

Swimming Lessons – Winter 2023

Registration Deadlines apply, see date under session listings @ 4 pm

Minimum registration numbers must be met for classes to run

Level	Session 1 Mondays Jan 9 – Feb 13 Deadline: January 2	Session 2 Fridays Jan 13 – Feb 17 Deadline: January 6	Session 3 Sundays Jan 29 – Mar 12 No class Feb 19 Deadline: January 22
Swim for Life Parent & Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)			
Parent and Tot 1/2/3 \$40.00	10:30 – 11:00 am 6:15 – 6:45 pm	10:15 – 10:45 am	5:00 – 5:30 pm
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs			
Preschool 1 \$40.00	11:00 – 11:30 am 4:30 – 5:00 pm	9:45 – 10:15 am	6:00 – 6:30 pm
Preschool 2 \$40.00	11:00 – 11:30 am 4:00 – 4:30 pm	9:45 – 10:15 am	5:00 – 5:30 pm 6:00 – 6:30 pm
Preschool 3 \$40.00	10:00 – 10:30 am 4:00 – 4:30 pm	N/A	5:00 – 5:30 pm
Preschool 4 \$40.00	10:00 – 10:30 am 5:45 – 6:15 pm	N/A	N/A
Preschool 5 \$40.00	5:45 – 6:15 pm	N/A	N/A
Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs			
Swimmer 1 \$51.00	5:15 – 6:00 pm	N/A	5:45 – 6:30 pm
Swimmer 2 \$51.00	5:15 – 6:00 pm	N/A	5:00 – 5:45 pm
Swimmer 3 See session for price	4:00 – 4:45 pm (\$51.00)	N/A	5:30 – 6:30 pm (\$65.00)
Swimmer 4 \$65.00	4:00 – 5:00 pm	N/A	5:30 – 6:30 pm
Swimmer 5 \$65.00	4:00 – 5:00 pm 7:00 – 8:00 pm	N/A	6:45 – 7:45 pm
Swimmer 6 \$65.00	7:00 – 8:00 pm	N/A	6:45 – 7:45 pm
Rooke Patrol \$65.00	6:15 – 7:15 pm	N/A	6:45 – 7:45 pm
Ranger Patrol \$65.00	6:15 – 7:15 pm	N/A	6:45 – 7:45 pm
Star Patrol \$65.00	6:15 – 7:15 pm	N/A	6:45 – 7:45 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)			
\$40.00	5:00 – 5:30 pm	N/A	6:45 – 7:15 pm
CBAC Prep: 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. This is also great for those beginning level CBAC swimmers to work on their base skills and strokes. Prerequisite: Entering Swim Kids 4/Swimmer 3 or equivalent			
\$40.00	5:00 – 5:30 pm	N/A	6:45 – 7:15 pm
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!			
Adult Lessons (13+ yrs) \$55.00	Mondays, January 9 – February 13 7:15 – 8:00 pm	Fridays, January 13 – February 17 10:45 – 11:30 am	Sundays, January 29 – March 12 No class, Feb 19; 7:15 – 8:00 pm
Leadership Courses – towards becoming an Instructor: 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 Star	\$155.00	*must be 12 yrs of age by end of course	Sundays, Jan 29 – Mar 12 (no class Feb 19) 5:00 – 8:00 pm
Bronze Medallion & CPR-C	\$185.00	*must be 13 yrs of age by end of course	
Bronze Cross	\$175.00	*must have completed Bronze Medallion & a current Standard First Aid	Tue – Fri, Apr 11 - 14 @ 7:30 am – 12 pm *can combine with SFA course the same week to meet prerequisite
Standard First Aid	\$165.00	Tuesday to Friday, April 11 - 14 @ 12:30 – 5:00 pm	
Swim Instructor	\$335.00	*must be 16 yrs of age by end of course and have Bronze Cross or higher	February 12: 11 am – 8 pm; February 21 – 24: 8:30 am – 6 pm

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Registration opens December 6 @ 8 am.
Register by phone at 823-1322, online at www.aquaplex.ca or in person



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Level	Session 4 Tuesday – Friday February 21 – 24 Deadline: February 14	Session 5 Mondays Feb 27 – April 3 Deadline: February 20	Session 6 Fridays March 3 - 31 Deadline: February 24
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> \$40.00	N/A	10:00 – 10:30 am	N/A
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs			
<u>Preschool 1</u> \$40.00	Session 4 Semi-Private Lesson Special: Register 2 kids (same level or within 1 level of each other) for \$40.00 each for 4 x 30 minutes classes. Call or come in to the Aquaplex to sign up! Not available for online registration	10:30 – 11:00 am	10:00 – 10:30 am
<u>Preschool 2</u> \$40.00		4:45 – 5:15 pm	4:30 – 5:00 pm
<u>Preschool 3</u> \$40.00		10:30 – 11:00 am	10:00 – 10:30 am
<u>Preschool 4</u> \$40.00		4:45 – 5:15 pm	4:30 – 5:00 pm
<u>Preschool 5</u> \$40.00		11:00 – 11:30 am	10:30 – 11:00 am
		6:00 – 6:30 pm	
		11:00 – 11:30 am	10:30 – 11:00 am
		6:00 – 6:30 pm	4:00 – 4:30 pm
		N/A	4:00 – 4:30 pm
Swim for Life Swimmer: UNPARENTED. 6 – 12 yrs			
<u>Swimmer 1</u> \$51.00	Session 4 Semi-Private Lesson Special: Register 2 kids (same level or within 1 level of each other) for \$40.00 each for 4 x 30 minutes classes. Call or come in to the Aquaplex to sign up! Not available for online registration	5:00 – 5:45 pm	5:15 – 6:00 pm
<u>Swimmer 2</u> \$51.00		4:00 – 4:45 pm	4:00 – 4:45 pm
<u>Swimmer 3</u> See session for price		4:00 – 5:00 pm (\$65.00)	4:00 – 4:45 pm (\$51.00)
<u>Swimmer 4</u> \$65.00		4:00 – 5:00 pm	5:00 – 6:00 pm
<u>Swimmer 5</u> \$65.00		5:30 – 6:30 pm	5:00 – 6:00 pm
<u>Swimmer 6</u> \$65.00		5:30 – 6:30 pm	N/A
<u>Rooke Patrol</u> \$65.00		6:45 – 7:45 pm	N/A
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Bronze Cross	\$175.00	*must have completed Bronze Medallion & a current Standard First Aid	Tue – Fri, Apr 11 - 14 @ 7:30 am – 12 pm *can combine with SFA course the same week to meet prerequisite
Standard First Aid	\$165.00	Tuesday to Friday, April 11 - 14 @ 12:30 – 5:00 pm	
National Lifeguard	\$335.00	*must be 16 years of age, have Bronze Cross and a current Standard First Aid	Sundays, April 30 – May 21 11:00 am – 8:00 pm

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