

Aquatics

AQUATIC FITNESS

45 Minute H2O Blitz (18Y+)

Jump in for a high intensity, low impact workout! Swim lengths, water aerobics and water running for total-body conditioning. Note: Deep water activities.

M	Sep 13-Oct 25	08:15 PM-09:00 PM	\$67/7	[19086]
M	Nov 8-Dec 20	08:15 PM-09:00 PM	\$67/7	[19087]
M	Jan 10-Feb 21	08:15 PM-09:00 PM	\$67/7	[19118]
M	Mar 7-Apr 18	08:15 PM-09:00 PM	\$67/7	[19119]

Baby and You Aquasize (18Y+)

Splash your way to fitness with safe and fun water exercises you can do with your baby. Basic aerobic conditioning, strengthening and stretching. Babies 6M - 18M.

Tu	Sep 14-Nov 2	10:15 AM-11:00 AM	\$76/8	[19092]
Th	Sep 16-Nov 4	10:15 AM-11:00 AM	\$76/8	[19093]
Tu	Nov 9-Dec 21	10:15 AM-11:00 AM	\$67/7	[19095]
Th	Nov 18-Dec 23	10:15 AM-11:00 AM	\$57/6	[19094]
Tu	Jan 11-Mar 1	10:15 AM-11:00 AM	\$76/8	[19120]
Th	Jan 13-Mar 3	10:15 AM-11:00 AM	\$76/8	[19121]
Tu	Mar 8-Apr 26	10:15 AM-11:00 AM	\$76/8	[19123]
Th	Mar 10-Apr 28	10:15 AM-11:00 AM	\$76/8	[19122]

Master Swim Club (14Y+)

New!

Fun! Fitness! Friends! Water! This brand new program teaches swimming skills, enhances fitness and is a great place to meet fellow swimmers. Train for both distance and speed as well as competition starts and turns.

M, Th	Sep 13-Dec 23	08:30 PM-10:00 PM	\$250/28	[20345]
M, Th	Jan 10-Apr 21	08:30 PM-10:00 PM	\$250/29	[20346]

Pool-ates Level 1 (16Y+)

Experience Pilates in the water! Teaches basic Pilates principles with focus on learning and using proper techniques for core strength and flexibility.

W	Sep 15-Nov 3	08:15 PM-09:15 PM	\$89/8	[19126]
W	Nov 10-Dec 22	08:15 PM-09:15 PM	\$78/7	[19091]
W	Jan 12-Mar 2	08:15 PM-09:15 PM	\$89/8	[19127]
W	Mar 9-Apr 27	08:15 PM-09:15 PM	\$89/8	[19128]

AQUATIC LEADERSHIP

Assistant Water Safety Instructor (15Y+)

Develop a foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Evaluations based on 8 hours of assistant teaching and individual study. Upon successful completion, candidates may co-teach the Red Cross Swim program under the supervision of a fully certified Water Safety Instructor. Class times are Friday 5pm-9pm, Saturday and Sunday 9am-5pm.

F-Su	Nov 5-14	05:00 PM-09:00 PM	\$220/4	[19169]
F-Su	Feb 4-13	05:00 PM-09:00 PM	\$220/6	[19181]

Bronze Cross (9Y+)

Advanced lifesaving training and introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs. Includes CPR-C. Prerequisite: Bronze Medallion.

Th	Sep 16-Nov 4	07:00 PM-09:30 PM	\$110/8	[19140]
Tu	Nov 9-Dec 21	07:00 PM-09:30 PM	\$110/7	[19141]
Tu, Th	Feb 8-Mar 3	07:00 PM-09:30 PM	\$110/8	[19179]

Bronze Medallion/Cross + Standard First Aid Combined (14Y+)

Combined course to certify candidates in Bronze Medallion, Bronze Cross and Standard First Aid. Suitable for mature candidates working towards the National Lifeguard Service (NLS) award. Class times are Friday 5pm-9pm and Saturday and Sunday 9am-6pm.

F-Su	Sep 10-19	05:00 PM-09:00 PM	\$265/6	[19132]
F-Su	Nov 19-28	05:00 PM-09:00 PM	\$265/6	[19170]
M-F	Mar 28-Apr 1	09:00 AM-06:00 PM	\$265/5	[19187]

Bronze Medallion (9Y+)

Gain and understanding of the lifesaving principles embodied in the four components of water rescue - judgment, knowledge, skill and fitness. Learn tows, carries and defense and release methods for conscious and on conscious victims. includes CPR-A. Prerequisite: Bronze Star or 13 years old.

Tu	Sep 14-Nov 2	07:00 PM-09:30 PM	\$138/8	[19146]
Th	Nov 18-Dec 23	07:00 PM-09:30 PM	\$138/6	[19147]
Tu, Th	Jan 11-Feb 3	07:00 PM-09:30 PM	\$138/8	[19178]

Bronze Star (9Y-12Y)

Pre-Bronze Medallion training swimmers, develop problem-solving and decision-making skills, gain water smart confidence and learn lifesaving skills. includes CPR-A.

M	Sep 13-Nov 1	06:30 PM-08:00 PM	\$80/7	[19152]
M	Nov 8-Dec 20	06:30 PM-08:00 PM	\$80/7	[19153]
M	Jan 10-Feb 28	06:30 PM-08:00 PM	\$80/7	[20394]
M	Mar 7-Apr 18	06:30 PM-08:00 PM	\$80/7	[20395]

Head Lifeguard (16Y+)

The Lifesaving Society's Head Lifeguard program uses a modular course and practicum approach to provide entry level training for front line supervision of deck staff including staff training and supervision as well as safe facility operation and risk management components. Prerequisites: NLS and Lifesaving Instructor.

Sa-Su	Oct 2-3	09:00 AM-05:00 PM	\$125/2	[19168]
Sa-Su	Dec 4-5	09:00 AM-05:00 PM	\$125/2	[19172]

Aquatics

Junior Lifeguard Club (8Y-15Y)

Participants develop skills based on personal best in swimming, lifesaving, fitness, knowledge, leadership and teamwork through high activity challenges both in the pool and on the pool deck.

M	Sep 13-Nov 1	05:30 PM-06:30 PM	\$86/8	[19150]
M	Nov 8-Dec 20	05:30 PM-06:30 PM	\$84/7	[19151]
M	Jan 10-Feb 28	05:30 PM-06:30 PM	\$84/7	[20396]
M	Mar 7-Apr 18	05:30 PM-06:30 PM	\$84/7	[20397]

Lifesaving Instructor/Swim Instructor/Examiner (16Y+)

Certifies candidates as both Swim Instructor/Examiner of the Lifesaving Society's Swim for Life program, as well as Lifesaving Instructor/Examiner for the Canadian Swim Patrol and Bronze awards. Instructors learn to teach and evaluate basic movement and swimming skills, strokes and fitness, training to teach and evaluate Canadian Swim Patrol, Bronze medal awards and CPR. Prerequisite: Bronze Cross. Class times are Friday 5pm-9pm and Saturday and Sunday 9am-6pm.

F-Su	Oct 15-24	05:00 PM-09:00 PM	\$265/6	[19166]
F-Su	Apr 8-17	05:00 PM-09:00 PM	\$265/6	[19189]

NLS- National Lifeguard Service (16Y+)

Develop basic lifeguarding skills, principles and decision-making processes to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Candidates certified as National Lifeguards upon completion and must recertify every two years. Prerequisite: Bronze Cross and Standard First Aid/CPR-C. Class times are Friday 5pm-9pm and Saturday and Sunday 9am-6pm.

F-Su	Sep 24-Oct 3	05:00 PM-09:00 PM	\$270/6	[19134]
M-Th	Dec 27-30	09:00 AM-06:00 PM	\$270/4	[19174]
F-Su	Mar 4-13	05:00 PM-09:00 PM	\$270/6	[19184]

NLS Recertification (17Y+)

Recertification clinic to maintain NLS accreditation.

Sa	Oct 2	02:00 PM-06:00 PM	\$80/1	[19161]
Sa	Dec 4	02:00 PM-06:00 PM	\$80/1	[19162]

Water Safety Instructor (16Y+)

Designed to train swimming instructors to teach all Red Cross Swim courses. Certifications are recognized Canada-wide and expire every two years. Prerequisite: Red Cross Assistant Water Safety Instructor.

Sa-Su	Dec 11-19	09:00 AM-06:00 PM	\$195/4	[19173]
Tu, Th	Mar 8-Apr 28	07:00 PM-09:30 PM	\$195/16	[19186]

Water Safety Instructor Recertification (17Y+)

A four-hour recertification clinic. Candidates must present the original card for verification at the start of the clinic.

Sa	Oct 2	10:00 AM-02:00 PM	\$80/1	[19160]
Sa	Dec 4	10:00 AM-02:00 PM	\$80/1	[19163]