

# Swimming Lessons & Leadership Courses Spring 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	<b>Session 1</b> Fridays Mar 14 – Apr 11 (5) Deadline: March 7	<b>Session 2</b> Tue/Thu mornings Mar 18 – Apr 3 (6) Deadline: March 11	<b>Session 3</b> Mon – Fri Apr 21 – 25 (5) Deadline: April 14	<b>Session 4</b> Fridays May 2 – Jun 20 (7) NO CLASS MAY 16 Deadline: April 25
<b>Swim for Life Parent &amp; Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)</b>				
<b>Parent and Tot 1/2/3</b>	10:15 am – 10:45 am \$37.50	10:00 am – 10:30 am \$45.00	N/A	9:45 am – 10:15 am \$52.50
<b>Swim for Life Preschool: UNPARENTED. 3 – 5 yrs</b>				
<b>Preschool 1</b>	11:00 am – 11:30 am \$37.50	N/A	10:00 am – 10:30 am 4:00 pm – 4:30 pm \$37.50	11:00am – 11:30 am 5:30 pm – 6:00 pm \$52.50
<b>Preschool 2</b>	11:00 am – 11:30 am 5:30 pm – 6:00 pm \$37.50	10:45 am – 11:15 am \$45.00	11:30 am – 12:00 pm 4:00 pm – 4:30 pm \$37.50	11:00am – 11:30 am 4:00 pm – 4:30 pm \$52.50
<b>Preschool 3</b>	9:45 am – 10:15 am 5:30 pm – 6:00 pm \$37.50	10:45 am – 11:15 am \$45.00	11:30 am – 12:00 pm 4:30 pm – 5:00 pm \$37.50	4:00 pm – 4:30 pm \$52.50
<b>Preschool 4</b>	9:45 am – 10:15 am 5:00 pm – 5:30 pm \$37.50	N/A	11:45 am – 12:15 pm 4:30 pm – 5:00 pm \$37.50	N/A
<b>Preschool 5</b>	5:00 pm – 5:30 pm \$37.50	N/A	11:45 am – 12:15 pm \$37.50	N/A
<b>Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs</b>				
<b>Swimmer 1</b>	4:00 pm – 4:45 pm \$56.25	N/A	10:45 am – 11:30 am 5:15 pm – 6:00 pm \$56.25	5:15 pm – 6:00 pm \$78.75
<b>Swimmer 2</b>	4:00 pm – 4:45 pm \$56.25	N/A	10:15 am – 11:00 am 5:15 pm – 6:00 pm \$56.25	4:45 pm – 5:30 pm \$78.75
<b>Swimmer 3</b>	4:00 pm – 4:45 pm \$56.25	N/A	10:15 am – 11:00 am \$56.25 4:00 pm – 5:00 pm \$75.00	4:45 pm – 5:30 pm \$78.75
<b>Swimmer 4</b>	5:00 pm – 6:00 pm \$75.00	N/A	9:00 am – 10:00 am 4:00 pm – 5:00 pm \$75.00	N/A
<b>Swimmer 5</b>	5:00 pm – 6:00 pm \$75.00	N/A	9:00 am – 10:00 am \$75.00	4:00 pm – 5:00 pm \$105.00
<b>Swimmer 6</b>	N/A	N/A	9:00 am – 10:00 am \$75.00	4:00 pm – 5:00 pm \$105.00
<b>Swim Patrol: Rookie; Ranger; Star</b>	N/A	N/A	9:00 am – 10:00 am \$75.00	4:00 pm – 5:00 pm \$105.00
<b>Teen &amp; Adult Lessons</b> (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	N/A	N/A
<b>*NEW* SwimAbilities:</b> geared towards children who would benefit from 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	11:15 am – 12:00 pm \$67.50	N/A	10:15 am – 11:00 am \$78.75

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Rec | Arts | Culture

**Registration opens February 18 @ 8:00 am**  
**Register by phone at 823-1322, online at [www.aquaplex.ca](http://www.aquaplex.ca) or in person.**

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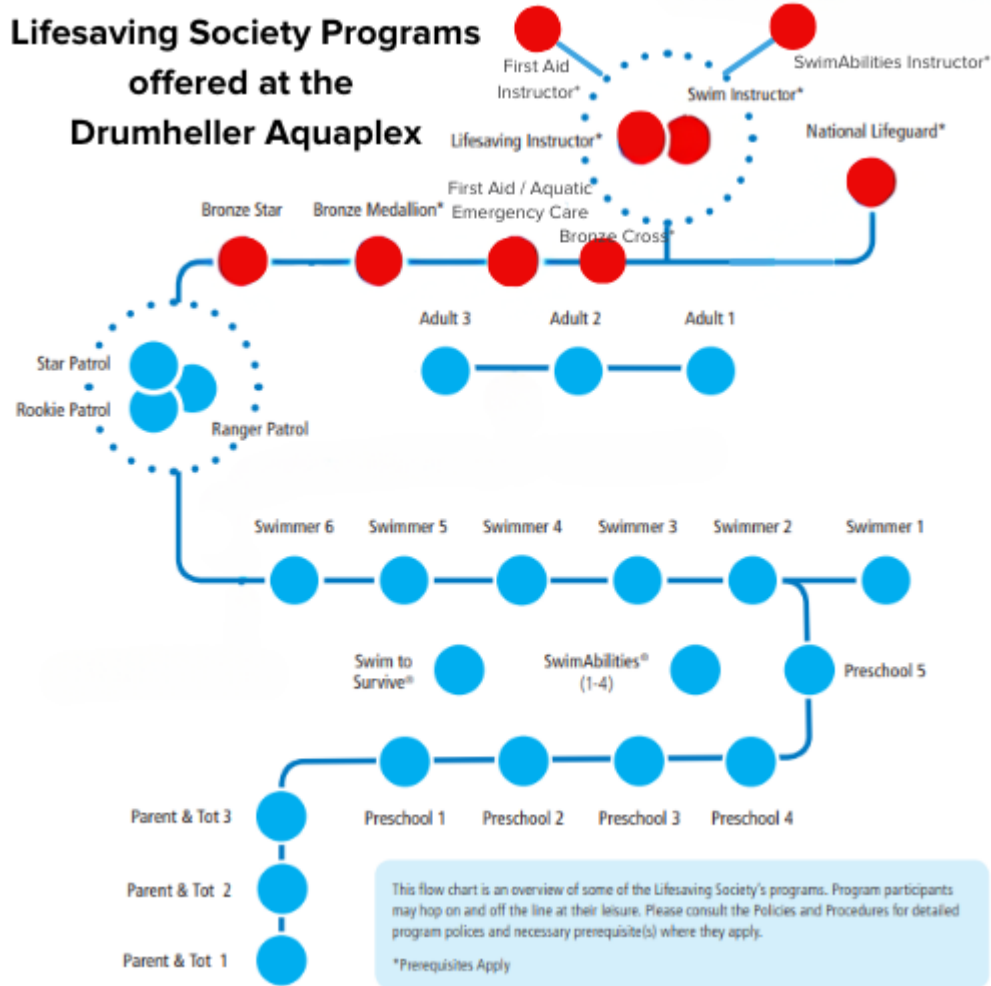
Level	<b>Session 5</b> Sundays May 4 – Jun 22 (7) NO CLASS MAY 18 Deadline: April 27	<b>Session 6</b> Mondays May 5 – Jun 16 (6) NO CLASS MAY 19 Deadline: April 28	<b>Session 7</b> Mon – Tue – Wed Jun 16 – 18 & 23 – 25 (6) Deadline: June 9
<b>Swim for Life Parent &amp; Tot: PARENTED; 1 (4 – 12 months); 2 (12 – 24 months); 3 (24 – 36 months)</b>			
<b>Parent and Tot 1/2/3</b>	4:00 pm – 4:30 pm \$52.50	10:15 am – 10:45 am \$45.00	N/A
<b>Swim for Life Preschool: UNPARENTED, 3 – 5 yrs</b>			
<b>Preschool 1</b>	4:30 pm – 5:00 pm \$52.50	11:00 am – 11:30 am 5:30 pm – 6:00 pm \$45.00	4:00 pm – 4:30 pm \$45.00
<b>Preschool 2</b>	4:30 pm – 5:00 pm \$52.50	11:00 am – 11:30 am 5:30 pm – 6:00 pm \$45.00	4:00 pm – 4:30 pm 5:15 pm – 5:45 pm \$45.00
<b>Preschool 3</b>	5:15 pm – 5:45 pm \$52.50	9:45 am – 10:15 am 5:30 pm – 6:00 pm \$45.00	5:15 pm – 5:45 pm \$45.00
<b>Preschool 4</b>	5:15 pm – 5:45 pm \$52.50	9:45 am – 10:15 am 4:45 pm – 5:15 pm \$45.00	5:30 pm – 6:00 pm \$45.00
<b>Preschool 5</b>	N/A	4:45 pm – 5:15 pm \$45.00	5:30 pm – 6:00 pm \$45.00
<b>Swim for Life Swimmer: UNPARENTED, 6 – 12 yrs</b>			
<b>Swimmer 1</b>	5:00 pm – 5:45 pm \$78.75	4:45 pm – 5:30 pm \$67.50	4:30 pm – 5:15 pm \$67.50
<b>Swimmer 2</b>	4:00 pm – 4:45 pm \$78.75	4:00 pm – 4:45 pm \$67.50	5:15 pm – 6:00 pm \$67.50
<b>Swimmer 3</b>	4:00 pm – 4:45 pm \$78.75	4:00 pm – 4:45 pm \$67.50	4:00 pm – 5:00 pm \$90.00
<b>Swimmer 4</b>	5:45 pm – 6:45 pm \$105.00	6:15 pm – 7:15 pm \$90.00	4:00 pm – 5:00 pm \$90.00
<b>Swimmer 5</b>	5:45 pm – 6:45 pm \$105.00	6:15 pm – 7:15 pm \$90.00	4:00 pm – 5:00 pm \$90.00
<b>Swimmer 6</b>	6:00 pm – 7:00 pm \$105.00	6:45 pm – 7:45 pm \$90.00	4:00 pm – 5:00 pm \$90.00
<b>Swim Patrol: Rookie; Ranger; Star</b>	6:00 pm – 7:00 pm \$105.00	6:45 pm – 7:45 pm \$90.00	4:00 pm – 5:00 pm \$90.00
<b>Teen &amp; Adult Lessons (13 yrs +):</b> 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	7:30 pm – 8:15 pm \$67.50	N/A
<b>*NEW* SwimAbilities:</b> geared towards children who would benefit from 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	5:45 pm – 6:30 pm \$67.50	N/A

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# Swimming Lessons & Leadership Courses Spring 2025



**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	Summer 2025
Bronze Medallion & CPR-C	\$193.00	*must be 13 yrs of age by end of course OR have Bronze Star	Sun/Mon, March 2 – April 7 5:00 pm – 8:00 pm
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	Sun/Mon, March 2 – April 7 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	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
<b>Recertifications: *must bring in previous certification card or Member ID #</b>			
National Lifeguard \$95.00	April 27 7:30 am – 12:30 pm	June 30 7:30 am – 12:30 pm	Swim & Lifesaving Instructor \$130.00 1:00 pm – 5:30 pm



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