

AQUATICS

Ray Twinney Recreation Complex & Magna Centre Metro Aquatic Centre

What to Expect from Lessons

Swimming requires a lot of practice and positive feedback to succeed. We believe that it takes 10 years of lessons to really learn to swim well. The Red Cross Swim Program allows students to progress comfortably at their own rate. We encourage you to talk about lessons with your child. Make sure that you have realistic expectations and that your child feels no pressure to “pass” a level or get a badge, but rather focus on “completing” the skills at their own rate. Try to look at swimming lessons as a long-term progression. If your child should miss a lesson due to vacation, illness or other commitments we are not able to accommodate a make up lesson. If the absence will not allow them to continue lessons please fill out a refund request form which can be found at the kiosks of the recreation centers or online at www.newmarket.ca. All parents/guardians of aquatic participants in lessons are required to remain in the designated seating areas (viewing gallery, patio or bleachers). We thank you for your co-operation.

Parent's Day

Join us during the 5th lesson. You are welcome to watch your children from the pool seating areas or viewing galleries, take pictures and speak with the instructor at the end of the class. If you wish to visit on deck, please remember to remove your shoes! Please note that picture taking is only permitted on Parent's Day.

Final Report Cards

Feedback is essential for successful learning! To provide reinforcement, each participant will receive a written report outlining their swimming progress. These reports are yours to keep, however the Progress Card must be returned to your next instructor for reference in areas needing more practice.

Screening for Aquatic Levels

Our aquatic staff will screen participants to assist you in registering for the right class. If your child has learned to swim without instruction or has been out of lessons for a year or more, request a screening from the Head Instructor/Guard during a scheduled public swim time.

Instructor to Participant Ratios

The class ratios are listed with each Preschool and Swim Kids level. These ratios are based on the research and recommendations of the Red Cross.

PLEASE NOTE: All times, dates, fees, instructors, and programs are subject to change without notice. Advanced course taxes, materials, and exam fees are not included. All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee, but DO NOT include applicable taxes. Taxes are not applied on programs for 14 yrs. and under.

Metro Aquatic Centre

800 Mulock Dr. | 905-953-5303

8 Classes (1 day/week)

Saturday, Sept 24 – Nov 26
Sunday, Sept 25 – Nov 27
Monday, Sept 26 – Nov 21
Tuesday, Sept 27 – Nov 15
Wednesday, Sept 28 – Nov 16
Thursday, Sept 29 – Nov 17

No Lessons Scheduled on:

Oct 8, 9 & 10 - Thanksgiving
Nov 12 & 13 - Swim Meet (Magna)
Nov 10 - Swim Meet (Magna -
daytime lessons only 9 a.m. - 3 p.m.)

Ray Twinney Complex

100 Eagle St. W. | 905-953-5301




8 classes (1 day/week)

Saturday, Sept 24 – Nov 19
Sunday, Sept 25 – Nov 20
Monday, Sept 26 – Nov 21
Tuesday, Sept 27 – Nov 15
Thursday, Sept 29 – Nov 17

8 classes (Tuesday & Thursday)

Nov 22 – Dec 15

Fees (8 classes)

-  Preschool to Swim Kids 4
Res \$73 | Non-Res \$113
-  Swim Kids 5 to 7
Res \$83 | Non-Res \$123
-  Swim Kids 8 to 10
Res \$91 | Non-Res \$131



Preschool

(ages 4 months to 6 years)

This seven-level program allows your children to enter levels based on their age and abilities: During Starfish and Duck, the parent or caregiver will participate in the classes together with their child. Sea Turtle With-Parent provides a transition where parents can gradually leave their preschooler with the instructor. In the Sea Otter to Whale levels children participate without a parent/guardian. The children will be with the Instructor at all times. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children. ***As your child reaches age six during the preschool levels, please refer to the Red Cross Transition Chart.**

*Parented classes

- Starfish*
- Duck*
- Sea Turtle*
- Sea Otter - NEW!**
- Salamander
- Sunfish
- Crocodile
- Whale



Swim Kids

(ages 5 to 12 years)

This 10 level program for school aged children will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breaststroke, and sidestroke, actively learning how to be safe around water, and will help increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.

Swim Kids Level 1 to 10



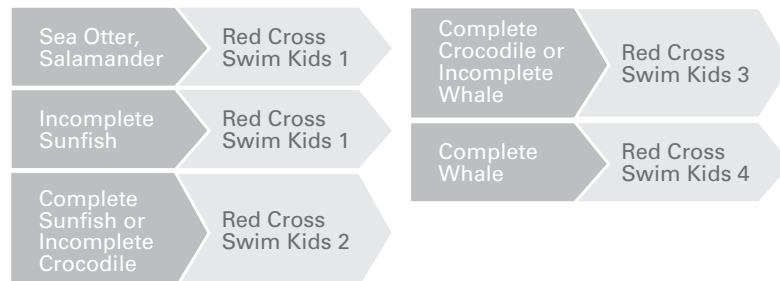
Teen & Adult Swim Program

(ages 13 and up)

The Adult & Teen Swim Program is a four stage program that can be customized to meet individual needs. Learn to swim in Red Cross Swim Basics 1 and 2, develop or improve strokes in Red Cross Swim Strokes, and sample a variety of aquatic activities in Red Cross Swim Sports. The program is customized to participants' individual goals and rate of progress.

- Red Cross Swim Basics 1
- Red Cross Swim Basics 2
- Red Cross Swim Strokes
- Red Cross Swim Sports

Red Cross Transition Chart: Preschool to Swim Kids



Swim Schedules



Metro Aquatic Centre | 905-953-5303

Situated inside the Magna Centre, it features two fully accessible pools; one is a 25-metre, 8-lane pool; the other is a 21-metre learning pool with spray nozzles and a swirl pool. The elevated viewing gallery provides a vantage point of the entire pool for spectators. Fully accessible male, female and family change rooms and NLS lifeguards supervising the pool are provided.

AQUATICS

Sept 6 – Dec 18	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Parent & Tot	4:30 – 6 p.m.	1 – 6 p.m.	1 – 6 p.m.	1 – 6 p.m.	1 – 8 p.m.	2 – 4 p.m.	
Daytime Leisure*	9 a.m. – Noon	9 a.m. – Noon 1 – 3 p.m.	9 a.m. – Noon	9 a.m. – Noon	9 a.m. – Noon		
Public*		7:30 – 9 p.m.		7:30 – 9 p.m.		4 – 6 p.m.	
Adult Lane*	7:30 – 9 a.m. 12 – 1 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9:30 – 10:30 p.m.		12 – 1 p.m.

*Pool space may be shared with other programs. Lane availability will vary.

Sept 6 – Dec 18	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aquafit Combo	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.		
Fit Forever 55+		11 – 11:45 a.m.		11 – 11:45 a.m.	10 – 10:45 a.m.		
Diaper Fit		10 – 10:45 a.m.		10 – 10:45 a.m.			
Aqua Challenge	10 – 10:45 a.m.	12 – 12:45 p.m. 7:30 – 8:15 p.m.	10 – 10:45 a.m.	12 – 12:45 p.m. 7:30 – 8:15 p.m.			

No Aquafit during Winter Break or on Holiday weekends

CLOSURES

All Pools – Sept. 10, Oct. 10, Dec. 24 (noon), Dec. 25, Dec. 26, Dec. 31 (3 p.m.), Jan. 1
Magna – Nov. 10 (9-3), Nov. 11 (4-10), Nov. 12-13, Dec. 8 (9-4)

ADULT LANE SWIM: Lane swim for 16 years and up. Swirl Pool and Sauna available. Teaching Pool (MAC) not available. *(shared with fitness/lessons – two lanes).

AQUA CHALLENGE: Work hard and work fast by taking your water workout to a higher level of intensity. This will include a “new” water cycling segment. Prepare to be challenged! 15 per class limit.

AQUADEEP: Open to 16 years and up. A moderate to intense workout – all in deep water. Jogging belts and other equipment provided, or bring your own. Participants must be comfortable in deep water and able to swim 25 meter. 15 per class limit.

AQUAFIT COMBO: Open to 16 years and up. An “all exercise” workout to music. Mid-pool, deep, and shallow water used. 25 per class limit.

AQUA ZUMBA™: A “pool party” workout for all ages. An effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.

DAYTIME LEISURE SWIM: Open to anyone. Pool space shared with lessons and aquatic fitness. Lanes for lane swim available (*dependent on shared activities). Parents and preschoolers in the Tot/Teaching Pool only with limited space. Swirl Pool and Sauna (RTRC) open.

DIAPER FIT: This gentle shallow water workout for parents and tots under three years of age requires the use of a baby floatation device (tugboat), which is provided. 15 per class limit.

FIT FOREVER: Open to 55 years and up. Aquatic fitness workout to music. Deep and shallow water used. 25 per class limit.

H2O REPAIR: Gentle stretching/strengthening workout in Swirl Pool/Learning Pool. to ease joints, muscles, or injuries. 5 per class limit.

PARENT & TOT SWIM: Tot/Teaching Pool Only. Open to preschoolers and their parents/caregivers who are 16 years of age or older.

PUBLIC SWIM: Open to anyone. Slide is open (RTRC). All pools and amenities are available.

NEW 8 WEEK REGISTERED PROGRAM: TRIAQUA CHALLENGE: Prepare to work HARD! This program brings sports training to the water for optimum performance training and is designed to incorporate three different fitness activities in one class (running, cycling, and finning) for the ultimate water workout. Primarily for deep water activities and utilizing a variety of equipment, this program will work different muscle groups, build endurance, and strength in the water! Get ready for the ultimate water challenge! Starting Sunday, September 25, 8 week session, 8 a.m. to 8:45 a.m., course code **85822**. This is a registered program.



Ray Twinney Recreation Complex | 905-953-5301

It has two pools, a 25-metre, 6-lane pool, and a Tot pool that is perfect for teaching youngsters. It also features a 100 foot waterslide, swirl pool and dry sauna. An on-deck patio for spectators provides a unique touch. The fully accessible change rooms and main pool are able to accommodate all pool users. The pool is supervised by NLS lifeguards.

Sept 12 – Dec 23	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Daytime Leisure	9 – 11:30 a.m.* 1 – 3 p.m.*		9 – 11:30 a.m.* 1 – 3 p.m.*	9 – 11:30 a.m.* 1 – 3 p.m.*			
Parent & Tot	9 – 11:30 a.m. 1 – 3 p.m. 5:30 – 6:30 p.m.		9 – 11:30 a.m. 1 – 3 p.m. 5:30 – 6:30 p.m.	9 – 11:30 a.m. 1 – 3 p.m.			
Public	6:30 – 8 p.m.		6:30 – 8 p.m.		6:30 – 8 p.m.	1 – 4 p.m.	1 – 4 p.m.
Adult Lane	5:30 – 9 a.m. 11:30 – 1 p.m.* 9 – 10 p.m.*		5:30 – 9 a.m. 11:30 – 1 p.m.* 9 – 10 p.m.*	5:30 – 9 a.m. 11:30 – 1 p.m.	8 – 9 p.m.		7:30 – 8:30 a.m. Noon – 1 p.m.
Senior Lane	3 – 4 p.m.						
Ladies Leisure NEW!							6 – 7 p.m.

*Pool space may be shared with other programs. Lane availability will vary.

Sept 12 – Dec 23	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Aqua Deep	Noon – 12:45 p.m. 8 – 8:45 p.m.		Noon – 12:45 p.m.	8 – 8:45 p.m.		8 – 8:45 a.m.*	
Aquafit Combo	9 – 9:45 a.m.		9 – 9:45 a.m.	9 – 9:45 a.m.			
Fit Forever 55+	10 – 10:45 a.m.		10 – 10:45 a.m.	10 – 10:45 a.m.			
Diaper Fit	11 – 11:45 a.m.		11 – 11:45 a.m.				
H2O Repair			1:15 – 1:45 p.m.	1:15 – 1:45 p.m.			
Water Walkers NEW!			2 – 2:45 p.m.				
Aqua Challenge NEW!	1 – 1:45 p.m.						
Aqua Zumba™		8:15 – 9 p.m.	8:15 – 9 p.m.				

*No Aquafit on October 8

Winter Break Schedule

Dec 24 – Jan 6	Mon	Tues	Wed	Thurs	Fri	Sat
Public	1 – 4 p.m.* 6:30 – 8 p.m.*	1 – 4 p.m.	1 – 4 p.m. 6:30 – 8 p.m.	1 – 4 p.m.	1 – 4 p.m. 6:30 – 8 p.m.	1 – 3 p.m.†
Adult Lane	5:30 – 9 a.m.* 11:30 – 1 p.m.* 8 – 9 p.m.*	5:30 – 9 a.m. 11:30 – 1 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m. 8 – 9 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m.	5:30 – 9 a.m. 11:30 – 1 p.m. 8 – 9 p.m.	
Parent & Tot	9 – 11:30 a.m.*	9 – 11:30 a.m.	9 – 11:30 a.m.	9 – 11:30 a.m.	9 – 11:30 a.m.	
Aquafit Combo	9 – 9:45 a.m.*	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	9 – 9:45 a.m.	

†December 31 only. *January 2 only.

CLOSURES

All Pools – Sept. 10, Oct. 10, Dec. 24 (noon), Dec. 25, Dec. 26, Dec. 31 (3 p.m.), Jan. 1

For FITNESS Co-ed Membership & Drop-In information see p. 70.

ADMISSION STANDARDS FOR PUBLIC POOLS

Standards have been developed by the Office of the Chief Coroner of Ontario to assist Lifeguards and Assistant Lifeguards in maintaining adequate surveillance over the whereabouts and activities of young bathers while inside the pool enclosure. The Ministry of Health and Long Term Care strongly supports these standards for the purposes of preventing injuries and fatalities. **Please Note: all parents or guardians must be 16 years of age or older. Prices listed are applicable to all Newmarket aquatic facilities. Passes are interchangeable in all facilities.**

Facility/Slide Swim Test Swim one (1) length of the pool (25m) independently, demonstrating comfort in water without stopping, touching the bottom of the pool or reaching for assistance. Must be performed to gain access to the deep end upon request of a lifeguard.

Serious Medical Conditions Those with serious medical conditions should be accompanied by an individual, who is knowledgeable of their condition and responsible for their supervision.

Child Age	Ratio	Criteria
5 & under	2:1	<ul style="list-style-type: none"> Must be accompanied by a parent/guardian (16 yrs.+). Parent/guardian is responsible for direct supervision and must be in the water within arms reach of child(ren) at all times.
6 to 9	4:1	<ul style="list-style-type: none"> Must be accompanied by a parent/guardian (16 yrs.+). Parent/guardian is responsible for direct supervision & must be in the water. If the child can swim and pass a facility swim test, the parent/guardian does not have to remain within arms reach of the child, however, must remain in the pool enclosure (patio at RTRC or bleacher seating at MAC) to provide supervision of children and remain in visual contact. During slide swims riders must be 42" in height to use slide or must pass the Facility Swim Test
10 and up	N/A	<ul style="list-style-type: none"> May swim without adult accompaniment.

RESIDENT PUBLIC SWIMMING FEES (Proof of residency is required)

Daily Admission*	Adult \$4.75	Youth \$4.50	Child \$3.25	Senior \$4.50	Family \$12	Preschool \$1.25
10 Visit Swim Pass	Adult \$37.80	Youth \$27.86	Child \$20.16	Senior \$27.86	Family \$74.34	
Monthly Passes	Adult \$59.85	Youth \$41.79	Child \$30.24	Senior \$41.79	Family \$103.55	
Quarterly Seasonal	Adult \$99.75	Youth \$69.65	Child \$50.40	Senior \$69.65	Family \$172.28	
Yearly Passes	Adult \$264.60	Youth \$195.02	Child \$141.12	Senior \$195.02	Family \$408.87	

AquaFit	10x	30x	Monthly	Quarterly	Yearly	Swim'N'Fit**	10x	30x	Monthly	Quarterly	Yearly
Adult	\$56.16	\$151.63	\$84.24	\$168.48	\$404.35	Adult	\$75.17	\$180.41	\$129.68	\$254.82	\$501.71
Senior	\$43.68	\$91.73	\$74.88	\$134.78	\$269.56	Senior	\$50.08	\$105.17	\$105	\$183.99	\$348.44

NON-RESIDENT PUBLIC SWIMMING FEES (Proof of residency is required)

Daily Admission*	Adult \$4.75	Youth \$4.50	Child \$3.25	Senior \$4.50	Family \$12	Preschool \$1.25
10 Visit Swim Pass	Adult \$39.90	Youth \$33.83	Child \$24.48	Senior \$33.83	Family \$90.27	
Monthly Passes	Adult \$61.43	Youth \$50.75	Child \$36.72	Senior \$50.75	Family \$131.42	
Quarterly Seasonal	Adult \$102.38	Youth \$84.58	Child \$61.20	Senior \$84.58	Family \$219.04	
Yearly Passes	Adult \$279.30	Youth \$236.81	Child \$171.36	Senior \$236.81	Family \$483.21	

AquaFit	10x	30x	Monthly	Quarterly	Yearly	Swim'N'Fit**	10x	30x	Monthly	Quarterly	Yearly
Adult	\$59.28	\$168.95	\$88.92	\$195.56	\$469.34	Adult	\$89.26	\$241	\$142.83	\$290.49	\$636.34
Senior	\$53.04	\$135.25	\$84.24	\$179.71	\$395.36	Senior	\$73.84	\$188.29	\$128.24	\$251.08	\$537.34

Drop-in: \$705 (Adult & Senior) *Daily admissions include tax. All membership passes do not include taxes.

**This pass allows pass holders to participate in the Aquatic Fitness classes and swim before or after class, according to the number of visits purchased (when times available).

Preschool *Up to 3 years* Child *4 – 14 yrs.* Youth *15 – 17 yrs.* Adult *18+ yrs.* Senior *55+ yrs.* Family *Max. of 5 (only 2 adults)*

IMPORTANT INFORMATION

All parents/guardians of aquatic participants in lessons and public swims are required to remain in the designated seating areas (viewing gallery, patio or bleachers) and NOT wander on “deck” close to the pool, during programs. We thank you for your co-operation.

Serious Medical Conditions

Those with serious medical conditions should be accompanied by an individual, who is knowledgeable of their condition and responsible for their direct supervision.

What to Wear in the Pool

Proper bathing attire means clothing used for swimming only. Sorry, no street clothes, or undergarments. Children who are not toilet trained must wear swimmer pull-ups. NO DIAPERS, disposable or cloth, are permitted.

Change Room Age Requirements

Children seven years of age or older are required to use the change room of their own gender. If this is not suitable, please see staff to use the family/special needs change room.

Family/Special Needs Change Room

A Family/Special Needs change room is available for use, if required, at the Ray Twinney Recreation Complex Pool (one family/participant at a time). The Metro Aquatic Centre has a separate family/special needs change room with individual stalls. Personal belongings for both pools, must be locked in a locker. NO BELONGINGS TO BE LEFT IN ROOM/STALL. NO NUDITY IN THE COMMON AREA!

Personal Belongings/Lockers

Patrons using all facilities should not leave ANY valuables in the change rooms. Please take precautions to secure all items or keep them on your person at all times. Lockers are available for your use. You must bring your own lock or locks are available: Rent (\$2) or Buy (\$7). Locks must be removed after each use or locks will be cut off and removed every night. The Town of Newmarket is not responsible for any lost or stolen articles.

Shower Before Swimming

All swimmers must shower thoroughly with soap before entering the pool to help keep the water clean for your swimming enjoyment.

Strollers

Strollers are not permitted in the change rooms or on deck. If you require assistance, please see the pool staff to borrow a pool stroller. (Limited strollers available).

Family Rate (Five Members)

A family rate is defined as IMMEDIATE FAMILY MEMBERS living in the same household. One member attending must be 18 years of age or older. *Maximum two adults.

Changes & Cancellations

Prices, times, and instructors are subject to change without notice.

Group Rate

Please book groups well in advance with a programmer. Entrance to public swim is on a first come first serve basis, so arrive early to ensure your group gets in together. (10 to 20 = \$0.50 off or 21 and up = \$1 off admission)

Sauna/Swirl Pool Use Policy

Children under 12 years of age are NOT ALLOWED in the Sauna or Swirl Pool unless supervised by a parent/guardian 16 years of age or older. Pregnant women and persons with known medical conditions should consult with a physician before using the Sauna or Swirl Pool. It is recommended that patrons spend no more than 10 to 15 minutes in the Sauna or Swirl Pool, due to the possibility of heat exhaustion/stroke. The Swirl Pool is not a hot tub. The maximum bather load is 15 people. The Sauna is a DRY SAUNA and NO WATER is to be thrown on the heating unit. Water causes the unit to breakdown, therefore will result in Sauna closures.

Tot/Teaching Pool Use Policy

The Tot/Teaching Pool is only for preschoolers six years of age and under and their parents/guardians.

Pool Foul/Power Failure/Maintenance Closure

The pool(s) may close in an untimely manner due to a pool fouling, power failure, or mechanical/maintenance problem. When this happens, instructors will use the time to focus on dry land water safety lessons that are part of the Red Cross Swim program. Cancelled lessons cannot be made up.

Food and Beverages

Food and beverages are NOT permitted on the pool deck or in the change rooms.

Aquatic Fitness Class Policy

Due to the popularity and increasing demand of our Aquatic Fitness classes, we have instituted a class limit size of 25 participants (15 in Deepwell). This is to ensure safety, to allow efficient space to do exercises, and to provide a quality program, in which all participants may enjoy their workout. Participants are admitted on a first come first serve basis. Arrive early to avoid disappointment!

Please note: Aquatic class/passes only allow entrance to class. If you wish to stay and swim (ONLY within scheduled swim times) or use other amenities (Swirl Pool/Sauna), daily admission for swimming must be paid as well. If this is the case it is suggested that patrons purchase a “Swim ‘n’ Fit Pass”.

Aquatic Fitness Class Cancellation Policy

Classes may be cancelled due to low attendance. If a class has below 4 participants for 3 consecutive weeks it may be cancelled. If you enjoy a class at a specific time please attend and tell your friends about it to keep the class running!

Cell Phones and Personal Digital Assistants

The use of all Cell Phones and Personal Digital Assistants (PDAs - Palm Pilot, Blackberry, etc.) will not be permitted in any change room or washroom in any Town of Newmarket Facility. The Town of Newmarket has made this decision as a result of the integration of cameras in cell phones and PDAs. The Town of Newmarket is committed to providing a comfortable, safe environment with privacy for each patron using the facility. If you witness someone using a cell phone or PDA please report it to a Supervisor for follow up.

Photographs and Videotaping

Use of cameras/video recorders in the pool is not allowed except for Parent’s Day (lessons).



STARFISH In this level babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.

Ages: 4 - 12 mths. Length: 30 min. Ratio: 1:10	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24 Sun Sep 25	9:30 a.m. 10 a.m.	84534 84535	Sat Sep 24 Sat Sep 24 Sat Sep 24 Sun Sep 25 Sun Sep 25 Mon Sep 26 Tue Sep 27 Tue Sep 27 Wed Sep 28 Thu Sep 29	9 a.m. 10 a.m. 11 a.m. 9:30 a.m. 11:30 a.m. 6:30 p.m. 9:30 a.m. 6 p.m. 6:30 p.m. 6 p.m.	84050 84051 84052 84053 84475 84045 84046 84047 84048 84049

STARFISH/DUCK Combined Starfish and Duck course.

Ages: 4 - 24 mths. Length: 30 min. Ratio: 1:10	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24 Sun Sep 25 Mon Sep 26 Tue Sep 27 Thu Sep 29 Thu Sep 29	11 a.m. 9:30 a.m. 10 a.m. 6 p.m. 10 a.m. 5:30 p.m.	84545 84546 84536 84538 84539 84540	Mon Sep 26 Mon Sep 26 Tue Sep 27 Wed Sep 28 Wed Sep 28 Thu Sep 29	9 a.m. 10:30 a.m. 5 p.m. 10 a.m. 2 p.m. 9:30 a.m.	84091 84092 84119 84093 84268 84094
		8 classes - Runs Tues & Thurs (4 wks)					
		Tue Nov 22	6 p.m.	84742			



DUCK Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

Ages: 12 - 24 mths. Length: 30 min. Ratio: 1:10	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24 Sat Sep 24 Sun Sep 25	8:30 a.m. 10 a.m. 11:30 a.m.	84542 84543 84544	Sat Sep 24 Sat Sep 24 Sat Sep 24 Sat Sep 24 Sun Sep 25 Sun Sep 25 Sun Sep 25 Mon Sep 26 Tue Sep 27 Tue Sep 27 Wed Sep 28 Thu Sep 29	8:30 a.m. 9:30 a.m. 10:30 a.m. 11:30 a.m. 8:30 a.m. 10 a.m. 2:30 p.m. 6 p.m. 10 a.m. 6:30 p.m. 6 p.m. 5:30 p.m.	84060 84062 84063 84064 84065 84066 84067 84054 84055 84057 84058 84059



SEA TURTLE - WITH PARENT In this level toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

Ages: 24 - 36 mths. Length: 30 min. Ratio: 1:4	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24 Sat Sep 24 Sat Sep 24 Sun Sep 25 Sun Sep 25 Mon Sep 26	9 a.m. 10:30 a.m. 11:30 a.m. 9:30 a.m. 10 a.m. 9:30 a.m.	84547 84548 84549 84550 84551 84552	Sat Sep 24 Sat Sep 24 Sat Sep 24 Sat Sep 24 Sat Sep 24 Sun Sep 25	8:30 a.m. 9:30 a.m. 10 a.m. 11 a.m. 12 p.m. 9 a.m.	84081 84083 84084 84085 84086 84087

Sea Turtle with Parent (Continued)

Tue Sep 27	5:30 p.m.	84553	Sun Sep 25	10 a.m.	84088
Thu Sep 29	9:30 a.m.	84554	Sun Sep 25	11 a.m.	84089
Thu Sep 29	5:30 p.m.	84555	Sun Sep 25	3:45 p.m.	84090
Thu Sep 29	6 p.m.	84577	Mon Sep 26	9:30 a.m.	84068
8 classes - Runs Tues & Thurs (4 wks)			Mon Sep 26	5 p.m.	84069
Tue Nov 22	6:30 p.m.	84745	Mon Sep 26	5:30 p.m.	84070
			Mon Sep 26	6 p.m.	84071
			Mon Sep 26	6:30 p.m.	84072
			Tue Sep 27	9 a.m.	84073
			Tue Sep 27	5:30 a.m.	84074
			Wed Sep 28	9:30 a.m.	84075
			Wed Sep 28	5:30 p.m.	84076
			Wed Sep 28	6 p.m.	84077
			Wed Sep 28	6:30 p.m.	84078
			Thu Sep 29	9 a.m.	84079
			Thu Sep 29	5 p.m.	84080



SEA OTTER For children who have not previously taken swimming lessons. Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

Ages: 3 - 5 yrs. Length: 30 min. Ratio: 1:4 (formerly Sea Turtle - No Parent)	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	8:30 a.m.	84556	Sat Sep 24	8 a.m.	84120
		Sat Sep 24	9 a.m.	84557	Sat Sep 24	9 a.m.	84121
		Sat Sep 24	9:30 a.m.	84558	Sat Sep 24	10 a.m.	84123
		Sat Sep 24	10 a.m.	84559	Sat Sep 24	10:30 a.m.	84124
		Sat Sep 24	10:30 a.m.	84560	Sat Sep 24	11:30 a.m.	84125
		Sat Sep 24	11 a.m.	84561	Sat Sep 24	12 p.m.	84126
		Sat Sep 24	11:30 a.m.	84562	Sat Sep 24	12:30 p.m.	84127
		Sun Sep 25	9 a.m.	84563	Sun Sep 25	8:30 a.m.	84128
		Sun Sep 25	9:30 a.m.	84564	Sun Sep 25	9 a.m.	84129
		Sun Sep 25	10 a.m.	84565	Sun Sep 25	9:30 a.m.	84130
		Sun Sep 25	10:30 a.m.	84566	Sun Sep 25	10:30 a.m.	84131
		Mon Sep 26	10:30 a.m.	84567	Sun Sep 25	11 a.m.	84132
		Mon Sep 26	11 a.m.	84568	Sun Sep 25	1:45 p.m.	84133
		Tue Sep 27	5 p.m.	84571	Sun Sep 25	2:45 p.m.	84476
		Tue Sep 27	5:30 p.m.	84572	Sun Sep 25	4:15 p.m.	84134
		Tue Sep 27	6 p.m.	84573	Mon Sep 26	9 a.m.	84095
		Thu Sep 29	10 a.m.	84569	Mon Sep 26	10 a.m.	84096
		Thu Sep 29	10:30 a.m.	84570	Mon Sep 26	5 p.m.	84097
		Thu Sep 29	5 p.m.	84574	Mon Sep 26	5:30 p.m.	84098
		Thu Sep 29	5:30 p.m.	84575	Mon Sep 26	6 p.m.	84099
		Thu Sep 29	6 p.m.	84576	Mon Sep 26	6:30 p.m.	84100
		8 classes - Runs Tues & Thurs (4 wks)			Tue Sep 27	9 a.m.	84101
		Tue Nov 22	6 p.m.	84743	Tue Sep 27	10 a.m.	84102
		Tue Nov 22	6:30 p.m.	84744	Tue Sep 27	1 p.m.	84264
					Tue Sep 27	5 p.m.	84103
					Tue Sep 27	5:30 p.m.	84106
					Tue Sep 27	6 p.m.	84104
					Tue Sep 27	6:30 p.m.	84105
					Wed Sep 28	10 a.m.	84107
					Wed Sep 28	11 a.m.	84108
					Wed Sep 28	1 p.m.	84265
					Wed Sep 28	5 p.m.	84109
					Wed Sep 28	5:30 p.m.	84110
					Wed Sep 28	6 p.m.	84111
					Wed Sep 28	6:30 p.m.	84112
					Wed Sep 28	7 p.m.	84113
					Thu Sep 29	10 a.m.	84114
					Thu Sep 29	10:30 a.m.	84115
					Thu Sep 29	5 p.m.	84116
					Thu Sep 29	6 p.m.	84117
					Thu Sep 29	6:30 p.m.	84118



SALAMANDER Preschoolers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

Ages: 3 - 5 yrs. Length: 30 min. Ratio: 1:5	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	9 a.m.	84578	Sat Sep 24	8 a.m.	84162
		Sat Sep 24	9:30 a.m.	84579	Sat Sep 24	10:30 a.m.	84165
Sat Sep 24	10 a.m.	84580	Sat Sep 24	11:15 a.m.	84166		
Sat Sep 24	10:30 a.m.	84581	Sat Sep 24	11:45 a.m.	84167		
Sat Sep 24	11 a.m.	84582	Sun Sep 25	8:30 a.m.	84168		
Sat Sep 24	11:30 a.m.	84583	Sun Sep 25	9 a.m.	84169		
Sun Sep 25	9 a.m.	84584	Sun Sep 25	10 a.m.	84170		
Sun Sep 25	10:30 a.m.	84585	Sun Sep 25	10:30 a.m.	84171		
Sun Sep 25	11:30 a.m.	84586	Sun Sep 25	11:30 a.m.	84172		
Mon Sep 26	9 a.m.	84587	Sun Sep 25	1:45 p.m.	84173		
Mon Sep 26	9:30 a.m.	84588	Mon Sep 26	10 a.m.	84140		
Tue Sep 27	5 p.m.	84591	Mon Sep 26	5 p.m.	84141		
Tue Sep 27	6:30 p.m.	84592	Mon Sep 26	5:30 p.m.	84142		
Tue Sep 27	7 p.m.	84593	Mon Sep 26	6 p.m.	84143		
Thu Sep 29	9 a.m.	84589	Mon Sep 26	7 p.m.	84144		
Thu Sep 29	9:30 a.m.	84590	Tue Sep 27	9:30 a.m.	84145		
Thu Sep 29	5 p.m.	84594	Tue Sep 27	10:30 a.m.	84147		
Thu Sep 29	6 p.m.	84595	Tue Sep 27	1:30 p.m.	84266		
Thu Sep 29	7 p.m.	84596	Tue Sep 27	5:30 p.m.	84148		
8 classes - Runs Tues & Thurs (4 wks)			Tue Sep 27	6:30 p.m.	84149		
Tue Nov 22	6:30 p.m.	84746	Wed Sep 28	9:30 a.m.	84150		
Tue Nov 22	7 p.m.	84747	Wed Sep 28	10:30 a.m.	84151		
			Wed Sep 28	5 p.m.	84152		
			Wed Sep 28	5:30 p.m.	84153		
			Wed Sep 28	6 p.m.	84154		
			Wed Sep 28	7 p.m.	84155		
			Wed Sep 28	7:30 p.m.	84156		
			Thu Sep 29	10 a.m.	84157		
			Thu Sep 29	10:30 a.m.	84158		
			Thu Sep 29	2:30 p.m.	84267		
			Thu Sep 29	5:30 p.m.	84159		
			Thu Sep 29	6 p.m.	84160		
			Thu Sep 29	7 p.m.	84161		

AQUATICS

FALL PRESCHOOL



SUNFISH Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.

Ages: 3 - 6 yrs. Length: 30 min. Ratio: 1:6	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	10 a.m.	84597	Sat Sep 24	10 a.m.	84235
		Sat Sep 24	11 a.m.	84598	Sat Sep 24	10:30 a.m.	84236
Sat Sep 24	12:30 p.m.	84599	Sat Sep 24	11 a.m.	84237		
Sun Sep 25	10:30 a.m.	84600	Sat Sep 24	12:30 p.m.	84238		
Sun Sep 25	11 a.m.	84601	Sun Sep 25	9 a.m.	84239		
Mon Sep 26	10 a.m.	84602	Sun Sep 25	9:30 a.m.	84240		
Tue Sep 27	6:30 p.m.	84604	Sun Sep 25	10:30 a.m.	84241		
Tue Sep 27	7 p.m.	84605	Sun Sep 25	1:45 p.m.	84242		
Tue Sep 27	7:30 p.m.	84606	Sun Sep 25	3:30 p.m.	84243		
Thu Sep 29	11 a.m.	84603	Mon Sep 26	10:30 a.m.	84221		
Thu Sep 29	6:30 p.m.	84607	Mon Sep 26	6:30 p.m.	84222		
Thu Sep 29	7 p.m.	84608	Mon Sep 26	7 p.m.	84223		
Thu Sep 29	7:30 p.m.	84609	Tue Sep 27	10:30 a.m.	84224		
8 classes - Runs Tues & Thurs (4 wks)			Tue Sep 27	2 p.m.	84227		
Tue Nov 22	6:30 p.m.	84748	Tue Sep 27	7 p.m.	84225		
Tue Nov 22	7 p.m.	84749	Wed Sep 28	10:30 a.m.	84226		
			Wed Sep 28	1:30 p.m.	84228		

Sunfish (Continued)				Wed Sep 28	6 p.m.	84229
				Wed Sep 28	6:30 p.m.	84230
				Wed Sep 28	7 p.m.	84231
				Thu Sep 29	9 a.m.	84232
				Thu Sep 29	7 p.m.	84233



CROCODILE Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.

Ages: 3 - 6 yrs. Length: 30 min. Ratio: 1:6	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre			
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week			
		Sat Sep 24	10 a.m.	84610	Sat Sep 24	11 a.m.	84249	
			Sat Sep 24	12 p.m.	84611	Sun Sep 25	9:30 a.m.	84250
			Sun Sep 25	10:30 a.m.	84612	Sun Sep 25	11 a.m.	84251
						Sun Sep 25	3:15 p.m.	84252
						Mon Sep 26	7 p.m.	84244
						Tue Sep 27	6 p.m.	84245
						Wed Sep 28	7 p.m.	84246
						Thu Sep 29	6 p.m.	84247
						Thu Sep 29	7 p.m.	84248

CROCODILE/WHALE Please see Crocodile and Whale course descriptions.

Ages: 3 - 6 yrs. Length: 30 min. Ratio: 1:6	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre			
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week			
		Sat Sep 24	9:30 a.m.	84613	Mon Sep 26	9:30 a.m.	84253	
			Mon Sep 26	10:30 a.m.	84614	Tue Sep 27	11 a.m.	84254
			Tue Sep 27	6:30 p.m.	84616	Tue Sep 27	2:30 p.m.	84263
			Tue Sep 27	7 p.m.	84617	Wed Sep 28	11 a.m.	84255
			Thu Sep 29	10:30 a.m.	84615	Thu Sep 29	9:30 a.m.	84256
			Thu Sep 29	6:30 p.m.	84618			
			8 classes - Runs Tues & Thurs (4 wks)					
			Tue Nov 22	6:30 p.m.	84750			



WHALE Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

Ages: 3-6yrs. Length: 30 min. Ratio: 1:6	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	11:30 a.m.	84619	Sat Sep 24	10:45 a.m.	84260
			Sun Sep 25	10 a.m.	84261		
				Sun Sep 25	3 p.m.	84262	
				Mon Sep 26	6:30 p.m.	84257	
				Tue Sep 27	6 p.m.	84258	
				Thu Sep 29	6:30 p.m.	84259	

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.

SWIM KIDS LEVEL 1 Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

Ages: 5 - 12 yrs.	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 30 min.	Ratio: 1:6	Sat Sep 24	10 a.m.	84621	Sat Sep 24
		Sat Sep 24	11 a.m.	84622	Sat Sep 24	10:30 a.m.	84361
		Sat Sep 24	12:30 p.m.	84623	Sat Sep 24	11:30 a.m.	84362
		Sun Sep 25	10:30 a.m.	84624	Sun Sep 25	8:30 a.m.	84363
		Sun Sep 25	11 a.m.	84625	Sun Sep 25	11 a.m.	84364
		Tue Sep 27	6:30 p.m.	84626	Sun Sep 25	1:45 p.m.	84365
		Tue Sep 27	7 p.m.	84627	Sun Sep 25	3:30 p.m.	84366
		Thu Sep 29	6:30 p.m.	84628	Sun Sep 25	4 p.m.	84367
		Thu Sep 29	7 p.m.	84629	Mon Sep 26	6 p.m.	84352
		8 classes - Runs Tues & Thurs (4 wks)			Mon Sep 26	7:30 p.m.	84353
		Tue Nov 22	6:30 p.m.	84751	Tue Sep 27	6 p.m.	84354
					Tue Sep 27	7 p.m.	84355
					Wed Sep 28	6 p.m.	84356
					Wed Sep 28	7:30 p.m.	84357
					Thu Sep 29	6 p.m.	84358
					Thu Sep 29	6:30 p.m.	84359

SWIM KIDS LEVEL 2 Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

Ages: 5 - 12 yrs.	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 30 min.	Ratio: 1:6	Sat Sep 24	9 a.m.	84630	Sat Sep 24
		Sat Sep 24	10 a.m.	84631	Sat Sep 24	12 p.m.	84377
		Sat Sep 24	12 p.m.	84632	Sat Sep 24	12:30 p.m.	84378
		Sun Sep 25	10:30 a.m.	84633	Sun Sep 25	9:30 a.m.	84379
		Sun Sep 25	11:30 a.m.	84634	Sun Sep 25	11:30 a.m.	84380
		Tue Sep 27	6:30 p.m.	84635	Sun Sep 25	2:45 p.m.	84381
		Tue Sep 27	7 p.m.	84636	Sun Sep 25	4:30 p.m.	84382
		Tue Sep 27	7:30 p.m.	84637	Mon Sep 26	6 p.m.	84368
		Thu Sep 29	7 p.m.	84638	Mon Sep 26	6:30 p.m.	84369
		Thu Sep 29	7:30 p.m.	84639	Tue Sep 27	6 a.m.	84370
		8 classes - Runs Tues & Thurs (4 wks)			Tue Sep 27	7 p.m.	84371
		Tue Nov 22	7 p.m.	84752	Wed Sep 28	6 p.m.	84372
		Tue Nov 22	7:30 p.m.	84753	Wed Sep 28	6:30 p.m.	84373
					Thu Sep 29	6 p.m.	84374
					Thu Sep 29	7 p.m.	84375

SWIM KIDS LEVEL 3 Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.

Ages: 5 - 12 yrs.	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 30 min.	Ratio: 1:6	Sat Sep 24	10:30 a.m.	84640	Sat Sep 24
		Sat Sep 24	11:30 a.m.	84641	Sat Sep 24	11 a.m.	84394
		Sat Sep 24	12:30 p.m.	84642	Sat Sep 24	11:30 a.m.	84395
		Sun Sep 25	11 a.m.	84643	Sat Sep 24	12:30 p.m.	84396
		Sun Sep 25	11:30 a.m.	84644	Sun Sep 25	8:30 a.m.	84397
		Tue Sep 27	6:30 p.m.	84645	Sun Sep 25	10 a.m.	84398
		Tue Sep 27	7:30 p.m.	84646	Sun Sep 25	11:30 a.m.	84399
		Thu Sep 29	6:30 p.m.	84647	Sun Sep 25	2:15 p.m.	84400
		Thu Sep 29	7:30 p.m.	84648	Sun Sep 25	3:15 p.m.	84401
		8 classes - Runs Tues & Thurs (4 wks)			Sun Sep 25	4:15 p.m.	84402
		Tue Nov 22	7 p.m.	84754	Mon Sep 26	6 p.m.	84383
					Mon Sep 26	6:30 p.m.	84384
					Mon Sep 26	7 p.m.	84385
					Mon Sep 26	7:30 p.m.	84386

Swim Kids Level 3 (Continued)				Tue Sep 27	6 p.m.	84387
				Wed Sep 28	6 p.m.	84388
				Wed Sep 28	6:30 p.m.	84389
				Wed Sep 28	7:15 p.m.	84390
				Thu Sep 29	6 p.m.	84391
				Thu Sep 29	7 p.m.	84392

SWIM KIDS LEVEL 4 Swimmers learn back swim with shoulder roll and front crawl, work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

Ages: 5 - 12 yrs. Length: 30 min. Ratio: 1:6	8 Classes: Res - \$73 Non-Res - \$113	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	9 a.m.	84649	Sat Sep 24	10 a.m.	84411
		Sat Sep 24	11:30 a.m.	84650	Sat Sep 24	11 a.m.	84412
		Sat Sep 24	12 p.m.	84651	Sat Sep 24	11:30 a.m.	84413
		Sun Sep 25	10:30 a.m.	84652	Sun Sep 25	8:30 a.m.	84414
		Sun Sep 25	11:30 a.m.	84653	Sun Sep 25	9 a.m.	84415
		Tue Sep 27	7 p.m.	84654	Sun Sep 25	10:30 a.m.	84416
		Tue Sep 27	7:30 p.m.	84655	Sun Sep 25	3 p.m.	84417
		Thu Sep 29	6:30 p.m.	85772	Mon Sep 26	6 p.m.	84403
Thu Sep 29	7 p.m.	84656	Mon Sep 26	7 p.m.	84404		
Thu Sep 29	7:30 p.m.	84657	Mon Sep 26	7:30 p.m.	84405		
8 classes - Runs Tues & Thurs (4 wks)							
Tue Nov 22	7 p.m.	84755	Tue Sep 27	6 p.m.	84406		
Tue Nov 22	7:30 p.m.	84756	Tue Sep 27	7 p.m.	84407		
			Wed Sep 28	6 p.m.	84408		
			Wed Sep 28	7 p.m.	84409		
			Thu Sep 29	6:30 p.m.	84410		

SWIM KIDS LEVEL 5 Swimmers develop front crawl, learn back crawl and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

Ages: 5 - 12 yrs. Length: 45 min. Ratio: 1:8	8 Classes: Res - \$83 Non-Res - \$123	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	10:30 a.m.	84660	Sat Sep 24	10 a.m.	84423
		Sat Sep 24	11:15 a.m.	84658	Sat Sep 24	11:45 a.m.	84424
		Sun Sep 25	10:30 a.m.	84659	Sun Sep 25	9:45 a.m.	84425
		Tue Sep 27	7:30 p.m.	84661	Sun Sep 25	1:45 p.m.	84426
		Tue Sep 27	8 p.m.	84662	Sun Sep 25	2:15 p.m.	84427
		Thu Sep 29	7 p.m.	84663	Sun Sep 25	3:45 p.m.	84428
		Thu Sep 29	7:45 p.m.	84664	Mon Sep 26	7:30 p.m.	84418
		8 classes - Runs Tues & Thurs (4 wks)					
Tue Nov 22	7:30 p.m.	84757	Tue Sep 27	6:30 p.m.	84419		
			Wed Sep 28	6:30 p.m.	84420		
			Wed Sep 28	7:30 p.m.	84421		
			Thu Sep 29	6 p.m.	84422		

SWIM KIDS LEVEL 6 Swimmers increase their distance on front and back crawl, learn elementary back stroke, learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

Ages: 5 - 12 yrs. Length: 45 min. Ratio: 1:8	8 Classes: Res - \$83 Non-Res - \$123	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	11:15 a.m.	84665	Sat Sep 24	10:30 a.m.	84441
		Sun Sep 25	11:15 a.m.	84666	Sat Sep 24	11:45 a.m.	84457
		Tue Sep 27	7:30 p.m.	84667	Sun Sep 25	9 a.m.	84442
		Tue Sep 27	8 p.m.	84668	Sun Sep 25	1:45 p.m.	84443
		Thu Sep 29	7:30 p.m.	84669	Sun Sep 25	4 p.m.	84458
		Thu Sep 29	8 p.m.	84670	Mon Sep 26	7:30 p.m.	84444
		8 classes - Runs Tues & Thurs (4 wks)					
		Tue Nov 22	7:30 p.m.	84758	Tue Sep 27	6:30 p.m.	84445
			Wed Sep 28	7:30 p.m.	84446		
			Wed Sep 28	8 p.m.	84447		
			Thu Sep 29	6:30 p.m.	84448		

SWIM KIDS LEVEL 7 Swimmers increase their distance on front and back crawl and elementary back stroke, learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

Ages: 5 - 12 yrs.	8 classes: Res - \$83 Non-Res - \$123	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 45 min.	Ratio: 1:8	Sat Sep 24	10:30 a.m.	84671	Sat Sep 24 Sun Sep 25 Sun Sep 25 Mon Sep 26 Tue Sep 27 Wed Sep 28 Thu Sep 29

SWIM KIDS LEVEL 7/8 Please see course descriptions for Swim Kids Level 7 and 8.

Ages: 5 - 12 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 1 hr.	Ratio: 1:10	Sat Sep 24 Sun Sep 25 Tue Sep 27 Thu Sep 29	9 a.m. 11 a.m. 8 p.m. 7 p.m.	84672 84673 84674 84675	Sat Sep 24
		8 classes - Runs Tues & Thurs (4 wks)					
		Tue Nov 22	7:30 p.m.	84759			

SWIM KIDS LEVEL 8 Swimmers increase their distance on front and back crawl and elementary back stroke, learn breast stroke, learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

Ages: 5 - 12 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 1 hr.	Ratio: 1:10	Sat Sep 24	10:30 a.m.	84676	Sat Sep 24 Sun Sep 25 Sun Sep 25 Mon Sep 26 Mon Sep 26 Tue Sep 27 Wed Sep 28 Thu Sep 29

SWIM KIDS LEVEL 9 Swimmers increase their distance on front and back crawl, elementary back stroke and breast stroke, learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

Ages: 5-12 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
					8 classes - Runs 1 day per week		
		Length: 1 hr.	Ratio: 1:10				Sun Sep 25

SWIM KIDS LEVEL 9/10 Please see course descriptions for Swim Kids Level 9 and 10.

Ages: 5 - 12 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Length: 1 hr.	Ratio: 1:10	Sat Sep 24 Sun Sep 25 Tue Sep 27 Thu Sep 29	9:30 a.m. 11 a.m. 8 p.m. 8 p.m.	84677 84678 84679 84680	Sat Sep 24 Sun Sep 25 Mon Sep 26 Tue Sep 27 Wed Sep 28 Thu Sep 29
		8 classes - Runs Tues & Thurs (4 wks)					
		Tue Nov 22	7:30 p.m.	84760			

SWIM KIDS LEVEL 10 Swimmers increase their distance on front and back crawl, elementary back stroke and breast stroke, learn sidestroke, perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.

Ages: 5-12 yrs. Length: 1 hr. Ratio: 1:10	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex		Metro Aquatic Centre			
		8 classes - Runs 1 day per week					
		Sun Sep 25		2:30 p.m.		84502	

SPECIALITY PROGRAMS

For those looking for a swimming program that specializes in a specific need.

H10 - PRIVATES Private lessons (30 min.) are recommended for children 6 to 14 years who have been working towards a level in the regular programs, but need individual attention, because of specific stroke or skill problems. These are also designed for those who have a fear of the water and/or have special needs which demand one on one (private) instruction.

Ages: 3 - 14 yrs. Length: 30 min. Ratio: 1:1	8 classes: Res - \$189 Non-Res - \$229	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week					
		Sat Sep 24	9 a.m.	84681	Sat Sep 24	10 a.m.	84317
Sat Sep 24	9 a.m.	84682	Sat Sep 24	10 a.m.	84318		
Sat Sep 24	9:30 a.m.	84683	Sat Sep 24	10:30 a.m.	84319		
Sat Sep 24	9:30 a.m.	84684	Sat Sep 24	10:30 a.m.	84320		
Sat Sep 24	10 a.m.	84685	Sat Sep 24	11 a.m.	84321		
Sat Sep 24	10:30 a.m.	84686	Sat Sep 24	11 a.m.	84322		
Sat Sep 24	10:30 a.m.	84687	Sat Sep 24	11:15 a.m.	84323		
Sat Sep 24	11 a.m.	84688	Sat Sep 24	11:30 a.m.	84324		
Sat Sep 24	11:30 a.m.	84689	Sat Sep 24	12 p.m.	84325		
Sat Sep 24	12 p.m.	84690	Sat Sep 24	12:15 p.m.	84326		
Sat Sep 24	12:30 p.m.	84691	Sat Sep 24	12:30 p.m.	84327		
Sun Sep 25	10:30 a.m.	84692	Sat Sep 24	12:30 p.m.	84328		
Sun Sep 25	11 a.m.	84693	Sat Sep 24	12:30 p.m.	84329		
Sun Sep 25	11 a.m.	84694	Sat Sep 24	12:30 p.m.	84330		
Sun Sep 25	11:30 a.m.	84695	Sun Sep 25	8 a.m.	84331		
Mon Sep 26	9 a.m.	84696	Sun Sep 25	8:30 a.m.	84332		
Mon Sep 26	11 a.m.	84697	Sun Sep 25	9 a.m.	84333		
Tue Sep 27	6:30 p.m.	84700	Sun Sep 25	1:45 p.m.	84334		
Tue Sep 27	6:30 p.m.	84701	Sun Sep 25	2:15 p.m.	84335		
Tue Sep 27	6:30 p.m.	84702	Sun Sep 25	2:15 p.m.	84336		
Tue Sep 27	7 p.m.	84703	Sun Sep 25	2:45 p.m.	84338		
Tue Sep 27	7 p.m.	84704	Sun Sep 25	3:15 p.m.	84339		
Tue Sep 27	7 p.m.	84705	Sun Sep 25	3:30 p.m.	84340		
Tue Sep 27	7:30 p.m.	84706	Sun Sep 25	3:45 p.m.	84341		
Tue Sep 27	7:30 p.m.	84707	Sun Sep 25	4:30 p.m.	84342		
Tue Sep 27	8 p.m.	84708	Sun Sep 25	4:45 p.m.	84343		
Tue Sep 27	8:15 p.m.	84709	Sun Sep 25	5 p.m.	84344		
Tue Sep 27	8:15 p.m.	84710	Sun Sep 25	5 p.m.	84345		
Thu Sep 29	9 a.m.	84698	Sun Sep 25	5 p.m.	84346		
Thu Sep 29	11 a.m.	84699	Sun Sep 25	5 p.m.	84347		
Thu Sep 29	6:30 p.m.	84711	Sun Sep 25	5:30 p.m.	84348		
Thu Sep 29	6:30 p.m.	84712	Sun Sep 25	5:30 p.m.	84349		
Thu Sep 29	6:30 p.m.	84713	Sun Sep 25	5:30 p.m.	84350		
Thu Sep 29	7 p.m.	84714	Sun Sep 25	5:30 p.m.	84351		
Thu Sep 29	7:30 p.m.	84715	Mon Sep 26	6 p.m.	84278		
Thu Sep 29	7:30 p.m.	84716	Mon Sep 26	6 p.m.	84279		
Thu Sep 29	8 p.m.	84717	Mon Sep 26	6:30 p.m.	84280		
Thu Sep 29	8 p.m.	84718	Mon Sep 26	6:30 p.m.	84281		
Thu Sep 29	8:15 p.m.	84719	Mon Sep 26	7 p.m.	84282		
			Mon Sep 26	7 p.m.	84283		
			Mon Sep 26	7 p.m.	84284		

H10 Privates (Continued)								
			8 classes - Runs Tues & Thurs (4 wks)			Mon Sep 26	7 p.m.	84285
						Mon Sep 26	7:30 p.m.	84286
						Mon Sep 26	8 p.m.	84287
						Mon Sep 26	8:15 p.m.	84288
						Mon Sep 26	8:15 p.m.	84289
						Mon Sep 26	8:30 p.m.	84290
						Mon Sep 26	8:30 p.m.	84291
						Tue Sep 27	6 p.m.	84292
						Tue Sep 27	6:30 p.m.	84293
						Tue Sep 27	6:30 p.m.	84294
						Tue Sep 27	7 p.m.	84295
						Tue Sep 27	7 p.m.	84296
						Wed Sep 28	6 p.m.	84297
						Wed Sep 28	6:30 p.m.	84298
						Wed Sep 28	6:30 p.m.	84299
						Wed Sep 28	7 p.m.	84300
						Wed Sep 28	7 p.m.	84301
						Wed Sep 28	7 p.m.	84302
						Wed Sep 28	7:30 p.m.	84303
						Wed Sep 28	7:30 p.m.	84304
						Wed Sep 28	7:30 p.m.	84305
						Wed Sep 28	7:45 p.m.	84306
						Wed Sep 28	8 p.m.	84307
						Wed Sep 28	8 p.m.	84308
						Wed Sep 28	8:15 p.m.	84309
						Wed Sep 28	8:15 p.m.	84310
						Wed Sep 28	8:15 p.m.	84311
						Thu Sep 29	6 p.m.	84312
						Thu Sep 29	6:30 p.m.	84313
						Thu Sep 29	6:30 p.m.	84314
						Thu Sep 29	7 p.m.	84315
						Thu Sep 29	7 p.m.	84316

H10 PRESCHOOL Preschool Private lessons (30 min.) are recommended for children 3 to 5 years who have been working towards a level in the regular programs, but need individual attention, because of specific stroke or skill problems. These are also designed for those who have a fear of the water and/or have special needs which demand one on one (private) instruction. Preschool lessons are in the learning or tot pool only.

Ages: 3 - 5 yrs.	8 classes: Res - \$189 Non-Res - \$229	Ray Twinney Recreation Complex			Metro Aquatic Centre		
					8 classes - Runs 1 day per week		
					Sat Sep 24	9 a.m.	84276
Length: 30 min.				Sat Sep 24	9:30 a.m.	84277	
				Mon Sep 26	11 a.m.	84269	
				Mon Sep 26	11 a.m.	84270	
Ratio: 1:1				Tue Sep 27	11 a.m.	84271	
				Tue Sep 27	4 p.m.	84272	
				Tue Sep 27	4:30 p.m.	84273	
				Wed Sep 28	4 p.m.	84274	
				Wed Sep 28	4:30 p.m.	84275	
				Wed Sep 28	4:30 p.m.	84275	

FAMILY SWIM LESSONS This program is an opportunity for families to register all children at the same time. These multi-level lessons are individualized to the participants' needs. Class sizes may vary. Lessons are 45 min. in length.

Ages: 3 - 12 yrs.	8 classes: Res - \$83 Non-Res - \$129	Ray Twinney Recreation Complex			Metro Aquatic Centre		
					8 classes - Runs 1 day per week		
					Sat Sep 24	12 p.m.	84728
Length: 45 min.				Sun Sep 25	1 p.m.	84492	
				Sun Sep 25	1 p.m.	84492	

H30 - SEMI-PRIVATE Semi-Private lessons (30 min.) may be available upon request if space is available. Patrons requesting lessons must have a minimum of two (2) Aquatic registrants in the same class to be considered. For more information contact the Magna Centre Aquatic Programmer at ext. 2711 or Ray Twinney Aquatic Programmer at ext. 2660.

SPECIAL NEEDS LESSONS These lessons meet the swimming requirements of individuals with identified special needs. All participants are required to complete a medical form at the first lesson.

Ages: 3 - 18 yrs. Length: 30 min. Ratio: 1:1	8 classes: Res - \$125 Non-Res - \$165	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sun Sep 25	8 a.m.	84174	Sun Sep 25	8 a.m.	84175
		Sun Sep 25	8 a.m.	84176	Sun Sep 25	8 a.m.	84177
		Sun Sep 25	8:30 a.m.	84178	Sun Sep 25	8:30 a.m.	84179
		Sun Sep 25	8:30 a.m.	84180	Sun Sep 25	9 a.m.	84181
		Sun Sep 25	9 a.m.	84182	Sun Sep 25	9 a.m.	84183
		Sun Sep 25	9:30 a.m.	84184	Sun Sep 25	9:30 a.m.	84185
		Sun Sep 25	9:30 a.m.	84186	Sun Sep 25	10 a.m.	84187
		Sun Sep 25	10 a.m.	84188	Sun Sep 25	10 a.m.	84189
		Sun Sep 25	10:30 a.m.	84190	Sun Sep 25	10:30 a.m.	84191
		Sun Sep 25	10:30 a.m.	84192	Sun Sep 25	10:30 a.m.	84193
		Sun Sep 25	11 a.m.	84194	Sun Sep 25	11 a.m.	84195
		Sun Sep 25	11 a.m.	84196	Sun Sep 25	11 a.m.	84197
		Sun Sep 25	11:30 a.m.	84198	Sun Sep 25	11:30 a.m.	84199
		Sun Sep 25	11:30 a.m.	84200	Sun Sep 25	11:30 a.m.	

TEEN/ADULT LESSONS

For teens and adults who want to learn to swim, get back into swimming, work on their technique or try a new exercise.

TEEN/ADULT SWIM BASICS 1 Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted).

Ages: 13+ yrs. Length: 45 min.	8 classes: Res - \$111 Non-Res - \$151	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	12 p.m.	84729	Sun Sep 25	4:45 p.m.	84487
		Tue Sep 27	8 p.m.	84731	Wed Sep 28	8 p.m.	84486
		8 classes - Runs Tues & Thurs (4 wks)					
		Tue Nov 22	8 p.m.	84761			
		Teen/Adult Swim... - Ladies ONLY					
8 classes - Runs 1 day per week							
Sun Sep 25	6 p.m.	84730					

TEEN/ADULT SWIM BASICS 2 Swimmers learn back swim with shoulder roll, front and back crawl, sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25 metres.

Ages: 13+ yrs. Length: 45 min.	8 classes: Res - \$111 Non-Res - \$151	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week					
		Thu Sep 29	8 p.m.	84735			
		Teen/Adult Swim... - Ladies ONLY					
8 classes - Runs 1 day per week							
Sun Sep 25	6:45 p.m.	84734					

TEEN/ADULT SWIM STROKES Swimmers choose the stroke(s) they wish to focus on. Participation-based program with individual goals.

Ages: 13+ yrs.	8 classes: Res - \$111 Non-Res - \$151	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
Length: 45 min.		Sat Sep 24	12 p.m.	84732	Sun Sep 25	4:15 p.m.	84488
		Thu Sep 29	8 p.m.	84733	Wed Sep 28	8 p.m.	84489

MASTERS SWIMMING This program provides beginner, intermediate and advanced adult swimmers with an opportunity to improve their fitness, endurance and strokes. Swimmers have the option to participate 1, 2 or 3 times a week, joining for the season or the year. Train with a competitive coach. Must be able to swim 50-meters comfortably. Practices: Mondays and Wednesdays at Metro 9-10pm, Sundays at RTRC 9:30-10:30am. No practice Oct. 10.

	Dates	Resident	Non-Res	Code
1 day per week	Mon Sep 12 - Dec 18	\$123.60	\$163.60	84795
2 days per week	Mon Sep 12 - Dec 18	\$190.80	\$230.80	84797
3 days per week	Mon Sep 12 - Dec 18	\$253.20	\$293.20	84798
Full Season - 3 days per week	Mon Sep 12 - June 24	\$560	\$600	84796

PRE-ADVANCED COURSES

For those who have completed the Swim Kids program and want additional training before heading into the advance courses, or for anyone looking for something different in swimming lessons.

ROOKIE PATROL This course features a timed 100m swim, 350m workouts, and swims with clothes. A work-hard play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart behaviour.

Ages: 8 - 13 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
Length: 1 hr.		Sat Sep 24	9 a.m.	84720	Mon Sep 26	8 p.m.	84479
		Thu Sep 29	6:30 p.m.	84721	Sun Sep 25	4 p.m.	84480

RANGER PATROL This course features a timed 200m swim, 100m fitness medley, and support/carrying a 5-lb weight. Content is challenging, but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue.

Ages: 8 - 13 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
Length: 1 hr.		Sat Sep 24	9 a.m.	84722	Sun Sep 25	4 p.m.	84481
		Thu Sep 29	6:30 p.m.	84723	Mon Sep 26	8 p.m.	84482

STAR PATROL This course features a timed 300m swim, 3 x 600m workouts; swim with clothes; defense methods; support & carry 10-lb weight. Scene assessment and a towing rescue are introduced.

Ages: 8 - 13 yrs.	8 classes: Res - \$91 Non-Res - \$131	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Sep 24	9 a.m.	84724	Sun Sep 25	4 p.m.	84483
		Thu Sep 29	6:30 p.m.	84725	Mon Sep 26	8 p.m.	84484

BRONZE STAR An excellent preparation for success in the Lifesaving Society's Bronze Medallion. Participants develop problem-solving and decision-making skills individually and with partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a 400m timed swim.

Ages: 12 - 14 yrs.	8 classes: Res - \$119.55 Non-Res - \$159.55	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
Length: 1.5 hrs.		Sat Sep 24	11:30 a.m.	84726	Sun Sep 25	2:30 p.m.	84477
		Tue Sep 27	7:30 p.m.	84727	Mon Sep 26	7:30 p.m.	84478

JUNIOR LIFEGUARD CLUB 1 If you are 8 - 11 years old and looking for a fun way to get fit and meet new friends try the Junior Lifeguard Club (JLC). As part of the Lifesaving Society, the JLC provides high activity challenges in an energetic learning environment on dry land and in the pool. Youth are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork. Community involvement and competition may also be part of the program.

Ages: 8 - 11 yrs.	8 classes: Res - \$101 Non-Res - \$141	Ray Twinney Recreation Complex			Metro Aquatic Centre		
					8 classes - Runs 1 day per week		
Length: 45 min.					Sun Sep 25	2 p.m.	84490

JUNIOR LIFEGUARD CLUB 2 If you are 12 - 15 years old and looking for a fun way to get fit and meet new friends try the Junior Lifeguard Club (JLC). As part of the Lifesaving Society, the JLC provides high activity challenges in an energetic learning environment on dry land and in the pool. Youth are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork. Community involvement and competition may also be part of the program.

Ages: 12 - 15 yrs.	8 classes: Res - \$101 Non-Res - \$141	Ray Twinney Recreation Complex			Metro Aquatic Centre		
					8 classes - Runs 1 day per week		
Length: 45 min.					Sun Sep 25	3:30 p.m.	84491

ADVANCED COURSES

For those who are interested in becoming a lifeguard and swim instructor.

BRONZE MEDALLION & EMERGENCY 1ST AID In this course, basic lifesaving skills are developed, including the endurance necessary to perform water rescues. The Bronze Medallion course and Emergency First Aid is a prerequisite for the Bronze Cross course.

Prerequisites: 100% attendance and successful completion of LSS Bronze Star (or candidates must be 13 years old to take the final exam). **Materials required:** Canadian Lifesaving Manual.

Ages: 12+ yrs.	Res - \$190.95 Non-Res - \$230.95	Date	Time	Location	Code
		Mon Sep 12 - Nov 7	6 - 9:30 p.m.	RTRC	83998
		Fri Sep 23 - Sun Sep 25	5 - 10 p.m. (Fri) & 9 a.m. - 9 p.m. (Sat & Sun)	RTRC	83999
		Fri Nov 11 - Sun Nov 13	5 - 10 p.m. (Fri) & 9 a.m. - 9 p.m. (Sat & Sun)	RTRC	84000
		Mon & Wed Nov 21 - Dec 14	6 - 9:30 p.m.	RTRC	84001

RTRC - Ray Twinney Recreation Complex MC - Manga Centre



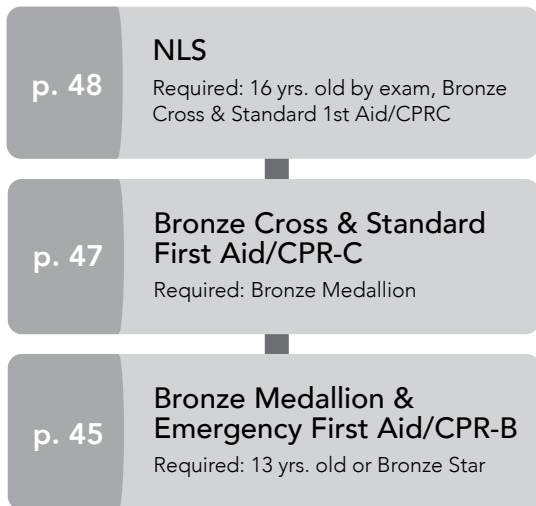
Looking for an exciting job, but need training? Then why not try becoming a qualified lifeguard & swim instructor?



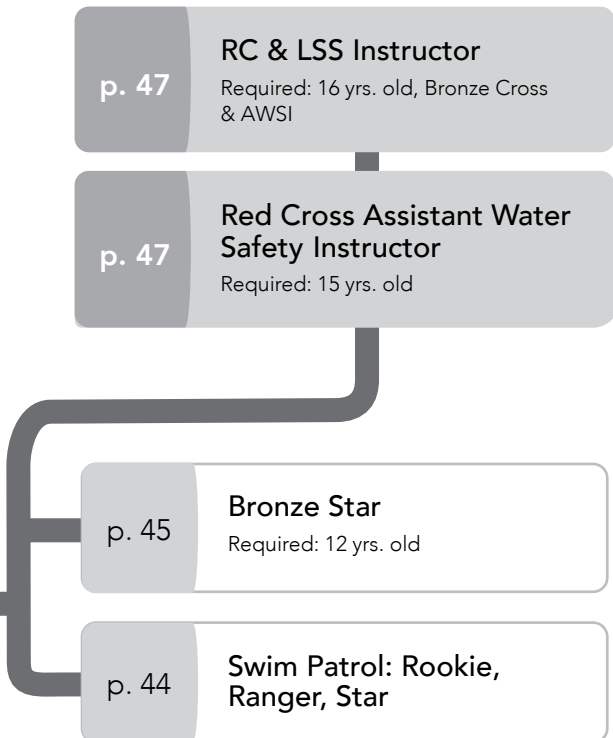
All candidates who successfully pass all courses will have the opportunity to apply for employment as a lifeguard/instructor to work daytime, evenings, and weekends at the Ray Twinney Complex Pool and the Metro Aquatic Centre at the Magna Centre, as well as Gorman Outdoor Pool in the summer.

Please see p. 6 for more info on positions available.

Lifeguard



Swimming Instructor



- Recommended Courses
- Required Courses

***All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.**



BRONZE CROSS & STANDARD 1ST AID The Bronze Cross award continues to develop lifesaving skills and introduces the principles of lifesaving in aquatic facilities. This course provides comprehensive training of first aid and CPR and incorporates all skills from Emergency First Aid including Spinal injuries, medical emergencies and other injuries. Bronze Cross is a prerequisite for the NLS Program, and RC/LSS Instructors program.

Prerequisites: 100% attendance, Bronze Medallion and Emergency First Aid certifications (need not be current). Materials required: Canadian Lifesaving Manual from Bronze Medallion course.

Ages:	Res - \$180.42 Non-Res - \$220.42	Date	Time	Location	Code
13+ yrs.		Wed Sep 14 - Nov 2	5:30 - 9:30 p.m.	RTRC	84004
		Fri Sep 30 - Sun Oct 2	4 -10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC	84005
		Fri Nov 18 - Sun Nov 20	4 -10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC	84006
		Tue & Thurs Nov 22 - Dec 15	5:30 - 9:30 p.m.	RTRC	84007

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR WITH HIGH FIVE™

This course covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision, and feedback.

Prerequisites: Minimum 15 years of age and 100% attendance. Materials required: Assistant Water Safety Instructor Manual.

Ages:	Res - \$238.48 Non-Res - \$278.48	Date	Time	Location	Code
15+ yrs.		Tue Sep 13 - Nov 8	5:30 - 9:30 p.m.	RTRC	84002
		Sat & Sun Oct 15 -16 & 22-23	11:30 a.m. - 8 p.m.	RTRC	84003
		Tues Dec 27 - Fri Dec 30	9 a.m. - 5:30 p.m.	RTRC	85728

RED CROSS WATER SAFETY & LIFESAVING INSTRUCTOR

This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program and the Lifesaving Society's Swim Patrol, Bronze Star, Basic & Emergency First Aid, CPR A-B-C.

Prerequisites: Minimum 16 years of age by end of course, AWSI, current Bronze Cross, and 100% attendance required. Materials required: Red Cross Water Safety Instructor Manual and LSS Instructor Manual.

Ages:	Res - \$281.71 Non-Res - \$321.71	Date	Time	Location	Code
16+ yrs.		Thu Sep 15 - Nov 17	5:30 - 9:30 p.m.	RTRC	84009
		Fri, Sat & Sun Dec 9 -11 & 16 - 18	5 - 10 p.m. (Fri) & 9 a.m. - 9 p.m. (Sat & Sun)	RTRC	84010

RED CROSS WATER SAFETY INSTRUCTOR RECERT

Recertification of Red Cross Water Safety Instructor Award.

Ages:	Res - \$84.14 Non-Res - \$124.14	Date	Time	Location	Code
16+ yrs.		Sun Dec 4	9 a.m. - 2 p.m.	MC	84018

LIFESAVING STANDARD 1ST AID & CPR-C

Standard First Aid and CPR-C provides comprehensive training covering all aspects of first aid and CPR.

Ages:	Res - \$111.35 Non-Res - \$151.35	Date	Time	Location	Code
12+ yrs.		Tue Sep 6 - Wed Sep 7	4 -10:30 p.m.	RTRC	83996
		Mon Nov 14 - Tues Nov 15	4 -10:30 p.m.	RTRC	84015

RTRC - Ray Twinney Recreation Complex MC - Manga Centre

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.

LIFESAVING STANDARD FIRST AID RECERT This course is provided by the Lifesaving Society. Please bring your previous Lifesaving Society Standard First Aid certification to the course. WSIB states you must take a full course, then a recert and then a full course every time. Please ensure your last course was the full Standard First Aid course with the Lifesaving Society before registering.

Prerequisites: completion of full SFA and CPR-C course with the Lifesaving Society.

Ages:	Res - \$63.34 Non-Res - \$103.34	Date	Time	Location	Code
14+ yrs.		Thu Sep 8	4 - 10 p.m.	RTRC	83997

NATIONAL LIFEGUARD SERVICE (NLS) The NLS, Lifeguard training award develops the practical skills, knowledge and values required by lifeguards. Strong leadership, communication, decision-making and judgment skills are essential to pass the exam.

Prerequisites: Minimum 16 years of age, Bronze Cross, Current Standard First Aid (provided by the Lifesaving Society, Red Cross, St. John's or Ski Patrol), and 100% attendance. Materials required: Alert Manual and Canadian Lifesaving Manual.

Ages:	Res - \$258.03 Non-Res - \$298.03	Date	Time	Location	Code
16+ yrs.		Fri -Sun Oct 28 - 30 & Nov 4 - 6 Fri - Sun Nov 25 - 27 & Dec 2 - 4 Mon Jan 2 - Fri Jan 6	5:30-9:30p.m.(Fri)&10 a.m.-8p.m.(Sat&Sun) 5:30-9:30p.m.(Fri)&10 a.m.-8p.m.(Sat&Sun) 9 a.m. - 7 p.m.	RTRC RTRC RTRC	84011 84012 84013

NATIONAL LIFEGUARD SERVICE RECERT Recertification of NLS award. Proof of certification required.

Ages:	Res - \$85.14 Non-Res - \$125.14	Date	Time	Location	Code
16+ yrs.		Sat Dec 3	9 a.m. - 2 p.m.	MC	84019

NLS INSTRUCTORS This course certifies candidates to teach the National Lifeguard (NLS) certification.

Prerequisites: current NLS certification, current Lifesaving Instructor certification and Advanced Instructor certification.

Ages:	Res - \$201 Non-Res - \$241	Date	Time	Location	Code
16+ yrs.		Sat Dec 17 - Sun Dec 18	10 a.m. - 6 p.m.	MC	84485

ADVANCED INSTRUCTOR/ESC CLINIC This advanced course is designed to better prepare instructors to teach advanced lifesaving, lifeguarding, and leadership skills for Lifesaving Society programs. Examiner Standards Clinic (ESC) prepares examiners to conduct exams for LSS Bronze Awards.

Prerequisites: Current Lifesaving Instructor certification.

Ages:	Res - \$49.78 Non-Res - \$89.78	Date	Time	Location	Code
16+ yrs.		Wed Nov 9 - 16	5 - 9 p.m.	RTRC	84014

AQUATIC SUPERVISOR TRAINING This course prepares experienced lifeguards/instructors for the responsibilities of being a Head Instructor/Guard and Pool Supervisor. Topics include: facility management, legal regulations, aquatic emergencies, and supervisory skills.

Prerequisite: 16 yrs+, Proof of 100 hrs experience lifeguarding/instructing, and current NLS or LSS Instructor.

Ages:	Res - \$133.30 Non-Res - \$173.30	Date	Time	Location	Code
16+ yrs.		Sat Nov 26	9 a.m. - 7 p.m.	MC	84017

RTRC - Ray Twinney Recreation Complex MC - Manga Centre