

Swimming Lessons & Leadership Courses Spring 2024

Registration Deadlines apply, see date under session listings @ 4:00 pm
Minimum registration numbers must be met for classes to run. Details subject to change at any time.

Level	Session 1 Mon – Fri April 1 – 5 Deadline: March 25	Session 2 Mondays Apr 8 – May 13 Deadline: April 1	Session 3 Fridays Apr 12 – May 17 Deadline: April 5	Session 4 Sundays Apr 28 – Jun 9 (no class May 19) Deadline: April 21
Swim for Life Parent & Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)				
Parent and Tot 1/2/3 \$42.00	11:00 am – 11:30 am	N/A	5:30 pm – 6:00 pm	5:00 – 5:30 pm
Swim for Life Preschool: UNPARENTED, 3 – 5 yrs				
Preschool 1 \$42.00	10:15 am – 10:45 am 4:00 pm – 4:30 pm	11:00 am – 11:30 am 4:30 pm – 5:00 pm	5:00 pm – 5:30 pm	5:00 – 5:30 pm
Preschool 2 \$42.00	10:15 am – 10:45 am 4:00 pm – 4:30 pm	9:30 am – 10:00 am 4:30 pm – 5:00 pm	5:30 pm – 6:00 pm	5:30 – 6:00 pm
Preschool 3 \$42.00	9:45 am – 10:15 am	9:30 am – 10:00 am 4:00 pm – 4:30 pm	5:30 pm – 6:00 pm	5:30 – 6:00 pm
Preschool 4 \$42.00	9:45 am – 10:15 am	4:00 pm – 4:30 pm	4:00 pm – 4:30 pm	N/A
Preschool 5 \$42.00	N/A	N/A	4:00 pm – 4:30 pm	N/A
Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs				
Swimmer 1 \$54.00	10:45 am – 11:30 am 4:45 pm – 5:30 pm	10:00 am – 10:45 am 5:15 pm – 6:00 pm	4:00 pm – 4:45 pm	6:15 – 7:00 pm
Swimmer 2 \$54.00	9:45 am – 10:30 am	4:00 pm – 4:45 pm	4:30 pm – 5:15 pm	5:30 – 6:15 pm
Swimmer 3 \$54.00	9:45 am – 10:30 am	4:00 pm – 4:45 pm	4:30 pm – 5:15 pm	5:30 – 6:15 pm
Swimmer 4 \$68.00	3:45 pm – 4:45 pm	N/A	N/A	6:30 – 7:30 pm
Swimmer 5 \$68.00	8:30 am – 9:30 am	N/A	N/A	6:30 – 7:30 pm
Swimmer 6 \$68.00	8:30 am – 9:30 am	7:30 pm – 8:30 pm	N/A	7:15 – 8:15 pm
Swim Patrol: Rookie; Ranger; Star \$68.00	8:30 am – 9:30 am	7:30 pm – 8:30 pm	N/A	7:15 – 8:15 pm
Stroke Proficiency: to build strength and technique on just the stroke skills in a level – Stroke Development (Swimmer 2 - 4); Stroke Improvement (Swimmer 5 – Swim Patrol)				
\$42.00	5:00 pm – 5:30 pm	5:15 pm – 5:45 pm	N/A	N/A
Teen & Adult Lessons (13 yrs +): Do you want to learn to do your strokes better? How to float? How to stay safe around water? We teach the water skills YOU want to work on!				
Teen/Adult Lessons \$58.00	N/A	6:30 – 7:15 pm	N/A	7:45 – 8:30 pm
Leadership Courses – towards becoming a Lifeguard or Instructor: Please note prerequisites* to enroll. Registration deadline is 1 week prior to the course start. Minimum registration numbers must be met for courses to run.				
Bronze Star	\$157.00	*must be 12 yrs of age by end of course		Mondays, April 8 – May 13 6:00 – 9:00 pm
Bronze Medallion & CPR-C	\$190.00	*must be 13 yrs of age by end of course OR have Bronze Star		Sundays, April 28 – June 9 (no class May 19) 5:00 – 8:00 pm
Intermediate First Aid (IFA)	\$165.00	April 1 – 4 @ 1:00 pm – 5:00 pm OR June 15 & 16 @ 8:30 am – 5:00 pm		
Bronze Cross	\$180.00	*must have completed Bronze Medallion & a current IFA **can combine with IFA course within course dates		April 1 – 4 @ 7:00 am – 12:00 pm OR June 24 – 28 @ 5 – 9 pm
Swim Instructor	\$350.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher		June 28 @ 8 am – 1 pm & July 2 – 5 @ 8 am – 3 pm
National Lifeguard	\$350.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher & current IFA		July 23 – 25, 30, 31 & Aug 1 @ 8:00 am – 3:00 pm
Lifesaving Instructor	\$260.00	*must have Swim Instructor award		July 29 – Aug 2 @ 5 – 9 pm
Recertifications: *must bring in previous certification card or Member ID #				
National Lifeguard \$95.00	7:30 am – 12:00 pm	April 28 OR June 30	Swim & Lifesaving Instructor \$130.00	1:00 pm – 5:30 pm April 28 OR June 30

Registration Deadlines apply, see date under session listings @ 4:00 pm
Minimum registration numbers must be met for classes to run. Details subject to change at any time.



Rec | Arts | Culture

Registration opens March 1 @ 8:00 am
Register by phone at 823-1322, online at www.aquaplex.ca or in person.

Swimming Lessons & Leadership Courses Spring 2024

Registration Deadlines apply, see date under session listings @ 4:00 pm
Minimum registration numbers must be met for classes to run. Details subject to change at any time.

Level	Session 5 Tue & Thu May 14 – 30 Deadline: May 7	Session 6 Mon & Wed May 27 – June 12 Deadline: May 20	Session 7 Tue & Thu Jun 4 – 20 Deadline: May 28	Session 8 Mon – Tue – Wed Jun 17 – 19 & 24 – 26 Deadline: June 10
Swim for Life Parent & Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)				
Parent and Tot 1/2/3 \$42.00	N/A	N/A	5:00 – 5:30 pm	N/A
Swim for Life Preschool: UNPARENTED, 3 – 5 yrs				
Preschool 1 \$42.00	4:00 – 4:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm	4:00 – 4:30 pm
Preschool 2 \$42.00	4:00 – 4:30 pm	4:00 – 4:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm
Preschool 3 \$42.00	5:00 – 5:30 pm	4:00 – 4:30 pm	N/A	5:00 – 5:30 pm
Preschool 4 \$42.00	5:00 – 5:30 pm	N/A	N/A	N/A
Preschool 5 \$42.00	N/A	N/A	N/A	N/A
Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs				
Swimmer 1 \$54.00	4:45 – 5:30 pm	4:45 – 5:30 pm	4:00 – 4:45 pm	4:45 – 5:30 pm
Swimmer 2 \$54.00	4:00 – 4:45 pm	N/A	N/A	4:00 – 4:45 pm
Swimmer 3 \$54.00	4:00 – 4:45 pm	N/A	N/A	4:00 – 4:45 pm
Swimmer 4 \$68.00	N/A	4:00 – 5:00 pm	4:00 – 5:00 pm	N/A
Swimmer 5 \$68.00	N/A	4:00 – 5:00 pm	4:00 – 5:00 pm	N/A
Swimmer 6 \$68.00	N/A	4:00 – 5:00 pm	N/A	4:30 – 5:30 pm
Swim Patrol: Rookie; Ranger; Star \$68.00	N/A	4:00 – 5:00 pm	N/A	4:30 – 5:30 pm
Stroke Proficiency: to build strength and technique on just the stroke skills in a level – Stroke Development (Swimmer 2 - 4); Stroke Improvement (Swimmer 5 – Swim Patrol)				
\$42.00	N/A	5:00 – 5:30 pm	N/A	N/A
Teen & Adult Lessons (13 yrs +): Do you want to learn to do your strokes better? How to float? How to stay safe around water? We teach the water skills YOU want to work on!				
Teen/Adult Lessons \$58.00	N/A	N/A	7:15 pm – 8:00 pm	11:00 am – 11:45 am
Leadership Courses – towards becoming a Lifeguard or Instructor: Please note prerequisites* to enroll. Registration deadline is 1 week prior to the course start. Minimum registration numbers must be met for courses to run.				
Bronze Star	\$157.00	*must be 12 yrs of age by end of course		Mondays, April 8 – May 13 6:00 – 9:00 pm
Bronze Medallion & CPR-C	\$190.00	*must be 13 yrs of age by end of course OR have Bronze Star	Sundays, April 28 – June 9 (no class May 19) 5:00 – 8:00 pm	
Intermediate First Aid (IFA)	\$165.00	April 1 – 4 @ 1:00 pm – 5:00 pm OR June 15 & 16 @ 8:30 am – 5:00 pm		
Bronze Cross	\$180.00	*must have completed Bronze Medallion & a current IFA **can combine with IFA course within course dates	April 1 – 4 @ 7:00 am – 12:00 pm OR June 24 – 28 @ 5 – 9 pm	
Swim Instructor	\$350.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher	June 28 @ 8 am – 1 pm & July 2 – 5 @ 8 am – 3 pm	
National Lifeguard	\$350.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher & current IFA	July 23 – 25, 30, 31 & Aug 1 @ 8:00 am – 3:00 pm	
Lifesaving Instructor	\$260.00	*must have Swim Instructor award		July 29 – Aug 2 @ 5 – 9 pm
Recertifications: *must bring in previous certification card or Member ID #				
National Lifeguard \$95.00	7:30 am – 12:00 pm	April 28 OR June 30	Swim & Lifesaving Instructor \$130.00	1:00 pm – 5:30 pm

Registration Deadlines apply, see date under session listings @ 4:00 pm
Minimum registration numbers must be met for classes to run. Details subject to change at any time.



Rec | Arts | Culture

Registration opens March 1 @ 8:00 am
Register by phone at 823-1322, online at www.aquaplex.ca or in person.