



Aquatic Centre Winter Swim Programs 2026

Assorted Swim Programs



Registration begins 5 pm, Sunday, December 14, 2025

Register Online: 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	
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.	Babies 4 – 12 months	4 – 4:30 pm	Monday, Jan 5 – Feb 2	\$40
		Babies 13 – 24 months	4:30 – 5 pm		
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.	8:30 – 9:30 am		Sunday Jan 11 – Mar 1	\$90
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.	10:30 am – 1:30 pm		Sunday Jan 11 – Mar 1	\$175
Teen/Adult Swim Lessons	Designed for teens and adults of all comfort levels, these lessons focus on building confidence in the water, learning essential swim 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.	6:45 – 7:30 pm		Monday Jan 5 – Mar 2 No classes Feb 16 th	\$90
Swim FAST Ages 6 – 8 years	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.	4:30 – 5:15 pm		Wednesday Jan 7 – Feb 25	\$85
Lifesaving Society 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.	6:45 – 7:30 pm		Wednesday, Jan 7 – Feb 25	\$75



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		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.	5:10 – 5:40 pm	Tuesday, Jan 6 – Feb 24	\$65
		5:50 – 6:20 pm	Tuesday, Jan 6 – Feb 24	
		5:10 – 5:50 pm	Thursday, Jan 8 – Feb 26	
		6 – 6:30 pm	Thursday, Jan 8 – Feb 26	
		9:25 – 9:55 am	Sunday, Jan 11 – Mar 1	
		10:05 – 10:35 am	Sunday, Jan 11 – Mar 1	
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.	5:10 – 5:40 pm	Tuesday, Jan 6 – Feb 24	\$65
		5:25 – 5:55 pm	Thursday, Jan 8 – Feb 26	
		9:25 – 9:55 am	Sunday, Jan 11 – Mar 1	
		10:45 – 11:15 am	Sunday, Jan 11 – Mar 1	
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	Tuesday, Jan 6 – Feb 24	\$65
		5:50 – 6:20 pm	Tuesday, Jan 6 – Feb 24	
		6 – 6:30pm	Thursday, Jan 8 – Feb 26	
		9:25 – 9:55 am	Sunday, Jan 11 – Mar 1	
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.	4:30 – 5 pm	Tuesday, Jan 6 – Feb 24	\$65
		4:30 – 5 pm	Thursday, Jan 8 – Feb 26	
		10:05 – 10:35 am	Sunday, Jan 11 – Mar 1	
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.	4:30 – 5 pm	Tuesday, Jan 6 – Feb 24	\$65
		5:50 -6:20 pm	Tuesday, Jan 6 – Feb 24	
		5:25 – 5:55 pm	Thursday, Jan 8 – Feb 26	
		10:05 – 10:35 am	Sunday, Jan 11 – Mar 1	
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	4:30 – 5 pm	Tuesday, Jan 6 – Feb 24	\$65
		6 – 6:30 pm	Thursday, Jan 8 – Feb 24	
		10:45 – 11:15 am	Sunday, Jan 11 – Mar 1	
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	Tuesday, Jan 6 – Feb 24	\$85
		4:30 – 5:15 pm	Thursday, Jan 8 – Feb 26	
		8:30 – 9:15 am	Sunday, Jan 11 – Mar 1	
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	Tuesday, Jan 6 – Feb 24	\$85
		4:30 – 5:15 pm	Thursday, Jan 8 – Feb 24	
		8:30 – 9:15 am	Sunday, Jan 11 – Mar 1	
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	Tuesday, Jan 6 – Feb 24	\$85
		6:40 – 7:25 pm	Thursday, Jan 8 – Feb 26	
		10:45 – 11:30 am	Sunday, Jan 11 – Mar 1	