

# Swimming Lessons – July 2022

Registration Deadlines apply, see date under session listings  
Minimum registration numbers must be met for classes to run

Level	Session 1 Mon-Fri July 4 - 8 Deadline: June 27	Session 2 Tue-Wed-Thu July 5-7 & 12-14 Deadline: June 28	Session 3 Sundays July 10-24 & Aug 7-21 Deadline: July 3	Session 4 Mon-Fri July 11-15 Deadline: July 4	Session 5 Mon - Fri July 18-22 Deadline: July 11	Session 6 Tue-Wed-Thu July 19-21 & 26-28 Deadline: July 12	Session 7 Mon - Fri July 25-29 Deadline: July 18
<b>Red Cross Swim Preschool PARENTED: Starfish (4-12 mths); Duck (12-24 mths); Sea Turtle (24-36 mths)</b>							
<u>Starfish (1)/ Duck (2)</u> \$39.25	5:45 – 6:15p	N/A	5:30 – 6:00p	12:00 – 12:30p	12:45 – 1:15p	N/A	5:45 – 6:15p
<u>Sea Turtle (3)</u> \$39.25	12:00 – 12:30p 5:00 – 5:30p	5:45 – 6:15p	N/A	12:45 – 1:15p	11:45 – 12:15p	N/A	3:45 – 4:15p
<b>Red Cross Swim Preschool UNPARENTED (3-5 years)</b>							
<u>Sea Otter (4)</u> \$39.25	9:45 – 10:15a 12:00 – 12:30p 5:00 – 5:30p	12:15 – 12:45p 12:30 – 1:00p 5:45 – 6:15 p	5:30 – 6:00p	12:00 – 12:30p 12:45 – 1:15p 5:45 – 6:15p	10:15 – 10:45a 11:45 – 12:15p 5:00 – 5:30p	11:00 – 11:30a 3:30 – 4:00p	10:45 – 11:15a 3:45 – 4:15p
<u>Salamander (5)</u> \$39.25	10:15 – 10:45a 11:30a – 12:00p 3:45 – 4:15p	10:30 – 11:00a 3:30 – 4:00p	5:30 – 6:00p	10:00 – 10:30a 3:45 – 4:15 p	11:00 – 11:30a 4:45 – 5:15p	11:00 – 11:30a 4:15 – 4:45p	10:00 – 10:30a 12:45 – 1:15p 4:45 – 5:15p
<u>Sunfish (6)</u> \$39.25	11:00 – 11:30a	11:00 – 11:30a	6:00 – 6:30p	10:00 – 10:30a 3:45 – 4:15p	11:00 – 11:30a 12:30 – 1:00p 5:45 – 6:15p	11:45a – 12:15p 5:45 – 6:15p	10:00 – 10:30a 4:45 – 5:15p
<u>Crocodile (7)</u> \$39.25	11:00 – 11:30a 5:45 – 6:15p	11:45a – 12:15p	6:00 – 6:30p	11:15 – 11:45a 4:30 – 5:00p	12:30 – 1:00p 5:45 – 6:15p	11:45a – 12:15p 5:45 – 6:15 p	11:45a – 12:15p
<u>Whale (8)</u> \$39.25	5:45 – 6:15p	11:45a – 12:15p	N/A	11:15 – 11:45a 4:30 – 5:00p	N/A	11:45a – 12:15p 5:45 – 6:15 p	11:45a – 12:15p
<b>Red Cross Swim Kids UNPARENTED (ages 6 +)</b>							
<u>Swim Kids 1</u> \$49.75	10:30 – 11:15a 12:30 – 1:15p 4:45 – 5:30p	12:15 – 1:00p 4:45 – 5:30p	6:00 – 6:45p	9:45 – 10:30a 5:00 – 5:45p	8:30 – 9:15a 12:30 – 1:15p	10:00 – 10:45a	10:45 – 11:30a 4:45 – 5:30p
<u>Swim Kids 2</u> \$49.75	10:00 – 10:45a 3:45 – 4:30p	11:15 – 12:00p 5:30 – 6:15p	6:00 – 6:45p	12:30 – 1:15p	9:30 – 10:15a 3:45 – 4:30p	5:00 – 5:45p	8:30 – 9:15a 12:30 – 1:15p 5:30 – 6:15p
<u>Swim Kids 3</u> \$49.75	11:00 – 11:45a 3:45 – 4:30p	10:00 – 10:45a 5:30 – 6:15p	6:00 – 6:45p	12:30 – 1:15p 4:00 – 4:45p	9:30 – 10:15a 3:45 – 4:30p	5:00 – 5:45p	8:30 – 9:15a 3:45 – 4:30p
<u>Swim Kids 4</u> \$49.75	9:00 – 9:45a 4:00 – 4:45a	10:15 – 11:00a	6:30 – 7:15p	12:00 – 12:45p 5:15 – 6:00p	11:45 – 12:30p 5:30 – 6:15p	8:30 – 9:15a 4:45 – 5:30p	9:00 – 9:45a 12:00 – 12:45p 3:45 – 4:30p
<u>Swim Kids 5</u> \$62.00	8:30 – 9:30a 4:30 – 5:30p	4:15 – 5:15p	7:00 – 8:00p	10:00 – 11:00a 4:30 – 5:30p	9:00 – 10:00a	9:30 – 10:30a	9:30 – 10:30a
<u>Swim Kids 6</u> \$62.00	8:30 – 9:30a 4:30 – 5:30p	3:30 – 4:30p	7:00 – 8:00p	10:45 – 11:45a 4:30 – 5:30p	9:00 – 10:00a	9:30 – 10:30a	9:30 – 10:30a
<u>Swim Kids 7</u> \$62.00	11:45a – 12:45p	9:15 – 10:15a 3:30 – 4:30p	7:00 – 8:00p	8:30 – 9:30a	3:45 – 4:45p	11:45a – 12:45p	11:30 – 12:30p
<u>Swim Kids 8</u> \$62.00	11:45a – 12:45p	9:15 – 10:15a	7:00 – 8:00p	8:30 – 9:30a	3:45 – 4:45p	11:45a – 12:45p	11:30 – 12:30p
<u>Swim Kids 9/10</u> \$86.25	N/A	8:30 – 10:00a	N/A	N/A	10:00 – 11:30a	N/A	4:30 – 6:00p
<b>Stroke Proficiency:</b> to build strength and technique on just the stroke skills in a level – Stroke Development (SK 3-6); Stroke Improvement (SK 7-10)							
\$39.25	12:15 – 12:45p 5:45 – 6:15p	N/A	7:30 – 8:00 pm	9:15 – 9:45a 5:45 – 6:15p	11:45a – 12:15p	12:30 – 1:00p	12:45 – 1:15p
<b>Adult Lessons (13+ yrs)</b>	\$53.00	Learn the skills YOU want to learn, from floats to improving your strokes.			Sundays, July 10-24 & Aug 7-21 7:00 – 7:45 pm		
<b>CBAC Prep:</b> Is your child looking to join our local swim club? Get them ready with this prep course, which will work on body positioning, stroke skills and endurance. Prerequisite: Entering Swim Kids 4 or equivalent							
\$39.25	12:15 – 12:45p 5:45 – 6:15p	N/A	7:30 – 8:00p	9:15 – 9:45a 5:45 – 6:15p	11:45a – 12:15p	12:30 – 1:00p	12:45 – 1:15p
<b>Junior Lifeguard Club:</b>							
Set personal goals, have fun and learn a little bit of everything from swimming skills, first aid and rescue. Ages 8-15, must be able to swim 50 m and tread water for 2 minutes.							
<b>\$62.00 + \$15 for Log Book</b>	July 19-21 & 26-28; 3:30 – 4:30 pm						
	August 22 – 26; 4:30 – 5:30 pm						

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Did you know? This will be the last summer that the Aquaplex will be running the Red Cross Swim program. Starting in Fall 2022, the Aquaplex will be teaching the Swim for Life program from the Lifesaving Society. More information and details to come through the summer!

**Registration opens June 1 @ 8 am.**

**\*Register by phone at 823-1322, online at [www.aquaplex.ca](http://www.aquaplex.ca) or in person**



# Swimming Lessons – August 2022

Registration Deadlines apply, see date under session listings  
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Level	Session 9 Tue-Wed-Thu Aug 2-4 & 9-11 Deadline: July 26	Session 10 Mon – Fri Aug 8-12 Deadline: August 1	Session 11 Mon - Fri Aug 15-19 Deadline: August 8	Session 12 Tue-Wed-Thu Aug 16-18 & 23-25 Deadline: August 9	Session 13 Mon – Fri Aug 22-26 Deadline: August 15
<b>Red Cross Swim Preschool PARENTED: Starfish (4-12 mths); Duck (12-24 mths); Sea Turtle (24-36 mths)</b>					
<u>Starfish (1)/Duck (2)</u> \$39.25	5:30 – 6:00p	N/A	4:30 – 5:00p	N/A	5:45 – 6:15p
<u>Sea Turtle (3)</u> \$39.25	5:30 – 6:00p	N/A	3:45 – 4:15p	4:15 – 4:45p	5:45 – 6:15p
<b>Red Cross Swim Preschool UNPARENTED (3-5 years)</b>					
<u>Sea Otter (4)</u> \$39.25	11:45a – 12:15p 5:30 – 6:00p	11:00 – 11:30a 4:30 – 5:00p	12:00 – 12:30p 12:45 – 1:15p 3:45 – 4:15p	11:15 – 11:45a 4:15 – 4:45p	10:00 – 10:30a 5:45 – 6:15p
<u>Salamander (5)</u> \$39.25	11:00 – 11:30a 4:45 – 5:15p	12:45 – 1:15p 4:30 – 5:00p	11:00 – 11:30a 12:45 – 1:15p 5:45 – 6:15p	12:00 – 12:30p 3:30 – 4:00p	9:45 – 10:15a 3:45 – 4:15p
<u>Sunfish (6)</u> \$39.25	11:00 – 11:30a 4:45 – 5:15p	11:45a – 12:15p 4:45 – 5:15p	10:00 – 10:30a 4:45 – 5:15p	12:30 – 1:00p 3:30 – 4:00p 5:45 – 6:15p	11:15 – 11:45a 3:45 – 4:15p
<u>Crocodile (7)</u> \$39.25	12:30 – 1:00p	4:45 – 5:15p	12:00 – 12:30p 4:45 – 5:15p	12:30 – 1:00p 5:45 – 6:15p	11:45a – 12:15p
<u>Whale (8)</u> \$39.25	12:30 – 1:00p	4:45 – 5:15p	12:00 – 12:30p	N/A	11:45a – 12:15p
<b>Red Cross Swim Kids UNPARENTED (ages 6 +)</b>					
<u>Swim Kids 1</u> \$49.75	10:00 – 10:45a 3:30 – 4:15p	12:30 – 1:15p 5:30 – 6:15p	10:00 – 10:45a 5:30 – 6:15p	11:15 – 12:00p 5:00 – 5:45p	12:30 – 1:15p 5:00 – 5:45p
<u>Swim Kids 2</u> \$49.75	11:45 – 12:30p 5:30 – 6:15p	11:45a – 12:30p	9:45 – 10:30a 4:45 – 5:30p	10:15 – 11:00 a 5:30 – 6:15 p	12:00 – 12:45p 4:30 – 5:15p
<u>Swim Kids 3</u> \$49.75	10:00 – 10:45a 5:30 – 6:15p	11:45a – 12:30p 3:45 – 4:30p	11:45 – 12:30p 3:45 – 4:30p	10:15 – 11:00a 5:30 – 6:15p	10:45 – 11:30a 4:30 – 5:15p
<u>Swim Kids 4</u> \$49.75	9:00 – 9:45a 4:30 – 5:15p	3:45 – 4:30p	9:00 – 9:45a 3:45 – 4:30p	12:15 – 1:00p 4:45 – 5:30p	10:15 – 11:00a 5:30 – 6:15p
<u>Swim Kids 5</u> \$62.00	9:15 – 10:15a 3:30 – 4:30p	8:30 – 9:30a 5:15 – 6:15p	10:45 – 11:45a	10:00 – 11:00a	8:30 – 9:30a 3:45 – 4:45p
<u>Swim Kids 6</u> \$62.00	9:15 – 10:15a 3:30 – 4:30p	5:15 – 6:15p	8:30 – 9:30a	10:00 – 11:00a	8:30 – 9:30a 3:45 – 4:45p
<u>Swim Kids 7</u> \$62.00	11:45 – 12:45p 3:30 – 4:30p	N/A	8:30 – 9:30a	3:30 – 4:30p	9:00 – 10:00a
<u>Swim Kids 8</u> \$62.00	11:45 – 12:45p	9:45 – 10:45a	5:15 – 6:15p	3:30 – 4:30p	9:00 – 10:00a
<u>Swim Kids 9/10</u> \$86.25	N/A	10:00 – 11:30a	N/A	8:30 – 10:00a	11:45a – 1:15p
Stroke Proficiency: to build strength and technique on just the stroke skills in a level – Stroke Development (SK 3-6); Stroke Improvement (SK 7-10)					
\$39.25	8:30 – 9:00 am	N/A	12:45 – 1:15p	N/A	3:45 – 4:15p
<b>CBAC Prep:</b> Is your child looking to join our local swim club? Get them ready with this prep course, which will work on body positioning, stroke skills and endurance. Prerequisite: Entering Swim Kids 4 or equivalent					
\$39.25	8:30 – 9:00 am	N/A	12:45 – 1:15p	N/A	3:45 – 4:15p
<b>Leadership Courses</b>					
<b>Towards becoming a lifeguard:</b> Please note prerequisites* to enroll. Registration deadline is 1 week prior to the course start, must be a minimum of 5 registrants for course to run.					
Bronze Medallion & CPR-C	\$185.00	*must be 13 yrs of age by end of course		July 5 – 8; 8:30 am – 12:30 pm	
Bronze Cross	\$175.00	*must have completed Bronze Medallion & a current Standard First Aid		August 2-5; 7:30 am – 12:30 pm	
Standard First Aid	\$165.00	Tue – Fri, Aug 2-5; 1:00 – 5:00 pm			
National Lifeguard	\$335.00	*must be 16 years of age, have Bronze Cross and a current Standard First Aid		August 9-11 & 15-17; 7 am – 2 pm	
<b>Towards becoming an instructor:</b> The LAST Red Cross Water Safety Instructor course to be offered at the Aquaplex					
WSI Skills Assessment	\$45	*must be 15 years of age		July 5 OR 14 @ 10:30 am	
WSI Online	\$170	*must be 15 years of age		Done on your own (20 hrs), package is purchased through Aquaplex	
Teaching Experience (contact any facility that currently teaches the Red Cross Swim program)			After WSI Online: 4 hrs of Swim Preschool & 4 hours of Swim Kids		
WSI Pool and Classroom	\$220	*must be 15 years of age, completed WSI Online and started WSI Teaching Experience		July 5-7 & 12-14; 1:00 – 5:00 pm	

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