

SWIM LESSON SCHEDULE

November 3 - December 21, 2025

Schedules subject to change

All lessons required Registration | Registration opens Monday, October 20th

Rates (7 Weeks)

30 Minute Group Class

\$73.60
(includes Teen Classes)

45 Minute Group Class

\$81.40

*1 Group Class is included
with each membership.*

COBOURG

Private 30 Minute Class

\$126.56
(includes 1 student/1 instructor)

Semi Private 30 Minute Class

\$185.65
(includes 2 students/1 instructor)

Adult Swim Classes

Non Member: \$108.60
Member: No Cost

Level	Tuesday	Wednesday	Thursday	Saturday	Sunday
Splasher/Bubbler	4:45pm - 5:15pm	5:00pm - 5:30pm	4:30pm - 5:00pm	9:30am - 10:00am	
Bobber	4:30pm - 5:00pm 5:30pm - 6:00pm	4:30pm - 5:00pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	9:00am - 9:30am 10:30am - 11:00am 11:45am - 12:15pm	
Floater	4:30pm - 5:00pm 5:30pm - 6:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:00pm - 6:30pm	9:30am - 10:00am 10:30am - 11:00am 12:00pm - 12:30pm	
Glider/Diver	5:00pm - 5:30pm 6:30pm - 7:00pm	5:30pm - 6:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:30pm - 7:00pm	10:00am - 10:30am 11:30am - 12:00pm	
Surfer/Jumper	6:00pm - 6:30pm	5:30pm - 6:00pm	6:00pm - 6:30pm	10:00am - 10:30am	
Otter	5:00pm - 5:30pm 6:00pm - 6:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	5:00pm - 5:30pm 5:30pm - 6:00pm	9:00am - 9:30am 10:00am - 10:30am 12:30pm - 1:00pm	
Seal	5:00pm - 5:30pm 6:00pm - 6:30pm	5:00pm - 5:30pm 6:30pm - 7:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm	10:30am - 11:00am 12:30pm - 1:00pm	
Dolphin	4:30pm - 5:00pm 6:30pm - 7:00pm	4:30pm - 5:00pm 6:30pm - 7:00pm	5:00pm - 5:30pm 6:30pm - 7:00pm	9:00am - 9:30am 11:45am - 12:15pm	
Swimmer	5:30pm - 6:00pm 6:30pm - 7:00pm	6:00pm - 6:30pm 7:00pm - 7:30pm	4:30pm - 5:00pm 6:45pm - 7:15pm	10:00am - 10:30am 12:15pm - 12:45pm	
Star 1/2	6:00pm - 6:45pm	4:30pm - 5:15pm 6:00pm - 6:45pm	6:00pm - 6:30pm	9:00am - 9:45am 10:45am - 11:30am	
Star 3/4	5:15pm - 6:00pm	5:15pm - 6:00pm	6:00pm - 6:45pm	11:45am - 12:30pm	
Star 5/6	6:45pm - 7:30pm	7:00pm - 7:45pm	7:00pm - 7:45pm	12:15pm - 1:00pm	
Private/Semi	7:00pm - 7:30pm 7:30pm - 8:00pm	6:45pm - 7:15pm 7:00pm - 7:30pm 7:30pm - 8:00pm	5:30pm - 6:00pm 7:00pm - 7:30pm 7:15pm - 7:45pm 7:30pm - 8:00pm	9:30am - 10:00am 11:00am - 11:30am 11:15am - 11:45am	10:00am - 10:30am 10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:00pm - 12:30pm 12:30pm - 1:00pm
Teen Swim Classes	7:00pm - 7:30pm Learn to Swim Level A 7:30pm - 8:00pm Learn to Swim Level B		6:45pm - 7:15pm Stroke Correction		
Adult Swim Classes		7:15pm - 8:00pm Stroke Correction	7:15pm - 8:00pm Learn to Swim		

Leadership Courses Running this Fall:

Bronze Med./Bronze
Cross/Emergency
First Aid
Dec. 22, 23, 26, 27 & 28
9am - 5pm
\$371

Learn more here:



SPLASHER/BUBBLER SWIM LESSONS

Parents/guardians will be required to be in the water to assist their child for this level of lessons.

TEEN LEARN TO SWIM COURSE - LEVEL A (Ages 12-15)

This level is for those who cannot swim. The focus will be on floats, glides, and becoming comfortable in the water.

TEEN LEARN TO SWIM COURSE - LEVEL B (Ages 12-15)

This level is for those who are able to swim at least 25 metres of the pool. The focus will be on basic stroke development including Front Crawl, Back Crawl, and Treading Water.

TEEN STROKE CORRECTION COURSE (Ages 12-15)

Participants must be able to swim a minimum of 4 lengths of the pool. The focus will be on stroke correction and improving endurance.

ADULT LEARN TO SWIM COURSE

For beginners who are learning to swim. The class will focus on the basics of floats, glides, breath control and surface support.

ADULT STROKE CORRECTION COURSE

For those who are looking to improve current strokes or learn new strokes. Participants need to know how to swim at least one stroke (ie. front crawl, back crawl, breaststroke) and be able to swim at least 25 metres comfortably.