



Aquatic Centre Spring Swim Programs 2025

Assorted Swim Programs

Registration begins 8 am, Wednesday, April 9, 2025

Register Online: https://anc.ca.apm.activecommunities.com/kenora/home?onlineSiteId=0&from_original_cui=true



Program	Description	Class Information			Fee
		Session	Class Times	Dates	
Swim & Play (Parented)	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>	4 – 12 months	12 – 12:30 pm	April 14 – 18 (M-F)	\$40
		13 – 24 months	12 – 12:30 pm	April 21 – 25 (M-F)	
Lifesaving Society Emergency First Aid & Bronze Medallion	Bronze Medallion challenges the candidates both mentally and physically by using their judgment, knowledge, skill and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Must be 13 years of age or older or hold Bronze Star.	5:30 – 8:30 pm		Monday April 21 – June 16 <i>No Class May 19th</i>	\$120
Lifesaving Society Rookie Program	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		Wednesday April 23 – June 11	\$90
Lifesaving Society Ranger Program	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		Wednesday April 23 – June 11	\$90



Aquatic Centre Spring Swim Programs

Preschool Swim For Life

Registration begins 8 am, Wednesday, April 9, 2025

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Program	Description	Class Information			Fees
		Session	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.	Tuesday 1	4:30 – 5 pm	Tuesday, April 22 – June 10	\$65
		Tuesday 2	5:40 – 6:10 pm	Tuesday, April 22 – June 10	
		Thursday 1	4:30 – 5 pm	Thursday, April 24 – June 12	
		Thursday 2	5:40 – 6:10 pm	Thursday, April 24 – June 12	
		Sunday 1	9:05 – 9:35 am	Sunday, May 4 – June 22	
		Sunday 2	9:40 – 10:20 am	Sunday, May 4 – June 22	
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.	Tuesday 1	4:30- 5 pm	Tuesday, April 22 – June 10	\$65
		Tuesday 2	5:40 – 6:10 pm	Tuesday, April 22 – June 10	
		Thursday 1	4:30- 5 pm	Thursday, April 24 – June 12	
		Thursday 2	5:40 – 6:10 pm	Thursday, April 24 – June 12	
		Sunday 1	9:05 – 9:35 am	Sunday, May 4 – June 22	
		Sunday 2	9:40 – 10:20 am	Sunday, May 4 – June 22	
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.	Tuesday 1	4:30 – 5 pm	Tuesday, April 22 – June 10	\$65
		Tuesday 2	5:40 – 6:10 pm	Tuesday, April 22 – June 10	
		Thursday 1	4:30 – 5 pm	Thursday, April 24 – June 12	
		Thursday 2	5:40 – 6:10 pm	Thursday, April 24 – June 12	
		Sunday 1	8:30 – 9 am	Sunday, May 4 – June 22	
		Sunday 2	9:40 – 10:20 am	Sunday, May 4 – June 22	
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.	Tuesday	5:05 – 5:35 pm	Tuesday, April 22 – June 10	\$65
		Thursday	5:05 – 5:35 pm	Thursday, April 24 – June 12	
		Sunday 1	9:05 – 9:35 am	Sunday, May 4 – June 22	
Children must be 3 years of age on the first day of lessons.					



Aquatic Centre Spring Swim Programs

Swim For Life – Swimmer 1-6

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Program	Description	Class Information			Fees
		Session	Class Times	Dates	
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.	Tuesday	5:05 – 5:35 pm	Tuesday, April 22 – June 10	\$65
		Thursday	5:05 – 5:35 pm	Thursday, April 24 – June 12	
		Sunday	8:30 – 9 am	Sunday, May 4 – June 22	
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.	Tuesday	5:05 – 5:35 pm	Tuesday, April 22 – June 10	\$65
		Thursday	5:05 – 5:35 pm	Thursday, April 24 – June 12	
		Sunday	8:30 – 9 am	Sunday, May 4 – June 22	
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.	Tuesday	6:15 – 7 pm	Tuesday, April 22 – June 10	\$85
		Thursday	6:15 – 7 pm	Thursday, April 24 – June 12	
		Sunday	10:25 – 11:10 am	Sunday, May 4 – June 22	
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.	Tuesday	6:15 – 7 pm	Tuesday, April 22 – June 10	\$85
		Thursday	6:15 – 7 pm	Thursday, April 24 – June 12	
		Sunday	10:25 – 11:10 am	Sunday, May 4 – June 22	
Swimmers 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.	Tuesday	6:15 – 7 pm	Tuesday, April 22 – June 10	\$85
		Thursday	6:15 – 7 pm	Thursday, April 24 – June 12	
		Sunday	10:25 – 11:10 am	Sunday, May 4 – June 22	
Children must be 5 years of age on the first day of lessons.					