

Swimming Lessons & Leadership

Fall 2023

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 Fridays Oct 27 – Dec 1 Deadline: Oct 20	Session 2 Sundays Oct 29 – Dec 3 Deadline: Oct 22	Session 3 Mondays Oct 30 – Dec 4 Deadline: Oct 23	Session 4 Tue & Thu mornings Nov 7 – 23 Deadline: Oct 31
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	N/A	5:00 pm – 5:30 pm	6:00 pm – 6:30 pm	11:15 am – 11:45 am
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs				
Preschool 1 \$40.00	10:15 am – 10:45 am 5:30 pm – 6:00 pm	6:00 pm – 6:30 pm	4:00 pm – 4:30 pm	10:00 am – 10:30 am
Preschool 2 \$40.00	10:15 am – 10:45 am 5:00 pm – 5:30 pm	6:00 pm – 6:30 pm	4:00 pm – 4:30 pm 5:30 pm – 6:00 pm	10:45 am – 11:15 am
Preschool 3 \$40.00	5:00 pm – 5:30 pm	5:30 pm – 6:00 pm	5:30 pm – 6:00 pm	10:45 am – 11:15 am
Preschool 4 \$40.00	9:45 am – 10:15 am	5:30 pm – 6:00 pm	N/A	9:30 am – 10:00 am
Preschool 5 \$40.00	9:45 am – 10:15 am	N/A	N/A	9:30 am – 10:00 am
Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs				
Swimmer 1 \$51.00	4:00 pm – 4:45 pm	6:15 pm – 7:00 pm	4:30 pm – 5:15 pm	N/A
Swimmer 2 \$51.00	5:15 pm – 6:00 pm	5:00 pm – 5:45 pm	5:15 pm – 6:00 pm	N/A
Swimmer 3 \$65.00	5:15 pm – 6:00 pm	5:00 pm – 5:45 pm	5:15 pm – 6:00 pm	N/A
Swimmer 4 \$65.00	N/A	7:00 pm – 8:00 pm	4:00 pm – 5:00 pm	N/A
Swimmer 5 \$65.00	4:00 pm – 5:00 pm	7:00 pm – 8:00 pm	4:00 pm – 5:00 pm	N/A
Swimmer 6 \$65.00	4:00 pm – 5:00 pm	N/A	6:15 pm – 7:15 pm	N/A
Swim Patrol: Rookie; Ranger; Star \$65.00	N/A	N/A	6:15 pm – 7:15 pm	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)				
\$40.00	N/A	6:30 pm – 7:00 pm	6:45 pm – 7:15 pm	N/A
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 Swimmer 3 or equivalent				
\$40.00	N/A	6:30 pm – 7:00 pm	6:45 pm – 7:15 pm	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 \$55.00	11:00 pm – 11:45 am	7:15 pm – 8:00 pm	7:15 pm – 8:00 pm	N/A
Leadership Courses – towards becoming an 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	\$155.00	*must be 12 yrs of age by end of course		Wed – Fri, Dec 27 – 29 @ 7:00 am – 2:00 pm
Bronze Medallion & CPR-C	\$185.00	*must be 13 yrs of age by end of course OR have Bronze Star		
Bronze Cross	\$175.00	*must have completed Bronze Medallion & a current IFA **can combine with IFA course within course dates		Sundays, Oct 29, Nov 5 & 12 @ 1:00 – 8:00 pm OR Tue – Fri, Jan 2 – 5 @ 7:00 am – 12:00 pm
Intermediate First Aid (IFA)	\$165.00	Fri, Nov 10 @ 8:30 am – 5 pm & Sat, Nov 11 @ 12 – 8 pm OR Tue – Fri, Jan 2 – 5 @ 12:30 – 5:00 pm		
Swim Instructor	\$335.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher		Sundays, Nov 19, 26, Dec 3, 10 @ 1 pm – 9 pm
Lifesaving Instructor	\$250.00	*must have Swim Instructor award		TBD

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**Registration opens Sep 13 at the Recreation, Arts & Wellness Exhibit at the BCF, 4-7 pm.
Register by phone at 823-1322, online at www.aquaplex.ca or in person.**

Swimming Lessons & Leadership

Winter 2024

Recreation, Arts & Culture Department

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 Wed – Thu - Fri Dec 27 – 29 & Jan 3 – 5 Deadline: Dec 20	Session 2 Sundays Jan 7 – Feb 11 Deadline: Dec 31	Session 3 Mondays Jan 8 – Feb 12 Deadline: Jan 2	Session 4 Fridays Jan 12 – Feb 16 Deadline: Jan 5
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	N/A		Schedule coming soon!	
Swim for Life Preschool: UNPARENTED. 3 – 5 yrs				
Preschool 1 \$40.00	10:45 am – 11:15 am 5:30 pm – 6:00 pm	Schedule coming soon!		
Preschool 2 \$40.00	10:15 am – 10:45 am 5:30 pm – 6:00 pm			
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Preschool 5 \$40.00	11:00 am – 11:30 am 4:00 pm – 4:30 pm			
Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs				
Swimmer 1 \$51.00	9:30 am – 10:15 am 4:30 pm – 5:15 pm	Schedule coming soon!		
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Swimmer 3 \$65.00	9:30 – 10:15 am 5:15 pm – 6:00 pm			
Swimmer 4 \$65.00	4:00 pm – 5:00 pm			
Swimmer 5 \$65.00	10:30 am – 11:30 am			
Swimmer 6 \$65.00	10:30 am – 11:30 am			
Swim Patrol: Rookie; Ranger; Star \$65.00	9:30 – 10:30 am			
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	N/A		Schedule coming soon!	
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 Swimmer 3 or equivalent				
\$40.00	N/A		Schedule coming soon!	
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 \$55.00	N/A		Schedule coming soon!	
Leadership Courses – towards becoming a lifeguard: 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	\$155.00	*must be 12 yrs of age by end of course	TBD	
Bronze Medallion & CPR-C	\$185.00	*must be 13 yrs of age by end of course OR have Bronze Star		
Bronze Cross	\$175.00	*must have completed Bronze Medallion & a current IFA **can combine with IFA course within course dates	TBD	
Intermediate First Aid (IFA)	\$165.00	TBD		
National Lifeguard	\$335.00	*must be 15 yrs of age by end of course and have Bronze Cross or higher	TBD	
NL Recertification	\$90.00	*must have Swim Instructor award	TBD	

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