



Swimming: Certification and Specialty

Recreation eGuide

Fall 2017 and Winter 2018

Table of Contents

Certification.....	2
Leadership Courses and Instructor Awards...	2
Advanced Instructor and Examiner	24
Swimming Specialty	25
Diving	25
Junior Lifeguard.....	26
Powerswim	27

[SWIMMING
MEMBERSHIPS](#)

[SWIMMING
SCHEDULES](#)

[AQUAFITNESS
SCHEDULES](#)



[fee support](#)



[facilities](#)

Leadership Courses and Instructor Awards

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Bronze Star

Must be comfortable swimming a minimum of 300 meters continuously. This level prepares candidates for timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Sep 22	9	10-14 years	\$73.25	1117933
Canterbury	613-247-4865	Thu.	5-5:45 pm	Sep 21	14	10-14 years	\$73.25	1123644
Canterbury	613-247-4865	Thu.	5-6 pm	Jan 11	9	10-14 years	\$73.25	1124318
François Dupuis	613-580-8080	Sat.	Noon-12:45 pm	Sep 9	14	10-14 years	\$73.25	1123332
François Dupuis	613-580-8080	Wed.	7:45-8:30 pm	Sep 13	14	10-14 years	\$73.25	1123325
François Dupuis	613-580-8080	Fri.	4:15-5 pm	Sep 15	14	10-14 years	\$73.25	1123327
François Dupuis	613-580-8080	Sat.	Noon-1 pm	Jan 6	9	10-14 years	\$73.25	1123351
François Dupuis	613-580-8080	Wed.	7:45-8:45 pm	Jan 10	9	10-14 years	\$73.25	1123344
François Dupuis	613-580-8080	Fri.	4-5 pm	Jan 12	9	10-14 years	\$73.25	1123348
Goulbourn	613-580-2532	Sun.	Noon-1 pm	Sep 10	9	10-14 years	\$73.25	1116696
Goulbourn	613-580-2532	Thu.	8-9 pm	Sep 14	9	10-14 years	\$73.25	1116698
Goulbourn	613-580-2532	Thu.	8-9 pm	Jan 11	9	10-14 years	\$73.25	1116707
Goulbourn	613-580-2532	Sun.	Noon-1 pm	Jan 14	9	10-14 years	\$73.25	1116705
Kanata Wave Pool	613-591-9283	Thu.	5-6:30 pm	Sep 21	6	10-14 years	\$73.25	1099393
Kanata Wave Pool	613-591-9283	Thu.	5-6:30 pm	Nov 2	6	10-14 years	\$73.25	1099394
Kanata Wave Pool	613-591-9283	Thu.	5-6:30 pm	Jan 11	9	10-14 years	\$73.25	1128546
Minto-Barrhaven	613-727-2683	Mon.	6:30-7:30 pm	Sep 18	9	10-14 years	\$73.25	1105112
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Sep 22	9	10-14 years	\$73.25	1105114
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Sep 24	9	10-14 years	\$73.25	1105115
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Jan 7	9	10-14 years	\$73.25	1105185
Minto-Barrhaven	613-727-2683	Mon.	6:30-8 pm	Jan 8	8	10-14 years	\$73.25	1105192
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Jan 12	9	10-14 years	\$73.25	1105200
Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Sep 19	13	10-14 years	\$73.25	1119625
Nepean Sportsplex	613-580-2828	Sat.	5-6 pm	Sep 23	12	10-14 years	\$73.25	1119621

Bronze Star

Must be comfortable swimming a minimum of 300 meters continuously. This level prepares candidates for timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sun.	3:15-4:15 pm	Sep 24	12	10-14 years	\$73.25	1119616
Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jan 9	9	10-14 years	\$73.25	1119676
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Jan 13	9	10-14 years	\$73.25	1119670
Nepean Sportsplex	613-580-2828	Sun.	3:15-4:15 pm	Jan 14	9	10-14 years	\$73.25	1119665
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Oct 25	9	10-14 years	\$73.25	1105157
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Jan 10	9	10-14 years	\$73.25	1129350
Plant	613-232-3000	Sun.	5:30-7 pm	Sep 10	7	10-14 years	\$73.25	1110064
Plant	613-232-3000	Sun.	5:30-7 pm	Jan 14	7	10-14 years	\$73.25	1117994
Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Sep 23	11	10-14 years	\$73.25	1113625
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Sep 24	11	10-14 years	\$73.25	1113627
Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jan 6	9	10-14 years	\$73.25	1112113
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Jan 7	9	10-14 years	\$73.25	1112114
Sawmill Creek	613-521-4092	Fri.	4:45-5:45 pm	Jan 12	9	10-14 years	\$73.25	1106227
Splash Wave Pool	613-748-4222	Sun.	8:30-9:30 am	Sep 10	9	10-14 years	\$73.25	1123660
Splash Wave Pool	613-748-4222	Sun.	8:30-9:45 am	Jan 14	8	10-14 years	\$73.25	1123667
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Sep 12	9	10-14 years	\$73.25	1114315
Walter Baker	613-580-2788	Sun.	10-11 am	Sep 17	9	10-14 years	\$73.25	1114327
Walter Baker	613-580-2788	Sun.	10-11 am	Jan 7	9	10-14 years	\$73.25	1118087
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Jan 9	9	10-14 years	\$73.25	1118081

Bronze Star and Basic First Aid with CPR A

Must be comfortable swimming a minimum of 300 meters continuously. Combined course that certifies participants in both Bronze Star and Basic First Aid.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8:30 pm	Sep 29	10	10-14 years	\$99.25	1101874
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Oct 1	10	10-14 years	\$99.25	1101877
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Jan 7	10	10-14 years	\$99.25	1107893
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8:30 pm	Jan 12	10	10-14 years	\$99.25	1107891
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Sep 15	14	10-14 years	\$99.25	1101942

Bronze Medallion and Emergency First Aid w-CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to Location water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Sep 29	10	13-14 years	\$125.50	1101848
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Sep 29	10	15+ years	\$142	1101852
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Oct 1	10	13-14 years	\$125.50	1101879
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Oct 1	10	15+ years	\$142	1101880
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9:15 pm	Jan 7	9	12-14 years	\$125.50	1107901
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9:15 pm	Jan 7	9	15+ years	\$142	1107906
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:45 pm	Jan 12	9	12-14 years	\$125.50	1107898
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:45 pm	Jan 12	9	15+ years	\$142	1107904
Brewer	613-247-4938	Wed.	5:30-9:30 pm	Jan 10	8	12-14 years	\$125.50	1123163
Brewer	613-247-4938	Wed.	3:30-9:30 pm	Jan 10	8	15+ years	\$142	1123170
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 22	10	12-14 years	\$125.50	1123645
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 22	10	15+ years	\$142	1123665
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 5	10	12-14 years	\$125.50	1124320
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 5	10	15+ years	\$142	1124322
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Sep 9	6	12-14 years	\$125.50	1107636
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Sep 9	6	15+ years	\$141.75	1107660
Champagne	613-244-4402	Sat.-Sun.	2-8:30 pm	Feb 24	5	12-14 years	\$125.50	1108035
Champagne	613-244-4402	Sat.-Sun.	2-8:30 pm	Feb 24	5	15+ years	\$141.75	1108025
François Dupuis	613-580-8080	Wed.	4:30-9 pm	Sep 13	7	13-14 years	\$125.50	1122537
François Dupuis	613-580-8080	Wed.	4:30-9 pm	Sep 13	7	15+ years	\$142	1122559
François Dupuis	613-580-8080	Wed.	5-9 pm	Jan 10	8	13-14 years	\$125.50	1122598
François Dupuis	613-580-8080	Wed.	5-9 pm	Jan 10	8	15+ years	\$142	1122613
Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 16	10	12-14 years	\$125.50	1116737
Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 16	10	15+ years	\$142	1116754
Goulbourn	613-580-2532	Sat.	4-7:15 pm	Jan 13	9	12-14 years	\$125.50	1116750
Goulbourn	613-580-2532	Sat.	4-7:15 pm	Jan 13	9	15+ years	\$142	1116753
Kanata Wave Pool	613-591-9283	Tue.	5-7:30 pm	Sep 19	13	12-14 years	\$125.50	1099398
Kanata Wave Pool	613-591-9283	Tue.	5-7:30 pm	Sep 19	13	15+ years	\$142	1099403
Kanata Wave Pool	613-591-9283	Thu.	5-7:30 pm	Sep 21	13	12-14 years	\$125.50	1099399

Bronze Medallion and Emergency First Aid w-CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to Location water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Kanata Wave Pool	613-591-9283	Thu.	5-7:30 pm	Sep 21	13	15+ years	\$142	1099402
Kanata Wave Pool	613-591-9283	Tue.	4:45-8 pm	Jan 9	9	12-14 years	\$125.50	1099480
Kanata Wave Pool	613-591-9283	Tue.	4:45-8 pm	Jan 9	9	15+ years	\$142	1099484
Kanata Wave Pool	613-591-9283	Thu.	4:45-8 pm	Jan 11	9	12-14 years	\$125.50	1099481
Kanata Wave Pool	613-591-9283	Thu.	4:45-8 pm	Jan 11	9	15+ years	\$142	1099485
Lowertown	613-244-4406	Mon.	5-7 pm	Sep 11	14	12-14 years	\$125.50	1107626
Lowertown	613-244-4406	Mon.	5-7 pm	Sep 11	14	15+ years	\$141.75	1107659
Lowertown	613-244-4406	Mon.	5-8:45 pm	Jan 8	8	12-14 years	\$125.50	1108030
Lowertown	613-244-4406	Mon.	5-8:45 pm	Jan 8	8	15+ years	\$141.75	1108024
Minto-Barrhaven	613-727-2683	Tue.	5-8 pm	Sep 19	10	12-14 years	\$125.50	1105106
Minto-Barrhaven	613-727-2683	Tue.	5-8 pm	Sep 19	10	15+ years	\$141.75	1105110
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Sep 22	10	12-14 years	\$125.50	1105108
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Sep 22	10	15+ years	\$141.75	1105111
Minto-Barrhaven	613-727-2683	Tue.	5-8:30 pm	Jan 9	9	12-14 years	\$125.50	1105236
Minto-Barrhaven	613-727-2683	Tue.	5-8:30 pm	Jan 9	9	15+ years	\$141.75	1105251
Minto-Barrhaven	613-727-2683	Fri.	4:30-8 pm	Jan 12	9	12-14 years	\$125.50	1105244
Minto-Barrhaven	613-727-2683	Fri.	4:30-8 pm	Jan 12	9	15+ years	\$141.75	1105254
Nepean Sportsplex	613-580-2828	Sat.	3:15-5 pm	Sep 23	12	12-14 years	\$125.50	1100766
Nepean Sportsplex	613-580-2828	Sat.	3:15-5 pm	Sep 23	12	15+ years	\$142	1100770
Nepean Sportsplex	613-580-2828	Sat.	3-6:30 pm	Jan 13	9	12-14 years	\$125.50	1100905
Nepean Sportsplex	613-580-2828	Sat.	3-6:30 pm	Jan 13	9	15+ years	\$142	1100908
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Oct 21	9	12-14 years	\$125.50	1105116
Pinecrest	613-828-3118	Sat.	3-6pm	Jan 6	10	12-14 years	\$125.50	1129343
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Oct 21	9	15+ years	\$142	1105119
Pinecrest	613-828-3118	Sat.	3-6pm	Jan 6	10	15+ years	\$142	1129344
Plant	613-232-3000	Sun.	4:15-8:30 pm	Sep 10	7	12-14 years	\$125.50	1110018
Plant	613-232-3000	Sun.	4:15-8:30 pm	Sep 10	7	15+ years	\$142	1110033
Plant	613-232-3000	Sun.	4:15-8:30 pm	Jan 14	7	12-14 years	\$125.50	1117968
Plant	613-232-3000	Sun.	4:15-8:30 pm	Jan 14	7	15+ years	\$142	1117979

Bronze Medallion and Emergency First Aid w-CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to Location water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Sep 23	11	12-14 years	\$125.50	1106266
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Sep 23	11	15+ years	\$142	1106270
Sawmill Creek	613-521-4092	Sat.	6-7 pm	Jan 6	10	12-14 years	\$125.50	1106267
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Jan 6	10	15+ years	\$142	1106274
Splash Wave Pool	613-748-4222	Sun.	8:30-11:30 am	Sep 10	11	13-14 years	\$125.50	1123657
Splash Wave Pool	613-748-4222	Sun.	8:30-11:30 am	Sep 10	11	15+ years	\$142	1123656
Splash Wave Pool	613-748-4222	Sun.	8:30 am-12:15 pm	Jan 14	8	12-14 years	\$125.50	1123663
Splash Wave Pool	613-748-4222	Sun.	8:30 am-12:15 pm	Jan 14	8	15+ years	\$142	1123659
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 22	9	12-14 years	\$125.50	1103965
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 22	9	15+ years	\$142	1103969
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Jan 14	9	12-14 years	\$125.50	1117916
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Jan 14	9	15+ years	\$142	1117945
Walter Baker	613-580-2788	Thu.	6-9 pm	Sep 14	10	13-14 years	\$125.50	1114513
Walter Baker	613-580-2788	Thu.	6-9 pm	Sep 14	10	15+ years	\$142	1114578
Walter Baker	613-580-2788	Sun.	4-7 pm	Sep 17	10	13-14 years	\$125.50	1114534
Walter Baker	613-580-2788	Sun.	4-7 pm	Sep 17	10	15+ years	\$142	1114605
Walter Baker	613-580-2788	Sun.	4-7:15 pm	Jan 7	9	13-14 years	\$125.50	1118155
Walter Baker	613-580-2788	Sun.	4-7:15 pm	Jan 7	9	15+ years	\$142	1118180
Walter Baker	613-580-2788	Thu.	6-9:15 pm	Jan 11	9	13-14 years	\$125.50	1118118
Walter Baker	613-580-2788	Thu.	6-9:15 pm	Jan 11	9	15+ years	\$142	1118169

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid. More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Tue.	5:30-8:30 pm	Sep 19	9	12-14 years	\$95	1117893
Brewer	613-247-4938	Tue.	5:30-8:30 pm	Sep 19	9	15+ years	\$107.50	1117903
Brewer	613-247-4938	Tue.	5:30-9 pm	Jan 9	8	12-14 years	\$95	1123102
Brewer	613-247-4938	Tue.	5-9 pm	Jan 9	8	15+ years	\$107.50	1123124

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid. More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 22	10	12-14 years	\$95	1123670
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 22	10	15+ years	\$107.50	1123674
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 5	10	12-14 years	\$95	1124323
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 5	10	15+ years	\$107.50	1124324
Champagne	613-244-4402	Sat.-Sun.	2-8:30 pm	Feb 24	5	12-14 years	\$95	1108052
Champagne	613-244-4402	Sat.-Sun.	2-8:30 pm	Feb 24	5	15+ years	\$107.25	1108045
François Dupuis	613-580-8080	Wed.	4:45-9 pm	Nov 1	7	13-14 years	\$95	1122570
François Dupuis	613-580-8080	Wed.	4:45-9 pm	Nov 1	7	15+ years	\$107.50	1122588
Lowertown	613-244-4406	Mon.	5-8:30 pm	Jan 8	8	12-14 years	\$95	1108050
Lowertown	613-244-4406	Mon.	5-8:30 pm	Jan 8	8	15+ years	\$107.25	1108041
Plant	613-232-3000	Sun.	4:30-8:30 pm	Sep 10	7	12-14 years	\$95	1110047
Plant	613-232-3000	Sun.	4:30-8:30 pm	Sep 10	7	15+ years	\$107.50	1110054
Plant	613-232-3000	Sun.	4:30-8:30 pm	Jan 14	7	12-14 years	\$95	1117989
Plant	613-232-3000	Sun.	4:30-8:30 pm	Jan 14	7	15+ years	\$107.50	1117985
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Sep 23	10	12-14 years	\$95	1106275
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Sep 23	10	15+ years	\$107.50	1106277
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Jan 6	9	12-14 years	\$95	1106276
Sawmill Creek	613-521-4092	Sat.	6-9 pm	Jan 6	9	15+ years	\$107.50	1106278
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 22	9	12-14 years	\$95	1106395
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 22	9	15+ years	\$107.50	1106396
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Jan 14	9	12-14 years	\$95	1117948
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Jan 14	9	15+ years	\$107.50	1117959
Walter Baker	613-580-2788	Sat.	4-7 pm	Sep 16	9	14 years	\$95	1114648
Walter Baker	613-580-2788	Sat.	4-7 pm	Sep 16	9	15+ years	\$107.50	1114681
Walter Baker	613-580-2788	Sat.	4-7 pm	Jan 6	9	14 years	\$95	1118207
Walter Baker	613-580-2788	Sat.	4-7 pm	Jan 6	9	15+ years	\$107.50	1118229

Bronze Cross and Standard First Aid and CPR-C & AED

Prerequisites: Bronze Medallion and Emergency First Aid. Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Sep 29	10	10-14 years	\$138.50	1101844
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Sep 29	10	15+ years	\$156.75	1101861
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Oct 1	10	10-14 years	\$138.50	1101868
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Oct 1	10	15+ years	\$156.75	1101864
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9:30 pm	Jan 7	9	12-14 years	\$138.50	1107911
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9:30 pm	Jan 7	9	15+ years	\$156.75	1107914
Bob MacQuarrie-Orléans	613-580-9600	Fri.	5:45-9:30 pm	Jan 12	9	12-14 years	\$138.50	1107910
Bob MacQuarrie-Orléans	613-580-9600	Fri.	5:45-9:30 pm	Jan 12	9	15+ years	\$156.75	1107912
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Oct 14	6	12-14 years	\$138.50	1107710
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Oct 14	6	15+ years	\$156.75	1107683
Goulbourn	613-580-2532	Sat.	4-7:30 pm	Sep 16	10	12-14 years	\$138.50	1116792
Goulbourn	613-580-2532	Sat.	4-7:30 pm	Sep 16	10	15+ years	\$156.75	1116796
Goulbourn	613-580-2532	Sat.	4-7:45 pm	Jan 13	9	12-14 years	\$138.50	1116793
Goulbourn	613-580-2532	Sat.	4-7:45 pm	Jan 13	9	15+ years	\$156.75	1116795
Kanata Wave Pool	613-591-9283	Sat.	3-5:45 pm	Sep 16	13	12-14 years	\$138.50	1099397
Kanata Wave Pool	613-591-9283	Sat.	3-5:45 pm	Sep 16	13	15+ years	\$156.75	1099401
Kanata Wave Pool	613-591-9283	Mon.	5-7:45 pm	Sep 18	13	12-14 years	\$138.50	1099396
Kanata Wave Pool	613-591-9283	Mon.	5-7:45 pm	Sep 18	13	15+ years	\$156.75	1099400
Kanata Wave Pool	613-591-9283	Sat.	3:15-7 pm	Jan 6	9	12-14 years	\$138.50	1099473
Kanata Wave Pool	613-591-9283	Sat.	3:15-7 pm	Jan 6	9	15+ years	\$156.75	1099477
Kanata Wave Pool	613-591-9283	Mon.	4:15-8:30 pm	Jan 8	8	12-14 years	\$138.50	1099472
Kanata Wave Pool	613-591-9283	Mon.	4:15-8:30 pm	Jan 8	8	15+ years	\$156.75	1099475
Lowertown	613-244-4406	Mon.	5-7:30 pm	Sep11	14	12-14 years	\$138.50	1107696
Lowertown	613-244-4406	Mon.	5-7:30 pm	Sep11	14	15+ years	\$156.75	1107663
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Sep 18	9	12-14 years	\$138.50	1105100
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Sep 18	9	15+ years	\$156.75	1105102
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Jan 8	8	12-14 years	\$138.50	1105211
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Jan 8	8	15+ years	\$156.75	1105219
Nepean Sportsplex	613-580-2828	Fri.	5:30-8 pm	Sep 22	13	12-14 years	\$138.50	1100780

Bronze Cross and Standard First Aid and CPR-C & AED

Prerequisites: Bronze Medallion and Emergency First Aid. Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Fri.	5:30-8 pm	Sep 22	13	15+ years	\$156.75	1100784
Nepean Sportsplex	613-580-2828	Fri.	5-8:45 pm	Jan 12	9	12-14 years	\$138.50	1100970
Nepean Sportsplex	613-580-2828	Fri.	5-8:45 pm	Jan 12	9	15+ years	\$156.75	1100975
Pinecrest	613-828-3118	Sat.	2:15-6 pm	Oct 21	9	12-14 years	\$138.50	1105121
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Jan 6	10	12-14 years	\$138.50	1129345
Pinecrest	613-828-3118	Sat.	2:15-6 pm	Oct 21	9	15+ years	\$156.75	1105124
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Jan 6	10	15+ years	\$156.75	1129346
Splash Wave Pool	613-748-4222	Sun.	11:30 am-3 pm	Sep 10	11	10-14 years	\$138.50	1123653
Splash Wave Pool	613-748-4222	Sun.	11:30 am-3 pm	Sep 10	11	15+ years	\$156.75	1123649
Splash Wave Pool	613-748-4222	Sun.	10:30 am-2:45 pm	Jan 14	8	12-14 years	\$138.50	1123654
Splash Wave Pool	613-748-4222	Sun.	10:30 am-2:45 pm	Jan 14	8	15+ years	\$156.75	1123648

Standard First Aid with CPR-C & AED

Prerequisite: 12 years of age Combined course that certifies participants in Standard First Aid, CPR C and AED skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Oct 14	2	12-14 years	\$120	1101894
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Oct 14	2	15+ years	\$135.75	1101886
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Dec 2	2	12-14 years	\$120	1101896
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Dec 2	2	15+ years	\$135.75	1101888
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 27	2	12-14 years	\$120	1107964
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 27	2	15+ years	\$135.25	1107973
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Mar 10	2	12-14 years	\$120	1107965
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Mar 10	2	15+ years	\$135.25	1107980
Canterbury	613-247-4865	Sat.	9 am-5 pm	Sep 30	2	12-14 years	\$120	1123690
Canterbury	613-247-4865	Sat.	9 am-5 pm	Sep 30	2	15+ years	\$135.75	1123695
Canterbury	613-247-4865	Sat.	9 am-5 pm	Nov 4	2	12-14 years	\$120	1123730
Canterbury	613-247-4865	Sat.	9 am-5 pm	Nov 4	2	15+ years	\$135.75	1123731
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jan 13	2	12-14 years	\$120	1124327

Standard First Aid with CPR-C & AED

Prerequisite: 12 years of age Combined course that certifies participants in Standard First Aid, CPR C and AED skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jan 13	2	15+ years	\$135.75	1124326
Canterbury	613-247-4865	Sat.	9 am-5 pm	Mar 3	2	12-14 years	\$120	1124334
Canterbury	613-247-4865	Sat.	9 am-5 pm	Mar 3	2	15+ years	\$135.75	1124332
Jules Morin Park	613-244-4406	Sat.-Sun.	9 am-5:30 pm	Nov 4	2	12-14 years	\$120	1107869
Jules Morin Park	613-244-4406	Sat.-Sun.	9 am-5:30 pm	Nov 4	2	15+ years	\$135.25	1107860
Jules Morin Park	613-244-4406	Sat.-Sun.	9 am-5:30 pm	Jan 6	2	12-14 years	\$120	1108016
Jules Morin Park	613-244-4406	Sat.-Sun.	9 am-5:30 pm	Jan 6	2	15+ years	\$135.25	1107978
Jules Morin Park	613-244-4406	Sat.-Sun.	9 am-5:30 pm	Feb 24	2	12-14 years	\$120	1108014
Jules Morin Park	613-244-4406	Sat.-Sun.	9 am-5:30 pm	Feb 24	2	15+ years	\$135.25	1107986
Kanata Wave Pool	613-591-9283	Sat.-Sun.	8:30 am-5 pm	Oct 21	2	12-14 years	\$120	1099406
Kanata Wave Pool	613-591-9283	Sat.-Sun.	8:30 am-5 pm	Oct 21	2	15+ years	\$135.75	1099405
Kanata Wave Pool	613-591-9283	Sat.-Sun.	8:30 am-5 pm	Mar 10	2	12-14 years	\$120	1099491
Kanata Wave Pool	613-591-9283	Sat.-Sun.	8:30 am-5 pm	Mar 10	2	15+ years	\$135.75	1099490
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 9	2	12-14 years	\$120	1104996
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 9	2	15+ years	\$135.25	1104995
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 21	2	12-14 years	\$120	1104998
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 21	2	15+ years	\$135.25	1105042
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 18	2	12-14 years	\$120	1104999
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 18	2	15+ years	\$135.25	1105043
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Dec 9	2	12-14 years	\$120	1105000
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Dec 9	2	15+ years	\$135.25	1105044
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jan 6	2	12-14 years	\$120	1105147
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jan 6	2	15+ years	\$135.25	1105141
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 10	2	12-14 years	\$120	1105149
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 10	2	15+ years	\$135.25	1105144
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Sep 30	2	12-14 years	\$120	1100788
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Sep 30	2	15+ years	\$135.75	1100796
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Nov 4	2	12-14 years	\$120	1100790

Standard First Aid with CPR-C & AED

Prerequisite: 12 years of age Combined course that certifies participants in Standard First Aid, CPR C and AED skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Nov 4	2	15+ years	\$135.75	1100797
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jan 27	2	12-14 years	\$120	1100982
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jan 27	2	15+ years	\$135.75	1100987
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Mar 10	2	12-14 years	\$120	1100983
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Mar 10	2	15+ years	\$135.75	1100989
Pinecrest	613-828-3118	Sat.-Sun.	8:30 am-4:30 pm	Sep 23	2	12-14 years	\$120	1107520
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Feb 15	2	12-14 years	\$120	1129406
Pinecrest	613-828-3118	Sat.-Sun.	8:30 am-4:30 pm	Sep 23	2	15+ years	\$135.75	1107527
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Feb 15	2	15+ years	\$135.75	1129407
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Dec 28	2	12-14 years	\$120	1107633
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Dec 28	2	15+ years	\$135.75	1107671
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Dec 2	2	12-14 years	\$120	1119405
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Dec 2	2	15+ years	\$135.75	1119415
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Mar 3	2	12-14 years	\$120	1120325
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Mar 3	2	15+ years	\$135.75	1120329
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Sep 16	2	12-14 years	\$120	1106279
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Sep 16	2	15+ years	\$135.75	1106280
Splash Wave Pool	613-748-4222	Sat.-Sun.	8:30 am-4:30 pm	Sep 23	2	12-14 years	\$120	1123701
Splash Wave Pool	613-748-4222	Sat.-Sun.	8:30 am-4:30 pm	Sep 23	2	15+ years	\$135.75	1123697
Splash Wave Pool	613-748-4222	Sat.-Sun.	8:30 am-4:30 pm	Oct 21	2	12-14 years	\$120	1123702
Splash Wave Pool	613-748-4222	Sat.-Sun.	8:30 am-4:30 pm	Oct 21	2	15+ years	\$135.75	1123698
Splash Wave Pool	613-748-4222	Sat.-Sun.	8:30 am-4:30 pm	Feb 17	2	12-14 years	\$120	1123709
Splash Wave Pool	613-748-4222	Sat.-Sun.	8:30 am-4:30 pm	Feb 17	2	15+ years	\$135.75	1123700
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Oct 21	2	12-14 years	\$120	1106398
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Oct 21	2	15+ years	\$135.75	1106400
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Dec 9	2	12-14 years	\$120	1106399
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Dec 9	2	15+ years	\$135.75	1106401
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Jan 20	2	12-14 years	\$120	1118201

Standard First Aid with CPR-C & AED

Prerequisite: 12 years of age Combined course that certifies participants in Standard First Aid, CPR C and AED skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Jan 20	2	15+ years	\$135.75	1118212
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 10	2	12-14 years	\$120	1118206
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 10	2	15+ years	\$135.75	1118216
Walter Baker	613-580-2788	Sat.	9 am-6 pm	Oct 21	2	12-14 years	\$120	1114948
Walter Baker	613-580-2788	Sat.	9 am-6 pm	Oct 21	2	15+ years	\$135.75	1115099
Walter Baker	613-580-2788	Sat.	9 am-6 pm	Dec 16	2	12-14 years	\$120	1114991
Walter Baker	613-580-2788	Sat.	9 am-6 pm	Dec 16	2	15+ years	\$135.75	1115109
Walter Baker	613-580-2788	Sat.	Noon-8 pm	Mar 3	2	12-14 years	\$120	1118438
Walter Baker	613-580-2788	Sat.	Noon-8 pm	Mar 3	2	15+ years	\$135.75	1118454

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Sep 24	1	12-14 years	\$78.25	1102661
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Sep 24	1	15+ years	\$88.50	1102685
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Nov 12	1	12-14 years	\$78.25	1102665
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Nov 12	1	15+ years	\$88.50	1102689
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Feb 4	1	12-14 years	\$78.25	1107989
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Feb 4	1	15+ years	\$88.50	1107997
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Mar 4	1	12-14 years	\$78.25	1107992
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Mar 4	1	15+ years	\$88.50	1108001
Canterbury	613-247-4865	Sat.	9 am-5 pm	Oct 28	1	15+ years	\$88.50	1123725
Canterbury	613-247-4865	Sat.	9 am-5 pm	Dec 2	1	15+ years	\$88.50	1123729
Canterbury	613-247-4865	Sat.	9 am-5 pm	Feb 17	1	15+ years	\$88.50	1124330
Jules Morin Park	613-244-4406	Sat.	9 am-5:30 pm	Sep 16	1	12-14 years	\$78.25	1107788
Jules Morin Park	613-244-4406	Sat.	9 am-5:30 pm	Sep 16	1	15+ years	\$88	1107767
Jules Morin Park	613-244-4406	Sat.	9 am-5:30 pm	Oct 14	1	12-14 years	\$78.25	1107790

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Sat.	9 am-5:30 pm	Oct 14	1	15+ years	\$88	1107774
Jules Morin Park	613-244-4406	Sun.	9 am-5:30 pm	Dec 3	1	12-14 years	\$78.25	1107792
Jules Morin Park	613-244-4406	Sun.	9 am-5:30 pm	Dec 3	1	15+ years	\$88	1107778
Jules Morin Park	613-244-4406	Sun.	9 am-5:30 pm	Feb 11	1	12-14 years	\$78.25	1108022
Jules Morin Park	613-244-4406	Sun.	9 am-5:30 pm	Feb 11	1	15+ years	\$88	1108021
Kanata Wave Pool	613-591-9283	Sat.	8:30 am-5 pm	Sep 9	1	12-14 years	\$78.25	1099408
Kanata Wave Pool	613-591-9283	Sat.	8:30 am-5 pm	Sep 9	1	15+ years	\$88.50	1099407
Kanata Wave Pool	613-591-9283	Sat.	8:30 am-5 pm	Feb 3	1	12-14 years	\$78.25	1099493
Kanata Wave Pool	613-591-9283	Sat.	8:30 am-5 pm	Feb 3	1	15+ years	\$88.50	1099492
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 16	1	12-14 years	\$78.25	1105049
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 16	1	15+ years	\$88	1105045
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 28	1	12-14 years	\$78.25	1105050
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 28	1	15+ years	\$88	1105046
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 25	1	12-14 years	\$78.25	1105051
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 25	1	15+ years	\$88	1105047
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Dec 16	1	12-14 years	\$78.25	1105052
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Dec 16	1	15+ years	\$88	1105048
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 13	1	12-14 years	\$78.25	1105166
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 13	1	15+ years	\$88	1105158
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Feb 17	1	12-14 years	\$78.25	1105167
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Feb 17	1	15+ years	\$88	1105159
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Mar 10	1	12-14 years	\$78.25	1105169
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Mar 10	1	15+ years	\$88	1105161
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Oct 15	1	12-14 years	\$78.25	1100803
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Oct 15	1	15+ years	\$88.50	1100808
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Dec 2	1	12-14 years	\$78.25	1100804
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Dec 2	1	15+ years	\$88.50	1100809
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Jan 6	1	12-14 years	\$78.25	1100997

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Jan 6	1	15+ years	\$88.50	1101003
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Feb 4	1	12-14 years	\$78.25	1100998
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Feb 4	1	15+ years	\$88.50	1101044
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Feb 25	1	12-14 years	\$78.25	1101000
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Feb 25	1	15+ years	\$88.50	1101045
Pinecrest	613-828-3118	Sun	8:30 am-4:30 pm	Oct 1	1	12-14 years	\$78.25	1107625
Pinecrest	613-828-3118	Wed.	8:30 am-4:30 pm	Jan 3	1	12-14 years	\$78.25	1129396
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Feb 9	1	12-14 years	\$78.25	1129399
Pinecrest	613-828-3118	Sun.	8:30 am-4:30 pm	Oct 1	1	15+ years	\$88.50	1107630
Pinecrest	613-828-3118	Wed.	8:30 am-4:30 pm	Jan 3	1	15+ years	\$88.50	1129397
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Feb 9	1	15+ years	\$88.50	1129398
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Oct 15	1	12-14 years	\$78.25	1118055
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Oct 15	1	15+ years	\$88.50	1118048
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Jan 28	1	12-14 years	\$78.25	1118034
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Jan 28	1	15+ years	\$88.50	1118027
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Dec 17	1	12-14 years	\$78.25	1119421
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Dec 17	1	15+ years	\$88.50	1119431
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	Mar 10	1	12-14 years	\$78.25	1120302
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	Mar 10	1	15+ years	\$88.50	1120309
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Oct 14	1	12-14 years	\$78.25	1106281
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Oct 14	1	15+ years	\$88.50	1106285
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Nov 11	1	12-14 years	\$78.25	1106282
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Nov 11	1	15+ years	\$88.50	1106286
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Jan 20	1	12-14 years	\$78.25	1106283
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Jan 20	1	15+ years	\$88.50	1106287
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Feb 17	1	12-14 years	\$78.25	1106284
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Feb 17	1	15+ years	\$88.50	1106288
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Sep 16	1	12-14 years	\$78.25	1123691

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Sep 16	1	15+ years	\$88.50	1123683
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Oct 14	1	12-14 years	\$78.25	1123693
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Oct 14	1	15+ years	\$88.50	1123684
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Nov 18	1	12-14 years	\$78.25	1123694
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Nov 18	1	15+ years	\$88.50	1123685
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Jan 27	1	12-14 years	\$78.25	1123717
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Jan 27	1	15+ years	\$88.50	1123713
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Mar 3	1	12-14 years	\$78.25	1123719
Splash Wave Pool	613-748-4222	Sat.	8:30 am-4:30 pm	Mar 3	1	15+ years	\$88.50	1123714
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Nov 18	1	12-14 years	\$78.25	1106402
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Nov 18	1	15+ years	\$88.50	1124321
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Feb 17	1	12-14 years	\$78.25	1118078
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Feb 17	1	15+ years	\$88.50	1118192
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 24	1	12-14 years	\$78.25	1115155
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 24	1	15+ years	\$88.50	1115210
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 18	1	12-14 years	\$78.25	1118539
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 18	1	15+ years	\$88.50	1118547

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross-not required to be current. Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours- minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Sat.	9-11 am	Oct 14	4	15+ years	\$215.25	1117541
Brewer	613-247-4938	Sat.	9-11 am	Jan 6	4	15+ years	\$215.25	1117575
Canterbury	613-247-4865	Thu.	5:30-9 pm	Sep 21	4	15+ years	\$215.25	1124397
Canterbury	613-247-4865	Thu.	5:30-9:30 pm	Feb 1	4	15+ years	\$215.25	1124411
Goulbourn	613-580-2532	Fri.	5-7 pm	Sep 15	4	15+ years	\$215.25	1116819
Goulbourn	613-580-2532	Fri.	5-7 pm	Oct 27	4	15+ years	\$215.25	1116824

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross-not required to be current. Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours- minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Goulbourn	613-580-2532	Fri.	5-7 pm	Jan 12	4	15+ years	\$215.25	1116834
Jules Morin & Lowertown	613-244-4406	Sun.	2-6 pm	Sep 10	4	15+ years	\$215.25	1107754
Kanata Wave Pool	613-591-9283	Sun.	11 am-3 pm	Oct 29	4	15+ years	\$215.25	1099411
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Sep 10	5	15+ years	\$215.25	1105095
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Jan 14	5	15+ years	\$215.25	1105283
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Sep 18	4	15+ years	\$215.25	1100872
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Jan 8	4	15+ years	\$215.25	1100897
Pinecrest	613-828-3118	Wed.	4:30-6:30 pm	Nov 29	4	15+ years	\$215.25	1105822
Pinecrest	613-828-3118	Wed.	6:30-8:30 pm	Jan 10	4	15+ years	\$215.25	1129403
Ray Friel	613-580-4765	Sun.	4-6 pm	Oct 1	4	15+ years	\$215.25	1102734
Ray Friel	613-580-4765	Sun.	4-6 pm	Jan 14	4	15+ years	\$215.25	1107951
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Oct 4	4	15+ years	\$215.25	1119356
Richcraft-Kanata	613-580-9696	Sat.	8 am-Noon	Jan 20	4	15+ years	\$215.25	1119450
Sawmill Creek	613-521-4092	Sun.	3:30-5:30 pm	Sep 10	4	15+ years	\$215.25	1122782
Sawmill Creek	613-521-4092	Sun.	3:30-5:30 pm	Jan 7	4	15+ years	\$215.25	1122852
Splash Wave Pool	613-748-4222	Wed.	5-7 pm	Sep 27	4	15+ years	\$215.25	1123710
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Jan 31	4	15+ years	\$215.25	1123724
St-Laurent	613-742-6767	Sat.	4:30-8 pm	Oct 14	4	15+ years	\$215.25	1106406
St-Laurent	613-742-6767	Sat.	4:30-7 pm	Jan 13	4	15+ years	\$215.25	1118256
St-Laurent	613-742-6767	Sat.	4:30-7 pm	Jan 27	4	15+ years	\$215.25	1118251
Walter Baker	613-580-2788	Wed.	6:30-7:30 pm	Sep 13	4	15+ years	\$215.25	1115841
Walter Baker	613-580-2788	Wed.	6:30-7:30 pm	Nov 22	4	15+ years	\$215.25	1115859
Walter Baker	613-580-2788	Wed.	6:30-7:30 pm	Jan 10	4	15+ years	\$215.25	1118636

Red Cross Water Safety Instructor Part 2

Prerequisites: 15 years of age by the last day of the course, proof of completion for Water Safety Instructor Part 1 – including; stroke and skill evaluation form signed off, online workbook completed and 8 hours teaching experience signed off with completed teaching experience journal. Further prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level. Includes classroom and pool sessions as well as the adapted aquatic module to meet the hiring requirements for City of Ottawa Aquatic Staff. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Sat.	Noon-6:30 pm	Nov 25	4	15+ years	\$192.25	1117614
Brewer	613-247-4938	Sat.	Noon-6:30 pm	Feb 10	4	15+ years	\$192.25	1117624
Canterbury	613-247-4865	Thu.	5:30-7:30 pm	Nov 2	6	15+ years	\$192.25	1124403
Goulbourn	613-580-2532	Sat.-Sun.	10 am-4:30 pm	Dec 9	4	15+ years	\$192.25	1116852
Goulbourn	613-580-2532	Sat.-Sun.	10 am-4:30 pm	Feb 24	4	15+ years	\$192.25	1116860
Kanata Wave Pool	613-591-9283	Fri.	4-7:30 pm	Jan 12	8	15+ years	\$192.25	1099494
Lowertown	613-244-4406	Sun.	3-8:30 pm	Nov 19	5	15+ years	\$192.25	1107899
Minto-Barrhaven	613-727-2683	Sun.	4-8:30 pm	Oct 22	6	15+ years	\$192.25	1105118
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Nov 8	6	15+ years	\$192.25	1100877
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Jan 10	6	15+ years	\$192.25	1100891
Pinecrest	613-828-3118	Sun., Wed.	5-8:45 pm	Oct 22	7	15+ years	\$192.25	1105870
Pinecrest	613-828-3118	Sun.	4:30-9 pm	Jan 7	6	15+ years	\$192.25	1129404
Ray Friel	613-580-4765	Sat.-Sun.	9 am-4:30 pm	Nov 18	4	15+ years	\$192.25	1102739
Ray Friel	613-580-4765	Sat.-Sun.	9 am-4:30 pm	Mar 3	4	15+ years	\$192.25	1107956
Richcraft-Kanata	613-580-9696	Wed.	5:30-10 pm	Nov 15	6	15+ years	\$192.25	1119364
Sawmill Creek	613-521-4092	Sun.	Noon-6:30 pm	Nov 19	4	15+ years	\$192.25	1122816
Sawmill Creek	613-521-4092	Wed,Fri-Sun.	4:30-9:30 pm	Feb 21	4	15+ years	\$192.25	1122862
St-Laurent	613-742-6767	Fri.-Sat.	5-8 pm	Dec 1	4	15+ years	\$192.25	1106442
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	Feb 2	4	15+ years	\$192.25	1118273
Walter Baker	613-580-2788	Sat.	9 am-4:30 pm	Nov 4	4	15+ years	\$192.25	1115655
Walter Baker	613-580-2788	Sat.	9 am-4:30 pm	Feb 3	4	15+ years	\$192.25	1118675

Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidate will be evaluated on their strokes at the Red Cross Swim kids 10 level.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	1-5 pm	Sep 16	1	16+ years	\$71.50	1102742
Bob MacQuarrie-Orléans	613-580-9600	Sat.	1-5 pm	Nov 4	1	16+ years	\$71.50	1102743
Bob MacQuarrie-Orléans	613-580-9600	Sat.	1-5 pm	Feb 3	1	16+ years	\$71.50	1107961
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Sep 6	1	16+ years	\$71.50	1101107
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Dec 20	1	16+ years	\$71.50	1101204
Minto-Barrhaven	613-727-2683	Tue.	4-9 pm	Feb 20	1	16+ years	\$71.50	1105294
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Oct 5	1	16+ years	\$71.50	1100881
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Nov 9	1	16+ years	\$71.50	1100882
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Feb 8	1	16+ years	\$71.50	1100884
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Mar 8	1	16+ years	\$71.50	1100886
Pinecrest	613-828-3118	Wed.	4-6 pm	Nov 22	1	16+ years	\$71.50	1105888
Pinecrest	613-828-3118	Thu.	Noon-5 pm	Jan 4	1	16+ years	\$71.50	1129395
Pinecrest	613-828-3118	Wed.	4:30-9:30 pm	Feb 7	1	16+ years	\$71.50	1129409
Plant	613-232-3000	Sat.	5-10 pm	Sep 23	1	16+ years	\$71.50	1118094
Plant	613-232-3000	Sat.	5-10 pm	Nov 4	1	16+ years	\$71.50	1118099
Plant	613-232-3000	Sat.	5-10 pm	Jan 20	1	16+ years	\$71.50	1118088
Plant	613-232-3000	Sat.	5-10 pm	Mar 3	1	16+ years	\$71.50	1118091
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Nov 1	1	16+ years	\$71.50	1119371
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Feb 28	1	16+ years	\$71.50	1119464
Walter Baker	613-580-2788	Sat.	1-6 pm	Oct 14	1	15+ years	\$71.50	1115898
Walter Baker	613-580-2788	Sat.	1-6 pm	Dec 2	1	15+ years	\$71.50	1115901
Walter Baker	613-580-2788	Sat.	1-6 pm	Mar 10	1	15+ years	\$71.50	1118611

Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sat.	8:30 am-12:30 pm	Oct 14	1	15+ years	\$36.25	1123733
Canterbury	613-247-4865	Sat.	8:30 am-12:30 pm	Dec 9	1	15+ years	\$36.25	1123734
Canterbury	613-247-4865	Sat.	8:30 am-12:30 pm	Feb 24	1	15+ years	\$36.25	1124336

Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Fri.	5-9 pm	Sep 22	1	15+ years	\$36.25	1107877
Jules Morin Park	613-244-4406	Thu.	5-9 pm	Nov 9	1	15+ years	\$36.25	1107878
Jules Morin Park	613-244-4406	Sun.	9 am-1 pm	Dec 10	1	15+ years	\$36.25	1107879
Jules Morin Park	613-244-4406	Thu.	5-9 pm	Jan 25	1	15+ years	\$36.25	1107881
Jules Morin Park	613-244-4406	Thu.	5-9 pm	Mar 8	1	15+ years	\$36.25	1107882
Kanata Wave Pool	613-591-9283	Sun.	10 am-2 pm	Nov 26	1	15+ years	\$36.25	1099395
Kanata Wave Pool	613-591-9283	Sat.	10 am-2 pm	Jan 13	1	15+ years	\$36.25	1099471
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Sep 17	1	15+ years	\$36.25	1105092
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Oct 29	1	15+ years	\$36.25	1105093
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Nov 26	1	15+ years	\$36.25	1105094
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Jan 14	1	15+ years	\$36.25	1105268
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Feb 18	1	15+ years	\$36.25	1105273
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Mar 11	1	15+ years	\$36.25	1105276
Nepean Sportsplex	613-580-2828	Thu.	5-9 pm	Oct 12	1	15+ years	\$36.25	1100834
Nepean Sportsplex	613-580-2828	Thu.	5-9 pm	Nov 16	1	15+ years	\$36.25	1100835
Nepean Sportsplex	613-580-2828	Thu.	5-9 pm	Dec 21	1	15+ years	\$36.25	1100836
Nepean Sportsplex	613-580-2828	Thu.	5-9 pm	Jan 25	1	15+ years	\$36.25	1101048
Pinecrest	613-828-3118	Sun.	12:30-4:30 pm	Oct 15	1	15+ years	\$36.25	1107682
Pinecrest	613-828-3118	Wed.	Noon-4 pm	Dec 27	1	15+ years	\$36.25	1107718
Pinecrest	613-828-3118	Wed.	5-9pm	Jan 31	1	15+ years	\$36.25	1129405
Plant	613-232-3000	Mon.	5:30-9:30 pm	Oct 23	1	15+ years	\$36.25	1118067
Plant	613-232-3000	Mon.	5:30-9:30 pm	Nov 20	1	15+ years	\$36.25	1118071
Plant	613-232-3000	Mon.	5:30-9:30 pm	Feb 5	1	15+ years	\$36.25	1118076
Plant	613-232-3000	Mon.	5:30-9:30 pm	Mar 5	1	15+ years	\$36.25	1118077
Richcraft-Kanata	613-580-9696	Sat.	2-6 pm	Nov 25	1	15+ years	\$36.25	1119438
Sawmill Creek	613-521-4092	Sun.	9 am-1 pm	Oct 15	1	15+ years	\$36.25	1106295
Sawmill Creek	613-521-4092	Sun.	9 am-1 pm	Nov 12	1	15+ years	\$36.25	1106296
Sawmill Creek	613-521-4092	Sun.	9 am-1 pm	Jan 21	1	15+ years	\$36.25	1106297
Sawmill Creek	613-521-4092	Sun.	9 am-1 pm	Feb 18	1	15+ years	\$36.25	1106298

Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Sep 20	1	15+ years	\$36.25	1123676
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Oct 25	1	15+ years	\$36.25	1123678
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Nov 15	1	15+ years	\$36.25	1123681
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Jan 24	1	15+ years	\$36.25	1123688
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Feb 28	1	15+ years	\$36.25	1123692
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Oct 28	1	15+ years	\$36.25	1106404
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Nov 25	1	15+ years	\$36.25	1106405
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Jan 27	1	15+ years	\$36.25	1118230
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Feb 24	1	15+ years	\$36.25	1118235
Walter Baker	613-580-2788	Fri.	6-10 pm	Sep 22	1	15+ years	\$36.25	1114895
Walter Baker	613-580-2788	Fri.	6-10 pm	Oct 20	1	15+ years	\$36.25	1114898
Walter Baker	613-580-2788	Fri.	6-10 pm	Nov 17	1	15+ years	\$36.25	1114907
Walter Baker	613-580-2788	Fri.	6-10 pm	Dec 15	1	15+ years	\$36.25	1116024
Walter Baker	613-580-2788	Fri.	6-10 pm	Jan 19	1	15+ years	\$36.25	1118373
Walter Baker	613-580-2788	Fri.	6-10 pm	Feb 16	1	15+ years	\$36.25	1118377

National Lifeguard (NLS)

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Manual required at additional cost.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Sun.	8 am-Noon	Sep 24	11	16+ years	\$156.75	1117689
Brewer	613-247-4938	Sun.	8 am-12:30 pm	Jan 7	10	16+ years	\$156.75	1117656
Canterbury	613-247-4865	Sun.	1:30-7 pm	Sep 24	10	16+ years	\$156.75	1123675
Canterbury	613-247-4865	Sun.	1:30-7 pm	Jan 7	9	16+ years	\$156.75	1124325
Champagne	613-244-4402	Sat.-Sun.	2-9 pm	Nov 11	8	16+ years	\$156.75	1107895
Champagne	613-244-4402	Sat.-Sun.	2-9 pm	Jan 13	8	16+ years	\$156.75	1107931
Goulbourn	613-580-2532	Sat.	2:30-7 pm	Sep 16	10	16+ years	\$156.75	1116800
Goulbourn	613-580-2532	Sat.	2-7 pm	Jan 13	9	16+ years	\$156.75	1116803

National Lifeguard (NLS)

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Manual required at additional cost.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Kanata Wave Pool	613-591-9283	Sun.	3:30-7 pm	Sep 17	13	16+ years	\$156.75	1099404
Kanata Wave Pool	613-591-9283	Sun.	2-7 pm	Jan 7	9	16+ years	\$156.75	1099487
Lowertown	613-244-4406	Mon.	5-9 pm	Sep 11	11	16+ years	\$156.75	1109339
Lowertown	613-244-4406	Sun.-Fri.	8 am-4 pm	Mar 11	6	16+ years	\$156.75	1107937
Minto-Barrhaven	613-727-2683	Mon.	4:30-9:45 pm	Sep 18	8	16+ years	\$156.75	1105097
Minto-Barrhaven	613-727-2683	Mon.	4-10 pm	Jan 8	8	16+ years	\$156.75	1105231
Nepean Sportsplex	613-580-2828	Sat.	4-8 pm	Sep 23	12	16+ years	\$156.75	1100864
Nepean Sportsplex	613-580-2828	Sat.	3:30-8:45 pm	Jan 13	9	16+ years	\$156.75	1101049
Pinecrest	613-828-3118	Sun.	4-9 pm	Oct 22	9	16+ years	\$156.75	1105609
Ray Friel	613-580-4765	Sat.	5-9 pm	Sep 16	11	16+ years	\$156.75	1120784
Richcraft-Kanata	613-580-9696	Mon.	5:30-10 pm	Oct 2	10	16+ years	\$156.75	1119382
Sawmill Creek	613-521-4092	Sun.	3-7 pm	Sep 24	11	16+ years	\$156.75	1106289
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Jan 7	9	16+ years	\$156.75	1106290
St-Laurent	613-742-6767	Sat.	4:30-8 pm	Oct 21	9	16+ years	\$156.75	1106397
St-Laurent	613-742-6767	Sat.	4:30-8 pm	Jan 13	9	16+ years	\$156.75	1118062
Walter Baker	613-580-2788	Sun.	3-8 pm	Sep 17	9	16+ years	\$156.75	1114710
Walter Baker	613-580-2788	Sun.	3-8:15 pm	Jan 7	9	16+ years	\$156.75	1118336

National Lifeguard (NLS) and Airway Management

Prerequisites: 16 years of age by last day of course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). National award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Airway Management certification included. Required additional 2-hour assignment. Manual fee extra.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Oct 1	10	16+ years	\$181	1125539
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Jan 7	10	16+ years	\$181	1125540
Lowertown	613-244-4406	Wed.-Sat.	Noon-6 pm	Dec 27	8	16+ years	\$181	1107908
Splash Wave Pool	613-748-4222	Thu.	4:30-6:30 pm	Sep 7	12	16+ years	\$181	1123705
Splash Wave Pool	613-748-4222	Thu.	4:15-9:30 pm	Jan 11	9	16+ years	\$181	1123720

National Lifeguard (NLS) Recertification

Prerequisite: National Lifeguard certification. Designed to test the lifeguarding skills and knowledge in order to maintain current certification at the National Lifeguard level.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	12:30-4:30 pm	Oct 29	1	16+ years	\$71.50	1102695
Bob MacQuarrie-Orléans	613-580-9600	Sun.	12:30-4:30 pm	Dec 10	1	16+ years	\$71.50	1102698
Bob MacQuarrie-Orléans	613-580-9600	Sun.	12:30-4:30 pm	Jan 21	1	16+ years	\$71.50	1108020
Lowertown	613-244-4406	Sun.	4-9 pm	Oct 22	1	16+ years	\$71.50	1107892
Minto-Barrhaven	613-727-2683	Fri.	4-9 pm	Sep 8	1	16+ years	\$71.50	1101206
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Oct 14	1	16+ years	\$71.50	1101208
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Nov 11	1	16+ years	\$71.50	1101210
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Dec 2	1	16+ years	\$71.50	1101211
Minto-Barrhaven	613-727-2683	Fri.	4-9 pm	Jan 5	1	16+ years	\$71.50	1105173
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Feb 3	1	16+ years	\$71.50	1105175
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Mar 3	1	16+ years	\$71.50	1105176
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Oct 29	1	16+ years	\$71.50	1100867
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Dec 10	1	16+ years	\$71.50	1100868
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Jan 14	1	16+ years	\$71.50	1101051
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Feb 11	1	16+ years	\$71.50	1101052
Pinecrest	613-828-3118	Wed.	5:30-9:30 pm	Nov 15	1	16+ years	\$71.50	1105630
Pinecrest	613-828-3118	Tue.	1-5pm	Jan 2	1	16+ years	\$71.50	1129394
Ray Friel	613-580-4765	Sat.	5:30-9:30 pm	Dec 16	1	16+ years	\$71.50	1120792
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Dec 18	1	16+ years	\$71.50	1119394
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Sep 17	1	16+ years	\$71.50	1106293
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Dec 10	1	16+ years	\$71.50	1106294
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Mar 11	1	16+ years	\$71.50	1106291
Walter Baker	613-580-2788	Fri.	5-10 pm	Sep 29	1	16+ years	\$71.50	1114752
Walter Baker	613-580-2788	Fri.	5-10 pm	Oct 27	1	16+ years	\$71.50	1114754
Walter Baker	613-580-2788	Fri.	5-10 pm	Nov 24	1	16+ years	\$71.50	1114762
Walter Baker	613-580-2788	Fri.	5-10 pm	Jan 26	1	16+ years	\$71.50	1118348
Walter Baker	613-580-2788	Fri.	5-10 pm	Feb 23	1	16+ years	\$71.50	1118356

Lifesaving Instructor

Prerequisites: 16 years of age by the last day of the course, Bronze Cross or NLS. Training for instructors that allow them to teach the LS Swim Patrol levels, Bronze Star, Bronze Medallion and Bronze Cross. Includes lesson design, advanced skill progressions, and adult learning principles. Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.-Sat.	4-9 pm	Feb 9	4	16+ years	\$121.50	1108060
Brewer	613-247-4938	Sun.	Noon-6:30 pm	Oct 29	4	16+ years	\$121.50	1117728
Brewer	613-247-4938	Sun.	12:30-7 pm	Jan 21	4	16+ years	\$121.50	1117761
Canterbury	613-247-4865	Fri.-Sat.	4:30-9:30 pm	Sep 22	4	16+ years	\$121.50	1124405
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Oct 21	4	16+ years	\$121.50	1116804
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Feb 3	4	16+ years	\$121.50	1116810
Lowertown	613-244-4406	Wed.-Sat.	11 am-4 pm	Dec 27	7	16+ years	\$121.50	1107905
Lowertown	613-244-4406	Mon.-Fri.	2-8 pm	Mar 12	5	16+ years	\$121.50	1107907
Minto-Barrhaven	613-727-2683	Fri.	4:30-9 pm	Nov 10	6	16+ years	\$121.50	1105122
Minto-Barrhaven	613-727-2683	Fri.	4:30-9 pm	Feb 2	6	16+ years	\$121.50	1105287
Nepean Sportsplex	613-580-2828	Mon.	4:30-9 pm	Oct 23	6	16+ years	\$121.50	1100856
Pinecrest	613-828-3118	Sun.	4-6 pm	Nov 19	5	16+ years	\$121.50	1105921
Pinecrest	613-828-3118	Wed., Sun.	5-9 pm	Feb 14	7	16+ years	\$121.50	1129408
Ray Friel	613-580-4765	Fri.-Sun.	5-9 pm	Oct 27	6	16+ years	\$121.50	1102726
Richcraft-Kanata	613-580-9696	Sat.	8:30 am-1:30 pm	Oct 14	5	16+ years	\$121.50	1119377
Richcraft-Kanata	613-580-9696	Mon.	5-9 pm	Jan 15	6	16+ years	\$121.50	1119477
Sawmill Creek	613-521-4092	Sun.	10 am-6:30 pm	Oct 29	3	16+ years	\$121.50	1122834
Sawmill Creek	613-521-4092	Sun.	10 am-6:30 pm	Feb 4	3	16+ years	\$121.50	1122841
St-Laurent	613-742-6767	Fri.-Sat.	5-8 pm	Nov 10	4	16+ years	\$121.50	1106443
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	Feb 9	4	16+ years	\$121.50	1118284
Walter Baker	613-580-2788	Sun.	9 am-4 pm	Oct 15	4	16+ years	\$121.50	1115380
Walter Baker	613-580-2788	Sun.	10 am-5 pm	Feb 4	4	16+ years	\$121.50	1118495

Advanced Instructor and Examiner

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Advanced Instructor

Prerequisite: LS Lifesaving Instructor. Provides additional training for instructors who wish to teach the advanced aquatic awards. This course does not require recertification.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Sat.	10 am-4 pm	Oct 28	1	16+ years	\$63.75	1107874
Jules Morin Park	613-244-4406	Sat.	9 am-3 pm	Dec 30	1	16+ years	\$63.75	1107942
Minto-Barrhaven	613-727-2683	Tue.	4-9 pm	Nov 7	1	16+ years	\$63.75	1105126

Examiners Standards Clinic

Prerequisite: Instructor certification in the award(s) the instructor wishes to be appointed to examine. Initial step in obtaining Lifesaving Society examiner status. Experienced Lifesaving Instructors must participate in this clinic and then complete co-exams with a certified examiner.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Sun.	2-8 pm	Oct 29	1	16+ years	\$33	1107887
Jules Morin Park	613-244-4406	Sun.	9 am-3 pm	Dec 31	1	16+ years	\$33	1107944
Minto-Barrhaven	613-727-2683	Tue.	4-9 pm	Nov 14	1	16+ years	\$33	1105128

Aquatic Supervisor Training (AST)

Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification; and 100 hours experience as a lifeguard and/or instructor. AST provides candidates with the knowledge that prepares them for the responsibilities associated with being aquatic supervisors, head guards and head instructors. Participants will learn provincial regulations, legal responsibilities, facility management, supervisory and communication skills and risk management.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Sat.	9 am-3 pm	Sep 30	2	16+ years	\$98.75	1107807
Jules Morin Park	613-244-4406	Sat.	10 am-4 pm	Dec 9	2	16+ years	\$98.75	1107812

First Aid with CPR-C & AED Instructor

Prepares candidates to teach up to and including Standard First Aid and CPR C. and CPR. Includes instruction in planning and organizing first aid and CPR courses, teaching and evaluating candidates.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Sat.	9 am-5:30 pm	Jan 13	1	16+ years	\$83.25	1107957

Airway Management Instructor

Certifies an instructor to teach the LS Airway Management program.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Jules Morin Park	613-244-4406	Sat.	10 am-4 pm	Jan 20	1	18+ years	\$63.75	1107953

Swimming Specialty

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Diving

Level 1

Learn and improve diving skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Wed.	5:30-6:15 pm	Sep 20	14	8-12 years	\$129	1123735
Canterbury	613-247-4865	Wed.	6:30-7:15 pm	Sep 20	14	8-12 years	\$129	1123736
Canterbury	613-247-4865	Wed.	5:30-6:15 pm	Jan 10	9	8-12 years	\$83	1124344
Canterbury	613-247-4865	Wed.	6:20-7:05 pm	Jan 10	9	8-12 years	\$83	1124348
Sawmill Creek	613-521-4092	Mon.	5-5:45 pm	Sep 11	13	8-12 years	\$119.75	1106234
Sawmill Creek	613-521-4092	Mon.	5-5:45 pm	Jan 8	8	8-12 years	\$73.75	1106239

Level 2

Learn and improve diving skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Mon.	5:45-6:30 pm	Sep 11	13	8-12 years	\$119.75	1106242
Sawmill Creek	613-521-4092	Mon.	6:30-7:15 pm	Sep 11	13	8-12 years	\$119.75	1106243
Sawmill Creek	613-521-4092	Mon.	5:45-6:30 pm	Jan 8	8	8-12 years	\$73.75	1106244
Sawmill Creek	613-521-4092	Mon.	6:30-7:15 pm	Jan 8	8	8-12 years	\$73.75	1106245

Level 3

Learn and improve diving skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Mon.	6:30-7:15 pm	Sep 11	13	8-12 years	\$119.75	1106246
Sawmill Creek	613-521-4092	Mon.	6:30-7:15 pm	Jan 8	8	8-12 years	\$73.75	1106247

Junior Lifeguard

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Junior Lifeguard Club (J.L.C.)

Join the J.L.C. and experience what lifeguarding is really like. The J.L.C. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment. Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute. Recommended 8-15 years of age.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Fri.	6:30-8 pm	Sep 22	13	8-12 years	\$175.50	1117972
Brewer	613-247-4938	Fri.	6:30-8 pm	Sep 22	13	8-12 years	\$175.50	1117974
Brewer	613-247-4938	Fri.	6:30-8 pm	Sep 22	13	8-12 years	\$175.50	1117975
Brewer	613-247-4938	Fri.	6:30-8 pm	Sep 22	13	8-12 years	\$175.50	1117976
Brewer	613-247-4938	Fri.	6:30-8 pm	Jan 12	9	8-12 years	\$121.50	1123134
Brewer	613-247-4938	Fri.	6:30-8 pm	Jan 12	9	8-12 years	\$121.50	1123135
Brewer	613-247-4938	Fri.	6:30-8 pm	Jan 12	9	8-12 years	\$121.50	1123137
Brewer	613-247-4938	Fri.	6:30-8 pm	Jan 12	9	8-12 years	\$121.50	1125536
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	Sep 21	14	8-12 years	\$126.75	1124302
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	Jan 11	9	8-12 years	\$81.50	1124315
Minto-Barrhaven	613-727-2683	Mon.	5:30-6:45 pm	Sep 11	14	8-12 years	\$157.50	1103480
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:45 pm	Sep 13	14	8-12 years	\$157.50	1103481
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:45 pm	Sep 15	14	8-12 years	\$157.50	1103482
Richcraft- Kanata	613-580-9696	Sun.	6:30-7:30 pm	Sep 24	11	8-10 years	\$99	1109605
Richcraft- Kanata	613-580-9696	Sun.	6:30-7:30 pm	Sep 24	11	11-14 years	\$99	1109610
Richcraft- Kanata	613-580-9696	Sun.	6:30-7:30 pm	Jan 7	9	8-10 years	\$81	1112116
Richcraft- Kanata	613-580-9696	Sun.	6:30-7:30 pm	Jan 7	9	11-14 years	\$81	1112117
Sawmill Creek	613-521-4092	Thu.	4:30-5:30 pm	Sep 14	14	8-12 years	\$126	1106124
Sawmill Creek	613-521-4092	Thu.	4:30-5:30 pm	Jan 11	9	8-12 years	\$81	1106182

Kayaking Kids

Basic kayaking skills. Learn to enter and exit the craft safely, high and low braces, sculling and kayak over kayak rescue.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	9-10 am	Jan 14	9	8-12 years	\$85	1117932

Kayak Experience

Basic kayaking skills include entering and exiting the boat, basic paddling, high and low braces, sculling and kayak-over-kayak rescue. Get ready now for summer paddling

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	11 am-Noon	Jan 14	9	15+ years	\$96	1117947

Powerswim

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9:30-10:30 am	Sep 16	14	8-12 years	\$126	1118598
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11 am-Noon	Sep 17	14	8-12 years	\$126	1118599
Bob MacQuarrie-Orléans	613-580-9600	Tue.	4:30-5:30 pm	Sep 19	14	8-12 years	\$126	1118603
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 21	14	8-12 years	\$126	1118606
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9:30-10:30 am	Jan 6	9	8-12 years	\$81	1118931
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11 am-Noon	Jan 7	9	8-12 years	\$81	1118932
Bob MacQuarrie-Orléans	613-580-9600	Tue.	4:30-5:30 pm	Jan 9	9	8-12 years	\$81	1118928
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jan 11	9	8-12 years	\$81	1118929
Brewer	613-247-4938	Wed.	7:30-8:30 pm	Sep 20	13	8-12 years	\$117	1114985
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Sep 22	13	8-12 years	\$117	1114983
Brewer	613-247-4938	Wed.	7:30-8:30 pm	Jan 10	9	8-12 years	\$81	1118493
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Jan 12	9	8-12 years	\$81	1118492
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Sep 9	14	8-12 years	\$126	1110871
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jan 6	9	8-12 years	\$81	1107903
Goulbourn	613-580-2532	Sun.	9-10 am	Sep 10	14	8-12 years	\$126	1116655

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Goulbourn	613-580-2532	Thu.	6-7 pm	Sep 14	15	8-12 years	\$135	1116651
Goulbourn	613-580-2532	Thu.	6-7 pm	Jan 11	9	8-12 years	\$81	1116663
Goulbourn	613-580-2532	Sun.	9-10 am	Jan 14	9	8-12 years	\$81	1116664
Kanata Wave Pool	613-591-9283	Tue.	5:30-6:30 pm	Sep 19	13	8-12 years	\$117	1099417
Kanata Wave Pool	613-591-9283	Thu.	7-8 pm	Sep 21	13	8-12 years	\$117	1099416
Kanata Wave Pool	613-591-9283	Tue.	5:30-6:30 pm	Jan 9	9	8-12 years	\$81	1099498
Kanata Wave Pool	613-591-9283	Thu.	7-8 pm	Jan 11	9	8-12 years	\$81	1099497
Minto-Barrhaven	613-727-2683	Sat.	8:45-9:45 am	Sep 9	14	8-12 years	\$126	1103444
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Sep 10	14	8-12 years	\$126	1103445
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Sep 11	14	8-12 years	\$126	1103441
Minto-Barrhaven	613-727-2683	Wed.	4:30-5:30 pm	Sep 13	14	8-12 years	\$126	1103442
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Sep 14	14	8-12 years	\$126	1103443
Minto-Barrhaven	613-727-2683	Sat.	8:45-9:45 am	Jan 6	9	8-12 years	\$81	1109580
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Jan 7	9	8-12 years	\$81	1109581
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Jan 8	8	8-12 years	\$72	1109573
Minto-Barrhaven	613-727-2683	Wed.	4:30-5:30 pm	Jan 10	9	8-12 years	\$81	1109577
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jan 11	9	8-12 years	\$81	1109578
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Sep 19	13	8-12 years	\$117	1110850
Nepean Sportsplex	613-580-2828	Sat.	10-11 am	Sep 23	12	8-12 years	\$108	1110845
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Jan 9	9	8-12 years	\$81	1113562
Nepean Sportsplex	613-580-2828	Sat.	10-11 am	Jan 13	9	8-12 years	\$81	1113559
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Oct 23	9	8-12 years	\$81	1102240
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Oct 27	9	8-12 years	\$81	1102243
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 8	8	8-12 years	\$72	1114268
Pinecrest	613-828-3118	Fri.	5:15-6:15 pm	Jan 12	9	8-12 years	\$81	1114273
Plant	613-232-3000	Sat.	4-5 pm	Sep 9	11	8-12 years	\$99	1118119
Plant	613-232-3000	Sat.	4-5 pm	Jan 13	9	8-12 years	\$81	1117879

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Richcraft- Kanata	613-580-9696	Sat.	5:30-6:30 pm	Sep 23	11	8-12 years	\$99	1113384
Richcraft- Kanata	613-580-9696	Mon.	5-6 pm	Sep 25	12	8-12 years	\$108	1113378
Richcraft- Kanata	613-580-9696	Wed.	5-6 pm	Sep 27	13	8-12 years	\$117	1113381
Richcraft- Kanata	613-580-9696	Fri.	5-6 pm	Sep 29	13	8-12 years	\$117	1113382
Richcraft- Kanata	613-580-9696	Sat.	5:30-6:30 pm	Jan 6	9	8-12 years	\$81	1111870
Richcraft- Kanata	613-580-9696	Mon.	5-6 pm	Jan 8	8	8-12 years	\$72	1111866
Richcraft- Kanata	613-580-9696	Wed.	5-6 pm	Jan 10	9	8-12 years	\$81	1111868
Richcraft- Kanata	613-580-9696	Fri.	5-6 pm	Jan 12	9	8-12 years	\$81	1111869
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Sep 12	14	8-12 years	\$126	1106109
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Sep 15	14	8-12 years	\$126	1106112
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Jan 9	9	8-12 years	\$81	1106162
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 12	14	8-12 years	\$126	1122969
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Sep 16	13	8-12 years	\$117	1122950
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Sep 16	13	8-12 years	\$117	1122958
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Jan 6	9	8-12 years	\$81	1116094
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Jan 6	9	8-12 years	\$81	1116098
Walter Baker	613-580-2788	Tue.	6-7 pm	Jan 9	9	8-12 years	\$81	1116102

Introduction – Teen

Youth focused pre-competitive program developing freestyle & backstroke strokes & turns & introduction of whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. Prerequisites: 13 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Goulbourn	613-580-2532	Sun.	9-10 am	Sep 10	14	13-14 years	\$126	1117445
Goulbourn	613-580-2532	Thu.	6-7 pm	Sep 14	15	13-14 years	\$135	1117434
Goulbourn	613-580-2532	Thu.	6-7 pm	Jan 11	9	13-14 years	\$81	1117456
Goulbourn	613-580-2532	Sun.	9-10 am	Jan 14	9	13-14 years	\$81	1117460
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Oct 23	9	13-14 years	\$81	1102248
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Oct 23	9	15-17 years	\$91.75	1102269

Introduction – Teen

Youth focused pre-competitive program developing freestyle & backstroke strokes & turns & introduction of whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. Prerequisites: 13 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Oct 27	9	13-14 years	\$81	1102260
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Oct 27	9	15-17 years	\$91.75	1102270
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 8	8	13-14 years	\$72	1114516
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 8	8	15-17 years	\$81.50	1114557
Pinecrest	613-828-3118	Fri.	5:15-6:15 pm	Jan 12	9	13-14 years	\$81	1114530
Pinecrest	613-828-3118	Fri.	5:15-6:15 pm	Jan 12	9	15-17 years	\$91.75	1114566
Richcraft	613-580-9696	Sat.	5:30-6:30 pm	Sep 23	11	13-14 years	\$99	1128721
Richcraft	613-580-9696	Mon.	5-6 pm	Sep 25	12	13-14 years	\$108	1128718
Richcraft	613-580-9696	Wed.	5-6 pm	Sep 27	13	13-14 years	\$117	1128719
Richcraft	613-580-9696	Fri.	5-6 pm	Sep 29	13	13-14 years	\$117	1128720
Richcraft	613-580-9696	Sat.	5:30-6:30 pm	Jan 6	9	13-14 years	\$81	1128734
Richcraft	613-580-9696	Mon.	5-6 pm	Jan 8	8	13-14 years	\$72	1128731
Richcraft	613-580-9696	Wed.	5-6 pm	Jan 10	9	13-14 years	\$81	1128732
Richcraft	613-580-9696	Fri.	5-6 pm	Jan 12	9	13-14 years	\$81	1128733
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Sep 12	14	13-14 years	\$126	1106113
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Sep 15	14	13-14 years	\$126	1106114
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Jan 9	9	13-14 years	\$81	1106163

Introduction – Adult

Pre-competitive program for adults that develops freestyle & backstroke strokes & turns & introduction of whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. Prerequisites: 18 years & ability to swim 75m nonstop. Basic stroke technique for freestyle & backstroke.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 11	10	18+ years	\$144.75	1120566
Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 8	9	18+ years	\$130.25	1110548

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Wed.	7:30-8:30 pm	Sep20	13	8-12 years	\$117	1114974
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Sep22	13	8-12 years	\$117	1114968
Brewer	613-247-4938	Wed.	7:30-8:30 pm	Jan10	9	8-12 years	\$81	1118466
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Jan12	9	8-12 years	\$81	1118463
François Dupuis	613-580-8080	Sat.	5-6 pm	Sep 9	14	8-12 years	\$126	1110853
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Sep 10	14	8-12 years	\$126	1110856
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Sep 14	15	8-12 years	\$135	1110860
François Dupuis	613-580-8080	Sat.	5-6 pm	Jan 6	9	8-12 years	\$81	1107894
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Jan 7	9	8-12 years	\$81	1107896
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Jan 11	9	8-12 years	\$81	1107897
Goulbourn	613-580-2532	Sun.	10-11 am	Sep 10	14	8-12 years	\$126	1116633
Goulbourn	613-580-2532	Thu.	7-8 pm	Sep 14	15	8-12 years	\$135	1116627
Goulbourn	613-580-2532	Thu.	7-8 pm	Jan 11	9	8-12 years	\$81	1116639
Goulbourn	613-580-2532	Sun.	10-11 am	Jan 14	9	8-12 years	\$81	1116641
Kanata Wave Pool	613-591-9283	Thu.	7-8 pm	Sep 21	13	8-12 years	\$117	1099415
Kanata Wave Pool	613-591-9283	Thu.	7-8 pm	Jan 11	9	8-12 years	\$81	1099496
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Sep 9	14	8-12 years	\$126	1103449
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Sep 10	14	8-12 years	\$126	1103450
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Sep 11	14	8-12 years	\$126	1103446
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Sep 13	14	8-12 years	\$126	1103447
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Sep 14	14	8-12 years	\$126	1103448
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Jan 6	9	8-12 years	\$81	1109596
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Jan 7	9	8-12 years	\$81	1109598
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Jan 8	8	8-12 years	\$72	1109586
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Jan 10	9	8-12 years	\$81	1109589
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Jan 11	9	8-12 years	\$81	1109593
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30pm	Sep 18	13	8-12 years	\$117	1110834

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Sep24	12	8-12 years	\$108	1110836
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Jan 8	8	8-12 years	\$72	1113538
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Jan14	9	8-12 years	\$81	1113546
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Oct 23	9	8-12 years	\$81	1102282
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Oct 27	9	8-12 years	\$81	1102284
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 8	8	8-12 years	\$72	1114319
Pinecrest	613-828-3118	Fri.	5:15-6:15 pm	Jan 12	9	8-12 years	\$81	1114323
Richcraft- Kanata	613-580-9696	Mon.	6-7 pm	Sep 25	12	8-12 years	\$108	1113389
Richcraft- Kanata	613-580-9696	Wed.	6-7 pm	Sep 27	13	8-12 years	\$117	1113394
Richcraft- Kanata	613-580-9696	Fri.	6-7 pm	Sep 29	13	8-12 years	\$117	1113397
Richcraft- Kanata	613-580-9696	Mon.	6-7 pm	Jan 8	8	8-12 years	\$72	1111880
Richcraft- Kanata	613-580-9696	Wed.	6-7 pm	Jan 10	9	8-12 years	\$81	1111883
Richcraft- Kanata	613-580-9696	Fri.	6-7 pm	Jan 12	9	8-12 years	\$81	1111885
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Sep 12	14	8-12 years	\$126	1106115
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Sep 15	14	8-12 years	\$126	1106116
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jan 9	9	8-12 years	\$81	1106165
Sawmill Creek	613-521-4092	Fri.	4:30-5:30 pm	Jan 12	9	8-12 years	\$81	1106166
St-Laurent	613-742-6767	Fri.	6-7 pm	Oct 13	11	8-12 years	\$99	1103921
St-Laurent	613-742-6767	Mon.	5-6 pm	Oct 16	10	8-12 years	\$90	1103920
St-Laurent	613-742-6767	Mon.	5-6 pm	Jan 8	8	8-12 years	\$72	1114581
St-Laurent	613-742-6767	Fri.	6-7 pm	Jan 12	9	8-12 years	\$81	1114577
Walter Baker	613-580-2788	Tue.	7-8 pm	Sep 12	14	8-12 years	\$126	1122777
Walter Baker	613-580-2788	Thu.	6-7 pm	Sep 14	14	8-12 years	\$126	1122759
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Sep 16	13	8-12 years	\$117	1122788
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Sep 16	13	8-12 years	\$117	1122797
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Sep 17	13	8-12 years	\$117	1122809
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Jan 6	9	8-12 years	\$81	1116136
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jan 6	9	8-12 years	\$81	1116146
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Jan 7	9	8-12 years	\$81	1116147

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Tue.	7-8 pm	Jan 9	9	8-12 years	\$81	1116154
Walter Baker	613-580-2788	Thu.	6-7 pm	Jan 11	9	8-12 years	\$81	1116148

Intermediate – Teen

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. Prerequisites: 13 years of age & Powerswim Introduction or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Goulbourn	613-580-2532	Sun.	10-11 am	Sep 10	14	13-14 years	\$126	1117422
Goulbourn	613-580-2532	Thu.	7-8 pm	Sep 14	15	13-14 years	\$135	1117418
Goulbourn	613-580-2532	Thu.	7-8 pm	Jan 11	9	13-14 years	\$81	1117405
Goulbourn	613-580-2532	Sun.	10-11 am	Jan 14	9	13-14 years	\$81	1117407
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Oct 23	9	13-14 years	\$81	1102290
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Oct 23	9	15-17 years	\$91.75	1102297
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Oct 27	9	13-14 years	\$81	1102291
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Oct 27	9	15-17 years	\$91.75	1102299
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 8	8	13-14 years	\$72	1114486
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 8	8	15-17 years	\$81.50	1114627
Pinecrest	613-828-3118	Fri.	5:15-6:15 pm	Jan 12	9	13-14 years	\$81	1114501
Pinecrest	613-828-3118	Fri.	5:15-6:15 pm	Jan 12	9	15-17 years	\$91.75	1114640
Richcraft	613-580-9696	Mon.	6-7 pm	Sep 25	12	13-14 years	\$108	1128715
Richcraft	613-580-9696	Wed.	6-7 pm	Sep 27	13	13-14 years	\$117	1128716
Richcraft	613-580-9696	Fri.	6-7 pm	Sep 29	13	13-14 years	\$117	1128717
Richcraft	613-580-9696	Mon.	6-7 pm	Jan 8	8	13-14 years	\$72	1128726
Richcraft	613-580-9696	Wed.	6-7 pm	Jan 10	9	13-14 years	\$81	1128728
Richcraft	613-580-9696	Fri.	6-7 pm	Jan 12	9	13-14 years	\$81	1128730
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Sep 12	14	13-14 years	\$126	1106118
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Sep 15	14	13-14 years	\$126	1106119

Intermediate – Teen

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. Prerequisites: 13 years of age & Powerswim Introduction or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jan 9	9	13-14 years	\$81	1106167
Sawmill Creek	613-521-4092	Fri.	4:30-5:30 pm	Jan 12	9	13-14 years	\$81	1106168

Intermediate – Adult

Pre-competitive program for adults that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. Prerequisites: 18 years + & Powerswim Introduction or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Mon.	7:30-8:30 pm	Sep 11	10	18+ years	\$144.75	1120560
Plant	613-232-3000	Mon.	7:30-8:30 pm	Jan 8	9	18+ years	\$130.25	1110572

Advanced – Child

Timed distances increase in this pre-competitive program level & includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. Prerequisites: 8 years of age & Powerswim Intermediate or recommendation by Instructor

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Sep 22	13	8-12 years	\$117	1114951
Brewer	613-247-4938	Fri.	5:30-6:30 pm	Jan 12	9	8-12 years	\$81	1118457
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Sep 9	14	8-12 years	\$126	1110841
François Dupuis	613-580-8080	Sat.	4-5 pm	Sep 9	14	8-12 years	\$126	1110842
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Sep 10	14	8-12 years	\$126	1110844
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Sep 12	15	8-12 years	\$135	1110849
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Jan 6	9	8-12 years	\$81	1107883
François Dupuis	613-580-8080	Sat.	4-5 pm	Jan 6	9	8-12 years	\$81	1107884
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jan 7	9	8-12 years	\$81	1107885
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Jan 9	9	8-12 years	\$81	1107890
Goulbourn	613-580-2532	Sun.	11am-Noon	Sep 10	14	8-12 years	\$126	1116604
Goulbourn	613-580-2532	Thu.	8-9 pm	Sep 14	15	8-12 years	\$135	1116598
Goulbourn	613-580-2532	Thu.	8-9 pm	Jan 11	9	8-12 years	\$81	1116609
Goulbourn	613-580-2532	Sun.	11am-Noon	Jan 14	9	8-12 years	\$81	1116611

Advanced – Child

Timed distances increase in this pre-competitive program level & includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. Prerequisites: 8 years of age & Powerswim Intermediate or recommendation by Instructor

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Kanata Wave Pool	613-591-9283	Thu.	7-8 pm	Sep 21	13	8-12 years	\$117	1099414
Kanata Wave Pool	613-591-9283	Thu.	7-8 pm	Jan 11	9	8-12 years	\$81	1099495
Minto-Barrhaven	613-727-2683	Sat.	11 am-Noon	Sep 9	14	8-12 years	\$126	1103454
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Sep 10	14	8-12 years	\$126	1103455
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Sep 11	14	8-12 years	\$126	1103451
Minto-Barrhaven	613-727-2683	Wed.	6:30-7:30 pm	Sep 13	14	8-12 years	\$126	1103452
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Sep 14	14	8-12 years	\$126	1103453
Minto-Barrhaven	613-727-2683	Sat.	11 am-Noon	Jan 6	9	8-12 years	\$81	1109609
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Jan 7	9	8-12 years	\$81	1109612
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Jan 8	8	8-12 years	\$72	1109604
Minto-Barrhaven	613-727-2683	Wed.	6:30-7:30 pm	Jan 10	9	8-12 years	\$81	1109606
Minto-Barrhaven	613-727-2683	Thu.	5-6 pm	Jan 11	9	8-12 years	\$81	1109607
Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Sep19	13	8-12 years	\$117	1110816
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Sep 24	12	8-12 years	\$108	1110813
Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Jan 9	9	8-12 years	\$81	1113536
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Jan 14	9	8-12 years	\$81	1113534
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Oct 23	9	8-12 years	\$81	1102997
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Oct 27	9	8-12 years	\$81	1102999
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 8	8	8-12 years	\$72	1123024
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 12	9	8-12 years	\$81	1123105
Richcraft- Kanata	613-580-9696	Mon.	8-9 pm	Sep 25	12	8-12 years	\$108	1113410
Richcraft- Kanata	613-580-9696	Wed.	7-8 pm	Sep 27	13	8-12 years	\$117	1113416
Richcraft- Kanata	613-580-9696	Fri.	7-8 pm	Sep 29	13	8-12 years	\$117	1113418
Richcraft- Kanata	613-580-9696	Mon.	8-9 pm	Jan 8	8	8-12 years	\$72	1111888
Richcraft- Kanata	613-580-9696	Wed.	7-8 pm	Jan 10	9	8-12 years	\$81	1111890
Richcraft- Kanata	613-580-9696	Fri.	7-8 pm	Jan 12	9	8-12 years	\$81	1111891
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Sep 12	14	8-12 years	\$126	1106121

Advanced – Child

Timed distances increase in this pre-competitive program level & includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. Prerequisites: 8 years of age & Powerswim Intermediate or recommendation by Instructor

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jan 9	9	8-12 years	\$81	1106171
St-Laurent	613-742-6767	Fri.	6-7 pm	Oct 13	11	8-12 years	\$99	1103923
St-Laurent	613-742-6767	Mon.	6-7 pm	Oct 16	10	8-12 years	\$90	1103922
St-Laurent	613-742-6767	Mon.	6-7 pm	Jan 8	8	8-12 years	\$72	1114597
St-Laurent	613-742-6767	Fri.	5-6 pm	Jan 12	9	8-12 years	\$81	1114592
Walter Baker	613-580-2788	Tue.	4:45-5:45 pm	Sep 12	14	8-12 years	\$126	1122876
Walter Baker	613-580-2788	Thu.	7-8 pm	Sep 14	14	8-12 years	\$126	1122879
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Sep 16	13	8-12 years	\$117	1122847
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Sep 16	13	8-12 years	\$117	1122863
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Sep 17	13	8-12 years	\$117	1122869
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Jan 6	9	8-12 years	\$81	1116162
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jan 6	9	8-12 years	\$81	1116165
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Jan 7	9	8-12 years	\$81	1116169
Walter Baker	613-580-2788	Tue.	4:45-5:45 pm	Jan 9	9	8-12 years	\$81	1116174
Walter Baker	613-580-2788	Thu.	7-8 pm	Jan 11	9	8-12 years	\$81	1116171

Advanced – Teen

Timed distances increase in this pre-competitive program for youth & includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. Prerequisites: 13 years of age & Powerswim Intermediate or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Goulbourn	613-580-2532	Sun.	11am-Noon	Sep 10	14	13-14 years	\$126	1117379
Goulbourn	613-580-2532	Thu.	8-9 pm	Sep 14	15	13-14 years	\$135	1117391

Advanced – Teen

Timed distances increase in this pre-competitive program for youth & includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. Prerequisites: 13 years of age & Powerswim Intermediate or recommendation by Instructor.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Goulbourn	613-580-2532	Thu.	8-9 pm	Jan 11	9	13-14 years	\$81	1117399
Goulbourn	613-580-2532	Sun.	11 am-Noon	Jan 14	9	13-14 years	\$81	1117396
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Oct 23	9	13-14 years	\$81	1103002
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Oct 23	9	15-17 years	\$91.75	1103050
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Oct 27	9	13-14 years	\$81	1103040
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Oct 27	9	15-17 years	\$91.75	1103051
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 8	8	13-14 years	\$72	1123073
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 8	8	15-17 years	\$81.50	1123038
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 12	9	13-14 years	\$81	1123084
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 12	9	15-17 years	\$91.75	1123094
Richcraft	613-580-9696	Mon.	8-9 pm	Sep 25	12	13-14 years	\$108	1128712
Richcraft	613-580-9696	Wed.	7-8 pm	Sep 27	13	13-14 years	\$117	1128714
Richcraft	613-580-9696	Fri.	7-8 pm	Sep 29	13	13-14 years	\$117	1128713
Richcraft	613-580-9696	Mon.	8-9 pm	Jan 8	8	13-14 years	\$72	1128722
Richcraft	613-580-9696	Wed.	7-8 pm	Jan 10	9	13-14 years	\$81	1128723
Richcraft	613-580-9696	Fri.	7-8 pm	Jan 12	9	13-14 years	\$81	1128725
	613-521-4092	Tue.	6-7 pm	Sep 12	14	13-14 years	\$126	1106122
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jan 9	9	13-14 years	\$81	1106173

Combo – Child

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sun.	2:30-3:30 pm	Sep 17	14	8-12 years	\$126.75	1129554
Canterbury	613-247-4865	Tue.	4:30-5:30 pm	Sep 19	14	8-12 years	\$126.75	1123187
Canterbury	613-247-4865	Tue.	5:30-6:30 pm	Sep 19	14	8-12 years	\$126.75	1123185
Canterbury	613-247-4865	Wed.	7-8 pm	Sep 20	14	8-12 years	\$126.75	1123191
Canterbury	613-247-4865	Thu.	4:30-5:30 pm	Sep 21	14	8-12 years	\$126.75	1123194

Combo – Child

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sun.	2:30-3:30 pm	Jan 7	10	8-12 years	\$90.50	1123219
Canterbury	613-247-4865	Tue.	4:30-5:30 pm	Jan 9	9	8-12 years	\$81.50	1123209
Canterbury	613-247-4865	Tue.	5:30-6:30 pm	Jan 9	9	8-12 years	\$81.50	1123208
Canterbury	613-247-4865	Wed.	7-8 pm	Jan 10	9	8-12 years	\$81.50	1123211
Canterbury	613-247-4865	Thu.	4:30-5:30 pm	Jan 11	9	8-12 years	\$81.50	1123213
Lowertown	613-244-4406	Fri.	6-7 pm	Sep 22	14	8-12 years	\$126	1122933
Lowertown	613-244-4406	Fri.	6-7 pm	Sep 22	14	8-12 years	\$126	1122936
Lowertown	613-244-4406	Fri.	6-7 pm	Jan 12	9	8-12 years	\$81	1124328
Lowertown	613-244-4406	Fri.	6-7 pm	Jan 12	9	8-12 years	\$81	1124329

Combo – Teen

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. Prerequisites: 13 years of age & Powerswim Introduction or recommendation by Instructor

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Lowertown	613-244-4406	Fri.	6-7 pm	Sep 22	14	13-14 years	\$126	1122938
Lowertown	613-244-4406	Fri.	6-7 pm	Sep 22	14	13-14 years	\$126	1122940
Lowertown	613-244-4406	Fri.	6-7 pm	Jan 12	9	13-14 years	\$81	1124331
Lowertown	613-244-4406	Fri.	6-7 pm	Jan 12	9	13-14 years	\$81	1124333

Combo – Adult

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. Prerequisites: 18 years & ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Mon.,Wed., Sat	8:30-10 pm	Sep 18	41	18+ years	\$334.50	1102719
Bob MacQuarrie-Orléans	613-580-9600	Mon.,Wed., Sat	8:30-10 pm	Jan 8	26	18+ years	\$217.50	1108059
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Sep 13	14	18+ years	\$202.50	1103456
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Jan 10	9	18+ years	\$130.25	1109614
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Oct 23	9	18+ years	\$130.25	1103055
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Oct 27	9	18+ years	\$130.25	1103056
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 8	8	18+ years	\$115.75	1114664
Pinecrest	613-828-3118	Fri.	6:15-7:15 pm	Jan 12	9	18+ years	\$130.25	1114674
St-Laurent	613-742-6767	Tue.	6:30-7:30 am	Oct 10	11	18+ years	\$137	1103957
St-Laurent	613-742-6767	Thu.	6:30-7:30 am	Oct 12	11	18+ years	\$137	1103959
St-Laurent	613-742-6767	Sat.	7-8 am	Oct 14	10	18+ years	\$124.50	1103961
St-Laurent	613-742-6767	Tue.	6:30-7:30 am	Jan 9	9	18+ years	\$112.25	1114612
St-Laurent	613-742-6767	Thu.	6:30-7:30 am	Jan 11	9	18+ years	\$112.25	1114615
St-Laurent	613-742-6767	Sat.	7:30-8:30 am	Jan 13	9	18+ years	\$112.25	1114617
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Sep 12	14	18+ years	\$202.50	1122833
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Sep 14	14	18+ years	\$202.50	1122835
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Jan 9	9	18+ years	\$130.25	1116175
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Jan 11	9	18+ years	\$130.25	1116178