

AQUATICS

PROGRAM GUIDE

SPRING 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
36972	Sat	Apr 11-Jun 20	10:30 AM-11:00 AM	10	\$72.50
36973	Sat	Apr 11-Jun 20	12:00 PM-12:30 PM	10	\$72.50
36965	Sun	Apr 12-Jun 21	10:00 AM-10:30 AM	10	\$72.50
36964	M	Apr 13-Jun 22	9:00 AM-9:30 AM	10	\$72.50
36966	M	Apr 13-Jun 22	6:30 PM-7:00 PM	10	\$72.50
37953	M	Apr 13-Jun 22	5:00 PM-5:30 PM	10	\$72.50
36967	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
36968	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
36969	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37973	W	Apr 15-Jun 17	4:30 PM-5:00 PM	10	\$72.50
37975	W	Apr 15-Jun 24	9:00 AM-9:30 AM	10	\$72.50
36970	Th	Apr 16-Jun 18	4:00 PM-4:30 PM	10	\$72.50
36971	Th	Apr 16-Jun 18	6:30 PM-7:00 PM	10	\$72.50
36974	F	Apr 17-Jun 19	6:00 PM-6:30 PM	10	\$72.50

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
36986	Sat	Apr 11-Jun 20	11:00 AM-11:30 AM	10	\$72.50
36978	Sun	Apr 12-Jun 21	10:30 AM-11:00 AM	10	\$72.50
36979	M	Apr 13-Jun 22	6:00 PM-6:30 PM	10	\$72.50
36980	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$72.50
36987	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
36981	W	Apr 15-Jun 17	6:30 PM-7:00 PM	10	\$72.50
36977	Th	Apr 16-Jun 25	9:00 AM-9:30 AM	10	\$72.50
36982	Th	Apr 16-Jun 18	5:00 PM-5:30 PM	10	\$72.50
36983	Th	Apr 16-Jun 18	7:00 PM-7:30 PM	10	\$72.50
36984	F	Apr 17-Jun 19	4:30 PM-5:00 PM	10	\$72.50
36985	F	Apr 17-Jun 19	6:30 PM-7:00 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
37000	Sat	Apr 11-Jun 20	10:00 AM-10:30 AM	10	\$72.50
37001	Sat	Apr 11-Jun 20	11:30 AM-12:00 PM	10	\$72.50
36990	Sun	Apr 12-Jun 21	9:00 AM-9:30 AM	10	\$72.50
36991	Sun	Apr 12-Jun 21	12:00 PM-12:30 PM	10	\$72.50
36992	M	Apr 13-Jun 22	4:30 PM-5:00 PM	10	\$72.50
36993	M	Apr 13-Jun 22	7:00 PM-7:30 PM	10	\$72.50
36994	T	Apr 14-Jun 16	7:00 PM-7:30 PM	10	\$72.50
36995	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50
36996	W	Apr 15-Jun 17	7:00 PM-7:30 PM	10	\$72.50
36997	Th	Apr 16-Jun 18	4:30 PM-5:00 PM	10	\$72.50
36998	F	Apr 17-Jun 19	5:00 PM-5:30 PM	10	\$72.50
36999	F	Apr 17-Jun 19	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
37051	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$72.50
37052	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37053	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37054	Sat	Apr 11-Jun 20	10:00 AM-10:30 AM	10	\$72.50
37055	Sat	Apr 11-Jun 20	10:30 AM-11:00 AM	10	\$72.50
37056	Sat	Apr 11-Jun 20	11:00 AM-11:30 AM	10	\$72.50
37057	Sat	Apr 11-Jun 20	11:30 AM-12:00 PM	10	\$72.50
37058	Sat	Apr 11-Jun 20	12:00 PM-12:30 PM	10	\$72.50
37059	Sat	Apr 11-Jun 20	12:30 PM-1:00 PM	10	\$72.50
37007	Sun	Apr 12-Jun 21	9:00 AM-9:30 AM	10	\$72.50
37008	Sun	Apr 12-Jun 21	9:30 AM-10:00 AM	10	\$72.50
37009	Sun	Apr 12-Jun 21	9:30 AM-10:00 AM	10	\$72.50
37010	Sun	Apr 12-Jun 21	10:00 AM-10:30 AM	10	\$72.50
37011	Sun	Apr 12-Jun 21	10:30 AM-11:00 AM	10	\$72.50
37012	Sun	Apr 12-Jun 21	11:00 AM-11:30 AM	10	\$72.50
37013	Sun	Apr 12-Jun 21	11:30 AM-12:00 PM	10	\$72.50
37014	Sun	Apr 12-Jun 21	12:00 PM-12:30 PM	10	\$72.50
37005	M	Apr 13-Jun 22	9:00 AM-9:30 AM	10	\$72.50
37015	M	Apr 13-Jun 22	4:30 PM-5:00 PM	10	\$72.50
37016	M	Apr 13-Jun 22	4:30 PM-5:00 PM	10	\$72.50
37017	M	Apr 13-Jun 22	5:00 PM-5:30 PM	10	\$72.50
37018	M	Apr 13-Jun 22	5:30 PM-6:00 PM	10	\$72.50
37019	M	Apr 13-Jun 22	6:00 PM-6:30 PM	10	\$72.50
37020	M	Apr 13-Jun 22	6:30 PM-7:00 PM	10	\$72.50
37021	M	Apr 13-Jun 22	7:00 PM-7:30 PM	10	\$72.50
37022	M	Apr 13-Jun 22	2:30 PM-3:00 PM	10	\$72.50
37023	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$72.50
37024	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50

37025	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
37026	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
37027	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37028	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
37029	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
37030	T	Apr 14-Jun 16	7:00 PM-7:30 PM	10	\$72.50
37031	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$72.50
37032	W	Apr 15-Jun 17	4:30 PM-5:00 PM	10	\$72.50
37033	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50
37034	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37035	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37036	W	Apr 15-Jun 17	6:30 PM-7:00 PM	10	\$72.50
37037	W	Apr 15-Jun 17	7:00 PM-7:30 PM	10	\$72.50
37976	W	Apr 15-Jun 24	9:00 AM-9:30 AM	10	\$72.50
37006	Th	Apr 16-Jun 18	4:00 PM-4:30 PM	10	\$72.50
37038	Th	Apr 16-Jun 18	4:30 PM-5:00 PM	10	\$72.50
37039	Th	Apr 16-Jun 18	5:00 PM-5:30 PM	10	\$72.50
37040	Th	Apr 16-Jun 18	6:00 PM-6:30 PM	10	\$72.50
37041	Th	Apr 16-Jun 18	6:00 PM-6:30 PM	10	\$72.50
37042	Th	Apr 16-Jun 18	7:00 PM-7:30 PM	10	\$72.50
37060	Th	Apr 16-Jun 25	9:00 AM-9:30 AM	10	\$72.50
37881	Th	Apr 16-Jun 18	6:30 PM-7:00 PM	10	\$72.50
37043	F	Apr 17-Jun 19	4:00 PM-4:30 PM	10	\$72.50
37044	F	Apr 17-Jun 19	4:30 PM-5:00 PM	10	\$72.50
37045	F	Apr 17-Jun 19	5:00 PM-5:30 PM	10	\$72.50
37046	F	Apr 17-Jun 19	5:30 PM-6:00 PM	10	\$72.50
37047	F	Apr 17-Jun 19	6:00 PM-6:30 PM	10	\$72.50
37048	F	Apr 17-Jun 19	6:30 PM-7:00 PM	10	\$72.50
37049	F	Apr 17-Jun 19	6:30 PM-7:00 PM	10	\$72.50

Preschool 1 - Servus Place

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
37062	Sat	Apr 11-Jun 20	8:30 AM-9:00 AM	10	\$72.50
37063	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37064	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37065	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37066	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$72.50
37067	W	Apr 15-Jun 17	5:30 PM-6:00 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
37113	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$72.50
37114	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37115	Sat	Apr 11-Jun 20	10:00 AM-10:30 AM	10	\$72.50

37116	Sat	Apr 11-Jun 20	10:30 AM-11:00 AM	10	\$72.50
37117	Sat	Apr 11-Jun 20	10:30 AM-11:00 AM	10	\$72.50
37118	Sat	Apr 11-Jun 20	11:30 AM-12:00 PM	10	\$72.50
37119	Sat	Apr 11-Jun 20	12:00 PM-12:30 PM	10	\$72.50
37121	Sat	Apr 11-Jun 20	11:00 AM-11:30 AM	10	\$72.50
37936	Sat	Apr 11-Jun 20	12:30 PM-1:00 PM	10	\$72.50
37070	Sun	Apr 12-Jun 21	9:00 AM-9:30 AM	10	\$72.50
37071	Sun	Apr 12-Jun 21	9:00 AM-9:30 AM	10	\$72.50
37072	Sun	Apr 12-Jun 21	9:30 AM-10:00 AM	10	\$72.50
37073	Sun	Apr 12-Jun 21	10:00 AM-10:30 AM	10	\$72.50
37074	Sun	Apr 12-Jun 21	10:30 AM-11:00 AM	10	\$72.50
37075	Sun	Apr 12-Jun 21	11:00 AM-11:30 AM	10	\$72.50
37076	Sun	Apr 12-Jun 21	11:30 AM-12:00 PM	10	\$72.50
37077	Sun	Apr 12-Jun 21	12:00 PM-12:30 PM	10	\$72.50
37078	Sun	Apr 12-Jun 21	12:30 PM-1:00 PM	10	\$72.50
37120	Sun	Apr 12-Jun 21	11:00 AM-11:30 AM	10	\$72.50
37068	M	Apr 13-Jun 22	9:00 AM-9:30 AM	10	\$72.50
37079	M	Apr 13-Jun 22	4:00 PM-4:30 PM	10	\$72.50
37080	M	Apr 13-Jun 22	4:30 PM-5:00 PM	10	\$72.50
37081	M	Apr 13-Jun 22	5:00 PM-5:30 PM	10	\$72.50
37082	M	Apr 13-Jun 22	5:30 PM-6:00 PM	10	\$72.50
37083	M	Apr 13-Jun 22	6:00 PM-6:30 PM	10	\$72.50
37084	M	Apr 13-Jun 22	6:30 PM-7:00 PM	10	\$72.50
37085	M	Apr 13-Jun 22	6:30 PM-7:00 PM	10	\$72.50
37086	M	Apr 13-Jun 22	7:00 PM-7:30 PM	10	\$72.50
37978	M	Apr 13-Jun 22	2:30 PM-3:00 PM	10	\$72.50
37087	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$72.50
37088	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37089	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37090	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
37091	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37092	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
37093	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
37094	T	Apr 14-Jun 16	7:00 PM-7:30 PM	10	\$72.50
37095	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$72.50
37096	W	Apr 15-Jun 17	4:30 PM-5:00 PM	10	\$72.50
37097	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50
37098	W	Apr 15-Jun 17	5:30 PM-6:00 PM	10	\$72.50
37122	W	Apr 15-Jun 17	6:30 PM-7:00 PM	10	\$72.50
37123	W	Apr 15-Jun 17	7:00 PM-7:30 PM	10	\$72.50
37977	W	Apr 15-Jun 24	9:00 AM-9:30 AM	10	\$72.50
37069	Th	Apr 16-Jun 25	9:00 AM-9:30 AM	10	\$72.50
37099	Th	Apr 16-Jun 18	4:00 PM-4:30 PM	10	\$72.50
37100	Th	Apr 16-Jun 18	4:30 PM-5:00 PM	10	\$72.50
37101	Th	Apr 16-Jun 18	5:00 PM-5:30 PM	10	\$72.50
37102	Th	Apr 16-Jun 18	5:00 PM-5:30 PM	10	\$72.50
37103	Th	Apr 16-Jun 18	6:00 PM-6:30 PM	10	\$72.50
37104	Th	Apr 16-Jun 18	6:30 PM-7:00 PM	10	\$72.50
37105	Th	Apr 16-Jun 18	7:00 PM-7:30 PM	10	\$72.50
37106	F	Apr 17-Jun 19	4:00 PM-4:30 PM	10	\$72.50
37107	F	Apr 17-Jun 19	4:30 PM-5:00 PM	10	\$72.50
37108	F	Apr 17-Jun 19	5:00 PM-5:30 PM	10	\$72.50
37109	F	Apr 17-Jun 19	5:30 PM-6:00 PM	10	\$72.50

37110	F	Apr 17-Jun 19	6:00 PM-6:30 PM	10	\$72.50
37111	F	Apr 17-Jun 19	6:30 PM-7:00 PM	10	\$72.50
37112	F	Apr 17-Jun 19	7:00 PM-7:30 PM	10	\$72.50
37891	F	Apr 17-Jun 19	4:30 PM-5:00 PM	10	\$72.50

Preschool 2 - Servus Place

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
37125	Sat	Apr 11-Jun 20	8:00 AM-8:30 AM	10	\$72.50
37128	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37126	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$72.50
37981	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
37124	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37129	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50
37987	W	Apr 15-Jun 17	4:30 PM-5:00 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
37174	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$72.50
37175	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37176	Sat	Apr 11-Jun 20	10:00 AM-10:30 AM	10	\$72.50
37177	Sat	Apr 11-Jun 20	10:30 AM-11:00 AM	10	\$72.50
37178	Sat	Apr 11-Jun 20	11:00 AM-11:30 AM	10	\$72.50
37179	Sat	Apr 11-Jun 20	11:00 AM-11:30 AM	10	\$72.50
37180	Sat	Apr 11-Jun 20	11:30 AM-12:00 PM	10	\$72.50
37181	Sat	Apr 11-Jun 20	12:00 PM-12:30 PM	10	\$72.50
37938	Sat	Apr 11-Jun 20	12:30 PM-1:00 PM	10	\$72.50
37130	Sun	Apr 12-Jun 21	9:00 AM-9:30 AM	10	\$72.50
37131	Sun	Apr 12-Jun 21	9:30 AM-10:00 AM	10	\$72.50
37132	Sun	Apr 12-Jun 21	10:00 AM-10:30 AM	10	\$72.50
37133	Sun	Apr 12-Jun 21	10:00 AM-10:30 AM	10	\$72.50
37134	Sun	Apr 12-Jun 21	10:30 AM-11:00 AM	10	\$72.50
37135	Sun	Apr 12-Jun 21	11:00 AM-11:30 AM	10	\$72.50
37136	Sun	Apr 12-Jun 21	11:30 AM-12:00 PM	10	\$72.50
37137	Sun	Apr 12-Jun 21	12:00 PM-12:30 PM	10	\$72.50
37138	Sun	Apr 12-Jun 21	12:30 PM-1:00 PM	10	\$72.50
37139	M	Apr 13-Jun 22	4:00 PM-4:30 PM	10	\$72.50
37140	M	Apr 13-Jun 22	4:30 PM-5:00 PM	10	\$72.50
37141	M	Apr 13-Jun 22	5:00 PM-5:30 PM	10	\$72.50
37142	M	Apr 13-Jun 22	5:30 PM-6:00 PM	10	\$72.50
37143	M	Apr 13-Jun 22	5:30 PM-6:00 PM	10	\$72.50
37144	M	Apr 13-Jun 22	6:00 PM-6:30 PM	10	\$72.50
37145	M	Apr 13-Jun 22	6:30 PM-7:00 PM	10	\$72.50
37146	M	Apr 13-Jun 22	7:00 PM-7:30 PM	10	\$72.50
37147	M	Apr 13-Jun 22	2:30 PM-3:00 PM	10	\$72.50

37148	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$72.50
37149	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37150	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
37151	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37152	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
37153	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
37154	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
37155	T	Apr 14-Jun 16	7:00 PM-7:30 PM	10	\$72.50
37156	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$72.50
37157	W	Apr 15-Jun 17	4:30 PM-5:00 PM	10	\$72.50
37158	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50
37159	W	Apr 15-Jun 17	5:30 PM-6:00 PM	10	\$72.50
37160	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37161	W	Apr 15-Jun 17	6:30 PM-7:00 PM	10	\$72.50
37162	W	Apr 15-Jun 17	7:00 PM-7:30 PM	10	\$72.50
37971	W	Apr 15-Jun 17	4:30 PM-5:00 PM	10	\$72.50
37163	Th	Apr 16-Jun 18	4:00 PM-4:30 PM	10	\$72.50
37164	Th	Apr 16-Jun 18	4:30 PM-5:00 PM	10	\$72.50
37165	Th	Apr 16-Jun 18	5:00 PM-5:30 PM	10	\$72.50
37166	Th	Apr 16-Jun 18	5:30 PM-6:00 PM	10	\$72.50
37167	Th	Apr 16-Jun 18	6:00 PM-6:30 PM	10	\$72.50
37168	Th	Apr 16-Jun 18	7:00 PM-7:30 PM	10	\$72.50
37882	Th	Apr 16-Jun 18	6:30 PM-7:00 PM	10	\$72.50
37883	Th	Apr 16-Jun 18	6:30 PM-7:00 PM	10	\$72.50
37169	F	Apr 17-Jun 19	4:00 PM-4:30 PM	10	\$72.50
37170	F	Apr 17-Jun 19	4:30 PM-5:00 PM	10	\$72.50
37171	F	Apr 17-Jun 19	5:00 PM-5:30 PM	10	\$72.50
37172	F	Apr 17-Jun 19	5:00 PM-5:30 PM	10	\$72.50
37173	F	Apr 17-Jun 19	5:30 PM-6:00 PM	10	\$72.50
37182	F	Apr 17-Jun 19	7:00 PM-7:30 PM	10	\$72.50
37892	F	Apr 17-Jun 19	6:00 PM-6:30 PM	10	\$72.50
37893	F	Apr 17-Jun 19	6:30 PM-7:00 PM	10	\$72.50

Preschool 3 - Servus Place

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
37184	Sat	Apr 11-Jun 20	8:00 AM-8:30 AM	10	\$72.50
37189	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$72.50
37185	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$72.50
37186	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
37980	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37187	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$72.50
37188	W	Apr 15-Jun 17	6:30 PM-7:00 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
37214	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$72.50
37215	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37216	Sat	Apr 11-Jun 20	11:30 AM-12:00 PM	10	\$72.50
37217	Sat	Apr 11-Jun 20	12:00 PM-12:30 PM	10	\$72.50
37937	Sat	Apr 11-Jun 20	12:30 PM-1:00 PM	10	\$72.50
37190	Sun	Apr 12-Jun 21	9:30 AM-10:00 AM	10	\$72.50
37191	Sun	Apr 12-Jun 21	10:30 AM-11:00 AM	10	\$72.50
37192	Sun	Apr 12-Jun 21	11:30 AM-12:00 PM	10	\$72.50
37193	Sun	Apr 12-Jun 21	12:00 PM-12:30 PM	10	\$72.50
37218	Sun	Apr 12-Jun 21	12:30 PM-1:00 PM	10	\$72.50
37194	M	Apr 13-Jun 22	4:00 PM-4:30 PM	10	\$72.50
37195	M	Apr 13-Jun 22	4:30 PM-5:00 PM	10	\$72.50
37196	M	Apr 13-Jun 22	5:00 PM-5:30 PM	10	\$72.50
37197	M	Apr 13-Jun 22	5:30 PM-6:00 PM	10	\$72.50
37219	M	Apr 13-Jun 22	6:00 PM-6:30 PM	10	\$72.50
37220	M	Apr 13-Jun 22	7:00 PM-7:30 PM	10	\$72.50
37957	M	Apr 13-Jun 22	6:30 PM-7:00 PM	10	\$72.50
37198	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37200	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37201	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
37221	T	Apr 14-Jun 16	7:00 PM-7:30 PM	10	\$72.50
37202	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$72.50
37203	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50
37204	W	Apr 15-Jun 17	5:30 PM-6:00 PM	10	\$72.50
37205	W	Apr 15-Jun 17	5:30 PM-6:00 PM	10	\$72.50
37222	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37223	W	Apr 15-Jun 17	6:30 PM-7:00 PM	10	\$72.50
37224	W	Apr 15-Jun 17	7:00 PM-7:30 PM	10	\$72.50
37206	Th	Apr 16-Jun 18	4:30 PM-5:00 PM	10	\$72.50
37207	Th	Apr 16-Jun 18	5:30 PM-6:00 PM	10	\$72.50
37208	Th	Apr 16-Jun 18	6:00 PM-6:30 PM	10	\$72.50
37209	Th	Apr 16-Jun 18	7:00 PM-7:30 PM	10	\$72.50
37225	Th	Apr 16-Jun 18	5:30 PM-6:00 PM	10	\$72.50
37210	F	Apr 17-Jun 19	4:30 PM-5:00 PM	10	\$72.50
37211	F	Apr 17-Jun 19	5:30 PM-6:00 PM	10	\$72.50
37212	F	Apr 17-Jun 19	6:00 PM-6:30 PM	10	\$72.50
37213	F	Apr 17-Jun 19	6:30 PM-7:00 PM	10	\$72.50
37894	F	Apr 17-Jun 19	7:00 PM-7:30 PM	10	\$72.50

Preschool 4 - Servus Place

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
37229	Sat	Apr 11-Jun 20	8:30 AM-9:00 AM	10	\$72.50
37227	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37982	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
37228	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$72.50
37988	W	Apr 15-Jun 17	4:30 PM-5:00 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
37250	Sat	Apr 11-Jun 20	9:30 AM-10:00 AM	10	\$72.50
37251	Sat	Apr 11-Jun 20	10:00 AM-10:30 AM	10	\$72.50
37252	Sat	Apr 11-Jun 20	11:00 AM-11:30 AM	10	\$72.50
37935	Sat	Apr 11-Jun 20	12:00 PM-12:30 PM	10	\$72.50
37230	Sun	Apr 12-Jun 21	10:00 AM-10:30 AM	10	\$72.50
37231	Sun	Apr 12-Jun 21	11:00 AM-11:30 AM	10	\$72.50
37232	Sun	Apr 12-Jun 21	11:30 AM-12:00 PM	10	\$72.50
37233	Sun	Apr 12-Jun 21	12:00 PM-12:30 PM	10	\$72.50
37234	M	Apr 13-Jun 22	4:00 PM-4:30 PM	10	\$72.50
37235	M	Apr 13-Jun 22	5:00 PM-5:30 PM	10	\$72.50
37236	M	Apr 13-Jun 22	6:00 PM-6:30 PM	10	\$72.50
37958	M	Apr 13-Jun 22	7:00 PM-7:30 PM	10	\$72.50
37237	T	Apr 14-Jun 16	4:30 PM-5:00 PM	10	\$72.50
37238	T	Apr 14-Jun 16	5:30 PM-6:00 PM	10	\$72.50
37239	T	Apr 14-Jun 16	7:00 PM-7:30 PM	10	\$72.50
37240	W	Apr 15-Jun 17	4:30 PM-5:00 PM	10	\$72.50
37241	W	Apr 15-Jun 17	5:30 PM-6:00 PM	10	\$72.50
37242	W	Apr 15-Jun 17	6:30 PM-7:00 PM	10	\$72.50
37243	W	Apr 15-Jun 17	7:00 PM-7:30 PM	10	\$72.50
37244	Th	Apr 16-Jun 18	4:30 PM-5:00 PM	10	\$72.50
37245	Th	Apr 16-Jun 18	5:00 PM-5:30 PM	10	\$72.50
37246	Th	Apr 16-Jun 18	6:00 PM-6:30 PM	10	\$72.50
37253	Th	Apr 16-Jun 18	6:30 PM-7:00 PM	10	\$72.50
37255	Th	Apr 16-Jun 18	7:00 PM-7:30 PM	10	\$72.50
37876	Th	Apr 16-Jun 18	5:30 PM-6:00 PM	10	\$72.50
37247	F	Apr 17-Jun 19	4:00 PM-4:30 PM	10	\$72.50
37248	F	Apr 17-Jun 19	5:00 PM-5:30 PM	10	\$72.50
37249	F	Apr 17-Jun 19	7:00 PM-7:30 PM	10	\$72.50
37254	F	Apr 17-Jun 19	5:30 PM-6:00 PM	10	\$72.50

Preschool 5 - Servus Place

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
37258	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$72.50
37257	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$72.50
37983	T	Apr 14-Jun 16	6:30 PM-7:00 PM	10	\$72.50
37989	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$72.50

Preschool 1 - Fountain Park - HomeSchool

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
37061	W	Apr 15-Jun 17	2:30 PM-3:00 PM	10	\$72.50

Preschool 2 - Fountain Park - HomeSchool

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
37974	W	Apr 15-Jun 17	3:00 PM-3:30 PM	10	\$72.50

Preschool 3 - Fountain Park - HomeSchool

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
37183	W	Apr 15-Jun 17	3:00 PM-3:30 PM	10	\$72.50

Preschool 4 - Fountain Park - HomeSchool

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
37226	W	Apr 15-Jun 17	3:30 PM-4:00 PM	10	\$72.50

Preschool 5 - Fountain Park - HomeSchool

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
37256	W	Apr 15-Jun 17	3:30 PM-4:00 PM	10	\$72.50



Child Aquatics Programs

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
36961	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	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
37542	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50

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
37543	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50

SwimAbilities® 1 - FPRC

SwimAbilities is a swimming program designed to break down swimming skills into small, manageable components with logical progressions that support opportunities for success. This program is for children and youth that are 3-16 years of age and require additional support while in the water and when learning to swim. Swimmers will benefit from a slower paced program that provides more visual support, one-on-one assistance, and personal modifications. During lessons, swimmers must have a parent, caregiver, or aide in the water to support a safe learning environment. Swimmers and their caregivers are assisted by the instructor as they learn to be safe and independent while enjoying the water.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37544	T	Apr 14-Jun 16	5:30 PM-6:00 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
37575	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50
37576	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37577	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
37578	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37579	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50
37545	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50

37546	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37547	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50
37548	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	10	\$92.50
37549	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	10	\$92.50
37550	M	Apr 13-Jun 22	4:00 PM-4:45 PM	10	\$92.50
37551	M	Apr 13-Jun 22	4:45 PM-5:30 PM	10	\$92.50
37552	M	Apr 13-Jun 22	5:30 PM-6:15 PM	10	\$92.50
37553	M	Apr 13-Jun 22	6:15 PM-7:00 PM	10	\$92.50
37554	M	Apr 13-Jun 22	7:00 PM-7:45 PM	10	\$92.50
37555	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
37556	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37557	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37558	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37559	T	Apr 14-Jun 16	7:00 PM-7:45 PM	10	\$92.50
37560	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37561	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37562	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37563	W	Apr 15-Jun 17	6:15 PM-7:00 PM	10	\$92.50
37564	W	Apr 15-Jun 17	7:00 PM-7:45 PM	10	\$92.50
37565	Th	Apr 16-Jun 18	4:00 PM-4:45 PM	10	\$92.50
37566	Th	Apr 16-Jun 18	4:45 PM-5:30 PM	10	\$92.50
37567	Th	Apr 16-Jun 18	5:30 PM-6:15 PM	10	\$92.50
37568	Th	Apr 16-Jun 18	6:15 PM-7:00 PM	10	\$92.50
37569	Th	Apr 16-Jun 18	7:00 PM-7:45 PM	10	\$92.50
37570	F	Apr 17-Jun 19	4:00 PM-4:45 PM	10	\$92.50
37571	F	Apr 17-Jun 19	4:45 PM-5:30 PM	10	\$92.50
37572	F	Apr 17-Jun 19	5:30 PM-6:15 PM	10	\$92.50
37573	F	Apr 17-Jun 19	6:15 PM-7:00 PM	10	\$92.50
37574	F	Apr 17-Jun 19	7:00 PM-7:45 PM	10	\$92.50

37589	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50
37590	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37591	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50
37592	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	10	\$92.50
37593	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	10	\$92.50
37594	M	Apr 13-Jun 22	4:00 PM-4:45 PM	10	\$92.50
37595	M	Apr 13-Jun 22	4:45 PM-5:30 PM	10	\$92.50
37596	M	Apr 13-Jun 22	5:30 PM-6:15 PM	10	\$92.50
37597	M	Apr 13-Jun 22	6:15 PM-7:00 PM	10	\$92.50
37598	M	Apr 13-Jun 22	7:00 PM-7:45 PM	10	\$92.50
37599	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
37600	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37601	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37602	T	Apr 14-Jun 16	7:00 PM-7:45 PM	10	\$92.50
37961	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37603	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37604	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37605	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37606	W	Apr 15-Jun 17	6:15 PM-7:00 PM	10	\$92.50
37607	W	Apr 15-Jun 17	7:00 PM-7:45 PM	10	\$92.50
37608	Th	Apr 16-Jun 18	4:00 PM-4:45 PM	10	\$92.50
37609	Th	Apr 16-Jun 18	4:45 PM-5:30 PM	10	\$92.50
37610	Th	Apr 16-Jun 18	5:30 PM-6:15 PM	10	\$92.50
37611	Th	Apr 16-Jun 18	6:15 PM-7:00 PM	10	\$92.50
37612	Th	Apr 16-Jun 18	7:00 PM-7:45 PM	10	\$92.50
37613	F	Apr 17-Jun 19	4:00 PM-4:45 PM	10	\$92.50
37614	F	Apr 17-Jun 19	4:45 PM-5:30 PM	10	\$92.50
37615	F	Apr 17-Jun 19	5:30 PM-6:15 PM	10	\$92.50
37616	F	Apr 17-Jun 19	6:15 PM-7:00 PM	10	\$92.50

Swimmer 1 Advanced - Servus Place

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
37582	Sat	Apr 11-Jun 20	8:45 AM-9:30 AM	10	\$92.50
37587	Sat	Apr 11-Jun 20	9:30 AM-10:15 AM	10	\$92.50
37585	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37588	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37581	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37584	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37586	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50

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
37617	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50
37618	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
37619	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37620	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50

Swimmer 1 Beginner - Servus Place

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
38001	Sat	Apr 11-Jun 20	9:30 AM-10:15 AM	10	\$92.50
37624	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
37984	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37622	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37623	W	Apr 15-Jun 17	6:15 PM-7:00 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
37655	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50
37656	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37657	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
37659	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50

37626	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50
37627	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37628	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50
37629	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	10	\$92.50
37630	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	10	\$92.50
37631	M	Apr 13-Jun 22	4:00 PM-4:45 PM	10	\$92.50
37632	M	Apr 13-Jun 22	4:45 PM-5:30 PM	10	\$92.50
37633	M	Apr 13-Jun 22	5:30 PM-6:15 PM	10	\$92.50
37634	M	Apr 13-Jun 22	6:15 PM-7:00 PM	10	\$92.50
37635	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
37636	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37637	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37638	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37639	T	Apr 14-Jun 16	7:00 PM-7:45 PM	10	\$92.50
37640	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37641	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37642	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37643	W	Apr 15-Jun 17	6:15 PM-7:00 PM	10	\$92.50
37644	W	Apr 15-Jun 17	7:00 PM-7:45 PM	10	\$92.50
37645	Th	Apr 16-Jun 18	4:00 PM-4:45 PM	10	\$92.50
37646	Th	Apr 16-Jun 18	4:45 PM-5:30 PM	10	\$92.50
37647	Th	Apr 16-Jun 18	5:30 PM-6:15 PM	10	\$92.50
37648	Th	Apr 16-Jun 18	6:15 PM-7:00 PM	10	\$92.50
37649	Th	Apr 16-Jun 18	7:00 PM-7:45 PM	10	\$92.50
37650	F	Apr 17-Jun 19	4:00 PM-4:45 PM	10	\$92.50
37651	F	Apr 17-Jun 19	4:45 PM-5:30 PM	10	\$92.50
37652	F	Apr 17-Jun 19	5:30 PM-6:15 PM	10	\$92.50
37653	F	Apr 17-Jun 19	6:15 PM-7:00 PM	10	\$92.50
37654	F	Apr 17-Jun 19	7:00 PM-7:45 PM	10	\$92.50

Swimmer 2 - Servus Place

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
37666	Sat	Apr 11-Jun 20	8:00 AM-8:45 AM	10	\$92.50
37671	Sat	Apr 11-Jun 20	8:45 AM-9:30 AM	10	\$92.50
37664	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37668	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
38038	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37667	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37669	W	Apr 15-Jun 17	6:15 PM-7:00 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
37699	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50

37700	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37701	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
37702	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37672	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50
37673	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37674	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	10	\$92.50
37675	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	10	\$92.50
37676	M	Apr 13-Jun 22	4:00 PM-4:45 PM	10	\$92.50
37677	M	Apr 13-Jun 22	4:45 PM-5:30 PM	10	\$92.50
37678	M	Apr 13-Jun 22	5:30 PM-6:15 PM	10	\$92.50
37679	M	Apr 13-Jun 22	6:15 PM-7:00 PM	10	\$92.50
37680	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
37681	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37682	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37683	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37684	T	Apr 14-Jun 16	7:00 PM-7:45 PM	10	\$92.50
37685	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37686	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37687	W	Apr 15-Jun 17	6:15 PM-7:00 PM	10	\$92.50
37688	W	Apr 15-Jun 17	7:00 PM-7:45 PM	10	\$92.50
37689	Th	Apr 16-Jun 18	4:00 PM-4:45 PM	10	\$92.50
37690	Th	Apr 16-Jun 18	4:45 PM-5:30 PM	10	\$92.50
37691	Th	Apr 16-Jun 18	5:30 PM-6:15 PM	10	\$92.50
37692	Th	Apr 16-Jun 18	6:15 PM-7:00 PM	10	\$92.50
37693	Th	Apr 16-Jun 18	7:00 PM-7:45 PM	10	\$92.50
37694	F	Apr 17-Jun 19	4:00 PM-4:45 PM	10	\$92.50
37695	F	Apr 17-Jun 19	4:45 PM-5:30 PM	10	\$92.50
37696	F	Apr 17-Jun 19	5:30 PM-6:15 PM	10	\$92.50
37697	F	Apr 17-Jun 19	6:15 PM-7:00 PM	10	\$92.50
37698	F	Apr 17-Jun 19	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
37728	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50
37729	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37730	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
37731	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37732	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50
37704	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50
37705	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37706	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50
37707	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	10	\$92.50
37708	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	10	\$92.50
37709	M	Apr 13-Jun 22	4:00 PM-4:45 PM	10	\$92.50
37710	M	Apr 13-Jun 22	4:45 PM-5:30 PM	10	\$92.50
37711	M	Apr 13-Jun 22	6:15 PM-7:00 PM	10	\$92.50
37712	M	Apr 13-Jun 22	7:00 PM-7:45 PM	10	\$92.50
37713	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50

37714	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37715	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37716	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37717	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37718	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37719	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37720	W	Apr 15-Jun 17	7:00 PM-7:45 PM	10	\$92.50
37721	Th	Apr 16-Jun 18	4:00 PM-4:45 PM	10	\$92.50
37722	Th	Apr 16-Jun 18	4:45 PM-5:30 PM	10	\$92.50
37723	Th	Apr 16-Jun 18	5:30 PM-6:15 PM	10	\$92.50
37724	Th	Apr 16-Jun 18	6:15 PM-7:00 PM	10	\$92.50
37725	F	Apr 17-Jun 19	4:00 PM-4:45 PM	10	\$92.50
37726	F	Apr 17-Jun 19	4:45 PM-5:30 PM	10	\$92.50
37727	F	Apr 17-Jun 19	7:00 PM-7:45 PM	10	\$92.50
37733	F	Apr 17-Jun 19	6:15 PM-7:00 PM	10	\$92.50
37895	F	Apr 17-Jun 19	5:30 PM-6:15 PM	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
37748	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37749	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50
37735	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50
37736	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37737	Sun	Apr 12-Jun 21	11:15 AM-12:00 PM	10	\$92.50
37738	M	Apr 13-Jun 22	4:00 PM-4:45 PM	10	\$92.50
37739	M	Apr 13-Jun 22	5:30 PM-6:15 PM	10	\$92.50
37740	T	Apr 14-Jun 16	4:00 PM-4:45 PM	10	\$92.50
37741	T	Apr 14-Jun 16	6:15 PM-7:00 PM	10	\$92.50
37742	W	Apr 15-Jun 17	4:00 PM-4:45 PM	10	\$92.50
37743	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37744	Th	Apr 16-Jun 18	5:30 PM-6:15 PM	10	\$92.50
37745	Th	Apr 16-Jun 18	7:00 PM-7:45 PM	10	\$92.50
37746	F	Apr 17-Jun 19	4:00 PM-4:45 PM	10	\$92.50
37750	F	Apr 17-Jun 19	7:00 PM-7:45 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
37763	Sat	Apr 11-Jun 20	9:00 AM-9:45 AM	10	\$92.50
37764	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
37766	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50
37752	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50
37753	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	10	\$92.50
37754	M	Apr 13-Jun 22	4:45 PM-5:30 PM	10	\$92.50
37765	M	Apr 13-Jun 22	7:00 PM-7:45 PM	10	\$92.50

37755	T	Apr 14-Jun 16	4:45 PM-5:30 PM	10	\$92.50
37756	T	Apr 14-Jun 16	7:00 PM-7:45 PM	10	\$92.50
37757	W	Apr 15-Jun 17	4:45 PM-5:30 PM	10	\$92.50
37758	W	Apr 15-Jun 17	6:15 PM-7:00 PM	10	\$92.50
37759	Th	Apr 16-Jun 18	4:45 PM-5:30 PM	10	\$92.50
37760	Th	Apr 16-Jun 18	7:00 PM-7:45 PM	10	\$92.50
37761	F	Apr 17-Jun 19	4:45 PM-5:30 PM	10	\$92.50
37927	F	Apr 17-Jun 19	7:00 PM-7:45 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
37774	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37768	Sun	Apr 12-Jun 21	9:45 AM-10:30 AM	10	\$92.50
37769	M	Apr 13-Jun 22	6:15 PM-7:00 PM	10	\$92.50
37770	T	Apr 14-Jun 16	5:30 PM-6:15 PM	10	\$92.50
37771	W	Apr 15-Jun 17	5:30 PM-6:15 PM	10	\$92.50
37772	Th	Apr 16-Jun 18	4:00 PM-4:45 PM	10	\$92.50
37773	F	Apr 17-Jun 19	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
37781	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37776	Sun	Apr 12-Jun 21	10:30 AM-11:15 AM	10	\$92.50
37777	M	Apr 13-Jun 22	5:30 PM-6:15 PM	10	\$92.50
37778	W	Apr 15-Jun 17	6:15 PM-7:00 PM	10	\$92.50
37779	Th	Apr 16-Jun 18	6:15 PM-7:00 PM	10	\$92.50
37780	F	Apr 17-Jun 19	6:15 PM-7:00 PM	10	\$92.50

Swimmer 1 Advanced - Fountain Park - HomeSchool

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
37580	W	Apr 15-Jun 17	2:30 PM-3:15 PM	10	\$92.50

Swimmer 1 Beginner - Fountain Park - HomeSchool

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
37621	W	Apr 15-Jun 17	2:30 PM-3:15 PM	10	\$92.50

Swimmer 2 - Fountain Park - HomeSchool

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
37663	W	Apr 15-Jun 17	3:15 PM-4:00 PM	10	\$92.50

Swimmer 3 - Fountain Park - HomeSchool

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
37703	W	Apr 15-Jun 17	3:15 PM-4:00 PM	10	\$92.50

Swimmer 4 - Fountain Park - HomeSchool

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
37734	W	Apr 15-Jun 17	3:15 PM-4:00 PM	10	\$92.50

Swimmer 5 - Fountain Park - HomeSchool

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
37751	W	Apr 15-Jun 17	3:15 PM-4:00 PM	10	\$92.50

Swimmer 6 - Fountain Park - HomeSchool

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
37767	W	Apr 15-Jun 17	3:15 PM-4:00 PM	10	\$92.50



Individual Lessons

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
37416	Sat	Apr 11	9:00 AM-9:30 AM	1	\$39.00
37425	Sat	Apr 11	11:30 AM-12:00 PM	1	\$39.00
37434	Sat	Apr 11	12:30 PM-1:00 PM	1	\$39.00
37259	Sun	Apr 12	9:00 AM-9:30 AM	1	\$39.00
37270	Sun	Apr 12	11:30 AM-12:00 PM	1	\$39.00
37444	Sun	Apr 12	12:30 PM-1:00 PM	1	\$39.00
37261	M	Apr 13	4:00 PM-4:30 PM	1	\$39.00
37288	M	Apr 13	7:30 PM-8:00 PM	1	\$39.00
37308	T	Apr 14	4:00 PM-4:30 PM	1	\$39.00
37309	T	Apr 14	6:30 PM-7:00 PM	1	\$39.00
37310	T	Apr 14	7:30 PM-8:00 PM	1	\$39.00
37338	W	Apr 15	4:00 PM-4:30 PM	1	\$39.00
37339	W	Apr 15	5:30 PM-6:00 PM	1	\$39.00
37340	W	Apr 15	7:30 PM-8:00 PM	1	\$39.00
37368	Th	Apr 16	4:00 PM-4:30 PM	1	\$39.00
37369	Th	Apr 16	5:30 PM-6:00 PM	1	\$39.00
37370	Th	Apr 16	7:30 PM-8:00 PM	1	\$39.00
37398	F	Apr 17	4:00 PM-4:30 PM	1	\$39.00
37399	F	Apr 17	7:30 PM-8:00 PM	1	\$39.00
37453	F	Apr 17	5:30 PM-6:00 PM	1	\$39.00
37417	Sat	Apr 18	9:00 AM-9:30 AM	1	\$39.00
37435	Sat	Apr 18	12:30 PM-1:00 PM	1	\$39.00
37934	Sat	Apr 18	11:30 AM-12:00 PM	1	\$39.00
37260	Sun	Apr 19	9:00 AM-9:30 AM	1	\$39.00
37271	Sun	Apr 19	11:30 AM-12:00 PM	1	\$39.00
37445	Sun	Apr 19	12:30 PM-1:00 PM	1	\$39.00
37279	M	Apr 20	4:00 PM-4:30 PM	1	\$39.00
37289	M	Apr 20	7:30 PM-8:00 PM	1	\$39.00
37311	T	Apr 21	4:00 PM-4:30 PM	1	\$39.00
37312	T	Apr 21	6:30 PM-7:00 PM	1	\$39.00
37313	T	Apr 21	7:30 PM-8:00 PM	1	\$39.00
37341	W	Apr 22	4:00 PM-4:30 PM	1	\$39.00
37342	W	Apr 22	5:30 PM-6:00 PM	1	\$39.00
37343	W	Apr 22	7:30 PM-8:00 PM	1	\$39.00
37371	Th	Apr 23	4:00 PM-4:30 PM	1	\$39.00

37372	Th	Apr 23	5:30 PM-6:00 PM	1	\$39.00
37373	Th	Apr 23	7:30 PM-8:00 PM	1	\$39.00
37400	F	Apr 24	4:00 PM-4:30 PM	1	\$39.00
37401	F	Apr 24	7:30 PM-8:00 PM	1	\$39.00
37454	F	Apr 24	5:30 PM-6:00 PM	1	\$39.00
37418	Sat	Apr 25	9:00 AM-9:30 AM	1	\$39.00
37426	Sat	Apr 25	11:30 AM-12:00 PM	1	\$39.00
37436	Sat	Apr 25	12:30 PM-1:00 PM	1	\$39.00
37262	Sun	Apr 26	9:00 AM-9:30 AM	1	\$39.00
37272	Sun	Apr 26	11:30 AM-12:00 PM	1	\$39.00
37446	Sun	Apr 26	12:30 PM-1:00 PM	1	\$39.00
37280	M	Apr 27	4:00 PM-4:30 PM	1	\$39.00
37290	M	Apr 27	7:30 PM-8:00 PM	1	\$39.00
37314	T	Apr 28	4:00 PM-4:30 PM	1	\$39.00
37315	T	Apr 28	6:30 PM-7:00 PM	1	\$39.00
37316	T	Apr 28	7:30 PM-8:00 PM	1	\$39.00
37344	W	Apr 29	4:00 PM-4:30 PM	1	\$39.00
37345	W	Apr 29	5:30 PM-6:00 PM	1	\$39.00
37346	W	Apr 29	7:30 PM-8:00 PM	1	\$39.00
37374	Th	Apr 30	4:00 PM-4:30 PM	1	\$39.00
37375	Th	Apr 30	5:30 PM-6:00 PM	1	\$39.00
37376	Th	Apr 30	7:30 PM-8:00 PM	1	\$39.00
37402	F	May 01	4:00 PM-4:30 PM	1	\$39.00
37403	F	May 01	7:30 PM-8:00 PM	1	\$39.00
37455	F	May 01	5:30 PM-6:00 PM	1	\$39.00
37419	Sat	May 02	9:00 AM-9:30 AM	1	\$39.00
37427	Sat	May 02	11:30 AM-12:00 PM	1	\$39.00
37437	Sat	May 02	12:30 PM-1:00 PM	1	\$39.00
37263	Sun	May 03	9:00 AM-9:30 AM	1	\$39.00
37273	Sun	May 03	11:30 AM-12:00 PM	1	\$39.00
37447	Sun	May 03	12:30 PM-1:00 PM	1	\$39.00
37281	M	May 04	4:00 PM-4:30 PM	1	\$39.00
37291	M	May 04	7:30 PM-8:00 PM	1	\$39.00
37317	T	May 05	4:00 PM-4:30 PM	1	\$39.00
37318	T	May 05	6:30 PM-7:00 PM	1	\$39.00
37319	T	May 05	7:30 PM-8:00 PM	1	\$39.00
37347	W	May 06	4:00 PM-4:30 PM	1	\$39.00
37348	W	May 06	5:30 PM-6:00 PM	1	\$39.00
37349	W	May 06	7:30 PM-8:00 PM	1	\$39.00
37377	Th	May 07	4:00 PM-4:30 PM	1	\$39.00
37378	Th	May 07	5:30 PM-6:00 PM	1	\$39.00
37379	Th	May 07	7:30 PM-8:00 PM	1	\$39.00
37404	F	May 08	4:00 PM-4:30 PM	1	\$39.00
37405	F	May 08	7:30 PM-8:00 PM	1	\$39.00
37456	F	May 08	5:30 PM-6:00 PM	1	\$39.00
37420	Sat	May 09	9:00 AM-9:30 AM	1	\$39.00
37428	Sat	May 09	11:30 AM-12:00 PM	1	\$39.00
37438	Sat	May 09	12:30 PM-1:00 PM	1	\$39.00
37264	Sun	May 10	9:00 AM-9:30 AM	1	\$39.00
37274	Sun	May 10	11:30 AM-12:00 PM	1	\$39.00
37448	Sun	May 10	12:30 PM-1:00 PM	1	\$39.00
37282	M	May 11	4:00 PM-4:30 PM	1	\$39.00
37292	M	May 11	7:30 PM-8:00 PM	1	\$39.00

37320	T	May 12	4:00 PM-4:30 PM	1	\$39.00
37321	T	May 12	6:30 PM-7:00 PM	1	\$39.00
37322	T	May 12	7:30 PM-8:00 PM	1	\$39.00
37350	W	May 13	4:00 PM-4:30 PM	1	\$39.00
37351	W	May 13	5:30 PM-6:00 PM	1	\$39.00
37352	W	May 13	7:30 PM-8:00 PM	1	\$39.00
37380	Th	May 14	4:00 PM-4:30 PM	1	\$39.00
37381	Th	May 14	5:30 PM-6:00 PM	1	\$39.00
37382	Th	May 14	7:30 PM-8:00 PM	1	\$39.00
37406	F	May 15	4:00 PM-4:30 PM	1	\$39.00
37407	F	May 15	7:30 PM-8:00 PM	1	\$39.00
37457	F	May 15	5:30 PM-6:00 PM	1	\$39.00
37323	T	May 19	4:00 PM-4:30 PM	1	\$39.00
37324	T	May 19	6:30 PM-7:00 PM	1	\$39.00
37325	T	May 19	7:30 PM-8:00 PM	1	\$39.00
37353	W	May 20	4:00 PM-4:30 PM	1	\$39.00
37354	W	May 20	5:30 PM-6:00 PM	1	\$39.00
37355	W	May 20	7:30 PM-8:00 PM	1	\$39.00
37383	Th	May 21	4:00 PM-4:30 PM	1	\$39.00
37384	Th	May 21	5:30 PM-6:00 PM	1	\$39.00
37385	Th	May 21	7:30 PM-8:00 PM	1	\$39.00
37408	F	May 22	4:00 PM-4:30 PM	1	\$39.00
37409	F	May 22	7:30 PM-8:00 PM	1	\$39.00
37458	F	May 22	5:30 PM-6:00 PM	1	\$39.00
37421	Sat	May 23	9:00 AM-9:30 AM	1	\$39.00
37429	Sat	May 23	11:30 AM-12:00 PM	1	\$39.00
37439	Sat	May 23	12:30 PM-1:00 PM	1	\$39.00
37265	Sun	May 24	9:00 AM-9:30 AM	1	\$39.00
37276	Sun	May 24	11:30 AM-12:00 PM	1	\$39.00
37449	Sun	May 24	12:30 PM-1:00 PM	1	\$39.00
37283	M	May 25	4:00 PM-4:30 PM	1	\$39.00
37293	M	May 25	7:30 PM-8:00 PM	1	\$39.00
37326	T	May 26	4:00 PM-4:30 PM	1	\$39.00
37327	T	May 26	6:30 PM-7:00 PM	1	\$39.00
37328	T	May 26	7:30 PM-8:00 PM	1	\$39.00
37356	W	May 27	4:00 PM-4:30 PM	1	\$39.00
37357	W	May 27	5:30 PM-6:00 PM	1	\$39.00
37358	W	May 27	7:30 PM-8:00 PM	1	\$39.00
37386	Th	May 28	4:00 PM-4:30 PM	1	\$39.00
37387	Th	May 28	5:30 PM-6:00 PM	1	\$39.00
37388	Th	May 28	7:30 PM-8:00 PM	1	\$39.00
37410	F	May 29	4:00 PM-4:30 PM	1	\$39.00
37411	F	May 29	7:30 PM-8:00 PM	1	\$39.00
37459	F	May 29	5:30 PM-6:00 PM	1	\$39.00
37422	Sat	May 30	9:00 AM-9:30 AM	1	\$39.00
37430	Sat	May 30	11:30 AM-12:00 PM	1	\$39.00
37440	Sat	May 30	12:30 PM-1:00 PM	1	\$39.00
37266	Sun	May 31	9:00 AM-9:30 AM	1	\$39.00
37277	Sun	May 31	11:30 AM-12:00 PM	1	\$39.00
37450	Sun	May 31	12:30 PM-1:00 PM	1	\$39.00
37284	M	Jun 01	4:00 PM-4:30 PM	1	\$39.00
37294	M	Jun 01	7:30 PM-8:00 PM	1	\$39.00
37329	T	Jun 02	4:00 PM-4:30 PM	1	\$39.00

37330	T	Jun 02	6:30 PM-7:00 PM	1	\$39.00
37331	T	Jun 02	7:30 PM-8:00 PM	1	\$39.00
37359	W	Jun 03	4:00 PM-4:30 PM	1	\$39.00
37360	W	Jun 03	5:30 PM-6:00 PM	1	\$39.00
37361	W	Jun 03	7:30 PM-8:00 PM	1	\$39.00
37389	Th	Jun 04	4:00 PM-4:30 PM	1	\$39.00
37390	Th	Jun 04	5:30 PM-6:00 PM	1	\$39.00
37391	Th	Jun 04	7:30 PM-8:00 PM	1	\$39.00
37412	F	Jun 05	4:00 PM-4:30 PM	1	\$39.00
37413	F	Jun 05	7:30 PM-8:00 PM	1	\$39.00
37460	F	Jun 05	5:30 PM-6:00 PM	1	\$39.00
37423	Sat	Jun 06	9:00 AM-9:30 AM	1	\$39.00
37431	Sat	Jun 06	11:30 AM-12:00 PM	1	\$39.00
37441	Sat	Jun 06	12:30 PM-1:00 PM	1	\$39.00
37267	Sun	Jun 07	9:00 AM-9:30 AM	1	\$39.00
37278	Sun	Jun 07	11:30 AM-12:00 PM	1	\$39.00
37451	Sun	Jun 07	12:30 PM-1:00 PM	1	\$39.00
37285	M	Jun 08	4:00 PM-4:30 PM	1	\$39.00
37295	M	Jun 08	7:30 PM-8:00 PM	1	\$39.00
37332	T	Jun 09	4:00 PM-4:30 PM	1	\$39.00
37333	T	Jun 09	6:30 PM-7:00 PM	1	\$39.00
37334	T	Jun 09	7:30 PM-8:00 PM	1	\$39.00
37362	W	Jun 10	4:00 PM-4:30 PM	1	\$39.00
37363	W	Jun 10	5:30 PM-6:00 PM	1	\$39.00
37364	W	Jun 10	7:30 PM-8:00 PM	1	\$39.00
37392	Th	Jun 11	4:00 PM-4:30 PM	1	\$39.00
37393	Th	Jun 11	5:30 PM-6:00 PM	1	\$39.00
37394	Th	Jun 11	7:30 PM-8:00 PM	1	\$39.00
37414	F	Jun 12	4:00 PM-4:30 PM	1	\$39.00
37415	F	Jun 12	7:30 PM-8:00 PM	1	\$39.00
37461	F	Jun 12	5:30 PM-6:00 PM	1	\$39.00
37424	Sat	Jun 13	9:00 AM-9:30 AM	1	\$39.00
37432	Sat	Jun 13	11:30 AM-12:00 PM	1	\$39.00
37442	Sat	Jun 13	12:30 PM-1:00 PM	1	\$39.00
37268	Sun	Jun 14	9:00 AM-9:30 AM	1	\$39.00
37443	Sun	Jun 14	11:30 AM-12:00 PM	1	\$39.00
37452	Sun	Jun 14	12:30 PM-1:00 PM	1	\$39.00
37286	M	Jun 15	4:00 PM-4:30 PM	1	\$39.00
37296	M	Jun 15	7:30 PM-8:00 PM	1	\$39.00
37335	T	Jun 16	4:00 PM-4:30 PM	1	\$39.00
37336	T	Jun 16	6:30 PM-7:00 PM	1	\$39.00
37337	T	Jun 16	7:30 PM-8:00 PM	1	\$39.00
37365	W	Jun 17	4:00 PM-4:30 PM	1	\$39.00
37366	W	Jun 17	5:30 PM-6:00 PM	1	\$39.00
37367	W	Jun 17	7:30 PM-8:00 PM	1	\$39.00
37395	Th	Jun 18	4:00 PM-4:30 PM	1	\$39.00
37396	Th	Jun 18	5:30 PM-6:00 PM	1	\$39.00
37397	Th	Jun 18	7:30 PM-8:00 PM	1	\$39.00
37463	F	Jun 19	4:00 PM-4:30 PM	1	\$39.00
37464	F	Jun 19	7:30 PM-8:00 PM	1	\$39.00
37465	F	Jun 19	5:30 PM-6:00 PM	1	\$39.00
37433	Sat	Jun 20	11:30 AM-12:00 PM	1	\$39.00
37929	Sat	Jun 20	9:00 AM-9:30 AM	1	\$39.00

37939	Sat	Jun 20	12:30 PM-1:00 PM	1	\$39.00
37269	Sun	Jun 21	9:00 AM-9:30 AM	1	\$39.00
37462	Sun	Jun 21	12:30 PM-1:00 PM	1	\$39.00
37944	Sun	Jun 21	11:30 AM-12:00 PM	1	\$39.00
37287	M	Jun 22	4:00 PM-4:30 PM	1	\$39.00
37297	M	Jun 22	7:30 PM-8:00 PM	1	\$39.00

Private Lesson - Servus Place

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
37487	Sat	Apr 11	10:00 AM-10:30 AM	1	\$39.00
37467	T	Apr 14	6:15 PM-6:45 PM	1	\$39.00
37990	W	Apr 15	6:30 PM-7:00 PM	1	\$39.00
37488	Sat	Apr 18	10:00 AM-10:30 AM	1	\$39.00
37468	T	Apr 21	6:15 PM-6:45 PM	1	\$39.00
37991	W	Apr 22	6:30 PM-7:00 PM	1	\$39.00
37489	Sat	Apr 25	10:00 AM-10:30 AM	1	\$39.00
37469	T	Apr 28	6:15 PM-6:45 PM	1	\$39.00
37992	W	Apr 29	6:30 PM-7:00 PM	1	\$39.00
37490	Sat	May 02	10:00 AM-10:30 AM	1	\$39.00
37470	T	May 05	6:15 PM-6:45 PM	1	\$39.00
37993	W	May 06	6:30 PM-7:00 PM	1	\$39.00
37491	Sat	May 09	10:00 AM-10:30 AM	1	\$39.00
37471	T	May 12	6:15 PM-6:45 PM	1	\$39.00
37994	W	May 13	6:30 PM-7:00 PM	1	\$39.00
37472	T	May 19	6:15 PM-6:45 PM	1	\$39.00
37995	W	May 20	6:30 PM-7:00 PM	1	\$39.00
37492	Sat	May 23	10:00 AM-10:30 AM	1	\$39.00
37473	T	May 26	6:15 PM-6:45 PM	1	\$39.00
38039	W	May 27	6:30 PM-7:00 PM	1	\$39.00
37493	Sat	May 30	10:00 AM-10:30 AM	1	\$39.00
37474	T	Jun 02	6:15 PM-6:45 PM	1	\$39.00
37997	W	Jun 03	6:30 PM-7:00 PM	1	\$39.00
37494	Sat	Jun 06	10:00 AM-10:30 AM	1	\$39.00
37475	T	Jun 09	6:15 PM-6:45 PM	1	\$39.00
37998	W	Jun 10	6:30 PM-7:00 PM	1	\$39.00
37495	Sat	Jun 13	10:00 AM-10:30 AM	1	\$39.00
37476	T	Jun 16	6:15 PM-6:45 PM	1	\$39.00
37999	W	Jun 17	6:30 PM-7:00 PM	1	\$39.00
38002	Sat	Jun 20	10:00 AM-10:30 AM	1	\$39.00

Private Lesson 5 Lesson Set

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
37496	M	Apr 13-May 11	7:30 PM-8:00 PM	5	\$195.00
38014	M	Apr 13-May 11	9:00 AM-9:30 AM	5	\$195.00
38015	M	Apr 13-May 11	2:30 PM-3:00 PM	5	\$195.00
37498	T	Apr 14-May 12	7:30 PM-8:00 PM	5	\$195.00

37506	T	Apr 14-May 12	9:00 AM-9:30 AM	5	\$195.00
37507	T	Apr 14-May 12	2:30 PM-3:00 PM	5	\$195.00
37500	W	Apr 15-May 13	7:30 PM-8:00 PM	5	\$195.00
37502	Th	Apr 16-May 14	7:30 PM-8:00 PM	5	\$195.00
38018	Th	Apr 16-May 14	9:00 AM-9:30 AM	5	\$195.00
38019	Th	Apr 16-May 14	2:30 PM-3:00 PM	5	\$195.00
37504	F	Apr 17-May 15	7:30 PM-8:00 PM	5	\$195.00
37499	T	May 19-Jun 16	7:30 PM-8:00 PM	5	\$195.00
37501	W	May 20-Jun 17	7:30 PM-8:00 PM	5	\$195.00
37503	Th	May 21-Jun 18	7:30 PM-8:00 PM	5	\$195.00
37505	F	May 22-Jun 19	7:30 PM-8:00 PM	5	\$195.00
37497	M	May 25-Jun 22	7:30 PM-8:00 PM	5	\$195.00
38016	M	May 25-Jun 22	9:00 AM-9:30 AM	5	\$195.00
38017	M	May 25-Jun 22	2:30 PM-3:00 PM	5	\$195.00
37508	T	May 26-Jun 23	9:00 AM-9:30 AM	5	\$195.00
37509	T	May 26-Jun 23	2:30 PM-3:00 PM	5	\$195.00
38020	Th	May 28-Jun 25	9:00 AM-9:30 AM	5	\$195.00
38021	Th	May 28-Jun 25	2:30 PM-3:00 PM	5	\$195.00

37528	F	Apr 17-Jun 19	7:30 PM-8:00 PM	10	\$125.00
37533	F	Apr 17-Jun 19	7:00 PM-7:30 PM	10	\$125.00

Special Needs - Servus Place

These are one-on-one lessons for those with physical or mental challenges where the instructor works with both the student and parent or guardian. Please contact Fountain Park Recreation Centre to receive the student information form. We ask that the form be filled out and returned on or before the first class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37539	Sat	Apr 11-Jun 20	8:00 AM-8:30 AM	10	\$125.00
37537	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$125.00
37538	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$125.00
37540	W	Apr 15-Jun 17	5:30 PM-6:00 PM	10	\$125.00

Special Needs - Fountain Park

These are one-on-one lessons for those with physical or mental challenges where the instructor works with both the student and parent or guardian. Please contact Fountain Park Recreation Centre to receive the student information form. We ask that the form be filled out and returned on or before the first class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37529	Sat	Apr 11-Jun 20	9:00 AM-9:30 AM	10	\$125.00
37530	Sat	Apr 11-Jun 20	10:00 AM-10:30 AM	10	\$125.00
37531	Sat	Apr 11-Jun 20	10:30 AM-11:00 AM	10	\$125.00
37532	Sat	Apr 11-Jun 20	12:30 PM-1:00 PM	10	\$125.00
37510	Sun	Apr 12-Jun 21	9:30 AM-10:00 AM	10	\$125.00
37511	Sun	Apr 12-Jun 21	10:30 AM-11:00 AM	10	\$125.00
37512	Sun	Apr 12-Jun 21	11:00 AM-11:30 AM	10	\$125.00
37513	Sun	Apr 12-Jun 21	12:30 PM-1:00 PM	10	\$125.00
37514	M	Apr 13-Jun 22	4:00 PM-4:30 PM	10	\$125.00
37515	M	Apr 13-Jun 22	5:30 PM-6:00 PM	10	\$125.00
37516	M	Apr 13-Jun 22	7:30 PM-8:00 PM	10	\$125.00
38009	M	Apr 13-Jun 22	9:00 AM-9:30 AM	10	\$125.00
38010	M	Apr 13-Jun 22	2:30 PM-3:00 PM	10	\$125.00
37517	T	Apr 14-Jun 16	4:00 PM-4:30 PM	10	\$125.00
37518	T	Apr 14-Jun 16	5:00 PM-5:30 PM	10	\$125.00
37519	T	Apr 14-Jun 16	7:30 PM-8:00 PM	10	\$125.00
37534	T	Apr 14-Jun 16	6:00 PM-6:30 PM	10	\$125.00
38011	T	Apr 14-Jun 23	9:00 AM-9:30 AM	10	\$125.00
38012	T	Apr 14-Jun 23	2:30 PM-3:00 PM	10	\$125.00
37520	W	Apr 15-Jun 17	4:00 PM-4:30 PM	10	\$125.00
37521	W	Apr 15-Jun 17	6:00 PM-6:30 PM	10	\$125.00
37522	W	Apr 15-Jun 17	7:30 PM-8:00 PM	10	\$125.00
37536	W	Apr 15-Jun 17	5:00 PM-5:30 PM	10	\$125.00
37523	Th	Apr 16-Jun 18	4:00 PM-4:30 PM	10	\$125.00
37524	Th	Apr 16-Jun 18	5:30 PM-6:00 PM	10	\$125.00
37525	Th	Apr 16-Jun 18	7:30 PM-8:00 PM	10	\$125.00
38013	Th	Apr 16-Jun 25	2:30 PM-3:00 PM	10	\$125.00
37526	F	Apr 17-Jun 19	4:00 PM-4:30 PM	10	\$125.00
37527	F	Apr 17-Jun 19	6:00 PM-6:30 PM	10	\$125.00



Youth/Adult Aquatics Programs

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
37787	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37786	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	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
36945	Sat	Apr 11-Jun 20	12:00 PM-12:45 PM	10	\$92.50
36944	T	Apr 14-Jun 16	7:00 PM-7:45 PM	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
36947	Sat	Apr 11-Jun 20	10:30 AM-11:15 AM	10	\$92.50
36946	W	Apr 15-Jun 17	7:00 PM-7:45 PM	10	\$92.50

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
37783	Sat	Apr 11-Jun 20	9:45 AM-10:30 AM	10	\$92.50
37782	Sun	Apr 12-Jun 21	12:00 PM-12:45 PM	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
37785	Sat	Apr 11-Jun 20	11:15 AM-12:00 PM	10	\$92.50
37784	Sun	Apr 12-Jun 21	9:00 AM-9:45 AM	10	\$92.50



Leadership/ Certification

Bronze Cross® - 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® and CPR C

Age: 13+

CODE	DAY	DATES	TIMES	CLASSES	FEE
36956	Sat	Apr 18-Jun 20	12:30 PM-4:30 PM	9	\$350.13
36957	Sun	Apr 19-Jun 21	11:00 AM-3:00 PM	9	\$350.13

Bronze Medallion®

Prerequisite: 13 years or Bronze Star

The Lifesaving Society's updated Bronze Medallion challenges the candidate both mentally and physically. Judgement, 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.

**Please Note: Manuals and an additional certification cost will be added at time of registration. 100% attendance is required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37964	Sat	May 02-Jun 13	10:00 AM-12:30 PM	6	\$214.97
37965	Sun	May 03-Jun 14	1:00 PM-3:30 PM	6	\$214.97

Bronze Star®

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
37962	Sat	May 02-Jun 06	1:00 PM-3:00 PM	5	\$129.00
37963	Sun	May 03-Jun 07	1:00 PM-3:00 PM	5	\$129.00

National Lifeguard and Oxygen Administration

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
36962	Sat	May 23-Jun 27	9:00 AM-5:00 PM	6	\$350.78

Awesome Aquatic Assistant - Classroom - Fountain Park

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
36948	Sat	Jun 27	9:00 AM-4:00 PM	1	\$65.00

Awesome Aquatic Assistant - Water - Fountain Park

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
36955	Sat	Apr 11-Jun 20	9:00 AM-1:00 PM	10	\$0.00
36949	Sun	Apr 12-Jun 21	9:00 AM-1:00 PM	10	\$0.00
36950	M	Apr 13-Jun 22	4:00 PM-8:00 PM	10	\$0.00
36951	T	Apr 14-Jun 16	4:00 PM-8:00 PM	10	\$0.00
36952	W	Apr 15-Jun 17	4:00 PM-8:00 PM	10	\$0.00
36953	Th	Apr 16-Jun 18	4:00 PM-8:00 PM	10	\$0.00
36954	F	Apr 17-Jun 19	4:00 PM-8:00 PM	10	\$0.00