

10 Week Sessions

October 12 - December 20, 2026

2026 Rates

30 Minute Class
10 Lessons: \$108.40

45 Minute Class
10 Lessons: \$120

Adult 1 Hour Class
10 Lessons: \$160

**Private Lesson
(1 Student)**
10 Lessons: \$186.40

**Semi-Private Lesson
(2 Students)**
10 Lessons: \$273.30

1 Group Class is included with each membership.

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

Schedules subject to change.

Splasher/Bubbler:

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

All lessons require
Registration

Scan to register online.



SUNNY LIFE **RECREATION & WELLNESS CENTRE**