

# Aquatic Centre Fall Swim Programs

Registration begins 8 am, Wednesday October 20th, 2021

**Please Note:** Classes fill quickly, please use the waitlist.



Program		Class Times & Levels	Days/Dates	Fee
<b>Preschool Swim For Life</b>	Pre-schoolers age 3 – 5 years actively learn and develop new swimming skills through games & songs. <i>Children must be 3 yrs. of age on the first day of lessons.</i>	5:00 – 5:30 pm: Walleye(3), Trout (4), Musky(5) 5:35 - 6:05 pm: Minnow(1), Bass(2) 6:10 – 6:40pm: Bass(3)	Tuesday & Thursday Oct26 – Nov 30 (10 classes) No classes Nov 11	\$55.00
<b>Swim For Life Swimmer 1-6</b>	Swimmers age 5 – 12 years learn how to be safe around water, & increase swimming ability, fitness & endurance through fun activities. <i>Children must be 5 yrs. of age on the first day of lessons.</i>	6:10 – 6:40 pm: Swimmer 1, 2 6:45 – 7:30 pm: Swimmer 3/4, 5/6	Tuesday & Thursday Oct26 – Nov 30 (10 classes) No classes Nov 11	Levels 1 & 2 \$55.00 Level 3-6 \$75.00
<b>Swim FAST</b>	For swimmers at least 6 years of age who have completed Trout (formerly Crocodile) to learn the basics of swimming fast. This is an entry level program for kids who are interested in competitive swimming	5:00 – 5:30pm	Mondays & Wednesdays Oct 25 – Nov 24 (10 classes)	\$75.00
<b>Canadian Swim Patrol (formerly levels 7-9)</b>	The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels - Rookie, Ranger, and Star - continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards. <b><i>Children must be have completed Swimmer 6</i></b>	6:45 – 7:30pm	Tuesday & Thursday Oct26 – Nov 30 (10 classes) No classes Nov 11	\$75.00
<b>Bronze Medallion Emergency 1<sup>st</sup> Aid</b>	This is the first step to becoming a Lifeguard. Learn self-rescue and basic techniques in the rescue of others while developing stroke efficiency and endurance. Emergency First Aid provides basic first aid principles and emergency treatment of injuries. Candidates <b>MUST</b> be 13 years of age by the LAST day of the course, or hold Bronze Star. Candidates will receive their Canadian Lifesaving Manual which they will need for a future Lifesaving and Lifeguarding Courses	6:30 – 9:00pm	Monday & Wednesdays Oct 25 – Nov 24 (10 classes)	\$175.00
<b>Adult Swimming Lessons</b>	For beginner and novice swimmers age 16+ who want to learn the basics of swimming. Swimmers set their own goals and work at their own pace.	6:30 – 7:30pm	Monday & Wednesdays Oct 25 – Nov 24 (10 classes)	\$75.00

**For more information phone 467-2087, press 0 for Customer Service**