



Aquatic Centre Swim Programs 2025

September Swim Programs

Registration begins 8 am, Tuesday, August 26, 2025

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

Program	Description	Class Information		Fee
		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	Monday & Wednesday Sept 8 – Oct 1	\$65
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	Monday & Wednesday Sept 8 – Oct 1	\$65
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.	6 – 6:30 pm	Monday & Wednesday Sept 8 – Oct 1	\$65
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.	6:35 – 7:05 pm	Monday & Wednesday Sept 8 – Oct 1	\$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.	6 – 6:30 pm	Monday & Wednesday Sept 8 – Oct 1	\$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.	6:35 – 7:05 pm	Monday & Wednesday Sept 8 – Oct 1	\$65
Teen/Adult Lesson Beginners	New to swimming or minimal experience	7:10 – 7:55 pm	Monday & Wednesday Sept 8 – Oct 1	\$85
Teen/Adult Lesson Advanced	Some experience and comfort in deep water. Able to swim 25 m (one length of lap pool).	7:10 – 7:55 pm	Monday & Wednesday Sept 8 – Oct 1	\$85



Aquatic Centre Fall Swim Programs

Swim Programs

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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.	Sunday	9:30 – 10 am	Sunday, Oct 19 – Dec 7	\$65
		Sunday	10:05 – 10:35 am	Sunday, Oct 19 – Dec 7	
		Tuesday	4:30 – 5 pm	Tuesday, Oct 7 – Dec 2	
		Tuesday	5:10 – 5:40 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	5:10 – 5:40 pm	Thursday, Oct 9 – Nov 27	
		Thursday	5:50 – 6:20 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	9:30- 10 am	Sunday, Oct 19 – Dec 7	\$65
		Sunday	10:40 – 11:10 am	Sunday, Oct 19 – Dec 7	
		Tuesday	5:10 – 5:40 pm	Tuesday, Oct 7 – Dec 2	
		Tuesday	5:50 – 6:20 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	5:10 – 5:40 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	10:05 – 10:35 am	Sunday, Oct 19 – Dec 7	\$65
		Sunday	12:15 – 12:45 pm	Sunday, Oct 19 – Dec 7	
		Tuesday	4:30 – 5 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	5:10 – 5:40 pm	Thursday, Oct 9 – Nov 27	
		Thursday	5:50 – 6:20 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	10:40 – 11:10 am	Sunday, Oct 19 – Dec 7	\$65
		Tuesday	5:50 – 6:20 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	4:30 – 5 pm	Thursday, Oct 9 – Nov 27	
Children must be 3 years of age on the first day of lessons. No classes on Tuesday, November 11, 2025					



Aquatic Centre Fall 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.	Sunday	9:30 – 10 am	Sunday, Oct 19 – Dec 7	\$65
		Sunday	10:05 – 10:35 am	Sunday, Oct 19 – Dec 7	
		Tuesday	4:30 – 5 pm	Tuesday, Oct 7 – Dec 2	
		Tuesday	5:50 – 6:20 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	4:30 – 5 pm	Thursday, Oct 9 – Nov 27	
		Thursday	5:50 – 6:20 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	10:40 – 11:10 am	Sunday, Oct 19 – Dec 7	\$65
		Sunday	12:15 – 12:45 pm	Sunday, Oct 19 – Dec 7	
		Tuesday	5:10 – 5:40 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	4:30 – 5 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	11:15 am – 12 pm	Sunday, Oct 19 – Dec 7	\$85
		Tuesday	6:30 – 7:15 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	6:30 – 7:15 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	11:15 am – 12 pm	Sunday, Oct 19 – Dec 7	\$85
		Tuesday	6:30 – 7:15 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	6:30 – 7:15 pm	Thursday, Oct 9 – Nov 27	
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.	Sunday	11:15 am – 12 pm	Sunday, Oct 19 – Dec 7	\$85
		Tuesday	6:30 – 7:15 pm	Tuesday, Oct 7 – Dec 2	
		Thursday	6:30 – 7:15 pm	Thursday, Oct 9 – Nov 27	
Lifesaving Society Rookie	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	Sunday	12:15 – 1 pm	Sunday, Oct 19 – Dec 7	\$90

No Classes Tuesday, November 11, 2025



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Program	Description	Class Information			Fees
		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.	4 – 12 months	10 – 10:30 am	September 8 – 12 Monday - Friday	\$55
		13 – 24 months	10:35 – 11:05 am	September 8 – 12 Monday - Friday	
FAST Fitness Swimmer	The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Participants set their own goals.	Ages 6 – 8	6 – 7 pm	Monday October 6 – December 1 No class Oct 13 th	\$90
		Ages 9 - 12	6 – 7 pm	Wednesday October 8 – November 26	
Junior Lifeguard Club	The Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment. Members can be any age between 8 and 15 years.	7 – 8 pm		Monday October 6 – November 10 No class Oct 13 th	\$75
Lifesaving Society Bronze Star	Develop swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self – rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion Ages 9 – 12 years.	6 – 7:30 pm		Wednesday October 8 – November 26	\$110