

Winter Lessons 2026

Sat Jan 10-March 7, Sun Jan 11-March 8, Tues Jan 13-March 3

*8 week session with make up classes March 10-15 if required due to facility/staff closures
NO CLASSES Feb 14 or 15 for Family Day Weekend*

PRESCHOOL LEVELS AND TIMES

Parent and Tot 1 (4 months – 12 months) Designed for 4 months to 3 years to help them learn to enjoy the water with a parent . 30 min classes	Tuesday 9:00am		
Parent and Tot 2 (12 – 24 months) Designed for 12 months to 24 months to help them learn to enjoy the water with a parent . 30 min classes	Tuesday 10:00am 5:35pm	Saturday 9:00am	
Parent and Tot 3 (2-3 years) Designed for 2 years to 3 years to help them learn to enjoy the water with a parent . 30 min classes	Tuesday 9:30am 4:00pm		
Preschool 1 (3-5 years) These preschoolers will float and glide on their front and back, learn to get their face wet and blow bubbles underwater parents optional . 30 min classes	Tuesday 10:35am 11:05am 4:30pm 5:05pm	Saturday 10:05am 10:55am 11:20am	Sunday 5:20pm
Preschool 2 (3-5 years) These preschoolers will learn to jump into chest deep water by themselves and get in and out of the water wearing a lifejacket. They will submerge and exhale underwater. While wearing a lifejacket they will glide on their front and back. 30 min classes	Tuesday 11:40am 4:30pm 5:00pm	Saturday 9:30am 10:35am 12:00pm	Sunday 4:00pm
Preschool 3 (3-5 years) In this class they will try jumping into deep water while wearing a lifejacket. They will recover objects from the bottom of the pool in waist-deep water. They will work on kicking and gliding through the water on their front and back. 30 min classes	Tuesday 10:35am 4:30pm 5:00pm 6:05pm	Saturday 9:30am 10:00am 10:35am	Sunday 4:30pm
Preschool 4 (3-5 years) Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.	Tuesday 11:40am 6:35pm Pre 4/5 7:15pm		Sunday Pre 4/5 5:50pm

- Parents are only required in Parent and Tot 1, 2 and 3.

SWIMMER LEVELS AND TIMES

<p>Swimmer 1 (6 years & up 30 min)</p> <p>These beginners will become comfortable jumping into the water with and without a lifejacket. They will learn to open their eyes, exhale and hold their breath underwater. They will work on floats, glides and kicking through the water on their front and back.</p>	<p>Tuesday 9:30am 5:35pm 6:05pm</p>	<p>Saturday 9:30am 10:05am 11:35am</p>	<p>Sunday 4:45pm</p>
<p>Swimmer 2 (6 years & up 30 min)</p> <p>These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They will be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back and be introduced to flutter kick interval training (4 x 5 m)</p>	<p>Tuesday 11:05am 6:40pm</p>	<p>Saturday 9:00am 9:30am 11:05am</p>	<p>Sunday 5:40pm</p>
<p>Swimmer 3 (6 years & up 30 min)</p> <p>These junior swimmers will dive, do in-water front somersaults, and handstands. They will work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.</p>	<p>Tuesday 10:00am 7:25pm</p>	<p>Saturday 9:00am 10:35am</p>	<p>Sunday 5:05pm</p>
<p>Swimmer 4 (8 years & up 45 min)</p> <p>These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They will cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.</p>	<p>Tuesday 6:40pm</p>	<p>Saturday 10:00am 11:15am</p>	<p>Sunday 4:00pm</p>
<p>Swimmer 5 (8 years & up 45min)</p> <p>These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.</p>			<p>Sunday 4:30pm</p>
<p>Swimmer 5/6 (8 years & up 45 min)</p> <p>In Swimmer 5 swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Following that, they will pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.</p> <p>In Swimmer 6 they will work on the above items and stride entries, compact jumps and scissor kick. They will develop strength and power in head-up breaststroke sprints over 25 m. They will easily swim</p>		<p>Saturday 11:05am</p>	

<p>lengths of front crawl, back crawl, and breaststroke, and complete the 300 m workout.</p>			
<p>Swimmer 6 (9 years & up 45min) These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.</p>	<p>Tuesday 8:00pm</p>		
<p>Swimmer 7 Rookie (10 years & up 60min) Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.</p>	<p>Tuesday 5:40pm</p>		
<p>Swimmer 8 Ranger (10 years & up 60min) Swimmers develop better strokes over 75m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.</p>	<p>Tuesday 7:00pm</p>		
<p>Swimmer 9 Star (10 years & up 60min) Swimmers are challenged with 600m workouts, 300m timed swims and a 25 m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.</p>		<p>Saturday 11:15am</p>	
<ul style="list-style-type: none"> • ADULT LEARN TO SWIM Sunday 3:30-4:30pm • Subject to change based on staff availability. • NEW Program launch in Spring of 2026 as well as resident and non-resident pricing. Check the website for more details. 			