

Swimming Lessons & Leadership Courses Winter 2025

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 Dec 23, 27, 30, Jan 2 & 3 Deadline: Dec 16	Session 2 Sundays Jan 12 – Feb 9 Deadline: Jan 5	Session 3 Mondays Jan 13 – Feb 10 Deadline: Jan 6	Session 4 Tue & Thu AM Jan 14 - 30 Deadline: Jan 7	Session 5 Fridays Jan 24 – Mar 7 NO CLASS FEB 21 Deadline: Jan 17
Swim for Life Parent & Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)					
<u>Parent and Tot 1/2/3</u>	N/A	5:00 pm – 5:30 pm \$37.50	9:45 am – 10:15 am 5:45 pm – 6:15 pm \$37.50	10:00 am - 10:30 am \$45.00	9:45 am – 10:15 am 5:30 pm – 6:00 pm \$45.00
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs					
<u>Preschool 1</u>	10:30 am – 11:00 am 5:30 pm – 6:00 pm \$37.50	5:00 pm – 5:30 pm \$37.50	10:15 am – 10:45 am 6:15 pm – 6:45 pm \$37.50	10:45 am – 11:15 am \$45.00	11:00 am – 11:30 am 4:00 pm – 4:30 pm \$45.00
<u>Preschool 2</u>	10:00 am – 10:30 am 5:30 pm – 6:00 pm \$37.50	5:00 pm – 5:30 pm 5:30 pm – 6:00 pm \$37.50	10:15 am – 10:45 am 6:15 pm – 6:45 pm \$37.50	10:45 am – 11:15 am \$45.00	10:15 am – 10:45 am 5:30 pm – 6:00 pm \$45.00
<u>Preschool 3</u>	10:00 am – 10:30 am 5:00 pm – 5:30 pm \$37.50	5:30 pm – 6:00 pm \$37.50	5:00 pm – 5:30 pm \$37.50	9:30 am – 10:00 am \$45.00	10:15 am – 10:45 am 5:30 pm – 6:00 pm \$45.00
<u>Preschool 4</u>	11:15 am – 11:45 am 5:00 pm – 5:30 pm \$37.50	N/A	5:00 pm – 5:30 pm \$37.50	9:30 am – 10:00 am \$45.00	N/A
<u>Preschool 5</u>	11:15 am – 11:45 am \$37.50	N/A	N/A	N/A	N/A
Swim for Life Swimmer: UNPARENTED. 6 – 12 yrs					
<u>Swimmer 1</u>	9:00 am – 9:45 am 5:15 pm – 6:00 pm \$56.25	5:30 pm – 6:15 pm \$56.25	4:00 pm – 4:45 pm \$56.25	N/A	4:45 pm – 5:30 pm \$67.50
<u>Swimmer 2</u>	10:15 am – 11:00 am 4:00 pm – 4:45 pm \$56.25	6:15 pm – 7:00 pm \$56.25	4:00 pm – 4:45 pm \$56.25	N/A	4:30 pm – 5:15 pm \$67.50
<u>Swimmer 3</u>	10:15 am – 11:00 am 4:00 pm – 4:45 pm \$56.25	7:15 pm – 8:15 pm \$75.00	4:00 pm – 4:45 pm \$56.25	N/A	4:30 pm – 5:15 pm \$67.50
<u>Swimmer 4</u>	11:15 am – 12:15 pm \$75.00	7:15 pm – 8:15 pm \$75.00	5:00 pm – 6:00 pm \$75.00	N/A	N/A
<u>Swimmer 5</u>	9:00 am – 10:00 am \$75.00	7:30 pm – 8:30 pm \$75.00	5:00 pm – 6:00 pm \$75.00	N/A	N/A
<u>Swimmer 6</u>	9:00 am – 10:00 am \$75.00	7:30 pm – 8:30 pm \$75.00	6:30 pm – 7:30 pm \$75.00	N/A	N/A
<u>Swim Patrol: Rookie; Ranger; Star</u>	4:00 pm – 5:00 pm \$75.00	N/A	6:30 pm – 7:30 pm \$75.00	N/A	N/A
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)					
	N/A	N/A	N/A	N/A	4:00 pm – 4:30 pm \$45.00
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!					
	N/A	N/A	7:00 pm – 7:45 pm \$56.25	N/A	N/A
NEW SwimAbilities: geared towards children who would benefit with one-on-one, creating a group class with one-on-one attention for each child. Requires a parent/guardian in the water. For ages 3 – 16 yrs.					
	N/A	6:30 pm – 7:15 pm \$56.25	11:00 am – 11:45 am \$56.25	N/A	N/A

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Rec | Arts | Culture

Registration opens November 20 @ 8:00 am
Register by phone at 823-1322, online at www.aquaplex.ca or in person.

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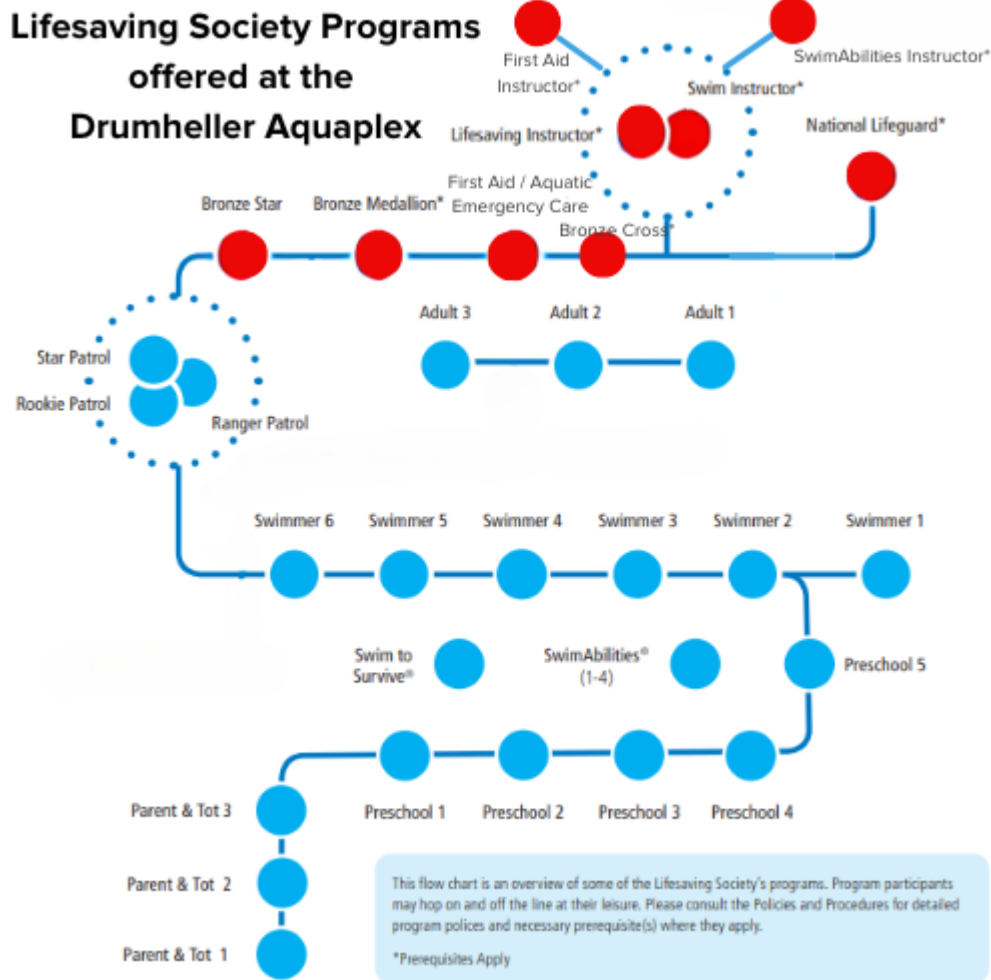
Level	Session 6 Tue – Fri Feb 18 - 21 Deadline: Feb 11	Session 7 Sundays Mar 2 – Apr 13 Deadline: Feb 23	Session 8 Mondays Mar 3 – Apr 14 Deadline: Feb 24
Swim for Life Parent & Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)			
Parent and Tot 1/2/3	N/A	N/A	6:00 pm – 6:30 pm \$52.50
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs			
Preschool 1	11:15 am – 11:45 am \$30.00	5:45 pm – 6:15 pm \$52.50	9:30 am – 10:00 am 5:15 pm – 5:45 pm \$52.50
Preschool 2	11:15 am – 11:45 am \$30.00	5:00 pm – 5:30 pm \$52.50	9:30 am – 10:00 am 5:15 pm – 5:45 pm \$52.50
Preschool 3	N/A	5:00 pm – 5:30 pm \$52.50	11:15 am – 11:45 am 4:30 pm – 5:00 pm \$52.50
Preschool 4	10:15 am – 10:45 am \$30.00	5:30 pm – 6:00 pm \$52.50	11:15 am – 11:45 am 4:30 pm – 5:00 pm \$52.50
Preschool 5	10:15 am – 10:45 am \$30.00	5:30 pm – 6:00 pm \$52.50	N/A
Swim for Life Swimmer: UNPARENTED. 6 – 12 yrs			
Swimmer 1	11:00 am – 11:45 am \$45.00	5:00 pm – 5:45 pm \$78.75	4:00 pm – 4:45 pm \$78.75
Swimmer 2	10:15 am – 11:00 am \$45.00	6:30 pm – 7:15 pm \$78.75	4:45 – 5:30 pm \$78.75
Swimmer 3	10:15 am – 11:00 am \$45.00	6:30 pm – 7:15 pm \$78.75	4:45 – 5:30 pm \$78.75
Swimmer 4	N/A	7:15 pm – 8:15 pm \$105.00	5:45 pm – 6:45 pm \$105.00
Swimmer 5	9:00 am – 10:00 am \$60.00	7:15 pm – 8:15 pm \$105.00	5:45 pm – 6:45 pm \$105.00
Swimmer 6	9:00 am – 10:00 am \$60.00	7:30 pm – 8:30 pm \$105.00	6:45 pm – 7:45 pm \$105.00
Swim Patrol: Rookie; Ranger; Star	9:00 am – 10:00 am \$60.00	7:30 pm – 8:30 pm \$105.00	6:45 pm – 7:45 pm \$105.00
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)			
	N/A	N/A	4:00 pm – 4:30 pm \$52.50
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!			
	N/A	N/A	7:00 pm – 7:45 pm \$78.75
NEW SwimAbilities: geared towards children who would benefit with one-on-one, creating a group class with one-on-one attention for each child. Requires a parent/guardian in the water. For ages 3 – 16 yrs.			
	N/A	6:15 pm – 7:00 pm \$78.75	10:15 am – 11:00 am \$78.75

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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	\$160.00	*must be 12 yrs of age by end of course		Sundays, January 12 – February 9 4:00 pm – 8:00 pm	
Bronze Medallion & CPR-C	\$193.00	*must be 13 yrs of age by end of course OR have Bronze Star			
Intermediate First Aid (IFA)	\$170.00	February 18 – 21, 8:15 am to 12:15 pm			
Bronze Cross	\$185.00	*must have completed Bronze Medallion & a current IFA **can combine with IFA course within course dates		Sundays, March 2 – April 13 5:00 pm – 8:00 pm	
Swim Instructor	\$355.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher		Sundays, May 4 – June 1 3:00 pm – 9:00 pm	
National Lifeguard	\$355.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher & current IFA		April 22 – 27, 8:30 am – 3:00 pm	
Lifesaving Instructor	\$265.00	*must have Swim Instructor award		December 21 & 22, 8:30 am – 5:30 pm June 8 & 15, 8:30 am – 5:30 pm	
SwimAbilities Instructor	\$170.00	*must have completed Swim Instructor award		June 21 & 22, 2:00 pm – 8:00 pm	
Recertifications: *must bring in previous certification card or Member ID #					
National Lifeguard \$95.00	December 30 7:30 am – 12:30 pm	April 27 7:30 am – 12:30 pm	June 30 7:30 am – 12:30 pm	Swim & Lifesaving Instructor \$130.00	June 30 1:00 pm – 5:30 pm



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