



Aquatic Centre Spring Swim Programs 2026

Registration begins 9 am, Thursday, March 26, 2026

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



Program	Description	Class Information			Fees (+ applicable taxes)
		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	4:30 – 5 pm	Monday April 6 th – May 4 th	\$50
		12 – 24 months	4:30 – 5 pm	Wednesday April 8 th – June 6 th	
		12 – 24 months	4:30 – 5 pm	Monday, May 11 th – June 15 th (no class May 18)	
		24 - 36 months	4:30 – 5 pm	Wednesday, May 13 th – June 10 th	
Lifesaving Society Ranger/Star 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.	12 – 1 pm		Sunday April 26 th – June 14 th	\$100
Lifesaving Society Bronze Medallion & Emergency First Aid	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.	6:30 – 8:30 pm		Monday & Wednesday April 6 th – May 6 th	\$165
Lifesaving Society Bronze Cross & Standard First Aid	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. Prerequisites: Completed Emergency First Aid & Bronze Medallion	5:30 – 8:30 pm		Monday & Wednesday May 11 th – June 15 th (no class May 18)	\$180
Private Swim Lessons (available until June 12 th)	Beginner Private Lessons: These private sessions take place in shallow water to help you build confidence and become comfortable in the pool while learning the fundamentals of swimming. You'll work closely with your instructor to develop basic skills at your own pace and set personal goals to support your progress in the water. Advanced Private Lessons: swimmers will work with an instructor to refine strokes, improve technique, and build strength and endurance. Lessons take place in both shallow and deep water, allowing swimmers to challenge themselves while working toward personalized goals.	5 – 5:30 pm		Wednesday's	\$50 per lesson
		6 – 6:30 pm		Friday's	
		7 – 7:30 pm		Monday's	
		4:30 – 5 pm		Tuesday's	
Adult Lessons	Designed for teens and adults of all comfort levels, these lessons focus on building confidence in the water, learning essential swimming skills, and improving stroke technique. Whether you're just starting out or looking to boost your endurance and efficiency, our instructors will help you progress at your own pace.	12 – 12:45 pm		Sunday April 26 th – June 14 th	\$95



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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 April 7 – 30	\$70
		5:50 – 6:20 pm	Tues & Thurs April 7 th – 30 th	
		9 – 9:30 am	Sunday, April 26 th – June 14 th	
		9:40 – 10:20 am	Sunday, April 26 th – June 14 th	
Bass	Bass students learn to jump into chest deep water by themselves and get in and get out wearing a life jacket. They'll submerge and exhale underwater. While wearing a life jacket they'll glide on their front and back.	5:10 – 5:40 pm	Tues & Thurs April 7 th – 30 th	\$70
		5:50 – 6:20 pm	Tues & Thurs April 7 th – 30 th	
		9:40 – 10:20 am	Sunday, April 26 th – June 14 th	
		10:30 – 11 am	Sunday, April 26 th – June 14 th	
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.	5:10 – 5:40 pm	Tues & Thurs April 7 th – 30 th	\$70
		5:50 – 6:20 pm	Tues & Thurs April 7 th – 30 th	
		9 – 9:30 am	Sunday, April 26 th – June 14 th	
		9:40 – 10:20 am	Sunday, April 26 th – June 14 th	
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 life jacket and gliding and kicking on their side.	4:30 – 5 pm	Tues & Thurs April 7 th – 30 th	\$70
		10:30 – 11 am	Sunday, April 26 th – June 14 th	
Swimmer 1	These beginners will become comfortable jumping into water with and without a life jacket. 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.	5:10 – 5:40 pm	Tues & Thurs April 7 th – 30 th	\$70
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Swimmer 2	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a life jacket. 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	4:30 – 5 pm	Tues & Thurs April 7 th – 30 th	\$70
		10:30 – 11 am	Sunday, April 26 th – June 14 th	
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	6:30 – 7:15 pm	Tues & Thurs April 7 th – 30 th	\$90
		11:10 – 11:55 am	Sunday, April 26 th – June 14 th	
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.	6:30 – 7:15 pm	Tues & Thurs April 7 th – 30 th	\$90
		11:10 – 11:55 am	Sunday, April 26 th – June 14 th	
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	6:30 – 7:15 pm	Tues & Thurs April 7 th – 30 th	\$90
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