



# Aquatic Centre Winter Swim Programs 2025



## Assorted Swim Programs

Registration begins 5 pm, Sunday, December 15, 2024

Register Online: [https://anc.ca.apm.activecommunities.com/kenora/home?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/kenora/home?onlineSiteId=0&from_original_cui=true)

Program	Description	Class Information			Fee (+ applicable taxes)
		Session	Class Times	Dates	
<b>Swim &amp; Play (Parented)</b>	Classes for babies & toddlers accompanied in the water with a parent or caregiver. A swimming instructor will help you get the most out of the pool experience. Build confidence through active water play & movement. <i>4 classes per session</i>	Babies 4 – 12 months	4 – 4:30 pm	Wednesday Jan 8 – Jan 29	\$40
		Babies 13 – 24 months	4:30 – 5 pm		
<b>Lifesaving Society Rookie Program</b>	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.	6:30 – 7:30 pm		Monday & Wednesday Jan 6 – 29	\$90
<b>Lifesaving Society Ranger Program</b>	Swimmers develop better strokes over 75 m 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.	7:30 – 8:30 pm			
<b>After School Program</b>	Swimmers aged 6 – 9 years learn how to be safe around the water, & increase swimming ability, fitness & endurance through fun activities. Swimmers will also enjoy water sports. <i>Children must be 6 yrs. Of age on the first day of program</i>	4 – 5 pm		Monday Jan 6 – 27	\$50
<b>Lifesaving Society Bronze Cross</b>	Bronze Cross candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities while emphasizing the importance of teamwork and communication in preventing the responding to aquatic emergencies. Bronze Cross is a prerequisite for National Lifeguard. <i>Prerequisites: Completed Emergency First Aid &amp; Bronze Medallion</i>	6:30 – 8:30 pm		Monday & Wednesday Feb 3 – Mar 5 <i>No class Feb 17</i>	\$120
<b>Swim &amp; Play (Parented)</b>	Classes for babies & toddlers accompanied in the water with a parent or caregiver. A swimming instructor will help you get the most out of the pool experience. Build confidence through active water play & movement. <i>4 classes per session</i>	Babies 4 – 12 months	4 – 4:30 pm	Wednesday Feb 12 – Mar 5	\$40
		Babies 13 – 24 months	4:30 – 5 pm		
<b>After School Program</b>	Swimmers aged 6 – 9 years learn how to be safe around the water, & increase swimming ability, fitness & endurance through fun activities. Swimmers will also enjoy water sports. <i>Children must be 6 yrs. Of age on the first day of program</i>	4 – 5 pm		Monday Feb 3 – Mar 3 <i>No class Feb 17</i>	\$50



# Aquatic Centre Winter Swim Programs 2025

## Swim For Life Preschool & Swimmer Session 1

Registration begins 5 pm, Sunday, December 15, 2024

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Program	Description	Class Information		Fees (+ applicable taxes)
		Class Times	Dates	
Minnow	Minnows 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 face wet and blow bubbles underwater.	4:30 – 5 pm	Tues & Thurs: Jan 7 – 30	\$65
		5:40 – 6:10 pm	Tues & Thurs: Jan 7 – 30	
		9:05 – 9:35 am	Sunday: Jan 5 – Mar 2	
		9:40 – 10:20 am	Sunday: Jan 5 – Mar 2	
Bass	Bass students learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.	4:30 – 5 pm	Tues & Thurs: Jan 7 – 30	\$65
		5:40 – 6:10 pm	Tues & Thurs: Jan 7 – 30	
		9:05 – 9:35 am	Sunday: Jan 5 – Mar 2	
		9:40 – 10:20 am	Sunday: Jan 5 – Mar 2	
Walleye	Walleyes will try entries into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water, and work on kicking and gliding through the water on their front and back.	4:30 – 5 pm	Tues & Thurs: Jan 7 – 30	\$65
		5:40 – 6:10 pm	Tues & Thurs: Jan 7 – 30	
		8:30 – 9 am	Sunday: Jan 5 – Mar 2	
		9:40 – 10:20 am	Sunday: Jan 5 – Mar 2	
Trout/ Muskie	Trout/Muskie students learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries, open their eyes underwater, and master a short swim on their front wearing a lifejacket and gliding and kicking on their side.	5:05 – 5:35 pm	Tues & Thurs: Jan 7 – 30	\$65
		9:05 – 9:35 am	Sunday: Jan 5 – Mar 2	
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.	5:05 – 5:35 pm	Tues & Thurs: Jan 7 – 30	\$65
		8:30 – 9 am	Sunday: Jan 5 – Mar 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 on their front and back, and be introduced to flutter kick interval training.	5:05 – 5:35 pm	Tues & Thurs: Jan 7 - 30	\$65
		8:30 – 9 am	Sunday: Jan 5 – Mar 2	
Swimmer 3	These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases in distance.	6:15 – 7 pm	Tues & Thurs: Jan 7 - 30	\$85
		10:25 – 11:10 am	Sunday: Jan 5 – Mar 2	
Swimmer 4	These intermediate swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints and front/back crawl interval training.	6:15 – 7 pm	Tues & Thurs: Jan 7 - 30	\$85
		10:25 – 11:10 am	Sunday: Jan 5 – Mar 2	
Swimmer 5/6	These swimmers will master a variety of entries, eggbeater kicks, and in-water backward somersaults. They'll refine their breaststroke and front and back crawl, then pick up the pace in sprints and an assortment of interval training.	6:15 – 7 pm	Tues & Thurs: Jan 7 - 30	\$85
		10:25 – 11:10 am	Sunday: Jan 5 – Mar 2	

*No Sunday classes on February 16, 2025*



# Aquatic Centre Winter Swim Programs 2025

## Swim For Life Preschool & Swimmer Session 2

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Minnow	Minnows 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 face wet and blow bubbles underwater.	4:30 – 5 pm	Tues & Thurs: Feb 11 – Mar 6	\$65
		5:40 – 6:10 pm	Tues & Thurs: Feb 11 – Mar 6	
Bass	Bass students learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.	4:30 – 5 pm	Tues & Thurs: Feb 11 – Mar 6	\$65
		5:40 – 6:10 pm	Tues & Thurs: Feb 11 – Mar 6	
Walleye	Walleyes will try entries into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water, and work on kicking and gliding through the water on their front and back.	4:30 – 5 pm	Tues & Thurs: Feb 11 – Mar 6	\$65
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Trout/ Muskie	Trout/Muskie students learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries, open their eyes underwater, and master a short swim on their front wearing a lifejacket and gliding and kicking on their side.	5:05 – 5:35 pm	Tues & Thurs: Feb 11 – Mar 6	\$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.	5:05 – 5:35 pm	Tues & Thurs: Feb 11 – Mar 6	\$65
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 on their front and back, and be introduced to flutter kick interval training	5:05 – 5:35 pm	Tues & Thurs: Feb 11 – Mar 6	\$65
Swimmer 3	These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases in distance	6:15 – 7 pm	Tues & Thurs: Feb 11 – Mar 6	\$85
Swimmer 4	These intermediate swimmers will swim underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints and front/back crawl interval training.	6:15 – 7 pm	Tues & Thurs: Feb 11 – Mar 6	\$85
Swimmer 5/6	These swimmers will master a variety of entries, eggbeater kicks, and in-water backward somersaults. They'll refine their breaststroke and front and back crawl, then pick up the pace in sprints and an assortment of interval training	6:15 – 7 pm	Tues & Thurs: Feb 11 – Mar 6	\$85