

SWIMMING LESSON SCHEDULE

March 23 - June 14, 2026

All lessons required Registration.

Registration opens **March 9, 2026**

Schedules subject to change.

2026 Rates

12 Weeks of Lessons

1 Group Class is included with each Membership.

Youth & Adult Swim Class

Non Member: \$192.00

Member: No Cost (60 minute class)

30 Minute Group Class
\$130.00

45 Minute Group Class
\$144.00

Private 30 Minute Class
\$223.70
includes 1 student/1 instructor

Semi Private 30 Minute Class
\$328.00
includes 2 students/1 instructor

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	<p>National Lifeguard with Standard First Aid Course</p> <p>Runs for 7 Classes (days) from 9:AM - 5PM:</p> <ul style="list-style-type: none"> Sat. March 28 Sun. March 29, Sun. April 12 Sun. April 19 Sun. April 26, Sun. May 3 Sun. May 10 <p>Learn more at Membership Services 905-372-0161</p>
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	10:30AM - 11:00AM 11:30AM - 12:00PM 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 10:30AM - 11:00AM 11:00AM - 11:30AM 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	9:00AM - 9:30AM 10:00AM - 10:30AM 11:00AM - 11:30AM	
Swimmer	6:30PM - 7:00PM 7:30PM - 8:00PM	4:30PM - 5:00PM 6:30PM - 7:00PM	9:30AM - 10:00AM 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 - 7:30PM			
Masters Class		7:00PM - 8:00PM		

SPLASHER/BUBBLER SWIM LESSONS

Parents/guardians are required to be in the water to assist their child for these 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

Looking to improve current strokes or learn new strokes. Participants need to know how to swim at least one stroke and be able to swim at least 25 metres comfortably.

AQUATIC LEADERSHIP COURSE FOR YOUTH

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

Y Waves

A Youth competitive swimming club, for those new and familiar with competitive swimming. Focuses on stroke & skill refinement as well as fitness and wellbeing. For ages 10-15 yrs. Prereq: 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 development of skills and fitness. 16 +