

SWIMMING LESSON SCHEDULE

January 13 - March 13 2026

All lessons required Registration.

Registration opens **December 22, 2025**

Schedules subject to change.

2026 Rates

1 Group Class is included with each Membership.

Tues & Thurs: 9 weeks

30 Minute Group Class
\$97.50

45 Minute Group Class
\$108

Private 30 Minute Class
\$167.75
includes 1 student/1 instructor

Semi Private 30 Minute Class
\$246
includes 2 students/1 instructor

Adult Swim Class
Non Member: \$144
Member: No Cost

Sat & Sun: 8 weeks

30 Minute Group Class
\$86.75

45 Minute Group Class
\$96

Private 30 Minute Class
\$149
includes 1 student/1 instructor

Semi Private 30 Minute Class
\$218.75
includes 2 students/1 instructor

Adult Swim Class
Non Member: \$128
Member: No Cost

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

Leadership Courses:

BECOME A LIFEGUARD!

National Life Guard Course coming soon this winter.

Learn more at Membership Services
905-372-0161

SUNNY LIFE RECREATION & WELLNESS CENTRE

*Watch for details coming soon.

SPLASHER/BUBBLER SWIM LESSONS

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

ADULT LEARN TO SWIM COURSE

An adult class 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.

AQUATIC LEADERSHIP CLASS

An introduction to aquatic leadership programs. Prepares participants for additional lifesaving courses by teaching basic lifesaving skills & basic first aid skills, as well as leadership and teaching skills. For ages 10-15 yrs. Prerequisites: Completed Star 4 or Swim at Star 4 Level (evaluation will be done on the 1st day)

Y Waves

A Youth competitive swimming club, for those new and familiar with competitive swimming. Focuses on stroke and skill refinement as well as fitness and wellbeing. For ages 10-15 yrs. Prerequisites: Basic Foundation in Strokes & Swim at Star 2 Level (evaluation will be done on the 1st day)

Masters Class

Competitive swimming club for retired swimmers, triathletes, or anyone looking for physical fitness in the pool. Focus on continual development of skills and fitness. 16 +