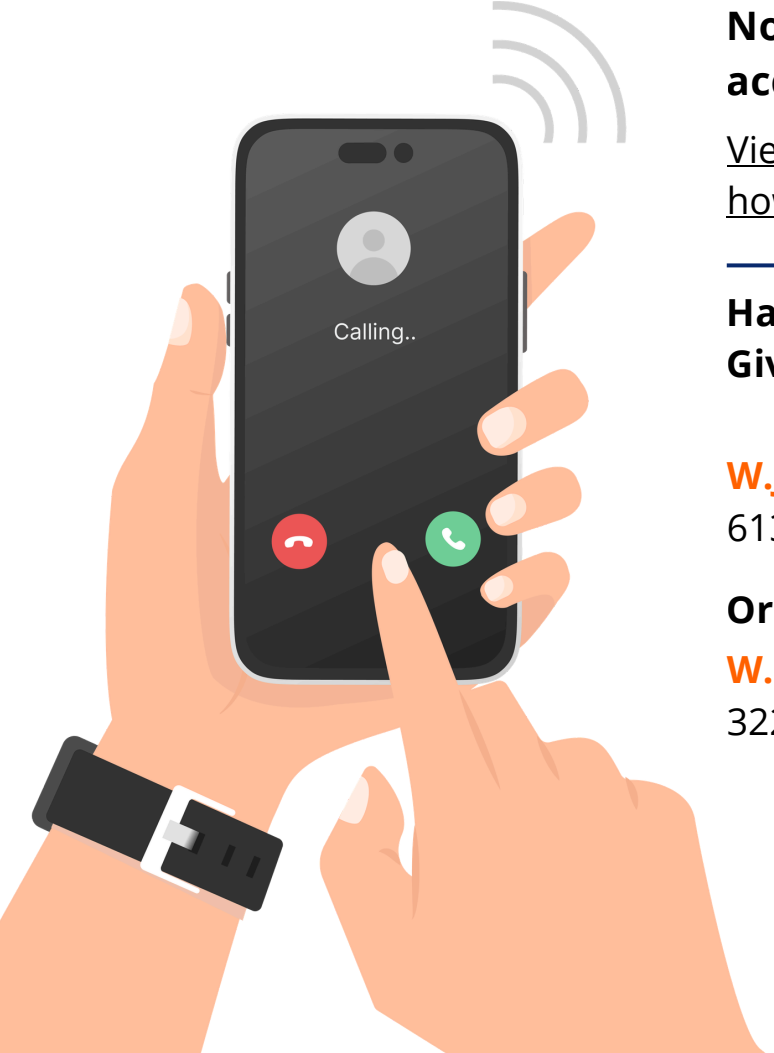
Browse Program Descriptions, Prices,
Age Requirements & More

2) Look for the Cursor Button

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

CULINARY KIDS

Join [illegible] Culinary Kids Cooking Class! Young chefs can explore the world of co[illegible]evelop essential skills in the kitchen like chopping, sauteing, and mi[illegible]en will have an opportunity to create and explore different cuisines and [illegible]s 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!

W.J. Henderson Customer Service
613-386-7351 x 200#

Or stop by the...

W. J. Henderson Community Centre
322 Amherst Drive, Amherstview

Loyalist Township
Explore & Play



Give the gift of

SWIMMING, FITNESS CLASS,
SKATING, RECREATION PROGRAMMING,
& MORE!

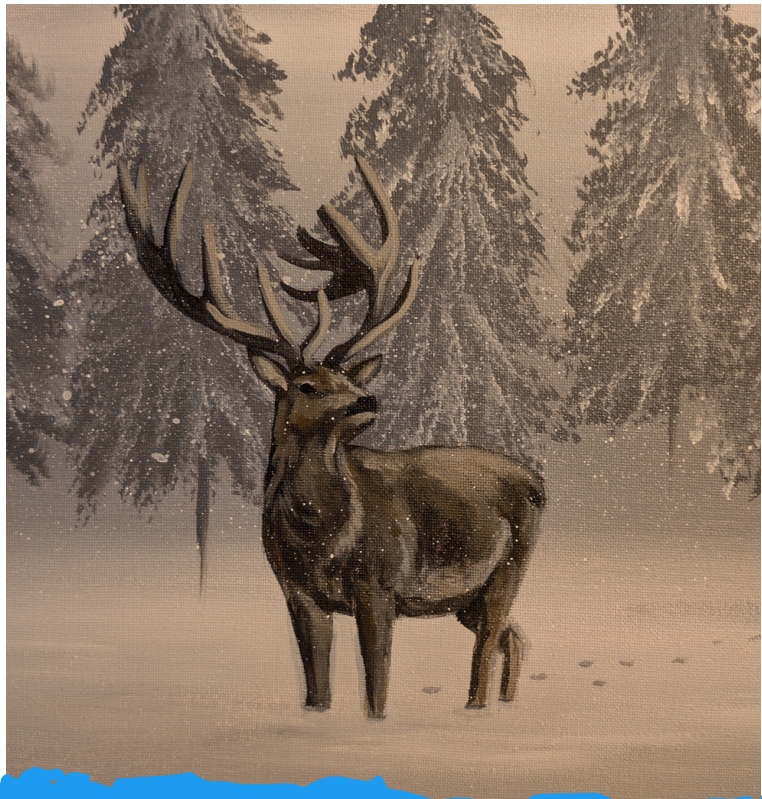
Gift cards are available for purchase at the Customer Service Desk at the W.J. Henderson Community Centre

322 Amherst Drive
Amherstview, Ontario K7N 1S9









WINTER RECREATION PROGRAMMING



WINTER PRESCHOOL PROGRAMMING

Our preschool programs are parented programs, not drop off.

LITTLE IMAGINEERS

Join our fun and interactive art and exploration class designed specifically for littles! Little Imagineers will explore art and science through hands-on projects that spark curiosity and imagination. Each class encourages creativity and discovery in a fun, supportive environment.

Ages: 2 to 4
Location: W.J. Community Room
Resident Fee: $8.09
Non-Resident Fee: $9.70

Day	Session	Time	Theme
Wednesday	Jan 7	5:30 pm - 6:30 pm	Diggin' Dinosaurs
Sunday	Feb 21	9:30 am - 10:30 am	Space Explorers
Sunday	Mar 21	9:30 am - 10:30 am	Safari Rangers

LITTLE MOVERS

Let's get moving! This active program focuses on fun and interactive age-appropriate games, obstacle courses, and activities to promote physical activity and physical literacy development for littles. From dancing and running to jumping and balance, it's a great, fun and silly way to get moving today! This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Ages: 2 to 4
Location: Amherstview Public School
Resident Fee: $52.80
Non-Resident Fee: $63.36

Day	Session	Time
Tuesday	Jan 19 - Mar 9	6:15pm - 7:00pm

LITTLE CHAMPIONS

Introduce your little champion to the fundamentals of various sports in a fun and engaging way, promoting physical activity and social interaction. Your little will develop gross motor skills and coordination, build confidence and self-esteem, and foster a love for physical activity and sport in a safe and supportive environment. Let's get our little champions moving and having fun! This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Ages: 3 to 4
Location: Odessa Public School
Resident Fee: $52.80
Non-Resident Fee: $63.36

Day	Session	Time
Thursday	Jan 21 - Mar 11	6:15pm - 7:00pm



WINTER CHILDREN'S PROGRAMMING

CREATIVE KIDS

Unleash you child's creativity and imagination in our fun and engaging art class! Our experienced instructor will guide your child through a variety of art projects and techniques that will help develop fine motor skills, encourage creativity, self-expression and imagination! Children will explore drawing, painting, crafting and sculpting. Let your child's creativity shine!

Day	Session	Time	Theme
Wednesday	Jan 27	5:30 pm - 7:00 pm	Winter Wonderland
Wednesday	Feb 10	5:30 pm - 7:00 pm	Spread the Love
Wednesday	March 10	5:30 pm - 7:00 pm	Spring Break

Ages: 5 to 9
Location: W.J. Henderson Community Room
Resident Fee: $12.14
Non-Resident Fee: $14.58

CURIOUS KIDS

Explore the wonders of science in this exciting journey of discovery and exploration! This program will encourage curiosity and creativity in young minds, while they develop an understanding of basic scientific concepts and principles. Young explorers will have the opportunity to conduct fun and interactive experiments like building stomp rockets, marble roller coasters, and the always popular egg drop challenge!

Ages	Day	Session	Time
5 to 8	Monday	Jan 18 - Mar 8	6:15 pm - 7:00 pm
7 to 12	Monday	Jan 18 - Mar 8	7:15 pm - 8:00 pm

Ages: 5 to 8 for the 6:15pm
Ages: 7 to 12 for the 7:15pm
Location: Fairfield Public School
No Classes: Feb 15

Program Sponsored by OPG



CULINARY KIDS

Join us in 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 flavours while putting their kitchen skills to the test!

Day	Session	Time
Sunday	Jan 24 - Mar 7	10:00 am - 11:15 am

Ages: 6 to 8
Location: Amherstview Community Hall
Resident Fee: $127.46
Non-Resident Fee: $152.95

CULINARY KIDS ACADEMY

Ready to take your cooking skills to the next level? Try our Culinary Kids Academy class! This program is a progression from the Culinary Kids program, with an enhanced focus on kitchen skills and challenging recipes that will help develop more confidence in the kitchen.

Day	Session	Time
Sunday	Jan 24 - Mar 7	11:45 am - 1:00 pm

Ages: 9 to 13
Location: Amherstview Community Hall
Resident Fee: $127.47
Non-Resident Fee: $152.95

FUN FOOD WORKSHOP

We've all heard the saying, "Don't play with your food!" But at our Fun Food Workshop, playing with your food is encouraged! Let your creativity shine as you explore the exciting world of food crafting! Each workshop focuses on a special theme, giving creators the opportunity to turn everyday food into fun, colourful, and delicious masterpieces.

Ages: 6+ yrs.
Resident Fee: $15.00
Non-Resident Fee: $18.00
Location: Amherstview Community Hall

Day	Session	Time	Theme
Sunday	Jan 17	3:00 pm - 4:30 pm	Chilly Creations
Saturday	Feb 20	1:00 pm - 2:30 pm	Winter Warm-Up Luau

GAME ON! KIDS

Get ready for fun with our Game On! Kids program, where participants try sports like soccer, basketball, and dodgeball in an inclusive, encouraging environment. They'll build fitness, coordination, teamwork, and sportsmanship. Please bring indoor shoes and a water bottle.

Day	Session	Time	Participants
Tuesday	Jan 19 - Mar 9	7:00 pm - 8:00 pm	Co-ed

Ages: 4 to 6
Location: Amherstview Public School
Resident Fee: $64.72
Non-Resident Fee: $77.68

Day	Session	Time	Participants
Thursday	Jan 21 - Mar 11	6:00 pm - 7:00 pm	Co-ed
Thursday	Jan 21 - Mar 11	7:00 pm - 8:00 pm	Co-ed

Location: Fairfield P.S.
Ages: 7 to 11
Resident Fee: $64.72
Non-Resident Fee: $77.68

CANADA SAFETY COUNCIL HOME ALONE

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.
It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Students will receive a Home Alone workbook and certificate at the end of the course. Please bring the following items with you to the course: paper and pen, peanut free lunch and snacks, and a water bottle.

Ages: 10 - 13 yrs.
Location: W.J. Henderson Community Room
Resident Fee: $55.13
Non-Resident Fee: $66.15

Day	Session	Time
Wednesday	Feb 3	5:00 p.m. - 8:00 p.m.

STAY TUNED FOR P.A. DAY PROGRAMMING ON FRIDAY JAN 29TH

Youth Programming



MASTER CHEF

Take your culinary skills to the next level! The Master Chef program offers more advanced recipes that will test your talents in the kitchen. This program features recipes from around the world to help expand your culinary abilities.

Day	Session	Time
Tuesday	Jan 19 - Mar 2	6:30 pm - 8:00 pm

Ages: 12 to 17
Location: Amherstview Communtiy Hall
No Classes: Feb 9, Feb 23
Resident Fee: $91.05
Non-Resident Fee: $109.25

Day	Session	Time	Classes	Theme
Tuesday	Jan 19	6:30 pm - 8:00 pm	1	South Korea
Tuesday	Jan 26	6:30 pm - 8:00 pm	1	Lebanon
Tuesday	Feb 2	6:30 pm - 8:00 pm	1	Italy
Tuesday	Feb 16	6:30 pm - 8:00 pm	1	Turkey
Tuesday	Mar 2	6:30 pm - 8:00 pm	1	Brazil

Individual Programming fees
Resident Fee: $18.21
Non-Resident Fee: $21.85

YOUTH PICKLEBALL & BADMINTON

Get ready for fun! Youth Badminton and Pickleball will provide a fun and supportive environment for young players to develop their skills, while fostering a love for physical activity, and promoting overall fitness. The program is a supervised pre-registered drop-in class that is focused on scrimmaging, with some simple introductions to the game, and supervised by a staff. Please bring indoor running shoes and a water bottle.
This program is subject to school and bus cancellations. Cancellation notifications will be emailed to participants.

Day	Session	Time
Thursday	Jan 21 - Mar 11	7:00 pm - 8:00 pm

Ages: 11 to 17
Location: Odessa Public School
Resident Fee: $64.72
Non-Resident Fee: $77.68





YOUTH VOLLEYBALL

Enjoy a night of volleyball to play and practice in a friendly environment. The volleyball program is a supervised pre-registered drop-in class that is focused on scrimmaging with some skills/drills. This is a recreation-based volleyball program that is focused on fun. There is a zero-tolerance policy for bullying.
Program is subject to school cancellations such as: school events and bus cancellations. Please note that there are no make-up classes as a result of cancellations. Cancellation notifications will be emailed to participants. Note: This is a beginner friendly program.

Day	Session	Time
Tuesday	Jan 19 - Mar 9	6:00 pm - 8:00 pm

Ages: 11 to 15
Location: Fairfield Public School
Resident Fee: $64.72
Non-Resident Fee: $77.68

YOUTH HOW TO DRAW MANGA

This class aims to teach the basic technique of handling the unique and captivating style that Anime and Manga provides. There will be lessons on the fundamentals of design in anime/manga which will lead to artists creating their very own animation cel to take home!

Day	Session	Time
Thursday	Jan 21 - Mar 11	6:00 pm - 7:30 pm

Ages: 11 - 15
Location: W.J. Henderson, Community Room
No Classes: Jan 28, Feb 25
Resident Fee: $90.00
Non-Resident Fee: $108.00

LIFE DRAWING WORKSHOP

This workshop aims to bring the tradition of drawing from life to the community, in which we will be doing still life studies and drawing figures led by Artist Kristen (Krispy) Lee.
Supply list will be emailed to students that register.

Day	Session	Time
Sunday	Feb 21	1:00 pm - 3:00 pm

Ages: 14 years and up
Location: W.J. Henderson, Community Room
Resident Fee: $24.28
Non-Resident Fee: $29.14

CANADA SAFETY COUNCIL - BABYSITTERS TRAINING COURSE

This course equips participants with the knowledge and skills needed to provide safe, responsible, and confident childcare. Covering the care of infants through school-aged children, the course explores child behaviour, emergencies, illness and injury, prevention, and basic first aid. As one of the Canada Safety Council's longest-running programs, it is an ideal community course for anyone interested in becoming a capable and prepared babysitter.

Upon successful completion of the course, a certificate will be issued. Please bring the following items with you to the course: paper and pen, doll or teddy bear, peanut free lunch and snacks, and a water bottle.

Day	Session	Time
Sat & Sun	Jan 16 & 17	9:00 pm - 3:30 pm
Sat & Sun	Feb 27 & 28	9:00 pm - 3:30 pm

Ages: 12 - 15 (Must be 12 to take the course)
Location: W.J. Henderson, Community Room
Resident Fee: $77.19
Non-Resident Fee: $92.63



Adult Programming



LINE DANCING - BEGINNER

This beginner line dancing class is perfect for those new to dance or looking to improve their skills. You'll learn easy-to-follow steps while building confidence. Come ready to have fun and move to the music!

Day	Session	Time
Monday	Jan 4 - Mar 8	11:00 am - 12:00 pm

Location: Amherstview Community Hall
No Class: Feb 15
Resident Fee: $49.59
Non-Resident Fee: $59.49

LINE DANCING - HIGH BEGINNER

Ideal for those beginners and beyond that have mastered the basic steps and are ready to take it further. This class will include some longer dances (64 court as opposed to 32 count) as well as dances which include tags and restarts. Time to take it to the next level! Dance to the oldies as you continue your journey in Line Dancing. Have fun and meet new people that love to dance.

Day	Session	Time
Monday	Jan 4 - Mar 8	1:00 pm - 2:00 pm

Location: Amherstview Community Hall
No Class: Feb 15
Resident Fee: $49.59
Non-Resident Fee: $59.49

LINE DANCING - IMPROVER

Improve your line dancing experience by learning new dance steps. This class is ideal for experienced beginners who wish to progress beyond the Beginner class. This is a Level 2 course.

Day	Session	Time
Friday	Jan 8 - Mar 12	10:00 am - 11:00 am

Location: Amherstview Community Hall
No Class: Jan 29
Resident Fee: $49.59
Non-Resident Fee: $59.49

PAINT NIGHT WITH BONNIE

Enjoy some time with friends and family painting a one-of-a-kind masterpiece! Our experienced instructor will guide you through the step-by-step process to create your very own work of art! All supplies for paint night will be provided, all you'll need to bring is your creative, artistic side!

Day	Session	Time
Friday	Jan 15	6:00 pm - 8:00 pm
Friday	Feb 12	6:00 pm - 8:00 pm
Friday	Mar 12	6:00 pm - 8:00 pm

Location: W.J. Henderson Community Room
Resident Fee: $24.28
Non-Resident Fee: $29.14

VALENTINE'S ADULT CHOCOLATE CREATIONS

Learn the art of treat decorating! This entertaining workshop offers an opportunity to create fun, exciting food that focuses on a central theme. This workshop will be focused on Halloween Chocolates, and creating special chocolates for you to give away or keep to yourself, and this workshop will show you the steps to make yours stand out!

Day	Session	Time
Sunday	Feb 7	2:30 pm to 4:30 pm

Location: Amherstview Community Hall
Resident Fee: $24.28
Non-Resident Fee: $29.14



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.
This program is subject to cancellations such as: school events and bus 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.

No Class: Mar 18

Day	Session	Time	Fee	Location
Thursday	Jan 14 - May 27	7:00 pm - 9:00 pm	Adult Resident: $47.50 Adult Non-Resident: $57.00 Senior Resident: $38.00 Senior Non-Resident: $45.60	Amherstview Public School

VOLLEYBALL (LADIES)

Set, Serve and Spike, sisters! You'll have a great time in this women's only, non-competitive environment. Enjoy a great evening of pick-up volleyball while getting fit and having fun.
This program is subject to cancellations such as: school events and bus cancellations. Note that there are no make-up classes as a result. Cancellations will be emailed.

No Class: Mar 16

Day	Session	Time	Fee	Location
Tues	Jan 12 - May 25	7:00 pm - 9:00 pm	Adult Resident: $47.50 Adult Non-Resident: $57.00 Senior Resident: $38.00 Senior Non-Resident: $45.60	Odessa Public School



PICKLEBALL

This team 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 is subject to cancellations such as: school events and bus 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.

No Class (Mon): Jan 25, Feb 15, Mar 15, Mar 29
No Class (Wed): Mar 17

Day	Session	Time	Fee	Location
Monday	Jan 11 - May 17	7:00 pm - 9:00 pm	Adult Resident: $30.00 Adult Non-Resident: $36.00 Senior Resident: $24.00 Senior Non-Resident: $28.80	Ernestown Secondary School
Wednesday	Jan 13 - May 26	7:00 pm - 9:00 pm	Adult Resident: $47.50 Adult Non-Resident: $57.00 Senior Resident: $38.00 Senior Non-Resident: $45.60	Amherstview Public School

NEW!

For the final three weeks of pickleball, we will be running a ***Just for Fun*** tournament! Participants will have a chance to test their skill in a fun, relaxed, bracket style tournament to see who will be crowed pickleball champions! Please note that players can continue to enjoy their regular games as usual, with tournament results simply adding an extra layer of friendly competition throughout the evening.



Fitness Programming

FITNESS CLASS LOCATIONS

Get moving in fresh, welcoming spaces across Loyalist Township! This fall, fitness classes are offered at three unique locations: Rhythm Dance Centre, the WJ Community Room, and Amherstview Community Hall. Each location provides a bright, inviting setting where participants can feel comfortable, energized, and ready to move. Whether you're trying something new, building strength, or simply making time for yourself, these new class spaces are designed to help you enjoy every step, stretch, and workout.

RHYTHM DANCE CENTRE

Step into the energy of Rhythm Dance Centre, a bright and welcoming space that brings an upbeat atmosphere to every fitness class.

Address: 107 William Henderson Dr., Bath. Located by the roundabout at Taylor Kidd & County Rd. 6.



WJ COMMUNITY ROOM

The WJ Community Room offers a fresh, comfortable setting that's perfect for staying active, connecting with others, and enjoying your workout.

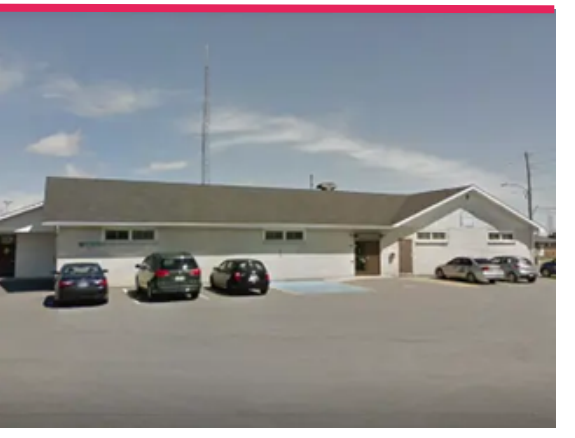
Address: 322 Amherst Dr., Amherstview



AMHERSTVIEW COMMUNITY HALL

Amherstview Community Hall provides a spacious and inviting location where participants can move, stretch, and feel motivated in every class.

Address: 177 Upper Park Rd., Amherstview



FITNESS CLASSES

Loyalist Township offers a wide variety of daily fitness classes for all fitness levels! Whether you're new to fitness or looking to enhance your training routine, we have a class for you!

We have membership options available, along with drop-in rates, so you can choose what works best for you. You can find our complete Fitness Schedule by clicking here - and your first class is free to try!

Core Fitness

Your core is more than your abs, and our bodies rely on a strong core to protect our backs, hips and knees, as well giving us balance, dynamic mobility and power. This class will use progressive standing, sitting and mat exercises to engage our core muscles in a variety of movements that will help participants build a solid foundation for any kind of physical activity.

Gentle Stretch

This class uses a chair for support in both standing and seated stretches. It is a great place to be if you are just starting back into fitness, looking to improve balance, wanting to increase mobility and flexibility, or if you just want to start the day off with a good old-fashioned stretch!

Fitness Circuit

This circuit training class combines strength and cardio training for a full body workout using a variety of equipment. Work at your own pace or push yourself to a new level!

Yoga & Mat Pilates

This class combines elements of yoga, Pilates, and traditional stretches for a full body release. We will use equipment like foam rollers and trigger point balls for an enhanced stretching experience.

Strong Seniors

You're only as strong as you feel! This program is designed for seniors of all abilities and fitness levels. Our instructor will focus on exercises appropriate for maintaining bone mass, improving muscular and joint strength, endurance, and will wrap up with full body stretches.

Tone & Sculpt

What is the best way to tone your muscles? Cardio intervals and weight training! Our instructor uses a variety of equipment and exercises to challenge your entire body. Class wraps up with full body stretches.

Yoga

Students will gain an understanding of postures, breath work and energy flow. Classes focus on moving safely between each position while improving your ability to flex, bend, balance and gain strength.

Zumba

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.



WINTER

AQUATICS

PROGRAMMING

BARR HOMES AQUATIC CENTRE

NOW OPEN!



Save the Date for Winter Recreation Programming!

Summer Aquatics Registration Important Dates:

November 23, 12:00 p.m.

Aquatic programming will be viewable online

December 14, 12:00 p.m. (Noon)

Registration opens for Swimming Lessons and Leadership Courses for Loyalist Township Residents and City of Kingston Residents

December 17, at 12:00 p.m. (Noon)

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

January 11

Winter aquatic programming start date

PARENT & TOT LEVELS

PARENT & TOT SWIMMING LESSONS (4 MONTHS 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 1,2



Parent & Tot 1

Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.
Resident Fee | $88.83
Non- Resident Fee | $106.65

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:00 am to 10:30 am	8	1/8/10
Monday's	Jan 11 - Mar 8	10:00 am to 10:30 am	8	1/8/10
Monday's	Jan 11 - Mar 8	4:00 pm to 4:30 pm	8	1/8/10
Tuesday's	Jan 12 - Mar 9	4:00 pm to 4:30 pm	9	1/8/10
Wednesday's	Jan 13 - Mar 10	10:00 am to 10:30 am	9	1/8/10
Wednesday's	Jan 13 - Mar 10	4:00 pm to 4:30 pm	9	1/8/10
Thursday's	Jan 14 - Mar 11	4:00 pm to 4:30 pm	9	1/8/10
Friday's	Jan 8 - Mar 12	4:00 pm to 4:30 pm	8	1/8/10
Saturday's	Jan 9 - Mar 6	9:00 am to 9:30 am	8	1/8/10

Parent & Tot 2

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.
Resident Fee | $88.83
Non- Resident Fee | $106.65

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:00 am to 10:30 am	8	1/8/10
Monday's	Jan 11 - Mar 8	10:30 am to 11:00 am	8	1/8/10
Monday's	Jan 11 - Mar 8	5:00 pm to 5:30 pm	8	1/8/10
Tuesday's	Jan 12 - Mar 9	10:30 pm to 11:00 pm	9	1/8/10
Thursday's	Jan 14 - Mar 11	5:00 pm to 5:30 pm	9	1/8/10
Friday's	Jan 8 - Mar 12	5:00 pm to 5:30 pm	8	1/8/10
Saturday's	Jan 9 - Mar 7	10:00 am to 10:30 am	8	1/8/10



Parent & Tot 3

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.
Resident Fee | $86.25
Non- Resident Fee | $103.50

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	11:00 am to 11:30 am	8	1/8/10
Monday's	Jan 11 - Mar 8	6:00 pm to 6:30 pm	8	1/8/10
Tuesday's	Jan 12 - Mar 9	6:00 pm to 6:30 pm	9	1/8/10
Wednesday's	Jan 13 - Mar 10	10:30 pm to 11:00 pm	9	1/8/10
Thursday's	Jan 14 - Mar 11	6:00 pm to 6:30 pm	9	1/8/10
Friday's	Jan 8 - Mar 12	6:00 pm to 6:30 pm	8	1/8/10
Saturday's	Jan 9 - Mar 7	11:00 am to 11:30 am	8	1/8/10

PRESCHOOL LEVELS

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	Capacity
Sunday's	Jan 10 - Mar 7	9:00 am to 9:30 am	8	1/5/10
Sunday's	Jan 10 - Mar 7	11:00 am to 11:30 am	8	1/5/10
Monday's	Jan 11 - Mar 8	10:00 am to 10:30 am	8	1/5/10
Monday's	Jan 11 - Mar 8	4:00 pm to 4:30 pm	8	1/5/10
Monday's	Jan 11 - Mar 8	5:00 pm to 5:30 pm	8	1/5/10
Tuesday's	Jan 12 - Mar 9	4:30 pm to 5:00 pm	9	1/5/10
Tuesday's	Jan 12 - Mar 9	5:30 pm to 6:00 pm	9	1/5/10
Wednesday's	Jan 13 - Mar 10	10:00 am to 10:30 am	9	1/5/10
Wednesday's	Jan 13 - Mar 10	10:30 am to 11:00 am	9	1/5/10
Wednesday's	Jan 13 - Mar 10	4:00 pm to 4:30 pm	9	1/5/10
Wednesday's	Jan 13 - Mar 10	5:00 pm to 5:30 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	4:00 pm to 4:30 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	5:00 pm to 5:30 pm	9	1/5/10
Friday's	Jan 8 - Mar 12	4:30 pm to 5:00 pm	8	1/5/10
Friday's	Jan 8 - Mar 12	5:00 pm to 5:30 pm	8	1/5/10

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

Preschool 1 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:00 am to 10:30 pm	8	1/3/10
Monday's	Jan 11 - Mar 8	6:30 pm to 7:00 pm	8	1/3/10
Wednesday's	Jan 13 - Mar 10	5:30 pm to 6:00 pm	9	1/3/10
Friday's	Jan 8 - Mar 12	5:30 pm to 6:00 pm	8	1/3/10
Saturday's	Jan 9 - Mar 6	11:30 am to 12:00 pm	8	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29

PRESCHOOL 2



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	Capacity
Sunday's	Jan 10 - Mar 7	9:00 am to 9:30 am	8	1/5/10
Sunday's	Jan 10 - Mar 7	11:30 am to 12:00 am	8	1/5/10
Monday's	Jan 11 - Mar 8	10:30 am to 11:00 am	8	1/5/10
Monday's	Jan 11 - Mar 8	4:30 pm to 5:00 pm	8	1/5/10
Tuesday's	Jan 12 - Mar 9	5:30 pm to 6:00 pm	9	1/5/10
Wednesday's	Jan 13 - Mar 10	4:00 pm to 4:30 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	4:30 pm to 5:00 pm	9	1/5/10
Friday's	Jan 8 - Mar 12	4:00 pm to 4:30 pm	8	1/5/10
Friday's	Jan 8 - Mar 12	5:30 pm to 6:00 pm	8	1/5/10
Saturday's	Jan 9 - Mar 6	9:00 am to 9:30 am	8	1/5/10
Saturday's	Jan 9 - Mar 6	11:30 am to 12:00 am	8	1/5/10

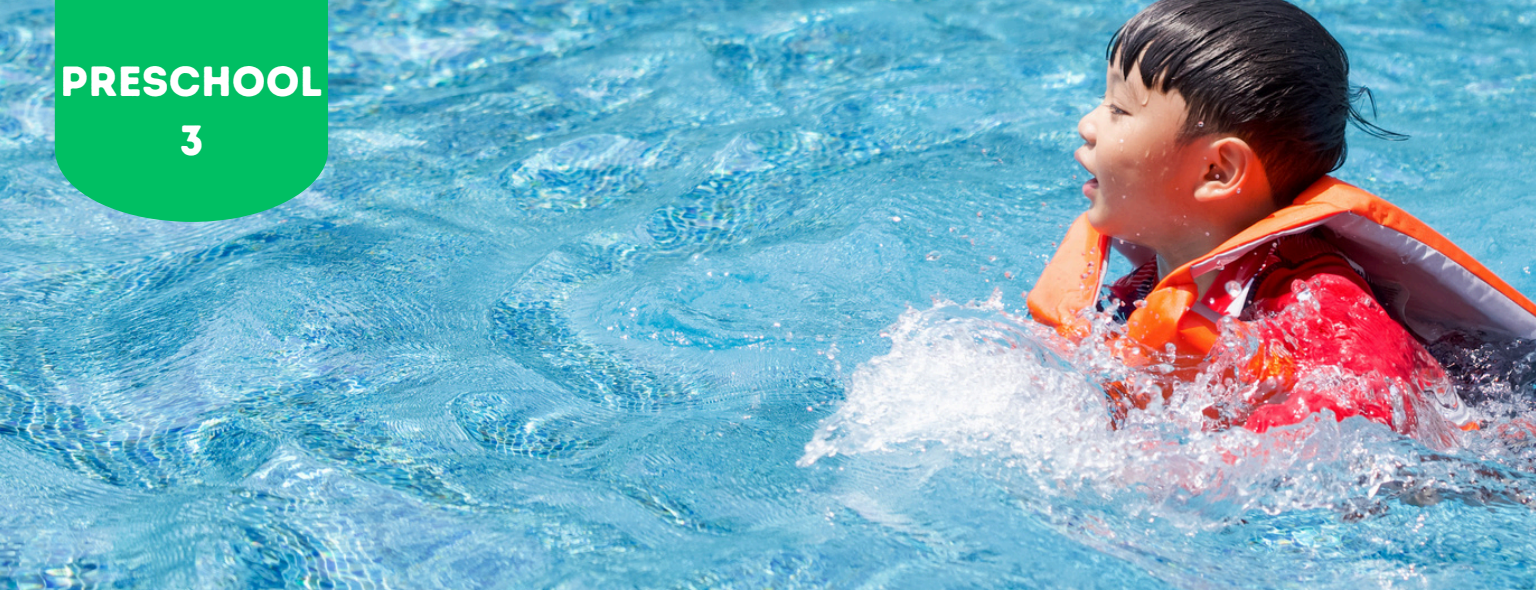
Resident Fees:
9 classes - $88.83
Non-Resident Fees:
9 classes - $106.65

Preschool 2 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:30 am - 11:00 am	**8**	1/3/10
Monday's	Jan 11 - Mar 8	6:00 pm to 6:30 pm	8	1/3/10
Tuesday's	Jan 12 - Mar 9	4:00 pm to 4:30 pm	9	1/3/10
Wednesday's	Jan 13 - Mar 10	6:00 pm to 6:30 pm	9	1/3/10
Friday's	Jan 8 - Mar 12	4:00 pm to 4:30 pm	8	1/3/10
Saturday's	Jan 9 - Mar 6	10:30 am to 11:00 am	8	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29

PRESCHOOL 3



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	Capacity
Sunday's	Jan 10 - Mar 7	9:30 am to 10:00 am	8	1/5/10
Monday's	Jan 11 - Mar 8	4:30 pm to 5:00 pm	8	1/5/10
Monday's	Jan 11 - Mar 8	6:30 pm to 7:00 pm	8	1/5/10
Tuesday's	Jan 12 - Mar 9	5:00 pm to 5:30 pm	9	1/5/10
Wednesday's	Jan 13 - Mar 10	4:30 pm to 5:00 pm	9	1/5/10
Wednesday's	Jan 13 - Mar 10	5:30 pm to 6:00 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	4:30 pm to 5:00 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	5:30 pm to 6:00 pm	9	1/5/10
Friday's	Jan 8 - Mar 12	5:00 pm to 5:30 pm	8	1/5/10
Saturday's	Jan 9 - Mar 6	9:30 am to 10:00 am	8	1/5/10

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

Preschool 3 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:30 am to 11:00 am	8	1/3/10
Monday's	Jan 11 - Mar 8	5:30 pm to 6:00 pm	8	1/3/10
Tuesday's	Jan 12 - Mar 9	6:00 pm to 6:30 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	6:30 pm to 7:00 pm	9	1/3/10
Saturday's	Jan 9 - Mar 6	11:00 am - 11:30 am	8	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29

PRESCHOOL 4



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	Capacity
Sunday's	Jan 10 - Mar 7	9:30 am to 11:00 pm	8	1/5/10
Monday's	Jan 11 - Mar 8	5:00 pm to 5:30 pm	8	1/5/10
Tuesday's	Jan 12 - Mar 9	4:30 pm to 5:00 pm	9	1/5/10
Wednesday's	Jan 13 - Mar 10	4:30 pm to 5:00 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	4:00 pm to 4:30 pm	9	1/5/10
Friday's	Jan 8 - Mar 12	4:30 pm to 5:00 pm	8	1/5/10
Saturday's	Jan 9 - Mar 6	9:30 am to 10:00 am	8	1/5/10

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

Preschool 4 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	11:30 am to 12:00 pm	8	1/3/10
Tuesday's	Jan 12 - Mar 9	6:30 pm to 7:00 pm	9	1/3/10
Wednesday's	Jan 13 - Mar 10	6:30 pm to 7:00 pm	9	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29

PRESCHOOL 5



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	Capacity
Monday's	Jan 11 - Mar 8	5:30 pm to 6:00 pm	8	1/5/10
Tuesday's	Jan 12 - Mar 9	6:30 pm to 7:00 pm	9	1/5/10
Thursday's	Jan 14 - Mar 11	5:00 pm to 5:30 pm	9	1/5/10
Friday's	Jan 8 - Mar 12	6:30 pm to 7:00 pm	8	1/5/10

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

Preschool 5 - Low Ratio

Day	Dates	Time	Classes	Capacity
Wednesday's	Jan 13 - Mar 10	5:00 pm to 5:30 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	7:00 pm to 7:30 pm	9	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29

SWIMMER LEVELS 1-6

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	Capacity
Sunday's	Jan 10 - Mar 7	10:00 am to 10:30 am	8	1/6/10
Sunday's	Jan 10 - Mar 7	11:00 am to 11:30 am	8	1/6/10
Monday's	Jan 11 - Mar 8	4:45 pm to 5:15 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	5:30 pm to 6:00 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	7:00 pm to 7:30 pm	8	1/6/10
Tuesday's	Jan 12 - Mar 9	4:00 pm to 4:30 pm	9	1/6/10
Tuesday's	Jan 12 - Mar 9	4:45 pm to 5:15 pm	9	1/6/10
Thursday's	Jan 14 - Mar 11	6:00 p.m. to 6:30 p.m.	9	1/6/10
Thursday's	Jan 14 - Mar 11	6:00 p.m. to 6:30 p.m.	9	1/6/10
Friday's	Jan 8 - Mar 12	5:00 pm to 5:30 pm	8	1/6/10
Saturday's	Jan 9 - Mar 6	10:00 am to 10:30 am	8	1/6/10
Saturday's	Jan 9 - Mar 6	10:30 am to 11:00 am	8	1/6/10
Saturday's	Jan 9 - Mar 6	11:30 am to 12:00 pm	8	1/6/10

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



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.

Swimmer 1 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	11:00 am to 11:30 am	8	1/3/10
Monday's	Jan 11 - Mar 8	4:30 pm to 5:00 pm	8	1/3/10
Monday's	Jan 11 - Mar 8	6:30 pm to 7:00 pm	8	1/3/10
Tuesday's	Jan 12 - Mar 9	4:00 pm to 4:30 pm	9	1/3/10
Tuesday's	Jan 12 - Mar 9	6:30 pm to 7:00 pm	9	1/3/10
Wednesday's	Jan 13 - Mar 10	4:30 pm to 5:00 pm	9	1/3/10
Wednesday's	Jan 13 - Mar 10	6:00 pm to 6:30 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	4:30 pm to 5:00 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	6:30 pm to 7:00 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	7:30 pm to 8:00 pm	9	1/3/10
Friday's	Jan 8 - Mar 12	4:30 pm to 5:00 pm	8	1/3/10
Friday's	Jan 8 - Mar 12	6:00 pm to 6:30 pm	8	1/3/10
Saturday's	Jan 9 - Mar 6	10:00 am to 10:30 am	8	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29

SWIMMER 2



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	Capacity
Sunday's	Jan 10 - Mar 7	11:00 am to 11:30 am	8	1/6/10
Sunday's	Jan 10 - Mar 7	11:30 am to 12:00 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	6:15 pm to 6:45 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	7:00 pm to 7:30 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	7:30 pm to 8:00 pm	8	1/6/10
Tuesday's	Jan 12 - Mar 9	5:15 pm to 5:45 pm	9	1/6/10
Thursday's	Jan 14 - Mar 11	7:00 pm to 7:30 pm	9	1/6/10
Thursday's	Jan 14 - Mar 11	7:30 pm to 8:00 pm	9	1/6/10
Friday's	Jan 8 - Mar 12	6:30 pm to 7:00 pm	8	1/6/10
Saturday's	Jan 9 - Mar 6	10:00 am to 10:30 am	8	1/6/10
Saturday's	Jan 9 - Mar 6	11:00 am to 11:30 am	8	1/6/10

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

SWIMMER 2



Swimmer 2 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:30 am to 11:00 am	8	1/3/10
Sunday's	Jan 10 - Mar 7	11:00 am to 11:30 am	8	1/3/10
Monday's	Jan 11 - Mar 8	5:30 pm to 6:00 pm	8	1/3/10
Tuesday's	Jan 12 - Mar 9	5:00 pm to 5:30 pm	9	1/3/10
Wednesday's	Jan 13 - Mar 10	5:30 pm to 6:00 pm	9	1/3/10
Wednesday's	Jan 13 - Mar 10	6:30 pm to 7:00 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	6:00 pm to 6:30 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	7:00 pm to 7:30 pm	9	1/3/10
Thursday's	Jan 14 - Mar 11	7:30 pm to 8:00 pm	9	1/3/10
Friday's	Jan 8 - Mar 12	5:30 pm to 6:00 pm	8	1/3/10
Friday's	Jan 8 - Mar 12	6:30 pm to 7:00 pm	8	1/3/10
Saturday's	Jan 9 - Mar 6	10:30 am to 11:00 am	8	1/3/10
Saturday's	Jan 9 - Mar 6	11:00 am to 11:30 am	8	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29



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	Capacity
Sunday's	Jan 10 - Mar 7	10:30 am to 11:00 am	8	1/6/10
Sunday's	Jan 10 - Mar 7	11:30 am to 12:00 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	5:15 pm to 5:45 pm	8	1/6/10
Monday's	Jan 11 - Mar 8	6:45 pm to 7:15 pm	8	1/6/10
Tuesday's	Jan 12 - Mar 9	5:00 pm to 5:30 pm	9	1/6/10
Thursday's	Jan 14 - Mar 11	7:30 pm to 8:00 pm	9	1/6/10
Friday's	Jan 8 - Mar 12	6:30 pm to 7:00 pm	8	1/6/10
Saturday's	Jan 9 - Mar 6	10:00 am to 10:30 am	8	1/6/10

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

Swimmer 3 - Low Ratio

Day	Dates	Time	Classes	Capacity
Monday's	Jan 11 - Mar 8	7:30 pm to 8:00 pm	8	1/3/10
Thursday's	Jan 14 - Mar 11	6:30 pm to 7:00 pm	9	1/3/10

Resident Fees:
9 classes - $111.06
Non-Resident Fees:
9 classes - $133.29



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	Capacity
Monday's	Jan 11 - Mar 8	6:00 pm to 6:45 pm	8	1/8/10
Tuesday's	Jan 12 - Mar 9	4:00 pm to 4:45 pm	9	1/8/10
Thursday's	Jan 14 - Mar 11	6:45 pm to 7:30 pm	9	1/8/10
Friday's	Jan 8 - Mar 12	5:45 am to 6:30 pm	8	1/8/10
Saturday's	Jan 9 - Mar 6	10:30 am to 11:15 am	8	1/8/10

Resident Fees:
9 classes - $97.74
Non-Resident Fees:
9 classes - $117.27

Swimmer 4 - Low Ratio

Day	Dates	Time	Classes	Capacity
Monday's	Jan 11 - Mar 8	7:15 pm to 8:00 pm	8	1/4/10
Thursday's	Jan 14 - Mar 11	6:00 pm to 6:45 pm	9	1/4/10

Resident Fees:
9 classes - $122.13
Non-Resident Fees:
9 classes - $146.61



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	Capacity
Monday's	Jan 11 - Mar 8	4:00 pm to 4:45 pm	8	1/8/10
Wednesday's	Jan 13 - Mar 10	7:00 pm to 7:45 pm	9	1/8/10
Friday's	Jan 8 - Mar 12	5:00 pm to 5:45 pm	8	1/8/10
Saturday's	Jan 9 - Mar 6	11:15 am to 12:00 pm	8	1/8/10
Saturday's	Jan 9 - Mar 6	10:00 am to 10:45 am	8	1/8/10

Resident Fees:
9 classes - $97.74
Non-Resident Fees:
9 classes - $117.27

Swimmer 5 - Low Ratio

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:00 am to 10:45 am	8	1/4/10
Tuesday's	Jan 12 - Mar 9	4:30 pm to 5:15 pm	9	1/4/10
Thursday's	Jan 14 - Mar 11	6:00 pm to 6:45 pm	9	1/4/10

Resident Fees:
9 classes - $122.13
Non-Resident Fees:
9 classes - $146.61

SWIMMER 6



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	Capacity
Sunday's	Jan 10 - Mar 7	10:00 am to 10:45 am	8	1/8/10
Thursday's	Jan 14 - Mar 11	6:45 pm to 7:30 pm	9	1/8/10
Friday's	Jan 8 - Mar 12	6:15 pm to 7:00 pm	8	1/8/10

Resident Fees:
9 classes - $97.74
Non-Resident Fees:
9 classes - $117.27

Swimmer 6 - Low Ratio

Day	Dates	Time	Classes	Capacity
Tuesday's	Jan 12 - Mar 9	5:45 pm to 6:45 pm	9	1/4/10
Wednesday's	Jan 13 - Mar 10	7:30 pm to 8:15 pm	9	1/4/10
Saturday's	Jan 9 - Mar 6	10:30 am to 11:15 am	8	1/4/10

Resident Fees:
9 classes - $122.13
Non-Resident Fees:
9 classes - $146.61

SWIMMER LEVELS 7-9

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.

Day	Dates	Time	Classes	Capacity
Tuesday's	Jan 12 - Mar 9	5:45 pm to 6:45 pm	9	1/10/10
Saturday's	Jan 9 - Mar 6	10:00 am to 11:00 am	8	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

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.

Day	Dates	Time	Classes	Capacity
Tuesday's	Jan 12 - Mar 9	6:00 pm to 7:00 pm	9	1/10/10
Thursday's	Jan 14 - Mar 11	7:00 pm to 8:00 pm	9	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

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	Capacity
Sunday's	Jan 10 - Mar 7	10:45 am to 11:45 am	8	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

ADULT LEVELS 1,2,3

ADULT SWIMMER 1-3

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.



ADULT 1,2,3



Adult 1

Adult 1 is the entry point for adult swimmers, building basic water comfort and safety. Participants practice foot first entries and exits, treading water for 30 seconds while wearing a PFD, the fundamental underwater skills like breath-holding, Underwater exhalation, opening eyes underwater. They're introduced into floating and gliding on front and back, basic flutter and whip kick, and short distances for frontcrawl and backcrawl (10 - 15 m), plus Swim To Survive sequence and Water Smart safety messaging. It's geared towards swimmers with a little to no prior experience.

Day	Dates	Time	Classes	Capacity
Wednesday's	Jan 13 - Mar 10	7:30 pm - 8:15 pm	9	1/10/10
Wednesday's	Jan 13 - Mar 10	8:15 pm - 9:00 pm	9	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

Adult 2

Adult 2 builds on that foundation with more independence in the water. Entries progressed to standing dives and forward rolls into deep water, and surface support exceeds to treading water for 1-2 minutes without the use of a PFD. Underwater skills include handstands and front somersaults, while movement skills introduce whip kick, breaststroke arms drill, and longer frontcrawl and backcrawl minimum distances (25-50m). Swimmers complete the full Canadian Swim to Survive standard (role entry into deep water, 1 minute of treading water, 50 m swim unassisted). A solid step up in stamina and technique refinement.

Day	Dates	Time	Classes	Capacity
Monday's	Jan 11 - Mar 8	7:15 pm to 8:00 pm	8	1/10/10
Wednesday's	Jan 13 - Mar 10	8:15 pm to 8:00 pm	9	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

Adult 3

Adult three is the most advanced adult swimming level, geared towards stroke refinement and fitness. Entries become more dynamic (shallow dives compact jumps), and underwater skills include back somersaults and swimming underwater (5-10 m) to recover an underwater object. The focus shifts towards heavily on stroke mechanics, frontcrawl, backcrawl, breaststroke, eggbeater and scissor kick, much longer distances (50 -100 m). Fitness components include interval training, sprints, and a structured 300 m workout, reflecting a swimmer who's built towards continuous technical sound swimming.

Day	Dates	Time	Classes	Capacity
Wednesday's	Jan 13 - Mar 10	8:15 pm to 8:00 pm	9	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

TEEN & FITNESS



Teen

This teen program is for ages 13 to 18 and covers a full progression of aquatic skills. Swimmers start with foundational water safety and comfort, including entries and exits, treading water, underwater breath control, and floating and gliding period from there, they build independence with standing dives, forward roll entries, longer treading water durations, underwater somersaults, completion of the Canadian Swim to Survive standard. Refinement in stroke technique across swimming strokes like frontcrawl, backcrawl, and breaststroke, along with dynamic entries, object recovery, eggbeater and scissor kick, and fitness focus interval training, sprints, and structured workouts.

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:45 am to 11:30 am	8	1/10/10
Monday's	Jan 11 - Mar 8	7:15 pm to 8:00 pm	8	1/10/10
Wednesday's	Jan 13 - Mar 10	8:00 pm to 8:45 pm	9	1/10/10
Saturday's	Jan 9 - Mar 6	11:15 am to 12:00 pm	8	1/10/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

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	Capacity
Wednesday's	Jan 13 - Mar 10	8:00 pm to 8:45 pm	9	1/8/10
Saturday's	Jan 9 - Mar 6	11:15 am to 12:00 pm	8	1/8/10

Resident Fees:
9 classes - $106.65
Non-Resident Fees:
9 classes - $127.89

PRIVATE & SEMI PRIVATE



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: 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

Day	Dates	Time	Classes	Capacity
Sunday's	Jan 10 - Mar 7	10:30 am to 11:00 am	8	1/1/10
Sunday's	Jan 10 - Mar 7	11:30 am to 12:00	8	1/1/10
Sunday's	Jan 10 - Mar 7	10:00 am to 10:30 am	8	1/1/10
Sunday's	Jan 10 - Mar 7	10:30 am to 11:00 am	8	1/1/10
Sunday's	Jan 10 - Mar 7	11:30 am to 12:00 am	8	1/1/10

Day	Dates	Time	Classes	Capacity
Monday's	Jan 11 - Mar 8	4:00pm to 4:30pm	9	1/1/10
Monday's	Jan 11 - Mar 8	6:00 pm to 6:30 pm	9	1/1/10
Monday's	Jan 11 - Mar 8	5:00 pm to 5:30pm	9	1/1/10
Monday's	Jan 11 - Mar 8	7:00 pm to 5:30pm	9	1/1/10
Monday's	Jan 11 - Mar 8	7:30pm to 6:00pm	9	1/1/10

Day	Dates	Time	Classes	Capacity
Tuesday's	Jan 12 - Mar 9	4:30 pm to 5:00pm	9	1/1/10
Tuesday's	Jan 12 - Mar 9	5:30 pm to 6:00pm	9	1/1/10
Tuesday's	Jan 12 - Mar 9	6:00 pm to 6:30pm	9	1/1/10
Tuesday's	Jan 12 - Mar 9	5:15 pm to 5:45 pm	9	1/1/10
Tuesday's	Jan 12 - Mar 9	5:30 pm to 6:00 pm	9	1/1/10
Tuesday's	Jan 12 - Mar 9	6:30pm to 7:00pm	9	1/1/10

PRIVATE & SEMI PRIVATE



Day	Dates	Time	Classes	Capacity
Wednesday's	Jan 13 - Mar 7	5:00 pm to 5:30pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	6:00 pm to 6:30pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	6:30 pm to 7:00 pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	7:30 pm to 8:00 pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	8:15 pm to 8:45 pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	6:30 pm to 7:00 pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	7:00 pm to 7:30 pm	9	1/1/10
Wednesday's	Jan 13 - Mar 7	7:45 pm to 8:15 pm	9	1/1/10

Day	Dates	Time	Classes	Capacity
Thursday's	Jan 14 - Mar 11	5:30 pm to 6:00 pm	9	1/1/10
Thursday's	Jan 14 - Mar 11	7:00 pm to 7:30pm	9	1/1/10
Thursday's	Jan 14 - Mar 11	7:30 pm to 8:00 pm	9	1/1/10
Thursday's	Jan 14 - Mar 11	6:30 pm to 7:00 pm	9	1/1/10
Thursday's	Jan 14 - Mar 11	7:30 pm to 8:00 pm	9	1/1/10

Day	Dates	Time	Classes	Capacity
Friday's	Jan 8 to Mar 12	4:00 pm to 4:30 pm	8	1/1/10
Friday's	Jan 8 to Mar 12	6:00 pm to 6:30 pm	8	1/1/10
Friday's	Jan 8 to Mar 12	6:30 pm to 7:00 pm	8	1/1/10
Friday's	Jan 8 to Mar 12	5:45 pm to 6:15 pm	8	1/1/10
Friday's	Jan 8 to Mar 12	6:15 pm to 6:45 pm	8	1/1/10

Day	Dates	Time	Classes	Capacity
Saturday's	Jan 9 - Mar 6	9:30 am to 10:00 am	8	1/1/10
Saturday's	Jan 9 - Mar 6	10:30 am to 11:00 am	8	1/1/10
Saturday's	Jan 9 - Mar 6	11:30 am to 12:00 pm	8	1/1/10
Saturday's	Jan 9 - Mar 6	10:45 am to 11:15 am	8	1/1/10
Saturday's	Jan 9 - Mar 6	11:00 am to 11:30 pm	8	1/1/10
Saturday's	Jan 9 - Mar 6	11:30 am to 12:00 pm	8	1/1/10