

SWIM LESSON SCHEDULE

January 13 - March 15, 2026

*Tuesday, Wednesday & Thursday nights: 9 weeks

*Saturdays & Sundays: 8 weeks

All lessons required Registration

2026 Rates

1 Group Class is included with Membership.

Tues, Wed, Thurs: 9 weeks

30 Minute Group Class \$97.50

45 Minute Group Class \$108

Private 30 Minute Class

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

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

Registration opens Monday, Dec. 22,2025					
Level	Tuesday	Wednesday	Thursday	Saturday	Sunday
Splasher/Bubbler	4:45pm - 5:15pm	5:00pm - 5:30pm	4:30pm - 5:00pm	9:30am - 10:00am	Leadership Courses:
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	Bronze Medallion Feb. 21 & Feb. 22 9am - 5pm \$200
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	Standard First Aid / CPR'C' Mar. 6 & Mar. 7
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	9am - 5pm \$95
Surfer/Jumper	6:00pm - 6:30pm	5:30pm - 6:00pm	6:00pm - 6:30pm	10:00am - 10:30am	Bronze Cross Mar. 26 6pm - 9pm
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	Mar. 27 9am - 6pm Mar. 28 9am - 5pm \$185
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	National Lifeguard Course 2 Weekends: Apr. 10, 11, 12 &
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	Apr. 21, 22 & 23 \$395
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	NLS Recert Apri. 23 rd \$95
Star 1/2	6:00pm - 6:45pm	4:30pm - 5:15pm 6:00pm - 6:45pm	6:00pm - 6:45pm	9:00am - 9:45am 10:45am - 11:30am	Some prerequisites required. Learn more here:
Star 3/4	5:15pm - 6:00pm	5:15pm - 6:00pm	6:00pm - 6:45pm	11:45am - 12:30pm	回报 (B)
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		

SPLASHER/BUBBLER SWIM LESSONS

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

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.

Schedules subject to change

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.