

AQUATICS

A photograph of two children, a girl and a boy, in a swimming pool. They are both wearing goggles and smiling. The girl is on the left, and the boy is on the right. They are leaning on the edge of the pool. The background shows the water and some blurred figures in the distance.

PROGRAM GUIDE

SUMMER 2026

activity.stalbert.ca

Locations

Fountain Park Recreation Centre

4 Cunningham Road
St. Albert AB T8N 2E9
780-459-1553

Grosvenor Outdoor Pool (Seasonal)

1 Grenfell Avenue
St. Albert, AB T8N 0Y8
780-459-1553

Landrex Water Play Centre

Servus Credit Union Place
400 Campbell Road
St. Albert, AB T8N 0R9
780-418-6088

Registration Information

Registrations are subject to availability and are accepted on a first-come, first-served basis. Please register as soon as possible to secure your spot(s) in the program.

HOW TO REGISTER

- **Online**
Visit activity.stalbert.ca
- **Phone**
Call 780-459-1553
- **In Person**
Visit our facilities during business hours starting at **8 a.m.** on registration day:
 - Fountain Park Recreation Centre
 - Servus Credit Union Place

WHAT YOU'LL NEED TO REGISTER

1. **Participant Information**
2. **Course Number(s)**
3. **Payment Method:**
 - Online or phone: Visa/MasterCard
 - In person: Visa/MasterCard, cash, or debit
 - **Full payment is required to complete the program registration.**

IMPORTANT INFORMATION AND REGISTRATION TIPS

- Registration opens at **8 a.m.** on the first day of registration online and in person.
- **St. Albert residents** registering for aquatics programs during early registration need to bring proof of residency before registration day to activate access to early registration.
- **Early registration** is also available to Servus Place annual members.
- For **online registrations**, log in **before** registration day, with your **username** and **password** to ensure your account information is accurate and to ensure you can see all participants registering for a program.
 - If a participant is missing, please contact the facility directly to have them added.

Withdrawals

Withdrawals made eight days or more prior to the program start date will be issued a full refund minus a \$5 administration fee. You will have the option to request a refund for the remaining balance or leave a credit on your account for future use. Additionally, you may withdraw and re-register (transfer) into another program without penalty up to eight days prior to the program start date, subject to availability.

Refunds will not be provided for **withdrawals made 7 days or less from the program start date.**

MEDICAL WITHDRAWALS

- A doctor's note is required to receive a refund for a medical reason. This note must be submitted within two weeks of the withdrawal notification in all cases.
- Withdrawals requested prior to the program start date will receive a full refund.
- Withdrawals requested after the program start date will be subject to a pro-rated refund or account credit.

Program Cancellations

If your program is cancelled due to low registration or instructor availability changes, you are entitled to a full refund or may transfer to another program as space permits. You will be notified by email at least three business days prior to the start date.

We reserve the right to cancel or combine classes due to low enrolment and/or uncontrollable circumstances.

Transfers

If you need to transfer to another class, we require that you do so **eight days prior to the start date of the class**. Transfers will not be accepted on or after the start date of programs.

Please Note

- **The cost of swimming lessons does not include using other facility amenities like the hot tub, sauna, splash pad, etc. for participants or their family members. Membership or day admission is required for these amenities during lessons.**
- Make up classes are not available.
- Refunds are not issued for classes missed during a session.
- Non-attendance in a class does not constitute a withdrawal.
- Late registrations are accepted when space is available in the class; the course fee will be pro-rated.

Stay Home if Sick

The best way to keep yourself and others safe is to stay home when you're sick. Alberta pool standards recommend that you do not enter a pool until you are symptom free for 14 days (two weeks).

Parents' Day

Parents' Day is a mid-point update for families who want feedback on their child's progress. Instructors are available at the beginning of the sixth lesson to briefly share where the child is in their skill development. If you miss Parents' Day, you can email swim@stalbert.ca to get a progress update.

Preparing for Swimming Lessons

- It's best to eat after lessons. However, if you have to eat before lessons, have a light snack like fruit or crackers and drink water. Avoid heavy meals, sugary snacks and fast foods.
- Don't forget your:
 - Swimsuit
 - Towel
 - Shampoo/conditioner/soap to be used after your lesson
 - OPTIONAL: Clean deck shoes
 - OPTIONAL: Goggles

LOCKERS

Please do not bring any valuable items to the facility. Make sure to lock up all your belongings using the:

- Complimentary wallet lockers located beside the Guest Services Desk for small valuables (phone, wallets, keys, etc).
- Complimentary digital lockers available within the changing rooms, or bring your own high security lock to use.

SWIMMING LESSON ROUTINE

- Remove outdoor footwear and place them on the shoe racks provided.
- Change and safely secure your items in our complimentary digital lockers.
- Use the bathroom.
- Always shower before going on deck.
- Enter the deck no more than five minutes before the start of your class and keep clear of doorways.
- Stand by the sign associated with the level you're registered in; your Instructor will meet you there.
- When lessons are over, please leave the deck. This ensures the next group of students can get to their lessons safely and on time.

If there are any issues on the day of your lessons, our Instructors will be on deck to help you out.

You can find the City's swim schedules at stalbert.ca.



Preschool Aquatics Programs

Parent and Tot 1 - Fountain Park

Parent and baby will explore the water together under the watchful eyes of their instructor. They will learn how to discover the water safely through practicing entries and exits, and the parent will be taught how to support their child while they play safely. Recommended for 4 to 12 months of age; swim diapers are required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39949	Mon-Fri	Jul 06-Jul 17	9:30 AM-10:00 AM	10	\$72.50
39973	Mon-Fri	Jul 06-Jul 17	6:00 PM-6:30 PM	10	\$72.50
39994	Mon-Fri	Jul 20-Jul 31	10:00 AM-10:30 AM	10	\$72.50
40284	Mon-Fri	Jul 20-Jul 31	5:00 PM-5:30 PM	10	\$72.50
39350	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:30 AM	9	\$65.25
40181	Mon-Fri	Aug 04-Aug 14	6:00 PM-6:30 PM	9	\$65.25

Parent and Tot 2 - Fountain Park

Instructors will lead sessions to help the parent with their child to learn basic water safety skills in a welcoming environment. The parent is taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time. Recommended for 12 to 24 months of age; swim diapers are required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39351	Mon-Fri	Jul 06-Jul 17	6:30 PM-7:00 PM	10	\$72.50
39958	Mon-Fri	Jul 06-Jul 17	11:30 AM-12:00 PM	10	\$72.50
39966	Mon-Fri	Jul 06-Jul 17	4:30 PM-5:00 PM	10	\$72.50
40000	Mon-Fri	Jul 20-Jul 31	11:30 AM-12:00 PM	10	\$72.50
40101	Mon-Fri	Jul 20-Jul 31	6:30 PM-7:00 PM	10	\$72.50
39352	Mon-Fri	Aug 04-Aug 14	11:00 AM-11:30 AM	9	\$65.25
39353	Mon-Fri	Aug 04-Aug 14	4:30 PM-5:00 PM	9	\$65.25
39354	Mon-Fri	Aug 17-Aug 28	6:30 PM-7:00 PM	10	\$72.50
40209	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:00 PM	10	\$72.50

Parent and Tot 3 - Fountain Park

The parent will work towards supporting their toddler in becoming more independent in the water. Class participants will be introduced to different iterations of the following fundamental water skills: getting in, getting out, going under, and floating. Recommended for 24 to 36 months of age; swim diapers required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39355	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:00 AM	10	\$72.50
39356	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:30 PM	10	\$72.50
39968	Mon-Fri	Jul 06-Jul 17	5:00 PM-5:30 PM	10	\$72.50
39996	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:00 AM	10	\$72.50
40099	Mon-Fri	Jul 20-Jul 31	6:00 PM-6:30 PM	10	\$72.50
39358	Mon-Fri	Aug 04-Aug 14	5:00 PM-5:30 PM	9	\$65.25
40212	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:30 PM	10	\$72.50

Preschool 1 - Fountain Park

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

Prerequisite: none

Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39361	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:30 AM	10	\$72.50
39363	Mon-Fri	Jul 06-Jul 17	10:00 AM-10:30 AM	10	\$72.50
39364	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:00 AM	10	\$72.50
39365	Mon-Fri	Jul 06-Jul 17	11:00 AM-11:30 AM	10	\$72.50
39366	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:30 PM	10	\$72.50
39367	Mon-Fri	Jul 06-Jul 17	4:30 PM-5:00 PM	10	\$72.50
39368	Mon-Fri	Jul 06-Jul 17	5:00 PM-5:30 PM	10	\$72.50
39369	Mon-Fri	Jul 06-Jul 17	6:00 PM-6:30 PM	10	\$72.50
39370	Mon-Fri	Jul 06-Jul 17	6:30 PM-7:00 PM	10	\$72.50
39371	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:30 PM	10	\$72.50
39953	Mon-Fri	Jul 06-Jul 17	9:30 AM-10:00 AM	10	\$72.50
39372	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:30 AM	10	\$72.50
39373	Mon-Fri	Jul 20-Jul 31	9:30 AM-10:00 AM	10	\$72.50
39374	Mon-Fri	Jul 20-Jul 31	10:00 AM-10:30 AM	10	\$72.50
39375	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:00 AM	10	\$72.50
39376	Mon-Fri	Jul 20-Jul 31	11:00 AM-11:30 AM	10	\$72.50
39377	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:30 PM	10	\$72.50
39378	Mon-Fri	Jul 20-Jul 31	4:30 PM-5:00 PM	10	\$72.50
39380	Mon-Fri	Jul 20-Jul 31	6:00 PM-6:30 PM	10	\$72.50
39381	Mon-Fri	Jul 20-Jul 31	6:30 PM-7:00 PM	10	\$72.50
39382	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:30 PM	10	\$72.50
40087	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:00 PM	10	\$72.50
39383	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:30 AM	9	\$65.25
39384	Mon-Fri	Aug 04-Aug 14	9:30 AM-10:00 AM	9	\$65.25
39385	Mon-Fri	Aug 04-Aug 14	10:00 AM-10:30 AM	9	\$65.25
39386	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:00 AM	9	\$65.25
39387	Mon-Fri	Aug 04-Aug 14	11:00 AM-11:30 AM	9	\$65.25
39388	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:30 PM	9	\$65.25
39389	Mon-Fri	Aug 04-Aug 14	4:30 PM-5:00 PM	9	\$65.25
39390	Mon-Fri	Aug 04-Aug 14	5:00 PM-5:30 PM	9	\$65.25
39391	Mon-Fri	Aug 04-Aug 14	6:00 PM-6:30 PM	9	\$65.25
39393	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:30 PM	9	\$65.25
40157	Mon-Fri	Aug 04-Aug 14	11:30 AM-12:00 PM	9	\$65.25
39394	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:30 AM	10	\$72.50
39395	Mon-Fri	Aug 17-Aug 28	9:30 AM-10:00 AM	10	\$72.50
39396	Mon-Fri	Aug 17-Aug 28	10:00 AM-10:30 AM	10	\$72.50
39397	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:00 AM	10	\$72.50
39398	Mon-Fri	Aug 17-Aug 28	4:00 PM-4:30 PM	10	\$72.50
39399	Mon-Fri	Aug 17-Aug 28	4:30 PM-5:00 PM	10	\$72.50
39400	Mon-Fri	Aug 17-Aug 28	5:00 PM-5:30 PM	10	\$72.50
39401	Mon-Fri	Aug 17-Aug 28	6:00 PM-6:30 PM	10	\$72.50
39402	Mon-Fri	Aug 17-Aug 28	6:00 PM-6:30 PM	10	\$72.50
39403	Mon-Fri	Aug 17-Aug 28	6:30 PM-7:00 PM	10	\$72.50
39404	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:30 PM	10	\$72.50
40142	Mon-Fri	Aug 17-Aug 28	11:00 AM-11:30 AM	10	\$72.50
40285	Mon-Fri	Aug 17-Aug 28	4:30 PM-5:00 PM	10	\$72.50

Preschool 2 - Fountain Park

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

Prerequisite: Preschool 1

Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39408	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:30 AM	10	\$72.50
39409	Mon-Fri	Jul 06-Jul 17	9:30 AM-10:00 AM	10	\$72.50
39410	Mon-Fri	Jul 06-Jul 17	10:00 AM-10:30 AM	10	\$72.50
39411	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:00 AM	10	\$72.50
39413	Mon-Fri	Jul 06-Jul 17	11:00 AM-11:30 AM	10	\$72.50
39414	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:30 PM	10	\$72.50
39415	Mon-Fri	Jul 06-Jul 17	4:30 PM-5:00 PM	10	\$72.50
39416	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:00 PM	10	\$72.50
39418	Mon-Fri	Jul 06-Jul 17	6:30 PM-7:00 PM	10	\$72.50
39972	Mon-Fri	Jul 06-Jul 17	6:00 PM-6:30 PM	10	\$72.50
39975	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:30 PM	10	\$72.50
39419	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:30 AM	10	\$72.50
39420	Mon-Fri	Jul 20-Jul 31	9:30 AM-10:00 AM	10	\$72.50
39421	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:00 AM	10	\$72.50
39422	Mon-Fri	Jul 20-Jul 31	11:00 AM-11:30 AM	10	\$72.50
39423	Mon-Fri	Jul 20-Jul 31	11:30 AM-12:00 PM	10	\$72.50
39424	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:30 PM	10	\$72.50
39425	Mon-Fri	Jul 20-Jul 31	4:30 PM-5:00 PM	10	\$72.50
39426	Mon-Fri	Jul 20-Jul 31	5:00 PM-5:30 PM	10	\$72.50
39428	Mon-Fri	Jul 20-Jul 31	6:30 PM-7:00 PM	10	\$72.50
39993	Mon-Fri	Jul 20-Jul 31	10:00 AM-10:30 AM	10	\$72.50
40098	Mon-Fri	Jul 20-Jul 31	6:00 PM-6:30 PM	10	\$72.50
40100	Mon-Fri	Jul 20-Jul 31	6:30 PM-7:00 PM	10	\$72.50
40102	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:30 PM	10	\$72.50
39429	Mon-Fri	Aug 04-Aug 14	10:00 AM-10:30 AM	9	\$65.25
39430	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:00 AM	9	\$65.25
39431	Mon-Fri	Aug 04-Aug 14	11:00 AM-11:30 AM	9	\$65.25
39432	Mon-Fri	Aug 04-Aug 14	11:30 AM-12:00 PM	9	\$65.25
39433	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:30 PM	9	\$65.25
39434	Mon-Fri	Aug 04-Aug 14	4:30 PM-5:00 PM	9	\$65.25
39435	Mon-Fri	Aug 04-Aug 14	6:30 PM-7:00 PM	9	\$65.25
40134	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:30 AM	9	\$65.25
40140	Mon-Fri	Aug 04-Aug 14	9:30 AM-10:00 AM	9	\$65.25
40170	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:00 PM	9	\$65.25
40180	Mon-Fri	Aug 04-Aug 14	6:00 PM-6:30 PM	9	\$65.25
40182	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:30 PM	9	\$65.25
39436	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:30 AM	10	\$72.50
39437	Mon-Fri	Aug 17-Aug 28	9:30 AM-10:00 AM	10	\$72.50
39438	Mon-Fri	Aug 17-Aug 28	10:00 AM-10:30 AM	10	\$72.50
39439	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:00 AM	10	\$72.50
39440	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:00 AM	10	\$72.50
39441	Mon-Fri	Aug 17-Aug 28	11:00 AM-11:30 AM	10	\$72.50
39442	Mon-Fri	Aug 17-Aug 28	11:30 AM-12:00 PM	10	\$72.50
39443	Mon-Fri	Aug 17-Aug 28	4:00 PM-4:30 PM	10	\$72.50
39444	Mon-Fri	Aug 17-Aug 28	4:30 PM-5:00 PM	10	\$72.50
39445	Mon-Fri	Aug 17-Aug 28	5:00 PM-5:30 PM	10	\$72.50

39446	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:00 PM	10	\$72.50
39447	Mon-Fri	Aug 17-Aug 28	6:30 PM-7:00 PM	10	\$72.50
40211	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:30 PM	10	\$72.50

Preschool 3 - Fountain Park

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom of the pool in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level, they work their way into deeper water for side entries and jumping in with their lifejackets on.

Prerequisite: Preschool 2

Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39452	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:30 AM	10	\$72.50
39453	Mon-Fri	Jul 06-Jul 17	9:30 AM-10:00 AM	10	\$72.50
39454	Mon-Fri	Jul 06-Jul 17	10:00 AM-10:30 AM	10	\$72.50
39456	Mon-Fri	Jul 06-Jul 17	11:00 AM-11:30 AM	10	\$72.50
39457	Mon-Fri	Jul 06-Jul 17	11:30 AM-12:00 PM	10	\$72.50
39458	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:30 PM	10	\$72.50
39459	Mon-Fri	Jul 06-Jul 17	5:00 PM-5:30 PM	10	\$72.50
39460	Mon-Fri	Jul 06-Jul 17	6:00 PM-6:30 PM	10	\$72.50
39461	Mon-Fri	Jul 06-Jul 17	6:30 PM-7:00 PM	10	\$72.50
39462	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:30 PM	10	\$72.50
39969	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:00 PM	10	\$72.50
39463	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:30 AM	10	\$72.50
39464	Mon-Fri	Jul 20-Jul 31	9:30 AM-10:00 AM	10	\$72.50
39465	Mon-Fri	Jul 20-Jul 31	10:00 AM-10:30 AM	10	\$72.50
39466	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:00 AM	10	\$72.50
39467	Mon-Fri	Jul 20-Jul 31	11:30 AM-12:00 PM	10	\$72.50
39468	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:30 PM	10	\$72.50
39469	Mon-Fri	Jul 20-Jul 31	4:30 PM-5:00 PM	10	\$72.50
39470	Mon-Fri	Jul 20-Jul 31	5:00 PM-5:30 PM	10	\$72.50
39471	Mon-Fri	Jul 20-Jul 31	6:00 PM-6:30 PM	10	\$72.50
39472	Mon-Fri	Jul 20-Jul 31	6:30 PM-7:00 PM	10	\$72.50
39997	Mon-Fri	Jul 20-Jul 31	11:00 AM-11:30 AM	10	\$72.50
40085	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:00 PM	10	\$72.50
40086	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:00 PM	10	\$72.50
39473	Mon-Fri	Aug 04-Aug 14	10:00 AM-10:30 AM	9	\$65.25
39474	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:00 AM	9	\$65.25
39475	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:30 PM	9	\$65.25
39477	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:00 PM	9	\$65.25
39478	Mon-Fri	Aug 04-Aug 14	6:00 PM-6:30 PM	9	\$65.25
39479	Mon-Fri	Aug 04-Aug 14	6:30 PM-7:00 PM	9	\$65.25
40135	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:30 AM	9	\$65.25
40184	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:30 PM	9	\$65.25
40185	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:30 PM	9	\$65.25
39480	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:30 AM	10	\$72.50
39481	Mon-Fri	Aug 17-Aug 28	9:30 AM-10:00 AM	10	\$72.50
39482	Mon-Fri	Aug 17-Aug 28	10:00 AM-10:30 AM	10	\$72.50
39483	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:00 AM	10	\$72.50
39484	Mon-Fri	Aug 17-Aug 28	4:00 PM-4:30 PM	10	\$72.50
39485	Mon-Fri	Aug 17-Aug 28	5:00 PM-5:30 PM	10	\$72.50
39486	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:00 PM	10	\$72.50
39487	Mon-Fri	Aug 17-Aug 28	6:00 PM-6:30 PM	10	\$72.50
39488	Mon-Fri	Aug 17-Aug 28	6:30 PM-7:00 PM	10	\$72.50
39489	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:30 PM	10	\$72.50

40143	Mon-Fri	Aug 17-Aug 28	11:00 AM-11:30 AM	10	\$72.50
40210	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:30 PM	10	\$72.50

Preschool 4 - Fountain Park

Preschoolers will gain some independence in deep water by practicing jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing a 5m front crawl in their lifejackets and work on their ability to tread water.

Prerequisite: Preschool 3
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39493	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:30 AM	10	\$72.50
39495	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:30 PM	10	\$72.50
39954	Mon-Fri	Jul 06-Jul 17	10:00 AM-10:30 AM	10	\$72.50
39956	Mon-Fri	Jul 06-Jul 17	11:00 AM-11:30 AM	10	\$72.50
39967	Mon-Fri	Jul 06-Jul 17	5:00 PM-5:30 PM	10	\$72.50
39970	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:00 PM	10	\$72.50
39974	Mon-Fri	Jul 06-Jul 17	6:30 PM-7:00 PM	10	\$72.50
39976	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:30 PM	10	\$72.50
39497	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:30 AM	10	\$72.50
39499	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:30 PM	10	\$72.50
39500	Mon-Fri	Jul 20-Jul 31	5:00 PM-5:30 PM	10	\$72.50
39502	Mon-Fri	Jul 20-Jul 31	6:00 PM-6:30 PM	10	\$72.50
39504	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:30 PM	10	\$72.50
39998	Mon-Fri	Jul 20-Jul 31	11:00 AM-11:30 AM	10	\$72.50
39506	Mon-Fri	Aug 04-Aug 14	11:30 AM-12:00 PM	9	\$65.25
39507	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:30 PM	9	\$65.25
39508	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:00 PM	9	\$65.25
39510	Mon-Fri	Aug 04-Aug 14	6:30 PM-7:00 PM	9	\$65.25
40141	Mon-Fri	Aug 04-Aug 14	9:30 AM-10:00 AM	9	\$65.25
39511	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:30 AM	10	\$72.50
39512	Mon-Fri	Aug 17-Aug 28	9:30 AM-10:00 AM	10	\$72.50
39513	Mon-Fri	Aug 17-Aug 28	11:30 AM-12:00 PM	10	\$72.50
39514	Mon-Fri	Aug 17-Aug 28	4:00 PM-4:30 PM	10	\$72.50
39515	Mon-Fri	Aug 17-Aug 28	5:00 PM-5:30 PM	10	\$72.50
39516	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:00 PM	10	\$72.50
39517	Mon-Fri	Aug 17-Aug 28	6:00 PM-6:30 PM	10	\$72.50

Preschool 5 - Fountain Park

Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves while treading in deep water for 10 seconds and complete 5m swims while performing a front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

Prerequisite: Preschool 4
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39520	Mon-Fri	Jul 06-Jul 17	11:00 AM-11:30 AM	10	\$72.50
39521	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:00 PM	10	\$72.50
39950	Mon-Fri	Jul 06-Jul 17	9:30 AM-10:00 AM	10	\$72.50
39955	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:00 AM	10	\$72.50
39965	Mon-Fri	Jul 06-Jul 17	4:30 PM-5:00 PM	10	\$72.50
39523	Mon-Fri	Jul 20-Jul 31	4:30 PM-5:00 PM	10	\$72.50
39525	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:30 PM	10	\$72.50
39982	Mon-Fri	Jul 20-Jul 31	9:30 AM-10:00 AM	10	\$72.50
39995	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:00 AM	10	\$72.50
39526	Mon-Fri	Aug 04-Aug 14	6:30 PM-7:00 PM	9	\$65.25

40156	Mon-Fri	Aug 04-Aug 14	11:00 AM-11:30 AM	9	\$65.25
40169	Mon-Fri	Aug 04-Aug 14	5:00 PM-5:30 PM	9	\$65.25
39527	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:30 AM	10	\$72.50
39528	Mon-Fri	Aug 17-Aug 28	9:30 AM-10:00 AM	10	\$72.50
39529	Mon-Fri	Aug 17-Aug 28	10:00 AM-10:30 AM	10	\$72.50
39530	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:00 PM	10	\$72.50
39531	Mon-Fri	Aug 17-Aug 28	6:30 PM-7:00 PM	10	\$72.50

Preschool 1 - 45 Minute - Fountain Park

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

Prerequisite: none
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39359	Sun	Jul 05-Aug 23	4:45 PM-5:30 PM	7	\$64.75
39360	Sun	Jul 05-Aug 23	6:15 PM-7:00 PM	7	\$64.75

Preschool 2 - 45 Minute - Fountain Park

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

Prerequisite: Preschool 1
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39405	Sun	Jul 05-Aug 23	4:00 PM-4:45 PM	7	\$64.75
39406	Sun	Jul 05-Aug 23	5:30 PM-6:15 PM	7	\$64.75
39407	Sun	Jul 05-Aug 23	7:00 PM-7:45 PM	7	\$64.75
40204	Sun	Jul 05-Aug 23	6:15 PM-7:00 PM	7	\$76.30

Preschool 3 - 45 Minute - Fountain Park

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom of the pool in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level, they work their way into deeper water for side entries and jumping in with their lifejackets on.

Prerequisite: Preschool 2
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39448	Sun	Jul 05-Aug 23	4:00 PM-4:45 PM	7	\$64.75
39449	Sun	Jul 05-Aug 23	4:45 PM-5:30 PM	7	\$64.75
39450	Sun	Jul 05-Aug 23	6:15 PM-7:00 PM	7	\$64.75
39451	Sun	Jul 05-Aug 23	7:00 PM-7:45 PM	7	\$64.75

Preschool 4 - 45 Minute - Fountain Park

Preschoolers will gain some independence in deep water by practicing jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing a 5m front crawl in their lifejackets and work on their ability to tread water.

Prerequisite: Preschool 3
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39490	Sun	Jul 05-Aug 23	4:45 PM-5:30 PM	7	\$64.75
39491	Sun	Jul 05-Aug 23	5:30 PM-6:15 PM	7	\$64.75
39492	Sun	Jul 05-Aug 23	7:00 PM-7:45 PM	7	\$64.75

Preschool 5 - 45 Minute - Fountain Park

Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves while treading in deep water for 10 seconds and complete 5m swims while performing a front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

Prerequisite: Preschool 4
Age: 3-5 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39518	Sun	Jul 05-Aug 23	4:00 PM-4:45 PM	7	\$64.75
40203	Sun	Jul 05-Aug 23	5:30 PM-6:15 PM	7	\$76.30



Child Aquatics Programs

Swimmer 1 Beginner - Fountain Park

These beginning swimmers will work on safe entries, floats and moving through the water. They'll explore working in deep water with personal flotation devices and when ready, will do front and back floats without the extra support.

Prerequisite: none
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39769	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39770	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39771	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39772	Mon-Fri	Jul 06-Jul 17	4:45 PM-5:30 PM	10	\$92.50
39773	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:15 PM	10	\$92.50
39775	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39776	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50
39777	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
39778	Mon-Fri	Jul 20-Jul 31	4:45 PM-5:30 PM	10	\$92.50
39779	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:15 PM	10	\$92.50
39780	Mon-Fri	Jul 20-Jul 31	6:15 PM-7:00 PM	10	\$92.50
39781	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:45 AM	9	\$83.25
39782	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:15 AM	9	\$83.25
39783	Mon-Fri	Aug 04-Aug 14	11:15 AM-12:00 PM	9	\$83.25
39784	Mon-Fri	Aug 04-Aug 14	4:45 PM-5:30 PM	9	\$83.25
39785	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:15 PM	9	\$83.25
39786	Mon-Fri	Aug 04-Aug 14	6:15 PM-7:00 PM	9	\$83.25
40199	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:45 PM	9	\$83.25
39787	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50
39788	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50
39789	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50
39790	Mon-Fri	Aug 17-Aug 28	4:45 PM-5:30 PM	10	\$92.50
39791	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:15 PM	10	\$92.50
39792	Mon-Fri	Aug 17-Aug 28	6:15 PM-7:00 PM	10	\$92.50

Swimmer 1 Advanced - Fountain Park

This level is the foundation for swimming skill development. It includes floating, rollovers, glides, kicking drills and the introduction to Swim to Survive skills.

Prerequisite: Preschool 5 or Swimmer 1 Beginner
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39732	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39733	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39734	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39735	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39736	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:45 PM	10	\$92.50

39737	Mon-Fri	Jul 06-Jul 17	4:45 PM-5:30 PM	10	\$92.50
39738	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:15 PM	10	\$92.50
39739	Mon-Fri	Jul 06-Jul 17	6:15 PM-7:00 PM	10	\$92.50
39740	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:45 PM	10	\$92.50
39741	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39742	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39743	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50
39744	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
39745	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:45 PM	10	\$92.50
39746	Mon-Fri	Jul 20-Jul 31	4:45 PM-5:30 PM	10	\$92.50
39747	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:15 PM	10	\$92.50
39748	Mon-Fri	Jul 20-Jul 31	6:15 PM-7:00 PM	10	\$92.50
39749	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:45 PM	10	\$92.50
39750	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:45 AM	9	\$83.25
39751	Mon-Fri	Aug 04-Aug 14	9:45 AM-10:30 AM	9	\$83.25
39753	Mon-Fri	Aug 04-Aug 14	11:15 AM-12:00 PM	9	\$83.25
39754	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:45 PM	9	\$83.25
39755	Mon-Fri	Aug 04-Aug 14	4:45 PM-5:30 PM	9	\$83.25
39756	Mon-Fri	Aug 04-Aug 14	6:15 PM-7:00 PM	9	\$83.25
39757	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:45 PM	9	\$83.25
39758	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50
39759	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50
39760	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50
39761	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50
39763	Mon-Fri	Aug 17-Aug 28	4:45 PM-5:30 PM	10	\$92.50
39764	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:15 PM	10	\$92.50
39765	Mon-Fri	Aug 17-Aug 28	6:15 PM-7:00 PM	10	\$92.50
39766	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:45 PM	10	\$92.50

Swimmer 2 - Fountain Park

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Prerequisite: Swimmer 1 Advanced
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39795	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39796	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39797	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39798	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39799	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:45 PM	10	\$92.50
39800	Mon-Fri	Jul 06-Jul 17	4:45 PM-5:30 PM	10	\$92.50
39801	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:15 PM	10	\$92.50
39802	Mon-Fri	Jul 06-Jul 17	6:15 PM-7:00 PM	10	\$92.50
39803	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:45 PM	10	\$92.50
39804	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39805	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39806	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50
39807	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
39808	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:45 PM	10	\$92.50
39809	Mon-Fri	Jul 20-Jul 31	4:45 PM-5:30 PM	10	\$92.50
39810	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:15 PM	10	\$92.50
39811	Mon-Fri	Jul 20-Jul 31	6:15 PM-7:00 PM	10	\$92.50

39812	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:45 PM	10	\$92.50
39813	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:45 AM	9	\$83.25
39814	Mon-Fri	Aug 04-Aug 14	9:45 AM-10:30 AM	9	\$83.25
39815	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:15 AM	9	\$83.25
39816	Mon-Fri	Aug 04-Aug 14	11:15 AM-12:00 PM	9	\$83.25
39817	Mon-Fri	Aug 04-Aug 14	4:45 PM-5:30 PM	9	\$83.25
39818	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:15 PM	9	\$83.25
39819	Mon-Fri	Aug 04-Aug 14	6:15 PM-7:00 PM	9	\$83.25
39821	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50
39822	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50
39823	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50
39824	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50
39826	Mon-Fri	Aug 17-Aug 28	4:45 PM-5:30 PM	10	\$92.50
39827	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:15 PM	10	\$92.50
39828	Mon-Fri	Aug 17-Aug 28	6:15 PM-7:00 PM	10	\$92.50
39829	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:45 PM	10	\$92.50

Swimmer 3 - Fountain Park

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawls, and interval training.

Prerequisite: Swimmer 2
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39833	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39834	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39835	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39836	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39837	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:45 PM	10	\$92.50
39838	Mon-Fri	Jul 06-Jul 17	4:45 PM-5:30 PM	10	\$92.50
39839	Mon-Fri	Jul 06-Jul 17	6:15 PM-7:00 PM	10	\$92.50
39840	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:45 PM	10	\$92.50
39841	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39842	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39843	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50
39844	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
39845	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:45 PM	10	\$92.50
39846	Mon-Fri	Jul 20-Jul 31	4:45 PM-5:30 PM	10	\$92.50
39847	Mon-Fri	Jul 20-Jul 31	6:15 PM-7:00 PM	10	\$92.50
39848	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:45 PM	10	\$92.50
39849	Mon-Fri	Aug 04-Aug 14	9:45 AM-10:30 AM	9	\$83.25
39850	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:15 AM	9	\$83.25
39852	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:45 PM	9	\$83.25
39853	Mon-Fri	Aug 04-Aug 14	6:15 PM-7:00 PM	9	\$83.25
39854	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:45 PM	9	\$83.25
39855	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50
39856	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50
39857	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50
39858	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50
39860	Mon-Fri	Aug 17-Aug 28	4:45 PM-5:30 PM	10	\$92.50
39861	Mon-Fri	Aug 17-Aug 28	6:15 PM-7:00 PM	10	\$92.50
39862	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:45 PM	10	\$92.50

Swimmer 4 - Fountain Park

Moving from a beginner to intermediate swimming level, swimmers will complete standing dives and work towards being able to swim underwater for 5m. They will achieve the Swim to Survive standard by being able to roll into deep water, tread water for one minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, breaststroke will be introduced.

Prerequisite: Swimmer 3
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39866	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39867	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39868	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39869	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39870	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:45 PM	10	\$92.50
39871	Mon-Fri	Jul 06-Jul 17	4:45 PM-5:30 PM	10	\$92.50
39873	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:45 PM	10	\$92.50
39874	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39875	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39877	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
39878	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:45 PM	10	\$92.50
39879	Mon-Fri	Jul 20-Jul 31	4:45 PM-5:30 PM	10	\$92.50
39880	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:15 PM	10	\$92.50
39881	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:45 PM	10	\$92.50
39882	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:45 AM	9	\$83.25
39883	Mon-Fri	Aug 04-Aug 14	9:45 AM-10:30 AM	9	\$83.25
39885	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:45 PM	9	\$83.25
39886	Mon-Fri	Aug 04-Aug 14	4:45 PM-5:30 PM	9	\$83.25
39887	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:15 PM	9	\$83.25
39888	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:45 PM	9	\$83.25
39889	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50
39890	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50
39891	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50
39893	Mon-Fri	Aug 17-Aug 28	4:45 PM-5:30 PM	10	\$92.50
39894	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:15 PM	10	\$92.50
39895	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:45 PM	10	\$92.50
39896	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50

Swimmer 5 - Fountain Park

Swimmers will be challenged with a whole new set of skills including shallow dives, tuck jumps, eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

Prerequisite: Swimmer 4
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39899	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39900	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:45 PM	10	\$92.50
39901	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:15 PM	10	\$92.50
39902	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39903	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:45 PM	10	\$92.50
39904	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:15 PM	10	\$92.50
39905	Mon-Fri	Aug 04-Aug 14	9:45 AM-10:30 AM	9	\$83.25
39906	Mon-Fri	Aug 04-Aug 14	4:00 PM-4:45 PM	9	\$83.25
39907	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:15 PM	9	\$83.25
40163	Mon-Fri	Aug 04-Aug 14	11:15 AM-12:00 PM	9	\$83.25
39908	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50

39910	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:15 PM	10	\$92.50
40164	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50

Swimmer 6 - Fountain Park

In the final level in the Swimmer program, swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance, which are all critical for success in the 300m workout required to complete the level.

Prerequisite: Swimmer 5
Age: 6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39913	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39914	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39915	Mon-Fri	Jul 06-Jul 17	4:45 PM-5:30 PM	10	\$92.50
39916	Mon-Fri	Jul 06-Jul 17	6:15 PM-7:00 PM	10	\$92.50
39917	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39918	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50
39919	Mon-Fri	Jul 20-Jul 31	4:45 PM-5:30 PM	10	\$92.50
39920	Mon-Fri	Jul 20-Jul 31	6:15 PM-7:00 PM	10	\$92.50
39921	Mon-Fri	Aug 04-Aug 14	9:00 AM-9:45 AM	9	\$83.25
39922	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:15 AM	9	\$83.25
39923	Mon-Fri	Aug 04-Aug 14	6:15 PM-7:00 PM	9	\$83.25
40200	Mon-Fri	Aug 04-Aug 14	4:45 PM-5:30 PM	9	\$83.25
39924	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50
39925	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50
39926	Mon-Fri	Aug 17-Aug 28	4:45 PM-5:30 PM	10	\$92.50
39927	Mon-Fri	Aug 17-Aug 28	6:15 PM-7:00 PM	10	\$92.50

Swimmer 7 - Rookie Patrol - Fountain Park

Rookie Patrol lays the foundation of the Swim Patrol program. It includes four main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on the front crawl, back crawl, and breaststroke. Fitness components include a 350m workout and 100m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self-rescue techniques, victim recognition, and using throwing assists.

Prerequisite: Swimmer 6
Age: 8-17 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39928	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39929	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:15 PM	10	\$92.50
39930	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
40133	Mon-Fri	Jul 20-Jul 31	5:30 PM-6:15 PM	10	\$92.50
39931	Mon-Fri	Aug 04-Aug 14	11:15 AM-12:00 PM	9	\$83.25
39932	Mon-Fri	Aug 17-Aug 28	11:15 AM-12:00 PM	10	\$92.50
39933	Mon-Fri	Aug 17-Aug 28	5:30 PM-6:15 PM	10	\$92.50

Swimmer 8 & 9 - Ranger and Star - Fountain Park

Ranger Patrol enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kicks, and increased fitness levels to meet a timed 200m swim. Rescue skills involve an increased skill level in ABC first aid basics, victim recognition, and non-contact rescues. Star Patrol is excellent preparation for the Bronze Star award as it demands good physical conditioning and lifesaving judgment. Students will refine their front crawl, back crawl, 100m breaststroke, and complete a 600m workout and 300m timed swim. Valuable lifesaving and first aid skills are developed in this combined course.

Prerequisite: Swimmer 7 - Rookie Patrol
Age: 8-17 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39934	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39935	Mon-Fri	Jul 06-Jul 17	6:15 PM-7:00 PM	10	\$92.50

39936	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39937	Mon-Fri	Jul 20-Jul 31	6:15 PM-7:00 PM	10	\$92.50
39938	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50
39939	Mon-Fri	Aug 17-Aug 28	6:15 PM-7:00 PM	10	\$92.50

Swimmer 1 Beginner - 60 Minute - Fountain Park

These beginning swimmers will work on safe entries, floats and moving through the water. They'll explore working in deep water with PFDs and when ready, will do front and back floats without the extra support. This level is for 6+ years that have never taken lessons before or participated in any of the first 4 preschool levels.

Prerequisite: none
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39767	Sun	Jul 05-Aug 23	4:00 PM-5:00 PM	7	\$86.45
39768	Sun	Jul 05-Aug 23	6:00 PM-7:00 PM	7	\$86.45

Swimmer 1 Advanced - 60 Minute - Fountain Park

This level is the foundation for swimming skill development. It includes floating, rollovers, glides, kicking drills and the introduction to Swim to Survive skills.

Prerequisite: Swimmer 1 Beginner
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39730	Sun	Jul 05-Aug 23	4:00 PM-5:00 PM	7	\$86.45
39731	Sun	Jul 05-Aug 23	5:00 PM-6:00 PM	7	\$86.45

Swimmer 2 - 60 Minute - Fountain Park

These students will be able to jump or side roll into deep water, tread water, and swim 10-15m using either front crawl or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance level by stepping into the world of fitness interval training.

Prerequisite: Swimmer 1 Advanced
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39793	Sun	Jul 05-Aug 23	4:00 PM-5:00 PM	7	\$86.45
39794	Sun	Jul 05-Aug 23	5:00 PM-6:00 PM	7	\$86.45

Swimmer 3 - 60 Minute - Fountain Park

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl and whip kick over short distances and add some interval fitness training to their practice. By the end they'll be able to meet the Swim to Survive standard: Roll into deep water, tread water for 1 minute and swim 50m. 95% of this class is taught in the deep end of our Leisure Pool.

Prerequisite: Swimmer 2
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39830	Sun	Jul 05-Aug 23	4:00 PM-5:00 PM	7	\$86.45
39831	Sun	Jul 05-Aug 23	6:00 PM-7:00 PM	7	\$86.45
39832	Sun	Jul 05-Aug 23	7:00 PM-8:00 PM	7	\$86.45

Swimmer 4 - 60 Minute - Fountain Park

These swimmers will swim farther with their front crawl and back crawl. They'll be introduced to breaststroke arm drills, underwater swims and front crawl sprints. Interval training will add to their fitness level.

Prerequisite: Swimmer 3
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39863	Sun	Jul 05-Aug 23	5:00 PM-6:00 PM	7	\$86.45
39864	Sun	Jul 05-Aug 23	6:00 PM-7:00 PM	7	\$86.45
39865	Sun	Jul 05-Aug 23	7:00 PM-8:00 PM	7	\$86.45

Swimmer 5 - 60 Minute - Fountain Park

Swimmers will try eggbeater kicks, head up front crawl, and shallow dives. For fun, try 'tuck' jumps and back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

Prerequisite: Swimmer 4
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39897	Sun	Jul 05-Aug 23	5:00 PM-6:00 PM	7	\$86.45
39898	Sun	Jul 05-Aug 23	7:00 PM-8:00 PM	7	\$86.45

Swimmer 6 - 60 Minute - Fountain Park

In the final level in the Swimmer program, swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance, which are all critical for success in the 300m workout required to complete the level.

Prerequisite: Swimmer 5
Age:6-12 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39911	Sun	Jul 05-Aug 23	6:00 PM-7:00 PM	7	\$86.45
39912	Sun	Jul 05-Aug 23	7:00 PM-8:00 PM	7	\$86.45

Diveasurs - Fountain Park

This program is for children between the ages of 5 and 8 who are comfortable swimming 15 meters in the deep water without assistance and are looking to broaden their aquatic experience. Exercises and skills taught will work on developing the elementary body positions that includes jumps, tucks, pikes and layouts which are required for diving. Once divers have mastered these skills they can progress to more complex diving skills.

Participants must be able to swim 15m on their front unassisted.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40283	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:30 PM	10	\$72.50

Diving 1 - Fountain Park

This program is for children 8 years of age and older. This level works on forming the foundation required to perform dives off the diving board. Front and back jumps, elementary body positions, front fall-in and standing front dives are all components of this program. Basic diver safety, warm-up and stretching exercises are also included.

Participants must be able to swim 25m on their front unassisted.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40288	Mon-Fri	Jul 06-Jul 17	5:30 PM-6:15 PM	10	\$92.50

Diving 2 - Fountain Park

This level enhances the basic skills and entries developed in Diving 1 to learn more complicated entries. Participants will add backward dives, somersaults, front dives with a tuck and a one step hurdle entries to their diving repertoire.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40079	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50

Stroke Polisher 3 & 4 - Fountain Park

Stroke Polisher is designed to allow time for comprehensive stroke development and technique through drills, stroke correction and practice. This program is for students who have attempted Swimmer 3 or 4. Please let your instructor know the specific skills you would like to work on.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40201	Mon-Fri	Aug 04-Aug 14	5:30 PM-6:15 PM	9	\$83.25

Stroke Polisher 5 & 6 - Fountain Park

Stroke Polisher is designed to allow time for comprehensive stroke development and technique through drills, stroke correction and practice. This program is for students who have attempted Swimmer 5 or 6. Please let your instructor know the specific skills you would like to work on.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40202	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:45 PM	9	\$83.25



Individual Lessons

SwimAbilities® 1 on 1 - Fountain Park

Our Inclusive Swim Lessons are designed to support swimmers living with disabilities, helping them build water safety confidence, and swimming skills. Instructors use personalized strategies, games and routines to meet each swimmer's unique needs and ensure a positive experience in the water. Some swimmers may require a parent, guardian, or caregiver in the water to assist during lessons. Staff will communicate if this support is needed and provide guidance to help your swimmer safely and confidently participate.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39706	Mon-Fri	Jul 06-Jul 17	10:00 AM-10:30 AM	10	\$125.00
39707	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:00 AM	10	\$125.00
39708	Mon-Fri	Jul 06-Jul 17	4:30 PM-5:00 PM	10	\$125.00
39710	Mon-Fri	Jul 06-Jul 17	6:00 PM-6:30 PM	10	\$125.00
39711	Mon-Fri	Jul 06-Jul 17	7:30 PM-8:00 PM	10	\$125.00
40272	Mon-Fri	Jul 06-Jul 17	5:00 PM-5:30 PM	10	\$125.00
39712	Mon-Fri	Jul 20-Jul 31	10:00 AM-10:30 AM	10	\$125.00
39714	Mon-Fri	Jul 20-Jul 31	4:30 PM-5:00 PM	10	\$125.00
39717	Mon-Fri	Jul 20-Jul 31	7:30 PM-8:00 PM	10	\$125.00
39981	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:30 AM	10	\$125.00
39999	Mon-Fri	Jul 20-Jul 31	11:00 AM-11:30 AM	10	\$125.00
39724	Mon-Fri	Aug 04-Aug 14	9:30 AM-10:00 AM	9	\$112.50
39725	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:00 AM	9	\$112.50
39726	Mon-Fri	Aug 04-Aug 14	4:30 PM-5:00 PM	9	\$112.50
39727	Mon-Fri	Aug 04-Aug 14	5:00 PM-5:30 PM	9	\$112.50
39718	Mon-Fri	Aug 17-Aug 28	10:00 AM-10:30 AM	10	\$125.00
39719	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:00 AM	10	\$125.00
39720	Mon-Fri	Aug 17-Aug 28	4:30 PM-5:00 PM	10	\$125.00
39721	Mon-Fri	Aug 17-Aug 28	5:00 PM-5:30 PM	10	\$125.00
39722	Mon-Fri	Aug 17-Aug 28	6:00 PM-6:30 PM	10	\$125.00

Private Lesson - 4 Lesson Set - Fountain Park

Private lessons are a great way to develop specific swimming skills through personalized coaching. If your child is almost finished a level and just needs to complete a couple of items, a private lesson could be right for them! Private lessons are available for skills that are covered in our Preschool and Swimmer programs. For skills that fall outside of these programs, please contact Fountain Park Recreation Centre at 780-459-1553 and ask to speak to a programmer.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40158	T/W/Th/F	Aug 04-Aug 07	11:30 AM-12:00 PM	4	\$156.00
40186	T/W/Th/F	Aug 04-Aug 07	7:30 PM-8:00 PM	4	\$156.00

Private Lesson - 5 Lesson Set - Fountain Park

Private lessons are a great way to develop specific swimming skills through personalized coaching. If your child is almost finished a level and just needs to complete a couple of items, a private lesson could be right for them! Private lessons are available for skills that are covered in our Preschool and Swimmer programs. For skills that fall outside of these programs, please contact Fountain Park Recreation Centre at 780-459-1553 and ask to speak to a programmer.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39962	Mon-Fri	Jul 06-Jul 10	11:30 AM-12:00 PM	5	\$195.00
39979	Mon-Fri	Jul 06-Jul 10	7:30 PM-8:00 PM	5	\$195.00
39963	Mon-Fri	Jul 13-Jul 17	11:30 AM-12:00 PM	5	\$195.00
39980	Mon-Fri	Jul 13-Jul 17	7:30 PM-8:00 PM	5	\$195.00
39539	Mon-Fri	Jul 20-Jul 24	7:30 PM-8:00 PM	5	\$195.00
40001	Mon-Fri	Jul 20-Jul 24	11:30 AM-12:00 PM	5	\$195.00
40002	Mon-Fri	Jul 20-Jul 24	11:30 AM-12:00 PM	5	\$195.00
40083	Mon-Fri	Jul 20-Jul 24	5:00 PM-5:30 PM	5	\$195.00
40129	Mon-Fri	Jul 20-Jul 24	7:30 PM-8:00 PM	5	\$195.00
40003	Mon-Fri	Jul 27-Jul 31	7:30 PM-8:00 PM	5	\$195.00
40084	Mon-Fri	Jul 27-Jul 31	5:00 PM-5:30 PM	5	\$195.00
40130	Mon-Fri	Jul 27-Jul 31	7:30 PM-8:00 PM	5	\$195.00
40161	Mon-Fri	Aug 10-Aug 14	11:30 AM-12:00 PM	5	\$195.00
40187	Mon-Fri	Aug 10-Aug 14	7:30 PM-8:00 PM	5	\$195.00
39638	Mon-Fri	Aug 17-Aug 21	4:00 PM-4:30 PM	5	\$195.00
40153	Mon-Fri	Aug 17-Aug 21	11:00 AM-11:30 AM	5	\$195.00
40286	Mon-Fri	Aug 17-Aug 21	7:30 PM-8:00 PM	5	\$195.00
40155	Mon-Fri	Aug 24-Aug 28	11:00 AM-11:30 AM	5	\$195.00
40207	Mon-Fri	Aug 24-Aug 28	4:00 PM-4:30 PM	5	\$195.00
40287	Mon-Fri	Aug 24-Aug 28	7:30 PM-8:00 PM	5	\$195.00

Private Lesson - Fountain Park

Private lessons are a great way to develop specific swimming skills through personalized coaching. If your child is almost finished a level and just needs to complete a couple of items, a private lesson could be right for them! Private lessons are available for skills that are covered in our Preschool and Swimmer programs. For skills that fall outside of these programs, please contact Fountain Park Recreation Centre at 780-459-1553 and ask to speak to a programmer.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39959	M	Jul 06	9:00 AM-9:30 AM	1	\$39.00
39960	Mon-Fri	Jul 06-Jul 17	11:30 AM-12:00 PM	0	\$0.00
39964	M	Jul 06	4:00 PM-4:30 PM	1	\$39.00
39971	M	Jul 06	5:30 PM-6:00 PM	1	\$39.00
40241	M	Jul 07	9:00 AM-9:30 AM	1	\$39.00
40250	M	Jul 07	11:30 AM-12:00 PM	1	\$39.00
40259	M	Jul 07	4:00 PM-4:30 PM	1	\$39.00
40273	M	Jul 07	5:30 PM-6:00 PM	1	\$39.00
40242	M	Jul 08	9:00 AM-9:30 AM	1	\$39.00
40251	M	Jul 08	11:30 AM-12:00 PM	1	\$39.00
40260	M	Jul 08	4:00 PM-4:30 PM	1	\$39.00
40274	M	Jul 08	5:30 PM-6:00 PM	1	\$39.00
40243	M	Jul 09	9:00 AM-9:30 AM	1	\$39.00
40252	M	Jul 09	11:30 AM-12:00 PM	1	\$39.00
40261	M	Jul 09	4:00 PM-4:30 PM	1	\$39.00
40275	M	Jul 09	5:30 PM-6:00 PM	1	\$39.00
40244	M	Jul 10	9:00 AM-9:30 AM	1	\$39.00
40253	M	Jul 10	11:30 AM-12:00 PM	1	\$39.00
40262	M	Jul 10	4:00 PM-4:30 PM	1	\$39.00
40276	M	Jul 10	5:30 PM-6:00 PM	1	\$39.00

40245	M	Jul 13	9:00 AM-9:30 AM	1	\$39.00
40254	M	Jul 13	11:30 AM-12:00 PM	1	\$39.00
40263	M	Jul 13	4:00 PM-4:30 PM	1	\$39.00
40277	M	Jul 13	5:30 PM-6:00 PM	1	\$39.00
40246	M	Jul 14	9:00 AM-9:30 AM	1	\$39.00
40255	M	Jul 14	11:30 AM-12:00 PM	1	\$39.00
40264	M	Jul 14	4:00 PM-4:30 PM	1	\$39.00
40278	M	Jul 14	5:30 PM-6:00 PM	1	\$39.00
40247	M	Jul 15	9:00 AM-9:30 AM	1	\$39.00
40256	M	Jul 15	11:30 AM-12:00 PM	1	\$39.00
40265	M	Jul 15	4:00 PM-4:30 PM	1	\$39.00
40279	M	Jul 15	5:30 PM-6:00 PM	1	\$39.00
40248	M	Jul 16	9:00 AM-9:30 AM	1	\$39.00
40257	M	Jul 16	11:30 AM-12:00 PM	1	\$39.00
40266	M	Jul 16	4:00 PM-4:30 PM	1	\$39.00
40280	M	Jul 16	5:30 PM-6:00 PM	1	\$39.00
40249	M	Jul 17	9:00 AM-9:30 AM	1	\$39.00
40258	M	Jul 17	11:30 AM-12:00 PM	1	\$39.00
40267	M	Jul 17	4:00 PM-4:30 PM	1	\$39.00
40281	M	Jul 17	5:30 PM-6:00 PM	1	\$39.00
40088	M	Jul 20	5:30 PM-6:00 PM	1	\$39.00
40115	M	Jul 20	7:00 PM-7:30 PM	1	\$39.00
40282	M	Jul 20	9:30 AM-10:00 AM	1	\$39.00
39984	T	Jul 21	9:30 AM-10:00 AM	1	\$39.00
40089	T	Jul 21	5:30 PM-6:00 PM	1	\$39.00
40120	T	Jul 21	7:00 PM-7:30 PM	1	\$39.00
39983	W	Jul 22	9:30 AM-10:00 AM	2	\$78.00
40090	W	Jul 22	5:30 PM-6:00 PM	1	\$39.00
40121	W	Jul 22	7:00 PM-7:30 PM	1	\$39.00
39985	Th	Jul 23	9:30 AM-10:00 AM	1	\$39.00
40091	Th	Jul 23	5:30 PM-6:00 PM	1	\$39.00
40122	Th	Jul 23	7:00 PM-7:30 PM	1	\$39.00
39986	F	Jul 24	9:30 AM-10:00 AM	1	\$39.00
40092	F	Jul 24	5:30 PM-6:00 PM	1	\$39.00
40123	F	Jul 24	7:00 PM-7:30 PM	1	\$39.00
39987	M	Jul 27	9:30 AM-10:00 AM	1	\$39.00
40093	M	Jul 27	5:30 PM-6:00 PM	1	\$39.00
40124	M	Jul 27	7:00 PM-7:30 PM	1	\$39.00
39988	T	Jul 28	9:30 AM-10:00 AM	1	\$39.00
40094	T	Jul 28	5:30 PM-6:00 PM	1	\$39.00
40125	T	Jul 28	7:00 PM-7:30 PM	1	\$39.00
39989	W	Jul 29	9:30 AM-10:00 AM	1	\$39.00
40095	W	Jul 29	5:30 PM-6:00 PM	1	\$39.00
40126	W	Jul 29	7:00 PM-7:30 PM	1	\$39.00
39990	Th	Jul 30	9:30 AM-10:00 AM	1	\$39.00
40096	Th	Jul 30	5:30 PM-6:00 PM	1	\$39.00
40127	Th	Jul 30	7:00 PM-7:30 PM	1	\$39.00
39991	F	Jul 31	9:30 AM-10:00 AM	1	\$39.00
40097	F	Jul 31	5:30 PM-6:00 PM	1	\$39.00
40128	F	Jul 31	7:00 PM-7:30 PM	1	\$39.00
40144	T	Aug 04	10:00 AM-10:30 AM	1	\$39.00
40171	M	Aug 04	5:30 PM-6:00 PM	1	\$39.00
40145	W	Aug 05	10:00 AM-10:30 AM	1	\$39.00

40172	M	Aug 05	5:30 PM-6:00 PM	1	\$39.00
40146	Th	Aug 06	10:00 AM-10:30 AM	1	\$39.00
40173	M	Aug 06	5:30 PM-6:00 PM	1	\$39.00
40147	F	Aug 07	10:00 AM-10:30 AM	1	\$39.00
40174	M	Aug 07	5:30 PM-6:00 PM	1	\$39.00
40148	M	Aug 10	10:00 AM-10:30 AM	1	\$39.00
40175	M	Aug 10	5:30 PM-6:00 PM	1	\$39.00
40149	T	Aug 11	10:00 AM-10:30 AM	1	\$39.00
40176	M	Aug 11	5:30 PM-6:00 PM	1	\$39.00
40150	W	Aug 12	10:00 AM-10:30 AM	1	\$39.00
40177	M	Aug 12	5:30 PM-6:00 PM	1	\$39.00
40151	Th	Aug 13	10:00 AM-10:30 AM	1	\$39.00
40178	M	Aug 13	5:30 PM-6:00 PM	1	\$39.00
40152	F	Aug 14	10:00 AM-10:30 AM	1	\$39.00
40179	M	Aug 14	5:30 PM-6:00 PM	1	\$39.00
39628	M	Aug 17	11:30 AM-12:00 PM	1	\$39.00
39648	M	Aug 17	4:30 PM-5:00 PM	1	\$39.00
39658	M	Aug 17	7:30 PM-8:00 PM	1	\$39.00
39629	T	Aug 18	11:30 AM-12:00 PM	2	\$78.00
39649	T	Aug 18	4:30 PM-5:00 PM	1	\$39.00
39659	T	Aug 18	7:30 PM-8:00 PM	1	\$39.00
39630	W	Aug 19	11:30 AM-12:00 PM	1	\$39.00
39650	W	Aug 19	4:30 PM-5:00 PM	1	\$39.00
39660	W	Aug 19	7:30 PM-8:00 PM	1	\$39.00
39631	Th	Aug 20	11:30 AM-12:00 PM	1	\$39.00
39651	Th	Aug 20	4:30 PM-5:00 PM	1	\$39.00
39661	Th	Aug 20	7:30 PM-8:00 PM	1	\$39.00
39632	F	Aug 21	11:30 AM-12:00 PM	1	\$39.00
39652	F	Aug 21	4:30 PM-5:00 PM	1	\$39.00
39662	F	Aug 21	7:30 PM-8:00 PM	1	\$39.00
39633	M	Aug 24	11:30 AM-12:00 PM	1	\$39.00
39653	M	Aug 24	4:30 PM-5:00 PM	1	\$39.00
39663	M	Aug 24	7:30 PM-8:00 PM	1	\$39.00
39634	T	Aug 25	11:30 AM-12:00 PM	1	\$39.00
39654	T	Aug 25	4:30 PM-5:00 PM	1	\$39.00
39664	T	Aug 25	7:30 PM-8:00 PM	1	\$39.00
39635	W	Aug 26	11:30 AM-12:00 PM	1	\$39.00
39655	W	Aug 26	4:30 PM-5:00 PM	1	\$39.00
39665	W	Aug 26	7:30 PM-8:00 PM	1	\$39.00
39636	Th	Aug 27	11:30 AM-12:00 PM	1	\$39.00
39656	Th	Aug 27	4:30 PM-5:00 PM	1	\$39.00
39666	Th	Aug 27	7:30 PM-8:00 PM	1	\$39.00
39637	F	Aug 28	11:30 AM-12:00 PM	1	\$39.00
39657	F	Aug 28	4:30 PM-5:00 PM	1	\$39.00
39667	F	Aug 28	7:30 PM-8:00 PM	1	\$39.00



Youth/Adult Aquatics Programs

Youth 1 - Fountain Park

In this beginner class, swimmers will work toward completing short-distance swims (10-15 meters) on both their front and back. Participants will focus on fundamental swimming techniques, including floats, rolls, side glides, front crawl and back crawl. They will also develop underwater skills to build confidence in the water and strengthen their swimming foundations in a supportive environment.

Prerequisite: none
Age: 13-17 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39940	Mon-Fri	Jul 06-Jul 17	9:45 AM-10:30 AM	10	\$92.50
39941	Mon-Fri	Jul 06-Jul 17	4:00 PM-4:45 PM	10	\$92.50
39942	Mon-Fri	Jul 20-Jul 31	9:45 AM-10:30 AM	10	\$92.50
39943	Mon-Fri	Jul 20-Jul 31	4:00 PM-4:45 PM	10	\$92.50
40162	Mon-Fri	Aug 04-Aug 14	10:30 AM-11:15 AM	9	\$83.25
40160	Mon-Fri	Aug 17-Aug 28	9:00 AM-9:45 AM	10	\$92.50

Youth 2 - Fountain Park

In this level, swimmers will continue building their confidence and skill by swimming longer distances and refining their front and back strokes. Participants will learn techniques for treading water, practice movement in deeper water, and improve their breath control and body alignment. This class is ideal for youth (13-17Y) ready to strengthen their swimming ability and work towards a more efficient, comfortable swim style.

Prerequisite: Youth 1
Age: 13-17

CODE	DAY	DATES	TIMES	CLASSES	FEE
39944	Mon-Fri	Jul 06-Jul 17	11:15 AM-12:00 PM	10	\$92.50
39977	Mon-Fri	Jul 06-Jul 17	6:15 PM-7:00 PM	10	\$92.50
39945	Mon-Fri	Jul 20-Jul 31	9:00 AM-9:45 AM	10	\$92.50
39946	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:45 PM	10	\$92.50
39947	Mon-Fri	Aug 04-Aug 14	7:00 PM-7:45 PM	9	\$83.25
39948	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:45 PM	10	\$92.50
40159	Mon-Fri	Aug 17-Aug 28	9:45 AM-10:30 AM	10	\$92.50

Youth 3 - Fountain Park

This advanced level focuses on further developing stroke efficiency, endurance, and deep-water skills. Swimmers will work on perfecting their front and back crawl techniques, explore whip kick and elementary backstroke, and enhance their treading and diving skills. Participants will also increase their swimming distances to build stamina. This class is ideal for building strength, confidence, and skill for more challenging aquatic activities.

Prerequisite: Youth 2
Age: 13-17 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39957	Mon-Fri	Jul 06-Jul 17	9:00 AM-9:45 AM	10	\$92.50
39978	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:45 PM	10	\$92.50
40080	Mon-Fri	Jul 20-Jul 31	11:15 AM-12:00 PM	10	\$92.50
40213	Mon-Fri	Aug 17-Aug 28	4:00 PM-4:45 PM	10	\$92.50

Adult 1 - Fountain Park

In this beginner class, swimmers will work toward completing short-distance swims (10-15 meters) on both their front and back. Participants will focus on fundamental swimming techniques, including floats, rolls, side glides, front crawl and back crawl. They will also develop underwater skills to build confidence in the water and strengthen their swimming foundations in a supportive environment.

Prerequisite: none
Age: 16+

CODE	DAY	DATES	TIMES	CLASSES	FEE
39324	Mon-Fri	Jul 06-Jul 17	10:30 AM-11:15 AM	10	\$92.50
39325	Mon-Fri	Jul 20-Jul 31	10:30 AM-11:15 AM	10	\$92.50
39326	Mon-Fri	Aug 17-Aug 28	10:30 AM-11:15 AM	10	\$92.50

Adult 2/3 - Fountain Park

This combination class is designed for swimmers ready to expand their skills and endurance. Participants will work on refining front and back crawl techniques, learn whip kick and elementary backstroke, and improve breath control and body alignment. The class will also focus on building stamina with increased swim distances, practicing treading water, and gaining confidence in deep water. Ideal for youth and adults, this program combines essential skills from both Level 2 and Level 3 to help swimmers advance toward a more efficient, confident swim style.

Prerequisite: Adult 1
Age: 16+

CODE	DAY	DATES	TIMES	CLASSES	FEE
39327	Mon-Fri	Jul 06-Jul 17	7:00 PM-7:45 PM	10	\$92.50
39328	Mon-Fri	Jul 20-Jul 31	7:00 PM-7:45 PM	10	\$92.50
39329	Mon-Fri	Aug 17-Aug 28	7:00 PM-7:45 PM	10	\$92.50



Leadership/ Certification

Awesome Aquatic Assistant - Classroom 7 hrs

This is a one-day program designed for candidates who are interested in becoming Swim Instructors. Under the guidance of an experienced Swim Instructor, candidates will learn to prepare lesson plans, teach swimming skills and stroke correction, give feedback, and evaluate students for the preschool and Swimmer levels 1-3. Students must bring their bathing suits and be prepared to be in the water. To allow students to practice their skills, they will be required to register for a ten-week Awesome Aquatic Assistant Water course to assist Swim Instructors in the water.

Prerequisite: Swimmer 6
Age: 12-17 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39334	Sat	Jul 18	9:00 AM-4:00 PM	1	\$65.00
40022	Sat	Aug 15	9:00 AM-4:00 PM	1	\$65.00

Awesome Aquatic Assistant - Water 3 hrs

If you have completed Awesome Aquatic Assistant Course, Aquatic Preschool Instructor, or your Swim Instructor and Lifesaving Instructor you can now assist at any time. You will be paired up with an instructor to learn songs, games, stroke progressions and drills. It is a fun way to help the community and terrific opportunity to mentor and influence a child's aquatic experience. Please meet the mentoring instructor on deck beside the lifeguard chair wearing your assigned t-shirt.

CODE	DAY	DATES	TIMES	CLASSES	FEE
39330	Mon-Fri	Jul 06-Jul 17	9:00 AM-12:00 PM	10	\$0.00
39331	Mon-Fri	Jul 20-Jul 31	9:00 AM-12:00 PM	10	\$0.00
39332	Mon-Fri	Aug 04-Aug 14	9:00 AM-12:00 PM	9	\$0.00
39333	Mon-Fri	Aug 17-Aug 28	9:00 AM-12:00 PM	10	\$0.00

Awesome Aquatic Assistant - Water 4 hrs

If you have completed Awesome Aquatic Assistant Course or your Swim Instructor and Lifesaving Instructor you can now assist at any time. You will be paired up with an experienced Swim Instructor during regularly scheduled lessons to learn songs, games, stroke progressions and drills. It is a great way to build leadership skills, and create a safe environment for children to develop confidence and competence in the water. Please meet the Mentor Instructor on deck and they will provide you with your assistant shirt.

Prerequisite: Awesome Aquatic Assistant Classroom
Age: 12+

CODE	DAY	DATES	TIMES	CLASSES	FEE
39339	Sun	Jul 05-Aug 23	4:00 PM-8:00 PM	7	\$0.00
39335	Mon-Fri	Jul 06-Jul 17	4:00 PM-8:00 PM	10	\$0.00
39336	Mon-Fri	Jul 20-Jul 31	4:00 PM-8:00 PM	10	\$0.00
39337	Mon-Fri	Aug 04-Aug 14	4:00 PM-8:00 PM	9	\$0.00
39338	Mon-Fri	Aug 17-Aug 28	4:00 PM-8:00 PM	10	\$0.00

Bronze Star® - Grosvenor Outdoor Pool

The Lifesaving Society's updated Bronze Star® develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star® prepares candidates for success in Bronze Medallion® and provides a fun introduction to lifesaving sport. 100% attendance is required.

Prerequisite: Swimmer 9 Star Patrol
Age: 11-17 years

CODE	DAY	DATES	TIMES	CLASSES	FEE
39345	Mon-Fri	Jul 06-Jul 10	9:00 AM-11:00 AM	5	\$125.00
39346	Mon-Fri	Jul 13-Jul 17	9:00 AM-11:00 AM	5	\$125.00

Bronze Medallion® - Grosvenor Pool

The Lifesaving Society's updated Bronze Medallion® challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness are the four components of water rescue and form the basis of Bronze Medallion® training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion® is a prerequisite for assistant lifeguard training in Bronze Cross®. Completing this program also certifies the swimmer with a CPR C certificate. 100% attendance is required.

Prerequisite: Bronze Star®
Age: 13+

CODE	DAY	DATES	TIMES	CLASSES	FEE
40268	Mon-Fri	Jul 20-Jul 29	9:00 AM-11:30 AM	8	\$231.13
40269	Mon-Fri	Aug 04-Aug 13	9:00 AM-11:30 AM	8	\$231.13
40270	Mon-Fri	Aug 17-Aug 26	9:00 AM-11:30 AM	8	\$231.13

Bronze Cross® +IFA - Fountain Park

The Lifesaving Society's updated Bronze Cross® begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. This course also includes Lifesaving Intermediate First Aid. Bronze Cross® candidates strengthen and expand their lifesaving skills and begin to apply principles and techniques of active surveillance in aquatic facilities. Bronze Cross® emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross® is a prerequisite for advanced training in the Lifesaving Society's National Lifeguard and Swim Instructor certification programs. 100% attendance is required.

Prerequisite: Bronze Medallion®
Age: 13+

CODE	DAY	DATES	TIMES	CLASSES	FEE
39340	Mon-Fri	Jul 20-Jul 30	9:00 AM-1:00 PM	9	\$342.03
39341	Mon-Fri	Aug 04-Aug 14	9:00 AM-1:00 PM	9	\$342.03

National Lifeguard and Oxygen Administration - Fountain Park

National Lifeguard (NL) certification is recognized as the standard for lifeguards in Canada. NL training develops basic lifeguarding skills, principles, and decision-making process to help lifeguards create a safe and enjoyable facility. This course teaches lifeguards to prevent and respond effectively to emergencies. Other additions to this course package are as follows: Aquatic Emergency Care (AEC), Automatic External Defibrillator (AED), and Oxygen Administration (O2). 100% attendance is required.

Prerequisite: Bronze Cross®, Intermediate First Aid and CPR C
Age: 15+

CODE	DAY	DATES	TIMES	CLASSES	FEE
39348	Mon-Fri	Jul 06-Jul 13	9:00 AM-5:00 PM	6	\$350.78

Swim Instructor/Examiner - Fountain Park

Swim instructor candidates are trained to teach and evaluate the preschool levels, swimmer levels 1-6, and Canadian Swim Patrol (Rookie, Ranger & Star) awards. Topics covered include long and short-term planning, class management, safety supervision, and the principles of evaluation. 100% attendance is required.

Prerequisite: Bronze Cross®
Age: 15+

CODE	DAY	DATES	TIMES	CLASSES	FEE
40023	Mon-Fri	Aug 17-Aug 21	9:00 AM-5:00 PM	5	\$344.50