

# 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](http://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 5<sup>th</sup> 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

#### Winter Session Dates

Saturdays, Jan 7 – Feb 25  
Sundays, Jan 8 – Feb 26  
Mondays, Jan 9 – Mar 5  
Tuesdays, Jan 10 – Feb 28  
Wednesdays, Jan 11 – Feb 29  
Thurs. Jan 12 – Mar 1 (Evening)  
Thurs. Jan 19 – Mar 8 (Day)

#### Spring Session Dates

Saturdays, Mar 31 – Jun 9  
Sundays, Apr 1 – Jun 10  
Mondays, Apr 2 – Jun 4  
Tuesdays, Apr 3 – May 22  
Wednesdays, Apr 4 – May 23  
Thursdays, Apr 5 – May 24

### Ray Twinney Complex

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

#### Winter Session Dates

Saturdays, Jan 7 – Feb 25  
Sundays, Jan 8 – Feb 26  
Mondays, Jan 9 – Mar 5  
Tuesdays, Jan 10 – Feb 28  
Thursdays, Jan 12 – Mar 1

#### Spring Session Dates

Saturdays, Mar 31 – Jun 2  
Sundays, Apr 1 – Jun 3  
Mondays, Apr 2 – Jun 4  
Tuesdays, Apr 3 – May 22  
Thursdays, Apr 5 – May 24  
Tues & Thurs May 29 – Jun 21

### 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

### No Lessons Scheduled on:

Jan 12 - Swim Meet (Magna, 7:30 - 4 p.m.)  
Feb 20 - Family Day  
Apr 7 to 9 - Easter  
May 19 to 21 - Victoria Day  
May 26 to 27 - Swim Meet (Magna)



## Preschool

(ages 4 months to 6 years)

This eight-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



## 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

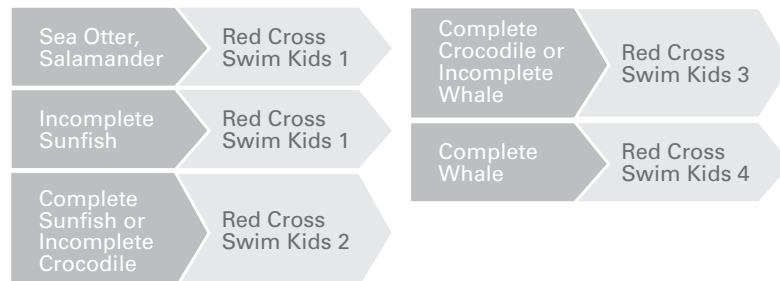
(ages 13 and up)

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

- Starfish\*
- Duck\*
- Sea Turtle\*
- Sea Otter
- Salamander
- Sunfish
- Crocodile
- Whale

### 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.

Jan 7 – Jun 30	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Parent & Tot		1 – 3 p.m. 5 – 6 p.m.	1 – 3 p.m.	1 – 3 p.m. 5 – 6 p.m.	1 – 3 p.m. 5 – 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.	
Lane Swim*	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.		

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

Jan 7 – Jun 30	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.			
<b>NEW!</b> 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.			
<b>NEW!</b> Tri Aqua Challenge*							8 – 8:45 a.m.*

\*Registered program. Please see page 51 & 81 for more details. Aquafit Combo and Aquafit Challenge is cancelled on Wed. Feb. 8 and Wed. Feb. 29/12

## March Break Schedule - March 12 to 16

Mar 12 – 16	Mon	Tues	Wed	Thurs	Fri	Sat & Sun
Public	9 a.m. – 12 p.m.	9 a.m. – 12 p.m. 7:30 – 9 p.m.	9 a.m. – 12 p.m.	9 a.m. – 12 p.m. 7:30 – 9 p.m.	9 a.m. – 12 p.m.	
Lane Swim*	7:30 – 9 a.m. 12 – 1 p.m. 8 – 9 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 9 – 10 p.m.	7:30 – 9 a.m. 12 – 1 p.m. 8 – 9 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.	
Parent & Tot	1 – 3 p.m. 6 – 8 p.m.	1 – 3 p.m.	1 – 3 p.m. 6 – 8 p.m.	1 – 3 p.m.	1 – 3 p.m. 6 – 8 p.m.	

**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:** A moderate to intense workout – all in deep water. Participants must be comfortable in deep water and able to swim 25 meter. 15 per class limit.

**AQUAFIT COMBO:** 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.



# 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.

Jan 7 – Jun 30	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.
Lane Swim*	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.
Ladies Lane Swim							4 – 5 p.m.
Senior Lane Swim	3 – 4 p.m.						

\*Pool space may be shared with other programs. Lane availability will vary. **For swim times from Jan 2-6 please refer to the Winter Break Schedule in the Fall Activity Guide**

Jan 7 – Jun 30	Mon	Tues	Wed	Thurs	Sat
Aqua Deep	12 – 12:45 p.m. 8 – 8:45 p.m.		12 – 12:45 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.	
<b>NEW!</b> Water Walkers			2 – 2:45 p.m.		
<b>NEW!</b> Aqua Challenge	1 – 1:45 p.m.				
Aqua Zumba™		8:15 – 9 p.m.	8:15 – 9 p.m.		

\*No Aquafit on April 7 & May 19

## March Break Schedule - March 12 to 16

Mar 12 – 16	Mon	Tues	Wed	Thurs	Fri
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.
Lane Swim	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.

**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.

**LANE SWIM:** Lane swim for 13 years and up. Must be able to swim lengths continuously. Swirl pool and sauna available. Teaching Pool (MAC) not

available. \*(shared with fitness/lessons-two lanes)

**PARENT & TOT SWIM:** Tot/Teaching Pool Only. Open to preschoolers (6 years of age and under) 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.

## CLOSURES

### ALL POOLS

January 1,  
April 8 to 9,  
May 21,  
June 16,  
July 1

### RAY TWINNEY

February 20

### MAGNA

January 12  
(7:30 to 4),  
March 3 & 4,  
May 26 & 27

# 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"> <li>• Must be accompanied by a parent/guardian (16 yrs.+).</li> <li>• Parent/guardian is responsible for direct supervision and must be in the water within arms reach of child(ren) at all times.</li> </ul>
6 to 9	4:1	<ul style="list-style-type: none"> <li>• Must be accompanied by a parent/guardian (16 yrs.+).</li> <li>• Parent/guardian is responsible for direct supervision &amp; must be in the water.</li> <li>• 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.</li> <li>• During slide swims riders must be 42" in height to use slide or must pass the Facility Swim Test</li> </ul>
10 and up	N/A	<ul style="list-style-type: none"> <li>• May swim without adult accompaniment.</li> </ul>

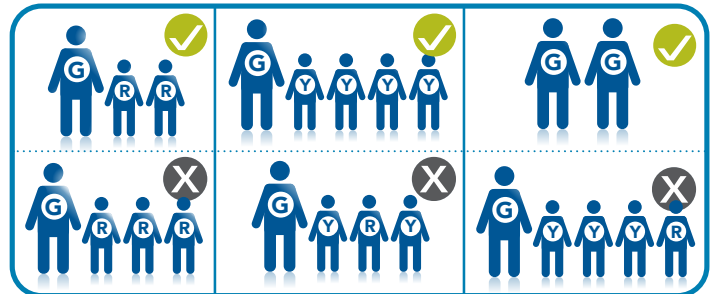
## DO YOU MEET THE ADMISSION STANDARDS?

**Green Wristbands** are for ages 10 and up.

**Yellow Wristbands** indicate ages 6 to 9 who may attempt a swim test to receive a green band.

**Red Wristbands** are for ages 5 and under, or ages 6 to 9 who do not complete a swim test.

Children ages 6 to 9 may receive a green wristband upon completion of a swim test, but a guardian must remain in the pool facility. All swimmers must come to the kiosk counter when paying to obtain the appropriate wristbands.



## PUBLIC SWIMMING FEES (Proof of residency is required)

	Adult	Youth	Child	Senior	Group	Preschool
Daily	\$4.75	\$4.50	\$3.25	\$4.50	\$12	\$1.25
10 Visit	\$33.60	\$31.84	\$23.04	\$31.84	\$84.96	-
20 Visit	\$63	\$59.70	\$43.20	\$59.70	\$159.30	-
30 Visit	\$88.20	\$83.58	\$60.48	\$83.58	\$223.02	-
100 Visit	\$147	\$139	\$101	\$139	\$372	-

<b>AquaFit</b>	Adult	Senior
Daily	\$7.05	\$6.67
10 Visit	\$49.92	\$47.20
20 Visit	\$93.60	\$88.50
30 Visit	\$131.04	\$123.90

<b>Swim n' Fit</b>	Adult	Senior
10 Visit	\$66.82	\$63.23
20 Visit	\$117.45	\$111.15
30 Visit	\$153.47	\$145.24

\*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.* Group *Max. of 6 (Max. 3 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).

## **Changes & Cancellations**

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

## **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, wash-room, pool deck, or pool viewing gallery 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.



**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.	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 Jan 7	9 a.m.	85172	Sat Jan 7	9:30 a.m.	85338
Length: 30 min.				Sun Jan 8	9:30 a.m.	85339	
Ratio: 1:10				Tue Jan 10	9:30 a.m.	85340	
				Wed Jan 11	6:30 p.m.	85349	
				Thu Jan 12	6 p.m.	85341	

**STARFISH/DUCK** Combined Starfish and Duck course.

Ages: 4 - 24 mths.	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		
		Sun Jan 8	9:30 a.m.	85177	Sat Jan 7	8:30 a.m.	85342
Mon Jan 9	10 a.m.	85173	Mon Jan 9	9:30 a.m.	85343		
Tue Jan 10	6 p.m.	85175	Mon Jan 9	6 p.m.	85344		
Thu Jan 12	10 a.m.	85174	Tue Jan 10	1 p.m.	85345		
Thu Jan 12	5:30 p.m.	85176	Tue Jan 10	6 p.m.	85346		
			Wed Jan 11	9:30 a.m.	85347		
			Wed Jan 11	1 p.m.	85388		
			Thu Jan 19	1 p.m.	85348		
			Thu Jan 19	9:30 a.m.	85357		



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

Ages: 12 - 24 mths.	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 Jan 7	10 a.m.	85178	Sat Jan 7	10:30 a.m.	85350
Length: 30 min.			Sat Jan 7	11:30 a.m.	85351		
Ratio: 1:10			Sun Jan 8	8:30 a.m.	85352		
			Tue Jan 10	10 a.m.	85353		
			Tue Jan 10	6:30 p.m.	85354		
			Wed Jan 11	6 p.m.	85355		
			Thu Jan 12	6:30 p.m.	85356		



**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.	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 Jan 7	9 a.m.	85183	Sat Jan 7	8:30 a.m.	85358
Sat Jan 7	9:30 a.m.	85184	Sat Jan 7	9 a.m.	85359		
Sun Jan 8	9:30 a.m.	85185	Sat Jan 7	9:30 a.m.	85360		
Sun Jan 8	10 a.m.	85186	Sat Jan 7	10 a.m.	85361		
Mon Jan 9	9:30 a.m.	85179	Sat Jan 7	11 a.m.	85362		
Tue Jan 10	5:30 p.m.	85181	Sat Jan 7	11:45 a.m.	85363		
Thu Jan 12	9:30 a.m.	85180	Sun Jan 8	8:30 a.m.	85364		
Thu Jan 12	6 p.m.	85182	Sun Jan 8	9 a.m.	85365		
			Sun Jan 8	3:45 p.m.	85366		
			Sun Jan 8	10 a.m.	85462		
			Sun Jan 8	2:30 p.m.	85757		
			Mon Jan 9	10 a.m.	85367		
			Mon Jan 9	11 a.m.	85368		
			Mon Jan 9	5:30 p.m.	85369		
			Mon Jan 9	6 p.m.	85370		

**Sea Turtle with Parent (Continued)**

				Mon Jan 9	6:30 p.m.	85371
				Mon Jan 9	7 p.m.	85372
				Tue Jan 10	9 a.m.	85373
				Tue Jan 10	1:30 p.m.	85374
				Tue Jan 10	5:30 p.m.	85375
				Tue Jan 10	6:30 p.m.	85376
				Wed Jan 11	10 a.m.	85377
				Wed Jan 11	10:30 a.m.	85378
				Wed Jan 11	5:30 p.m.	85379
				Wed Jan 11	6 p.m.	85380
				Wed Jan 11	6:30 p.m.	85381
				Wed Jan 11	1:30 p.m.	85387
				Thu Jan 12	5 p.m.	85385
				Thu Jan 12	5:30 p.m.	85386
				Thu Jan 19	9 a.m.	85382
				Thu Jan 19	11 a.m.	85383
				Thu Jan 19	1:30 p.m.	85384



**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.

<b>Ages:</b> 3 - 5 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:4	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	9:30 a.m.	85193	Sat Jan 7	9 a.m.	85389
Sat Jan 7	10 a.m.	85194	Sat Jan 7	9:30 a.m.	85390		
Sat Jan 7	10:30 a.m.	85195	Sat Jan 7	10 a.m.	85391		
Sat Jan 7	11 a.m.	85196	Sat Jan 7	11 a.m.	85392		
Sun Jan 8	9:30 a.m.	85197	Sat Jan 7	11:30 a.m.	85393		
Sun Jan 8	10 a.m.	85198	Sat Jan 7	12 p.m.	85394		
Mon Jan 9	10:30 a.m.	85187	Sat Jan 7	12:15 p.m.	85395		
Tue Jan 10	5:30 p.m.	85189	Sun Jan 8	8:30 a.m.	85396		
Tue Jan 10	6 p.m.	85190	Sun Jan 8	9:30 a.m.	85397		
Thu Jan 12	10 a.m.	85188	Sun Jan 8	11 a.m.	85398		
Thu Jan 12	5:30 p.m.	85191	Sun Jan 8	1:45 p.m.	85399		
Thu Jan 12	6 p.m.	85192	Sun Jan 8	4:15 p.m.	85400		
<b>5 classes - Runs Mon to Fri</b>			Sun Jan 8	10:30 a.m.	85461		
Mon Mar 12	10 a.m.	85330	Sun Jan 8	2 p.m.	85756		
Mon Mar 12	11 a.m.	85331	Mon Jan 9	9:30 a.m.	85401		
			Mon Jan 9	11 a.m.	85402		
			Mon Jan 9	5:30 p.m.	85403		
			Mon Jan 9	6 p.m.	85404		
			Mon Jan 9	6:30 p.m.	85405		
			Mon Jan 9	7 p.m.	85406		
			Tue Jan 10	9 a.m.	85407		
			Tue Jan 10	10 a.m.	85408		
			Tue Jan 10	1 p.m.	85409		
			Tue Jan 10	2 p.m.	85410		
			Tue Jan 10	5 p.m.	85411		
			Tue Jan 10	6 p.m.	85412		
			Tue Jan 10	6:30 p.m.	85413		
			Wed Jan 11	9 a.m.	85414		
			Wed Jan 11	10 a.m.	85415		
			Wed Jan 11	11 a.m.	85416		
			Wed Jan 11	2:30 p.m.	85417		
			Wed Jan 11	5:30 p.m.	85418		
			Wed Jan 11	6 p.m.	85419		
			Wed Jan 11	6:30 p.m.	85420		
			Wed Jan 11	7 p.m.	85421		
			Wed Jan 11	7:30 p.m.	85422		
			Thu Jan 12	5:30 p.m.	85427		
			Thu Jan 12	6 p.m.	85428		
			Thu Jan 12	6:30 p.m.	85429		
			Thu Jan 12	7 p.m.	85430		
			Thu Jan 19	9 a.m.	85423		
			Thu Jan 19	10 a.m.	85424		
			Thu Jan 19	1 p.m.	85425		
			Thu Jan 19	2 p.m.	85426		



**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.

<b>Ages:</b> 3 - 5 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:5	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>			
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>			
		Sat Jan 7	9:30 a.m.	85205	Sat Jan 7	9 a.m.	85431	
			Sat Jan 7	10 a.m.	85433			
			Sat Jan 7	10:30 a.m.	85439			
			Sat Jan 7	11 a.m.	85440			
			Sat Jan 7	11:30 a.m.	85441			
			Sun Jan 8	10 a.m.	85442			
			Sun Jan 8	10:30 a.m.	85443			
			Mon Jan 9	9:30 a.m.	85444			
			Tue Jan 10	6:30 p.m.	85445			
			Tue Jan 10	7 p.m.	85446			
			Thu Jan 12	9:30 a.m.	85447			
			Thu Jan 12	6:30 p.m.	85448			
			Thu Jan 12	7 p.m.	85449			
			<b>5 classes - Runs Mon to Fri</b>			Tue Jan 10	1:30 p.m.	85450
			Mon Mar 12	9:30 a.m.	85332	Tue Jan 10	5:30 p.m.	85451
			Mon Mar 12	10 a.m.	85333	Tue Jan 10	6:30 p.m.	85452
						Wed Jan 11	9 a.m.	85453
						Wed Jan 11	2 p.m.	85454
						Wed Jan 11	6 p.m.	85455
						Wed Jan 11	6:30 p.m.	85456
						Wed Jan 11	7 p.m.	85457
						Wed Jan 11	7:30 p.m.	85458
						Thu Jan 12	6:30 p.m.	85460
						Thu Jan 19	10 a.m.	85459



**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.

<b>Ages:</b> 3 - 6 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>			
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>			
		Sat Jan 7	11 a.m.	85217	Sat Jan 7	10:30 a.m.	85463	
			Sat Jan 7	11:30 a.m.	85464			
			Sun Jan 8	10:30 a.m.	85465			
			Sun Jan 8	11 a.m.	85466			
			Mon Jan 9	10 a.m.	85467			
			Tue Jan 10	6:30 p.m.	85469			
			Thu Jan 12	10:30 a.m.	85470			
			Thu Jan 12	7 p.m.	85471			
			<b>5 classes - Runs Mon to Fri</b>			Tue Jan 10	2 p.m.	85472
			Mon Mar 12	9:30 a.m.	85334	Tue Jan 10	7 p.m.	85473
						Wed Jan 11	10:30 a.m.	85474
						Wed Jan 11	6:30 p.m.	85475
						Wed Jan 11	7 p.m.	85476
						Wed Jan 11	7:30 p.m.	85477
						Thu Jan 12	6:30 p.m.	85480
						Thu Jan 12	7 p.m.	85481
						Thu Jan 19	10:30 a.m.	85478
						Thu Jan 19	2:30 p.m.	85479



**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.

<b>Ages:</b> 3 - 6 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>			
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>			
		Sat Jan 7	10 a.m.	85221	Sun Jan 8	3:15 p.m.	85497	
			Sat Jan 7	11:30 a.m.	85222	Mon Jan 9	6:30 p.m.	85498
						Tue Jan 10	6 p.m.	85499
						Wed Jan 11	7 p.m.	85500
						Thu Jan 19	9:30 a.m.	85501

## CROCODILE/WHALE Please see Crocodile and Whale course descriptions.

Ages: 3 - 6 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		
		Sun Jan 8	10:30 a.m.	85227	Sat Jan 7	12:30 p.m.	85490
Mon Jan 9	10:30 a.m.	85223	Mon Jan 9	10 a.m.	85491		
Tue Jan 10	6:30 p.m.	85225	Tue Jan 10	11 a.m.	85492		
Thu Jan 12	10:30 a.m.	85224	Tue Jan 10	2:30 p.m.	85493		
Thu Jan 12	6:30 p.m.	85226	Wed Jan 11	9:30 a.m.	85494		
<b>5 classes - Runs Mon to Fri</b>			Thu Jan 12	6 p.m.	85496		
Mon Mar 12	9:30 a.m.	85335	Thu Jan 19	1:30 p.m.	85495		



**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.	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 Jan 7	10 a.m.	85228	Sat Jan 7	10:45 a.m.	85502
			Sun Jan 8	10 a.m.	85503		
			Mon Jan 9	7 p.m.	85504		
			Mon Jan 9	7:30 p.m.	85745		
			Tue Jan 10	6 p.m.	85505		
			Wed Jan 11	6:30 p.m.	85506		
			Wed Jan 11	7:30 p.m.	85746		
			Thu Jan 19	10:30 a.m.	85507		

**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		
		Sat Jan 7	10 a.m.	85232	Sat Jan 7	10 a.m.	85585
Sat Jan 7	11 a.m.	85233	Sat Jan 7	10:30 a.m.	85586		
Sun Jan 8	11 a.m.	85234	Sat Jan 7	12 p.m.	85589		
Tue Jan 10	6:30 p.m.	85229	Sun Jan 8	9 a.m.	85587		
Tue Jan 10	7 p.m.	85230	Sun Jan 8	9:45 a.m.	85588		
Thu Jan 12	6:30 p.m.	85231	Sun Jan 8	10 a.m.	85590		
<b>5 classes - Runs Mon to Fri</b>			Sun Jan 8	10:30 a.m.	85591		
Mon Mar 12	11 a.m.	85336	Sun Jan 8	1:45 p.m.	85592		
			Sun Jan 8	2:30 p.m.	85593		
			Sun Jan 8	3:30 p.m.	85594		
			Mon Jan 9	6 p.m.	85595		
			Mon Jan 9	6:30 p.m.	85596		
			Mon Jan 9	7:30 p.m.	85597		
			Tue Jan 10	6 p.m.	85598		
			Wed Jan 11	6 p.m.	85599		
			Wed Jan 11	6:30 p.m.	85600		
			Wed Jan 11	7:30 p.m.	85601		
			Thu Jan 12	6 p.m.	85602		
			Thu Jan 12	6:30 p.m.	85603		
			Thu Jan 12	7 p.m.	85604		

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

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	9:30 a.m.	85238	Sat Jan 7	10 a.m.	85605
		Sat Jan 7	10:30 a.m.	85239	Sat Jan 7	10:30 a.m.	85606
		Sat Jan 7	11:15 a.m.	85240	Sat Jan 7	11:30 a.m.	85608
		Sun Jan 8	10:30 a.m.	85241	Sat Jan 7	12 p.m.	85609
		Sun Jan 8	11:30 a.m.	85242	Sun Jan 8	9 a.m.	85610
		Tue Jan 10	6:30 p.m.	85235	Sun Jan 8	10:45 a.m.	85611
		Tue Jan 10	7 p.m.	85236	Sun Jan 8	2 p.m.	85612
		Thu Jan 12	6:30 p.m.	85237	Sun Jan 8	3 p.m.	85613
<b>5 classes - Runs Mon to Fri</b>							
Mon Mar 12	11 a.m.	85337	Mon Jan 9	6 p.m.	85614		
			Mon Jan 9	7 p.m.	85615		
			Tue Jan 10	6 p.m.	85616		
			Tue Jan 10	7 p.m.	85617		
			Wed Jan 11	6 p.m.	85618		
			Wed Jan 11	6:30 p.m.	85619		
			Thu Jan 12	6 p.m.	85620		
			Thu Jan 12	7 p.m.	85621		

**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.

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	10:30 a.m.	85246	Sat Jan 7	11 a.m.	85622
		Sat Jan 7	11 a.m.	85247	Sun Jan 8	3 p.m.	85623
		Sun Jan 8	11 a.m.	85248	Sun Jan 8	9:30 a.m.	85624
		Sun Jan 8	11:30 a.m.	85251	Sun Jan 8	10:15 a.m.	85625
		Tue Jan 10	7 p.m.	85243	Sun Jan 8	2:45 p.m.	85626
		Tue Jan 10	7:30 p.m.	85244	Sun Jan 8	3:30 p.m.	85657
		Thu Jan 12	7 p.m.	85245	Sun Jan 8	4 p.m.	85627
		<b>5 classes - Runs Mon to Fri</b>					
Mon Mar 12	10:30 a.m.	85482	Mon Jan 9	6 p.m.	85628		
			Mon Jan 9	6:30 p.m.	85629		
			Mon Jan 9	7:30 p.m.	85630		
			Tue Jan 10	6 p.m.	85631		
			Tue Jan 10	7 p.m.	85632		
			Wed Jan 11	6 p.m.	85633		
			Wed Jan 11	7:30 p.m.	85634		
			Thu Jan 12	6 p.m.	85635		
			Thu Jan 12	6:30 p.m.	85636		
			Thu Jan 12	7 p.m.	85637		

**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.

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	10:30 a.m.	85255	Sat Jan 7	10 a.m.	85638
		Sat Jan 7	11:30 a.m.	85256	Sat Jan 7	11:30 a.m.	85639
		Sun Jan 8	10:30 a.m.	85257	Sat Jan 7	12:30 p.m.	85641
		Sun Jan 8	11:30 a.m.	87408	Sun Jan 8	9:30 a.m.	85642
		Tue Jan 10	6:30 p.m.	85252	Sun Jan 8	2:30 p.m.	85643
		Thu Jan 12	7 p.m.	85253	Mon Jan 9	6 p.m.	85644
		Thu Jan 12	7:30 p.m.	85254	Mon Jan 9	6:30 p.m.	85645
		<b>5 classes - Runs Mon to Fri</b>					
Mon Mar 12	10:30 a.m.	85258	Mon Jan 9	7 p.m.	85646		
			Mon Jan 9	7:30 p.m.	85647		
			Tue Jan 10	6 p.m.	85648		
			Tue Jan 10	7 p.m.	85649		
			Wed Jan 11	6 p.m.	85650		
			Wed Jan 11	6:30 p.m.	85651		

<b>Swim Kids Level 2 (Continued)</b>				Wed Jan 11	7 p.m.	85652
				Wed Jan 11	7:30 p.m.	85653
				Thu Jan 12	6 p.m.	85654
				Thu Jan 12	6:30 p.m.	85655
				Thu Jan 12	7 p.m.	85656

**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.

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 45 min.  <b>Ratio:</b> 1:8	<b>8 Classes:</b> Res - \$83 Non-Res - \$123	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	10:30 a.m.	85261	Sat Jan 7	10 a.m.	85658
		Sun Jan 8	10:30 a.m.	85262	Sat Jan 7	10:45 a.m.	85659
		Tue Jan 10	7:30 p.m.	85259	Sat Jan 7	11:45 a.m.	85660
		Thu Jan 12	7:30 p.m.	85260	Sun Jan 8	10 a.m.	85661
		<b>5 classes - Runs Mon to Fri</b>			Sun Jan 8	11 a.m.	85662
		Mon Mar 12	10 a.m.	85483	Sun Jan 8	1:45 p.m.	85663
					Sun Jan 8	2:45 p.m.	85664
					Mon Jan 9	6:30 p.m.	85665
			Mon Jan 9	7:15 p.m.	85666		
			Mon Jan 9	7:45 p.m.	85667		
			Tue Jan 10	6:30 p.m.	85668		
			Wed Jan 11	7 p.m.	85669		
			Wed Jan 11	8 p.m.	85670		
			Thu Jan 12	6:30 p.m.	85671		

**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.

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 45 min.  <b>Ratio:</b> 1:8	<b>8 Classes:</b> Res - \$83 Non-Res - \$123	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	11:15 a.m.	85265	Sat Jan 7	10 a.m.	85672
		Sun Jan 8	11:15 a.m.	85266	Sat Jan 7	11 a.m.	85673
		Tue Jan 10	7:30 p.m.	85263	Sat Jan 7	11:45 a.m.	85674
		Thu Jan 12	7:30 p.m.	85264	Sun Jan 8	9 a.m.	85675
		<b>5 classes - Runs Mon to Fri</b>			Sun Jan 8	10:45 a.m.	85676
		Mon Mar 12	10:45 a.m.	85484	Sun Jan 8	3:15 p.m.	85677
					Mon Jan 9	7 p.m.	85678
					Mon Jan 9	7:30 p.m.	85679
			Mon Jan 9	8 p.m.	85680		
			Tue Jan 10	6:30 p.m.	85681		
			Wed Jan 11	8 p.m.	85682		
			Thu Jan 12	6:30 p.m.	85683		

**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.

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 45 min.  <b>Ratio:</b> 1:8	<b>8 classes:</b> Res - \$83 Non-Res - \$123	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Jan 7	10:30 a.m.	85267	Sat Jan 7	11 a.m.	85684
					Mon Jan 9	7 p.m.	85685
					Mon Jan 9	8 p.m.	85686
					Tue Jan 10	6:30 p.m.	85687
					Wed Jan 11	7 p.m.	85688
					Wed Jan 11	8 p.m.	85689

## 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.		Sun Jan 8 Tue Jan 10 Thu Jan 12	11 a.m. 7 p.m. 7:30 p.m.	85270 85268 85269	Sat Jan 7 Sun Jan 8 Sun Jan 8 Thu Jan 12
Ratio: 1:10		5 classes - Runs Mon to Fri					
		Mon Mar 12	10:30 a.m.	85485			

## 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.		Sat Jan 7	9:30 a.m.	85271	Sat Jan 7 Mon Jan 9 Tue Jan 10 Wed Jan 11 Wed Jan 11
Ratio: 1:10							

## 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.		Sat Jan 7 Sun Jan 8 Tue Jan 10 Thu Jan 12	9:30 a.m. 11 a.m. 8 p.m. 7:30 p.m.	85274 85275 85272 85273	Sat Jan 7 Sun Jan 8 Sun Jan 8 Mon Jan 9 Tue Jan 10 Wed Jan 11 Thu Jan 12
Ratio: 1:10		5 classes - Runs Mon to Fri					
		Mon Mar 12	9:30 a.m.	85486			

## 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-first and head-first surface dives with underwater swim, and swim 500 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.					Sun Jan 8
Ratio: 1:10							

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.

# 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 3 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.

<b>Ages:</b> 3 - 14 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:1	<b>8 classes:</b> Res - \$189 Non-Res - \$229	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Jan 7	9 a.m.	85309	Sat Jan 7	10 a.m.	85508
Sat Jan 7	9 a.m.	85310	Sat Jan 7	10 a.m.	85509		
Sat Jan 7	9:30 a.m.	85311	Sat Jan 7	10:30 a.m.	85510		
Sat Jan 7	11:30 a.m.	85312	Sat Jan 7	10:30 a.m.	85511		
Sat Jan 7	11:45 a.m.	85313	Sat Jan 7	11 a.m.	85512		
Sat Jan 7	12 p.m.	85314	Sat Jan 7	11:15 a.m.	85513		
Sun Jan 8	10:30 a.m.	85315	Sat Jan 7	11:30 a.m.	85514		
Sun Jan 8	10:30 a.m.	85316	Sat Jan 7	12 p.m.	85515		
Sun Jan 8	11 a.m.	85317	Sat Jan 7	12:30 p.m.	85516		
Sun Jan 8	11 a.m.	85318	Sat Jan 7	12:30 p.m.	85517		
Sun Jan 8	11:30 a.m.	85319	Sun Jan 8	8 a.m.	85518		
Sun Jan 8	11:30 a.m.	85320	Sun Jan 8	8 a.m.	85519		
Mon Jan 9	9 a.m.	85292	Sun Jan 8	9 a.m.	85520		
Mon Jan 9	11 a.m.	85293	Sun Jan 8	10:30 a.m.	85521		
Tue Jan 10	6:30 p.m.	85296	Sun Jan 8	11:15 a.m.	85522		
Tue Jan 10	7 p.m.	85297	Sun Jan 8	11:30 a.m.	85523		
Tue Jan 10	7 p.m.	85298	Sun Jan 8	11:30 a.m.	85524		
Tue Jan 10	7:30 p.m.	85299	Sun Jan 8	12 p.m.	87400		
Tue Jan 10	7:30 p.m.	85300	Sun Jan 8	12 p.m.	87401		
Tue Jan 10	8 p.m.	85301	Sun Jan 8	12 p.m.	87402		
Thu Jan 12	9 a.m.	85294	Sun Jan 8	12:30 p.m.	87403		
Thu Jan 12	11 a.m.	85295	Sun Jan 8	12:30 p.m.	87404		
Thu Jan 12	6:30 p.m.	85302	Sun Jan 8	12:30 p.m.	87405		
Thu Jan 12	6:30 p.m.	85303	Sun Jan 8	1:45 p.m.	85525		
Thu Jan 12	7 p.m.	85304	Sun Jan 8	2:15 p.m.	85526		
Thu Jan 12	7 p.m.	85305	Sun Jan 8	2:15 p.m.	85527		
Thu Jan 12	7:30 p.m.	85307	Sun Jan 8	3 p.m.	85528		
Thu Jan 12	7:30 p.m.	85308	Sun Jan 8	4 p.m.	85529		
<b>H10 Privates - Ladies ONLY</b>			Sun Jan 8	3:30 p.m.	85530		
<b>8 classes - Runs 1 day per week</b>			Sun Jan 8	4:30 p.m.	85531		
Sun Jan 8	4 p.m.	87366	Sun Jan 8	4:30 p.m.	85532		
Sun Jan 8	4:30 p.m.	87367	Mon Jan 9	6 p.m.	85533		
Sun Jan 8	5 p.m.	87368	Mon Jan 9	6:30 p.m.	85534		
			Mon Jan 9	6:30 p.m.	85535		
			Mon Jan 9	7 p.m.	85536		
			Mon Jan 9	7 p.m.	85537		
			Mon Jan 9	7 p.m.	85538		
			Mon Jan 9	8 p.m.	85539		
			Mon Jan 9	8 p.m.	85540		
			Mon Jan 9	8:15 p.m.	85541		
			Mon Jan 9	8:30 p.m.	85542		
			Mon Jan 9	8:30 p.m.	85543		
			Tue Jan 10	6 p.m.	85544		
			Tue Jan 10	6 p.m.	85545		
			Tue Jan 10	6:30 p.m.	85546		
			Tue Jan 10	6:30 p.m.	85547		
			Tue Jan 10	7 p.m.	85548		
			Tue Jan 10	7 p.m.	85549		
			Wed Jan 11	7 p.m.	85550		
			Wed Jan 11	6 p.m.	85551		
			Wed Jan 11	6 p.m.	85552		
			Wed Jan 11	6 p.m.	85553		
			Wed Jan 11	6:30 p.m.	85554		
			Wed Jan 11	7 p.m.	85555		
			Wed Jan 11	7 p.m.	85556		
			Wed Jan 11	7:30 p.m.	85557		
			Wed Jan 11	8 p.m.	85558		

## H30 - Semi-Privates

(30 min.) Available upon request if space is available. Patrons requesting lessons must have a minimum of two participants in the same class to be considered.

### To register call:

Ray Twinney Recreation Complex  
905-953-5301 ext. 2660

Metro Aquatic Centre  
905-953-5303 ext.2711

H10 - Privates (Continued)							
					Wed Jan 11	8 p.m.	85558
					Wed Jan 11	8 p.m.	85559
					Wed Jan 11	8 p.m.	85560
					Wed Jan 11	8:30 p.m.	85561
					Wed Jan 11	8:30 p.m.	85562
					Wed Jan 11	8:30 p.m.	85563
					Thu Jan 12	6 p.m.	85564
					Thu Jan 12	6 p.m.	85565
					Thu Jan 12	7 p.m.	85566
					Thu Jan 12	7 p.m.	85567
					Thu Jan 12	7 p.m.	85568

**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			8 classes - Runs 1 day per week		
Length: 30 min.	Ratio: 1:1				Tue Jan 10	11 a.m.	85740
					Tue Jan 10	2:30 p.m.	85741
					Tue Jan 10	5:30 p.m.	85742
					Wed Jan 11	11 a.m.	85743
					Wed Jan 11	5 p.m.	85744
					Thu Jan 12	5 p.m.	85750
					Thu Jan 12	5:30 p.m.	85751
					Thu Jan 19	11 a.m.	85747
					Thu Jan 19	2 p.m.	85748
					Thu Jan 19	2:30 p.m.	85749

**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 - \$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: 1:1				Sat Jan 7	12 p.m.	85289
					Sun Jan 8	1 p.m.	85735

**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.	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		
Length: 30 min.	Ratio: 1:1				Sun Jan 8	8:30 a.m.	85707
					Sun Jan 8	8:30 a.m.	85708
					Sun Jan 8	8:30 a.m.	85709
					Sun Jan 8	9 a.m.	85710
					Sun Jan 8	9 a.m.	85711
					Sun Jan 8	9 a.m.	85712
					Sun Jan 8	9:30 a.m.	85713
					Sun Jan 8	9:30 a.m.	85714
					Sun Jan 8	9:30 a.m.	85715
					Sun Jan 8	10 a.m.	85716
					Sun Jan 8	10 a.m.	85717
					Sun Jan 8	10 a.m.	85718
					Sun Jan 8	10:30 a.m.	85719
					Sun Jan 8	10:30 a.m.	85720
					Sun Jan 8	10:30 a.m.	85721
					Sun Jan 8	11 a.m.	85722
					Sun Jan 8	11 a.m.	85723
					Sun Jan 8	11 a.m.	85724
					Sun Jan 8	11:30 a.m.	85725
					Sun Jan 8	11:30 a.m.	85726
					Sun Jan 8	11:30 a.m.	85727

Special Needs Lessons are available at the Ray Twinney Recreation Complex upon request if space is available.

To register call:  
905-953-5301 ext.2660

# 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).

<b>Ages:</b> 13+ yrs.  <b>Length:</b> 45 min.	<b>8 classes:</b> 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 Jan 7	12 p.m.	85285	Sun Jan 8	4 p.m.	85732
		Tue Jan 10	8 p.m.	85284	Wed Jan 11	8 p.m.	85737
		H10 Privates - Ladies ONLY					
8 classes - Runs 1 day per week							
		Sun Jan 8	4 p.m.	87369			

## 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.

<b>Ages:</b> 13+ yrs.  <b>Length:</b> 45 min.	<b>8 classes:</b> 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 Jan 7	12 p.m.	85288	Sun Jan 8	4:15 p.m.	85733
					Wed Jan 11	8 p.m.	85738
		H10 Privates - Ladies ONLY					
8 classes - Runs 1 day per week							
		Sun Jan 8	4:45 p.m.	87370			

## TEEN/ADULT SWIM STROKES

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

<b>Ages:</b> 13+ yrs.  <b>Length:</b> 45 min.	<b>8 classes:</b> 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 Jan 7	12 p.m.	85287	Sun Jan 8	4 p.m.	85734
		Thu Jan 12	8 p.m.	85286	Wed Jan 11	8 p.m.	85736

## MASTERS SWIMMING

This program provides beginner, intermediate and advanced adult (min. 18 years of age) swimmers with an opportunity to improve their fitness, endurance and strokes. Swimmers have the option to participate 1, 2 or 3 times a week. 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 Feb 20.

	Dates	Resident	Non-Res	Code
1 day per week	Jan 2 – Mar 28	\$123.60	\$163.60	85324
2 days per week	Jan 2 – Mar 28	\$190.80	\$230.80	85325
3 days per week	Jan 2 – Mar 28	\$253.20	\$293.20	85326

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.

## 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.

<b>Ages:</b> 8 - 13 yrs.  <b>Length:</b> 1 hr.	<b>8 classes:</b> 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 Jan 7	9 a.m.	85279	Sun Jan 8	3:30 p.m.	85758
		Thu Jan 12	6:30 p.m.	85278	Mon Jan 9	8 p.m.	85759
5 classes - Runs Mon to Fri							
		Mon Mar 12	9:30 a.m.	85487			

**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.

<b>Ages:</b> 8 - 13 yrs.  <b>Length:</b> 1 hr.	<b>8 classes:</b> 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 Jan 7	9 a.m.	85281	Sun Jan 8	3:30 p.m.	85760
		Thu Jan 12	6:30 p.m.	85280	Mon Jan 9	8 p.m.	85761
5 classes - Runs Mon to Fri							
		Mon Mar 12	9:30 a.m.	85488			

**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.

<b>Ages:</b> 8 - 13 yrs.  <b>Length:</b> 1 hr.	<b>8 classes:</b> 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 Jan 7	9 a.m.	85283	Sun Jan 8	3:30 p.m.	85762
		Thu Jan 12	6:30 p.m.	85282	Mon Jan 9	8 p.m.	85763
5 classes - Runs Mon to Fri							
		Mon Mar 12	9:30 a.m.	85489			

**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.

<b>Ages:</b> 12 - 14 yrs.  <b>Length:</b> 1.5 hrs.	<b>8 classes:</b> Res - \$119.75 Non-Res - \$159.75	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sat Jan 7	10:30 a.m.	85277	Sun Jan 8	2:30 p.m.	85731
		Tue Jan 10	7:30 p.m.	85276	Mon Jan 9	7:30 p.m.	85739

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.

**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.

<b>Ages:</b> 8 - 11 yrs.	<b>8 classes:</b> Res - \$101 Non-Res - \$141	<b>Ray Twinney Recreation Complex</b>		<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>				
				Sun Jan 8	2 p.m.	85729

**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.

<b>Ages:</b> 12 - 15 yrs.	<b>8 classes:</b> Res - \$101 Non-Res - \$141	<b>Ray Twinney Recreation Complex</b>		<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>				
				Sun Jan 8	3:30 p.m.	85730

## ADVANCED COURSES

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

**BRONZE MEDALLION & EMERGENCY FIRST 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:	Res - \$191.45 Non-Res - \$231.45	Date	Time	Location	Code
13+ yrs. or completion of Bronze Star		Mon Jan 9 – Mar 5	6 - 9:30 p.m.	RTRC	85143
		Fri Jan 27 - Sun Jan 29	5 -10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC	85144

**BRONZE CROSS & STANDARD FIRST 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 - \$181.17 Non-Res - \$221.17	Date	Time	Location	Code
N/A		Wed Jan 11 – Feb 29	5:30 - 9:30 p.m.	RTRC	85145
		Fri Mar 2 – Sun Mar 4	4 -10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC	85146

RTRC - Ray Twinney Recreation Complex MC - Manga Centre

**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 - \$246.48 Non-Res - \$286.48	Date	Time	Location	Code
15+ yrs.		Tue Jan 10 - Mar 6 Sat Feb 4 - 25	5:30 - 9:30 p.m. 11:30 a.m. - 8 p.m.	RTRC RTRC	85148 85149

**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 - \$278.21 Non-Res - \$318.21	Date	Time	Location	Code
16+ yrs.		Mon Mar 12 - Fri Mar 16	9 a.m. - 9 p.m.	MC	85154

**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 Mar 4	9 a.m. - 2 p.m.	RTRC	85169

**LIFESAVING STANDARD FIRST AID & CPR-C** Standard First Aid and CPR-C provides comprehensive training covering all aspects of first aid and CPR.

Ages:	Res - \$111.75 Non-Res - \$151.75	Date	Time	Location	Code
N/A		Sat Jan 14 - Sun Jan 15	9 a.m. - 5 p.m.	RTRC	85152

**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 - \$63.74 Non-Res - \$103.74	Date	Time	Location	Code
N/A		Sun Jan 15	9 a.m. - 5 p.m.	RTRC	85153

**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 - \$258.63 Non-Res - \$298.63	Date	Time	Location	Code
16+ yrs.		Thu Jan 12 - Mar 8 Mon Mar 12 - Fri Mar 16	5 - 9:30 p.m. 9 a.m. - 7 p.m.	RTRC RTRC	85150 85151

**NATIONAL LIFEGUARD SERVICE RECERT** Proof of certification required.

Ages:	Res - \$85.74 Non-Res - \$125.74	Date	Time	Location	Code
16+ yrs.		Sat Mar 3	9 a.m. - 2 p.m.	RTRC	85167

RTRC - Ray Twinney Recreation Complex MC - Manga Centre



## PREPARE TO WORK HARD.

This 8 week session brings sport training to the water and is designed to incorporate 3 different challenges.

COURSE CODE # 87842

### IT ALL STARTS

**JAN 08**

FOR DETAILS OR TO REGISTER VISIT THE KIOSK.

**GRADE 3  
SWIM  
PASS**

**Attention  
Grade 3's!**

**free  
clinic dates**

Jan 14 - RTRC - 1 to 2pm (87605)

Jan 28 - MC - 4 to 5pm (87606)

Feb 11 - RTRC - 1 to 2pm (87606)

Feb 25 - MC - 4 to 5pm (87607)

**March Break Date:**

**March 13 - RTRC**

**1-2pm (87607)**

### Want to swim for FREE?

Well here is the opportunity of a lifetime! The Town of Newmarket would like to invite you to take the plunge with our first ever Grade 3 Swim Pass! Requirements are simple-you just need to be presently in Grade 3, currently living and attending a school in NEWMARKET, and attend a Grade 3 Swim Clinic to get the pass! If you are a beginner, no problem, this program is perfect for you and we are there to help you! Not only do you get to participate in this amazing life skill activity, but you can come to as many public swims for one year from the day of the clinic and use at any of the Town of Newmarket operated pools! This is a one-time offer for Grade 3's! See p.14 for registration information.



## STARFISH For details on this program refer to p.68

<b>Ages:</b> 4 - 12 mths.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:10	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	9:30 a.m.	86553	Sat Mar 31	9 a.m.	85830
				Sat Mar 31	10 a.m.	85805	
				Sun Apr 1	9 a.m.	85806	
				Mon Apr 2	6:30 p.m.	85826	
				Tue Apr 3	9:30 a.m.	85827	
				Wed Apr 4	10:30 a.m.	85828	
				Thu Apr 5	10:30 a.m.	85829	

## STARFISH/DUCK For details on this program refer to p.68

<b>Ages:</b> 4 - 24 mths.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:10	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>			
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>			
		Sun Apr 1	9:30 a.m.	86592	Sat Mar 31	12:15 p.m.	85831	
		Mon Apr 2	10 a.m.	86621	Mon Apr 2	9 a.m.	85832	
		Tue Apr 3	6 p.m.	86424	Tue Apr 3	1 p.m.	85835	
			Thu Apr 5	10 a.m.	86631			
			Thu Apr 5	5:30 p.m.	86462			
			<b>8 classes - Runs Tues &amp; Thurs</b>			Wed Apr 4	1 p.m.	85908
						Wed Apr 4	5:30 p.m.	85837
						Wed Apr 4	6:30 p.m.	85838
			Tue May 29	6 p.m.	86636	Thu Apr 5	1 p.m.	85839

## DUCK For details on this program refer to p.68

<b>Ages:</b> 12 - 24 mths.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:10	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	8:30 a.m.	86495	Sat Mar 31	8:30 a.m.	85840
			Sat Mar 31	11 a.m.	85841		
				Sun Apr 1	10 a.m.	85842	
				Mon Apr 2	6 p.m.	85844	
				Tue Apr 3	10:30 a.m.	85845	
				Wed Apr 4	9:30 a.m.	85846	
				Thu Apr 5	5:30 p.m.	85847	

## SEA TURTLE - WITH PARENT For details on this program refer to p.68

<b>Ages:</b> 24 - 36 mths.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:4	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	9 a.m.	86540	Sat Mar 31	8:30 a.m.	85848
		Sat Mar 31	9:30 a.m.	86541	Sat Mar 31	10:30 a.m.	85849
		Sat Mar 31	10:30 a.m.	86542	Sat Mar 31	11:45 a.m.	85850
		Sun Apr 1	9:30 a.m.	86593	Sun Apr 1	9 a.m.	85851
		Sun Apr 1	10 a.m.	86594	Sun Apr 1	10 a.m.	85852
		Mon Apr 2	9:30 a.m.	86620	Sun Apr 1	11:15 a.m.	85853
		Tue Apr 3	5:30 p.m.	86423	Sun Apr 1	3 p.m.	85855
		Thu Apr 5	9:30 a.m.	86626	Mon Apr 2	9:30 a.m.	86346
Thu Apr 5	5:30 p.m.	86460	Mon Apr 2	10:30 a.m.	85856		
Thu Apr 5	6 p.m.	86461	Mon Apr 2	5:30 p.m.	85857		
			Mon Apr 2	6 p.m.	86347		
			Mon Apr 2	6:30 p.m.	85859		
			Tue Apr 3	9 a.m.	85860		
			Tue Apr 3	10 a.m.	85858		
			Tue Apr 3	1:30 p.m.	85861		
			Tue Apr 3	5:30 p.m.	86348		
			Wed Apr 4	9:30 a.m.	85862		
			Wed Apr 4	1:30 p.m.	85865		
			Wed Apr 4	5:30 p.m.	85866		
			Wed Apr 4	11 a.m.	85867		
			<b>8 classes - Runs Tues &amp; Thurs</b>				
			Tue May 29	6:30 p.m.	86638		

<b>Sea-Turtle with Parent (Continued)</b>				Wed Apr 4	6 p.m.	85868
				Wed Apr 4	7 p.m.	85869
				Thu Apr 5	10 a.m.	85870
				Thu Apr 5	1:30 p.m.	85871
				Thu Apr 5	5 p.m.	85872
				Thu Apr 5	7 p.m.	85873

**SEA OTTER** For details on this program refer to p.69

<b>Ages:</b> 3 - 5 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:4	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	9 a.m.	86535	Sat Mar 31	8 a.m.	85874
		Sat Mar 31	9:30 a.m.	86536	Sat Mar 31	9 a.m.	85875
		Sat Mar 31	10 a.m.	86546	Sat Mar 31	9:30 a.m.	85877
		Sat Mar 31	10:30 a.m.	86537	Sat Mar 31	10 a.m.	85878
		Sat Mar 31	11 a.m.	86538	Sat Mar 31	10:30 a.m.	85879
		Sat Mar 31	11:30 a.m.	86539	Sat Mar 31	11 a.m.	85880
		Sun Apr 1	9 a.m.	86584	Sat Mar 31	11:30 a.m.	85881
		Sun Apr 1	9:30 a.m.	86585	Sun Apr 1	9 a.m.	85883
Sun Apr 1	10 a.m.	86586	Sun Apr 1	9:30 a.m.	85884		
Sun Apr 1	10:30 a.m.	86587	Sun Apr 1	10:30 a.m.	85885		
Mon Apr 2	10:30 a.m.	86624	Sun Apr 1	10:45 a.m.	85886		
Mon Apr 2	11 a.m.	86625	Sun Apr 1	11:30 a.m.	85887		
Tue Apr 3	5 p.m.	86420	Sun Apr 1	1:30 p.m.	85888		
Tue Apr 3	5:30 p.m.	86421	Sun Apr 1	1:45 p.m.	85889		
Tue Apr 3	6 p.m.	86422	Sun Apr 1	2 p.m.	85890		
Thu Apr 5	10 a.m.	86629	Sun Apr 1	2:30 p.m.	85891		
Thu Apr 5	10:30 a.m.	86630	Sun Apr 1	3:30 p.m.	85892		
Thu Apr 5	5:30 p.m.	86463	Mon Apr 2	10 a.m.	85893		
Thu Apr 5	6 p.m.	86464	Mon Apr 2	5 p.m.	85894		
<b>8 classes - Runs Tues &amp; Thurs</b>			Mon Apr 2	5:30 p.m.	85895		
Tue May 29	6 p.m.	86634	Mon Apr 2	6 p.m.	85896		
Tue May 29	6:30 p.m.	86635	Mon Apr 2	6:30 p.m.	85897		
			Tue Apr 3	10 a.m.	85898		
			Tue Apr 3	1 p.m.	85899		
			Tue Apr 3	2 p.m.	85900		
			Tue Apr 3	5 p.m.	85901		
			Tue Apr 3	5:30 p.m.	85902		
			Tue Apr 3	6 p.m.	85903		
			Wed Apr 4	9 a.m.	85904		
			Wed Apr 4	10:30 a.m.	85905		
			Wed Apr 4	11 a.m.	85906		
			Wed Apr 4	1 p.m.	85907		
			Wed Apr 4	2 p.m.	85909		
			Wed Apr 4	2:30 p.m.	85910		
			Wed Apr 4	5 p.m.	85911		
			Wed Apr 4	6 p.m.	85912		
			Wed Apr 4	6:30 p.m.	85913		
			Wed Apr 4	7 p.m.	85914		
			Wed Apr 4	7:30 p.m.	85915		
			Thu Apr 5	10 a.m.	85916		
			Thu Apr 5	1 p.m.	85917		
			Thu Apr 5	2 p.m.	85918		
			Thu Apr 5	5 p.m.	85919		
			Thu Apr 5	6 p.m.	85920		
			Thu Apr 5	6:30 p.m.	85921		
			Thu Apr 5	7 p.m.	85922		
			Mon Apr 2	9 a.m.	86345		

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.

# SALAMANDER For details on this program refer to p.70

<b>Ages:</b> 3 - 5 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:5	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	8:30 a.m.	86497	Sat Mar 31	8 a.m.	85923
		Sat Mar 31	9 a.m.	86498	Sat Mar 31	9:30 a.m.	85924
		Sat Mar 31	9:30 a.m.	86499	Sat Mar 31	10:30 a.m.	85925
		Sat Mar 31	10 a.m.	86500	Sat Mar 31	11 a.m.	85926
		Sat Mar 31	10:30 a.m.	86501	Sat Mar 31	11:45 a.m.	85927
		Sat Mar 31	11 a.m.	86502	Sat Mar 31	12 p.m.	85928
		Sat Mar 31	11:30 a.m.	86503	Sun Apr 1	9:30 a.m.	85929
		Sun Apr 1	9 a.m.	86588	Sun Apr 1	10 a.m.	85930
Sun Apr 1	10 a.m.	86589	Sun Apr 1	11 a.m.	85931		
Sun Apr 1	10:30 a.m.	86590	Sun Apr 1	11:30 a.m.	85932		
Sun Apr 1	11:30 a.m.	86591	Sun Apr 1	1:30 p.m.	85933		
Mon Apr 2	9 a.m.	86616	Sun Apr 1	3:15 p.m.	85934		
Mon Apr 2	9:30 a.m.	86617	Mon Apr 2	10:30 a.m.	85935		
Tue Apr 3	5 p.m.	86417	Mon Apr 2	5 p.m.	85936		
Tue Apr 3	6:30 p.m.	86418	Mon Apr 2	6 p.m.	85938		
Tue Apr 3	7 p.m.	86419	Mon Apr 2	6:30 p.m.	85939		
Thu Apr 5	9 a.m.	86618	Tue Apr 3	9:30 a.m.	85940		
Thu Apr 5	9:30 a.m.	86619	Tue Apr 3	10:30 a.m.	85941		
Thu Apr 5	6 p.m.	86465	Tue Apr 3	1:30 p.m.	85942		
Thu Apr 5	6:30 p.m.	86466	Tue Apr 3	2:30 p.m.	85943		
<b>8 classes - Runs Tues &amp; Thurs</b>			Tue Apr 3	6 p.m.	85944		
Tue May 29	6:30 p.m.	86639	Wed Apr 4	10 a.m.	85945		
Tue May 29	7 p.m.	86640	Wed Apr 4	1:30 p.m.	85946		
			Wed Apr 4	5 p.m.	85947		
			Wed Apr 4	6 p.m.	85948		
			Wed Apr 4	6:30 p.m.	85949		
			Wed Apr 4	7:30 p.m.	85950		
			Thu Apr 5	9:30 a.m.	85951		
			Thu Apr 5	10:30 a.m.	85952		
			Thu Apr 5	1:30 p.m.	85953		
			Thu Apr 5	5:30 p.m.	85954		
			Thu Apr 5	6 p.m.	85955		
			Tue Apr 3	6:30 p.m.	86004		

# SUNFISH For details on this program refer to p.70

<b>Ages:</b> 3 - 6 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	10 a.m.	86557	Sat Mar 31	10 a.m.	85956
		Sat Mar 31	11 a.m.	86558	Sat Mar 31	10:45 a.m.	85957
		Sat Mar 31	12 p.m.	86559	Sat Mar 31	11:15 a.m.	85958
		Sun Apr 1	10:30 a.m.	86603	Sat Mar 31	12:15 p.m.	85998
		Sun Apr 1	11 a.m.	86604	Sun Apr 1	9 a.m.	85959
		Mon Apr 2	10 a.m.	86622	Sun Apr 1	9:45 a.m.	85960
		Tue Apr 3	6:30 p.m.	86435	Sun Apr 1	10:30 a.m.	85961
		Tue Apr 3	7 p.m.	86436	Sun Apr 1	2 p.m.	85978
Tue Apr 3	7:30 p.m.	86437	Sun Apr 1	2:15 p.m.	85962		
Thu Apr 5	11 a.m.	86633	Mon Apr 2	9:30 a.m.	85963		
Thu Apr 5	7 p.m.	86486	Mon Apr 2	6 p.m.	85981		
Thu Apr 5	7:30 p.m.	86487	Mon Apr 2	7 p.m.	85964		
<b>8 classes - Runs Tues &amp; Thurs</b>			Tue Apr 3	9 a.m.	85965		
Tue May 29	6:30 p.m.	86641	Tue Apr 3	2 p.m.	85966		
			Tue Apr 3	6 p.m.	85983		
			Tue Apr 3	6:30 p.m.	85967		
			Tue Apr 3	7 p.m.	85968		
			Wed Apr 4	9 a.m.	85969		
			Wed Apr 4	2:30 p.m.	85970		
			Wed Apr 4	6 p.m.	85971		
			Wed Apr 4	6:30 p.m.	85972		
			Wed Apr 4	7:30 p.m.	85973		
			Thu Apr 5	9 a.m.	85974		
			Thu Apr 5	11 a.m.	85975		
			Thu Apr 5	2:30 p.m.	85976		
			Thu Apr 5	7 p.m.	85977		



## SWIM KIDS LEVEL 2 For details on this program refer to p.72

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	9 a.m.	86543	Sat Mar 31	10:30 a.m.	86046
		Sat Mar 31	10 a.m.	86544	Sat Mar 31	11 a.m.	86047
		Sat Mar 31	11 a.m.	86545	Sat Mar 31	11:30 a.m.	86048
Sun Apr 1	11 a.m.	86608	Sun Apr 1	9:30 a.m.	86049		
Sun Apr 1	11:30 a.m.	86609	Sun Apr 1	11 a.m.	86113		
Tue Apr 3	6:30 p.m.	86427	Sun Apr 1	11:30 a.m.	86050		
Tue Apr 3	7 p.m.	86429	Sun Apr 1	1:45 p.m.	86051		
Tue Apr 3	7:30 p.m.	86428	Sun Apr 1	3 p.m.	86052		
Thu Apr 5	7 p.m.	86483	Sun Apr 1	3:30 p.m.	86053		
<b>8 classes - Runs Tues &amp; Thurs</b>			Mon Apr 2	6 p.m.	86054		
Tue May 29	7 p.m.	86646	Tue Apr 3	6 p.m.	86055		
			Tue Apr 3	7 p.m.	86056		
			Wed Apr 4	6 p.m.	86057		
			Wed Apr 4	7 p.m.	86058		
			Thu Apr 5	6 p.m.	86059		

## SWIM KIDS LEVEL 3 For details on this program refer to p.72

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	9 a.m.	86532	Sat Mar 31	10 a.m.	86060
		Sat Mar 31	10:30 a.m.	86533	Sat Mar 31	10:30 a.m.	86061
		Sat Mar 31	11:30 a.m.	86534	Sat Mar 31	11 a.m.	86062
Sun Apr 1	11:30 a.m.	86613	Sat Mar 31	11:30 a.m.	86063		
Tue Apr 3	6:30 p.m.	86430	Sat Mar 31	12 p.m.	86064		
Tue Apr 3	7:30 p.m.	86431	Sat Mar 31	12:30 p.m.	86065		
Thu Apr 5	6:30 p.m.	86477	Sun Apr 1	9 a.m.	86066		
Thu Apr 5	7 p.m.	86478	Sun Apr 1	10 a.m.	86067		
<b>8 classes - Runs Tues &amp; Thurs</b>			Sun Apr 1	10:30 a.m.	86068		
Tue May 29	7 p.m.	86648	Sun Apr 1	2:30 p.m.	86093		
			Sun Apr 1	3:30 p.m.	86069		
			Sun Apr 1	4 p.m.	86070		
			Mon Apr 2	6 p.m.	86071		
			Mon Apr 2	6:30 p.m.	86072		
			Mon Apr 2	7 p.m.	86073		
			Tue Apr 3	6 p.m.	86074		
			Tue Apr 3	7 p.m.	86075		
			Wed Apr 4	6 p.m.	86076		
			Wed Apr 4	6:30 p.m.	86077		
			Wed Apr 4	7 p.m.	86078		
			Wed Apr 4	7:30 p.m.	86079		
			Wed Apr 4	8 p.m.	86080		
			Thu Apr 5	6 p.m.	86081		
			Thu Apr 5	7 p.m.	86082		

## SWIM KIDS LEVEL 4 For details on this program refer to p.72

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:6	<b>8 Classes:</b> Res - \$73 Non-Res - \$113	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	9 a.m.	86547	Sat Mar 31	10 a.m.	86083
		Sat Mar 31	10:30 a.m.	86548	Sat Mar 31	10:45 a.m.	86084
		Sat Mar 31	11:30 a.m.	86549	Sat Mar 31	11:15 a.m.	86085
Sun Apr 1	11 a.m.	86610	Sat Mar 31	12 p.m.	86086		
Sun Apr 1	11:30 a.m.	86611	Sat Mar 31	12:30 p.m.	86087		
Tue Apr 3	7 p.m.	86447	Sun Apr 1	9:30 a.m.	86088		
Tue Apr 3	7:30 p.m.	86450	Sun Apr 1	10:30 a.m.	86089		
Thu Apr 5	7 p.m.	86484	Sun Apr 1	11 a.m.	86090		
Thu Apr 5	7:30 p.m.	86485	Sun Apr 1	11:30 a.m.	86091		
<b>8 classes - Runs Tues &amp; Thurs</b>			Sun Apr 1	2:15 p.m.	86092		
Tue May 29	7:30 p.m.	86649	Sun Apr 1	3:15 p.m.	86094		
			Sun Apr 1	4 p.m.	86095		

<b>Swim Kids Level 4 (Continued)</b>				Sun Apr 1	4:30 p.m.	86192
				Mon Apr 2	6:30 p.m.	86096
				Mon Apr 2	7 p.m.	86097
				Mon Apr 2	7:30 p.m.	86098
				Tue Apr 3	6 p.m.	86099
				Tue Apr 3	6:30 p.m.	86100
				Tue Apr 3	7 p.m.	86101
				Wed Apr 4	6 p.m.	86102
				Wed Apr 4	6:30 p.m.	86103
				Wed Apr 4	7 p.m.	86104
				Wed Apr 4	7:30 p.m.	86105
				Wed Apr 4	8 p.m.	86106
				Thu Apr 5	6 p.m.	86107
				Thu Apr 5	6:30 p.m.	86108

**SWIM KIDS LEVEL 5** For details on this program refer to p.73

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 45 min.  <b>Ratio:</b> 1:8	<b>8 Classes:</b> Res - \$83 Non-Res - \$123	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	10:30 a.m.	86563	Sat Mar 31	10 a.m.	86109
		Sat Mar 31	11:15 a.m.	86576	Sat Mar 31	11:30 a.m.	86110
		Sun Apr 1	10:30 a.m.	86606	Sun Apr 1	9 a.m.	86111
		Tue Apr 3	7:30 p.m.	86451	Sun Apr 1	10:45 a.m.	86112
		Tue Apr 3	8 p.m.	86452	Sun Apr 1	1:45 p.m.	86114
		Thu Apr 5	7:30 p.m.	86490	Mon Apr 2	6:30 p.m.	86115
		<b>8 classes - Runs Tues &amp; Thurs</b>			Mon Apr 2	7:30 p.m.	86116
		Tue May 29	7:30 p.m.	86650	Tue Apr 3	6:30 p.m.	86117
					Wed Apr 4	7 p.m.	86118
			Wed Apr 4	8 p.m.	86119		
			Thu Apr 5	6:30 p.m.	86120		

**SWIM KIDS LEVEL 6** For details on this program refer to p.73

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 45 min.  <b>Ratio:</b> 1:8	<b>8 Classes:</b> Res - \$83 Non-Res - \$123	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	11:15 a.m.	86575	Sat Mar 31	10 a.m.	86121
		Sun Apr 1	11:15 a.m.	86612	Sat Mar 31	11:15 a.m.	86122
		Tue Apr 3	7:30 p.m.	86453	Sun Apr 1	10 a.m.	86123
		Thu Apr 5	7:30 p.m.	86491	Sun Apr 1	1:45 p.m.	86124
		<b>8 classes - Runs Tues &amp; Thurs</b>			Sun Apr 1	2:45 p.m.	86125
		Tue May 29	7:30 p.m.	86651	Tue Apr 3	6:30 p.m.	86144
					Wed Apr 4	6:30 p.m.	86145
					Wed Apr 4	7:45 p.m.	86134
					Wed Apr 4	8 p.m.	86126
			Thu Apr 5	6:30 p.m.	86127		

**SWIM KIDS LEVEL 7** For details on this program refer to p.73

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 45 min.  <b>Ratio:</b> 1:8	<b>8 classes:</b> Res - \$83 Non-Res - \$123	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	10:30 a.m.	86564	Sat Mar 31	10 a.m.	86128
		Tue Apr 3	8 p.m.	86454	Sat Mar 31	12 p.m.	86129
					Sun Apr 1	10 a.m.	86130
					Sun Apr 1	2:30 p.m.	86131
					Mon Apr 2	7 p.m.	86132
					Tue Apr 3	6:30 p.m.	86133
					Wed Apr 4	7:15 p.m.	86135
					Wed Apr 4	8 p.m.	86136
					Thu Apr 5	6:30 p.m.	86137

## SWIM KIDS LEVEL 7/8 For details on this program refer to p.74

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 1 hr.  <b>Ratio:</b> 1:10	<b>8 classes:</b> Res - \$91 Non-Res - \$131	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>					
		Sun Apr 1	11 a.m.	86655			
		Thu Apr 5	7:30 p.m.	86654			
		<b>8 classes - Runs Tues &amp; Thurs</b>					
		Tue May 29	7:30 p.m.	86652			

## SWIM KIDS LEVEL 8 For details on this program refer to p.74

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 1 hr.  <b>Ratio:</b> 1:10	<b>8 classes:</b> Res - \$91 Non-Res - \$131	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	10:30 a.m.	86562	Sat Mar 31	11 a.m.	86138
		Tue Apr 3	8 p.m.	86455	Sun Apr 1	9 a.m.	86139
					Sun Apr 1	2:30 p.m.	86140
					Mon Apr 2	6 p.m.	86141
					Mon Apr 2	7:45 p.m.	86142
					Tue Apr 3	6 p.m.	86143
					Wed Apr 4	7 p.m.	86146
					Thu Apr 5	6:30 p.m.	86155

## SWIM KIDS LEVEL 9

<b>Ages:</b> 5-12 yrs.  <b>Length:</b> 1 hr.  <b>Ratio:</b> 1:10	<b>8 classes:</b> Res - \$91 Non-Res - \$131	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>					
					Sat Mar 31	11 a.m.	86147
					Mon Apr 2	7:30 p.m.	86148

## SWIM KIDS LEVEL 9/10 For details on this program refer to p.74

<b>Ages:</b> 5 - 12 yrs.  <b>Length:</b> 1 hr.  <b>Ratio:</b> 1:10	<b>8 classes:</b> Res - \$91 Non-Res - \$131	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>					
		Sat Mar 31	9:30 a.m.	86554	Sun Apr 1	10:45 a.m.	86149
		Sun Apr 1	11 a.m.	87409	Sun Apr 1	4 p.m.	86150
Tue Apr 3	8 p.m.	86456	Tue Apr 3	6 p.m.	86151		
Thu Apr 5	7:30 p.m.	86489	Wed Apr 4	8 p.m.	86152		
		<b>8 classes - Runs Tues &amp; Thurs</b>					
		Tue May 29	7:30 p.m.	86653	Thu Apr 5	6 p.m.	86153

## SWIM KIDS LEVEL 10 For details on this program refer to p.74

<b>Ages:</b> 5-12 yrs.  <b>Length:</b> 1 hr.  <b>Ratio:</b> 1:10	<b>8 classes:</b> Res - \$91 Non-Res - \$131	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>					
					Sat Mar 31	10 a.m.	86156
					Sat Mar 31	12 p.m.	86157
			Mon Apr 2	7:30 p.m.	86208		

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.



H10 - Privates (Continued)							
					Tue Apr 3	11 a.m.	86216
					Tue Apr 3	6 p.m.	86217
					Tue Apr 3	6 p.m.	86218
					Tue Apr 3	6:30 p.m.	86219
					Tue Apr 3	6:30 p.m.	86220
					Tue Apr 3	7 p.m.	86221
					Tue Apr 3	7 p.m.	86222
					Tue Apr 3	7 p.m.	86223
					Wed Apr 4	6 p.m.	86224
					Wed Apr 4	6 p.m.	86225
					Wed Apr 4	6 p.m.	86226
					Wed Apr 4	6:30 p.m.	86227
					Wed Apr 4	6:30 p.m.	86228
					Wed Apr 4	6:30 p.m.	86229
					Wed Apr 4	7 p.m.	86230
					Wed Apr 4	7 p.m.	86231
					Wed Apr 4	7 p.m.	86232
					Wed Apr 4	7:30 p.m.	86233
					Wed Apr 4	7:30 p.m.	86234
					Wed Apr 4	7:30 p.m.	86235
					Wed Apr 4	8 p.m.	86236
					Wed Apr 4	8 p.m.	86237
					Wed Apr 4	8 p.m.	86238
					Wed Apr 4	8:30 p.m.	86239
					Wed Apr 4	8:30 p.m.	86240
					Wed Apr 4	8:30 p.m.	86241
					Thu Apr 5	6 p.m.	86242
					Thu Apr 5	6 p.m.	86243
					Thu Apr 5	6:30 p.m.	86244
					Thu Apr 5	6:30 p.m.	86245
					Thu Apr 5	7 p.m.	86246
					Thu Apr 5	7 p.m.	86247

**H10 PRESCHOOL** For details on this program refer to p.76

Ages: 3 - 5 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 Mar 31	9 a.m.	86009
					Sat Mar 31	9 a.m.	86010
					Sat Mar 31	9:30 a.m.	86011
					Sat Mar 31	9:30 a.m.	86012
					Mon Apr 2	4 p.m.	86013
					Mon Apr 2	4:30 p.m.	86014
					Mon Apr 2	5 p.m.	86015
					Mon Apr 2	5:30 p.m.	86016
					Tue Apr 3	4 p.m.	86017
					Tue Apr 3	4:30 p.m.	86018
					Tue Apr 3	5 p.m.	86019
					Tue Apr 3	5:30 p.m.	86020
					Wed Apr 4	4 p.m.	86021
					Wed Apr 4	4:30 p.m.	86022
					Wed Apr 4	5 p.m.	86023
					Wed Apr 4	5:30 p.m.	86024
					Thu Apr 5	2 p.m.	86025
					Thu Apr 5	4 p.m.	86026
					Thu Apr 5	4:30 p.m.	86027
					Thu Apr 5	5 p.m.	86028
					Thu Apr 5	5:30 p.m.	86029

**FAMILY SWIM LESSONS** For details on this program refer to p.76

Ages: 3 - 12 yrs.  Length: 45 min.	8 classes: Res - \$83 Non-Res - \$123	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week					
		Sat Mar 31	12 p.m.	86579	Sun Apr 1	1 p.m.	86274

## SPECIAL NEEDS LESSONS For details on this program refer to p.76

<b>Ages:</b> 3 - 18 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:1	<b>8 classes:</b> Res - \$125 Non-Res - \$165	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
<div style="border: 1px solid black; padding: 10px;"> <p>Special Needs Lessons are available at the Ray Twinney Recreation Complex upon request if space is available.</p> <p>To register call: 905-953-5301 ext.2660</p> </div>					Sun Apr 1	8 a.m.	86251
					Sun Apr 1	8 a.m.	86252
					Sun Apr 1	8:30 a.m.	86253
					Sun Apr 1	8:30 a.m.	86254
					Sun Apr 1	9 a.m.	86256
					Sun Apr 1	9 a.m.	86257
					Sun Apr 1	9:30 a.m.	86258
					Sun Apr 1	9:30 a.m.	86261
					Sun Apr 1	10 a.m.	86262
					Sun Apr 1	10 a.m.	86263
					Sun Apr 1	10 a.m.	86264
					Sun Apr 1	10:30 a.m.	86265
					Sun Apr 1	10:30 a.m.	86266
					Sun Apr 1	10:30 a.m.	86267
					Sun Apr 1	11 a.m.	86268
					Sun Apr 1	11 a.m.	86269
			Sun Apr 1	11 a.m.	86270		
			Sun Apr 1	11:30 a.m.	86271		
			Sun Apr 1	11:30 a.m.	86272		
			Sun Apr 1	11:30 a.m.	86273		

## 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 For details on this program refer to p.77

<b>Ages:</b> 13+ yrs.  <b>Length:</b> 45 min.	<b>8 classes:</b> Res - \$111 Non-Res - \$151	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	12 p.m.	86582	Sun Apr 1	4 p.m.	86281
		Tue Apr 3	8 p.m.	86457	Wed Apr 4	8 p.m.	86288
		<b>Teen/Adult Swim... - Ladies ONLY</b>					
		<b>8 classes - Runs 1 day per week</b>					
		Sun Apr 1	4 p.m.	86656			

### TEEN/ADULT SWIM BASICS 2 For details on this program refer to p.77

<b>Ages:</b> 13+ yrs.  <b>Length:</b> 45 min.	<b>8 classes:</b> Res - \$111 Non-Res - \$151	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Thu Apr 5	8 p.m.	86493	Sun Apr 1	4:15 p.m.	86282
		<b>Teen/Adult Swim... - Ladies ONLY</b>					
				<b>8 classes - Runs 1 day per week</b>			
		Sun Apr 1	4:45 p.m.	86657			

### TEEN/ADULT SWIM STROKES For details on this program refer to p.77

<b>Ages:</b> 13+ yrs.  <b>Length:</b> 45 min.	<b>8 classes:</b> Res - \$111 Non-Res - \$151	<b>Ray Twinney Recreation Complex</b>			<b>Metro Aquatic Centre</b>		
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs 1 day per week</b>		
		Sat Mar 31	12 p.m.	86583	Sun Apr 1	3:45 p.m.	86283
		Thu Apr 5	8 p.m.	86492	Wed Apr 4	8 p.m.	86289

## MASTERS SWIMMING

No practice April 8 and May 21. For details on this program refer to p.77

	Dates	Resident	Non-Res	Code
1 day per week	Sun Apr 1 - Jun 27	\$123.60	\$163.60	85328
2 days per week	Sun Apr 1 - Jun 27	\$190.80	\$230.80	85329
3 days per week	Sun Apr 1 - Jun 27	\$253.20	\$293.20	85327

## 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

For details on this program refer to p.78

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 Mar 31	9 a.m.	86550	Sun Apr 1	3:30 p.m.	86279
		Thu Apr 5	6:30 p.m.	86479	Mon Apr 2	7:30 p.m.	86284

## RANGER PATROL

For details on this program refer to p.78

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 Mar 31	9 a.m.	86551	Sun Apr 1	3:30 p.m.	86280
		Thu Apr 5	6:30 p.m.	86480	Mon Apr 2	7:30 p.m.	86285

## STAR PATROL

For details on this program refer to p.78

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 Mar 31	9 a.m.	86552	Sun Apr 1	3:30 p.m.	86276
		Thu Apr 5	6:30 p.m.	86481	Mon Apr 2	7:30 p.m.	86286



### 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. 4 for more info on positions available & deadlines.

**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 Star

Required: 12 yrs. old

#### Swim Patrol: Rookie, Ranger, Star

## BRONZE STAR For details on this program refer to p.78

Ages: 12 - 14 yrs.  Length: 1.5 hrs.	8 classes: Res - \$119.75 Non-Res - \$159.75	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Tue Apr 3 Sat Mar 31	7:30 p.m. 11:30 a.m.	88385 86577	Sun Apr 1 Mon Apr 2	2 p.m. 7:30 p.m.	86275 86287

## JUNIOR LIFEGUARD CLUB 1 For details on this program refer to p.79

Ages: 8 - 11 yrs.  Length: 1.5 hrs.	8 classes: Res - \$101 Non-Res - \$141	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sun Apr 1	2 p.m.	86277			

## JUNIOR LIFEGUARD CLUB 2 For details on this program refer to p.79

Ages: 12 - 15 yrs.  Length: 1.5 hrs.	8 classes: Res - \$101 Non-Res - \$141	Ray Twinney Recreation Complex			Metro Aquatic Centre		
		8 classes - Runs 1 day per week			8 classes - Runs 1 day per week		
		Sun Apr 1	3:30 p.m.	86278			

## ADVANCED COURSES

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

## BRONZE MEDALLION & EMERGENCY 1<sup>ST</sup> AID For details on this program refer to p.79

Ages:	Res - \$191.45 Non-Res - \$231.45	Date	Time	Location	Code
13+ yrs. or completion of Bronze Star		Mon Apr 16 - Jun 11	6 - 9:30 p.m.	RTRC	88379
		Fri May 11 - Sun May 13	5 -10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC	85158

### Lifeguard

**Bronze Medallion & Emergency First Aid/CPR-B**  
Required: 13 yrs. old or Bronze Star

**Bronze Cross & Standard First Aid/CPR-C**  
Required: Bronze Medallion

**NLS**  
Required: 16 yrs. old by exam, Bronze Cross & Standard 1st Aid/CPRC

### Swimming Instructor

**Red Cross Assistant Water Safety Instructor**  
Required: 15 yrs. old

**RC & LSS Instructor**  
Required: 16 yrs. old, Bronze Cross & AWSI

- Recommended Courses  
 Required Courses

## BRONZE CROSS & STANDARD FIRST AID

For details on this program refer to p.79

Ages:	Res - \$181.17 Non-Res - \$221.17	Date	Time	Location	Code
N/A		Wed Apr 18 - Jun 6 Fri May 25 - Sun May 27	5:30 - 9:30 p.m. 4 - 10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC RTRC	85159 85160

## RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR WITH HIGH FIVE™

For details on this program refer to p.80

Ages:	Res - \$246.48 Non-Res - \$286.48	Date	Time	Location	Code
15+ yrs.		Tue Apr 17 - Jun 12	5:30 - 9:30 p.m.	RTRC	85161

## RED CROSS WATER SAFETY & LIFESAVING INSTRUCTOR

For details on this

program refer to p.80

Ages:	Res - \$278.21 Non-Res - \$318.21	Date	Time	Location	Code
16+ yrs.		Apr 27 - 29 & May 4 - 6	5 - 10 p.m. (Fri) & 9 - 9 p.m. (Sat & Sun)	RTRC	85164

## RED CROSS WATER SAFETY INSTRUCTOR RECERT

For details on this program

refer to p.80

Ages:	Res - \$84.14 Non-Res - \$124.14	Date	Time	Location	Code
16+ yrs.		Sun Jun 3	9 a.m. - 2 p.m.	MC	85170

## LIFESAVING STANDARD FIRST AID & CPR-C

For details on this program refer to p.80

Ages:	Res - \$111.75 Non-Res - \$151.75	Date	Time	Location	Code
N/A		Sat Apr 21 - Sun Apr 22	9 a.m. - 5 p.m.	RTRC	85155

## LIFESAVING STANDARD FIRST AID RECERT

For details on this program refer to p.80

Ages:	Res - \$63.74 Non-Res - \$103.74	Date	Time	Location	Code
N/A		Sun Apr 22	9 a.m. - 5 p.m.	RTRC	85156

## NATIONAL LIFEGUARD SERVICE (NLS)

For details on this program refer to p.80

Ages:	Res - \$258.63 Non-Res - \$298.63	Date	Time	Location	Code
16+ yrs.		Thu Apr 19 - Jun 14 Jun 1 - 3 & Jun 8 - 10	5 - 9:30 p.m. 5:30 - 9:30 p.m. (Fri) & 10 - 8 p.m. (Sat & Sun)	RTRC RTRC	85162 85163

## NATIONAL LIFEGUARD SERVICE RECERT (NLS)

For details on this program refer to p.80

Ages:	Res - \$85.74 Non-Res - \$125.74	Date	Time	Location	Code
16+ yrs.		Sat Jun 2	9 a.m. - 2 p.m.	RTRC	85168

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.