



Swimming: Certification and Specialty

Recreation eGuide

Fall 2018 and Winter 2019

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Leadership 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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Sep 21	13	10-14 years	\$74.75	1400573
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Jan 11	9	10-14 years	\$74.75	1400567
Canterbury	613-247-4865	Thu.	5:30-6:20 pm	Sep 13	11	10-14 years	\$74.75	1403603
Canterbury	613-247-4865	Thu.	5-6 pm	Jan 10	9	10-14 years	\$74.75	1403615
Deborah Anne Kirwan	613-247-4820	Sun.	12:15-1 pm	Sep 23	12	10-14 years	\$74.75	1408653
Deborah Anne Kirwan	613-247-4820	Sun.	11:45 am-12:45 pm	Jan 6	9	10-14 years	\$74.75	1408784
François Dupuis	613-580-8080	Sat.	Noon-12:45 pm	Sep 8	14	10-14 years	\$74.75	1405747
François Dupuis	613-580-8080	Wed.	7:45-8:30 pm	Sep 12	14	10-14 years	\$74.75	1405735
François Dupuis	613-580-8080	Fri.	4-4:45 pm	Sep 14	14	10-14 years	\$74.75	1405739
François Dupuis	613-580-8080	Sat.	Noon-1 pm	Jan 5	9	10-14 years	\$74.75	1405770
François Dupuis	613-580-8080	Wed.	7:45-8:45 pm	Jan 9	9	10-14 years	\$74.75	1405759
François Dupuis	613-580-8080	Fri.	4-5 pm	Jan 11	9	10-14 years	\$74.75	1405766
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 9	9	10-14 years	\$74.75	1409262
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 6	9	10-14 years	\$74.75	1409265
Kanata Wave Pool	613-580-9677	Thu.	5-6:30 pm	Sep 20	6	10-14 years	\$74.75	1184919
Kanata Wave Pool	613-580-9677	Thu.	5-6:30 pm	Nov 1	6	10-14 years	\$74.75	1184920
Kanata Wave Pool	613-580-9677	Thu.	5:15-6:15 pm	Jan 10	9	10-14 years	\$74.75	1399805
Lowertown	Ext. 44426	Mon.	6-7 pm	Sep 10	9	10-14 years	\$74.75	1180812
Lowertown	Ext. 44426	Mon.	6-7 pm	Jan 7	8	10-14 years	\$74.75	1181084
Minto-Barrhaven	613-727-2683	Mon.	6:45-7:45 pm	Sep 17	9	10-14 years	\$74.75	1184062
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Sep 21	9	10-14 years	\$74.75	1184063
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Sep 23	9	10-14 years	\$74.75	1184068
Minto-Barrhaven	613-727-2683	Sun.	4-5:15 pm	Jan 6	8	10-14 years	\$74.75	1184444
Minto-Barrhaven	613-727-2683	Mon.	6:30-7:45 pm	Jan 7	8	10-14 years	\$74.75	1184437
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Jan 11	9	10-14 years	\$74.75	1184449

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Tue.	3-4 pm	Oct 9	11	10-14 years	\$74.75	1406558
Nepean Sportsplex	613-580-2828	Sat.	3-4 pm	Oct 13	10	10-14 years	\$74.75	1406554
Nepean Sportsplex	613-580-2828	Sat.	3-4:15 pm	Jan 12	8	10-14 years	\$74.75	1404372
Pinecrest	613-828-3118	Sun.	5:15-6:15 pm	Sep 16	9	10-14 years	\$74.75	1400199
Pinecrest	613-828-3118	Wed.	5:30-6:30 pm	Oct 24	9	10-14 years	\$74.75	1400205
Pinecrest	613-828-3118	Sun.	5:15-6:15 pm	Jan 6	10	10-14 years	\$74.75	1401335
Pinecrest	613-828-3118	Wed.	5:30-6:30 pm	Jan 9	9	10-14 years	\$74.75	1401338
Plant	613-232-3000	Sun.	5:30-6:45 pm	Sep 9	8	10-14 years	\$74.75	1185681
Plant	613-232-3000	Sun.	5:30-7 pm	Jan 13	7	10-14 years	\$74.75	1185750
Plant	613-232-3000	Sun.	5:30-7 pm	Mar 3	7	10-14 years	\$74.75	1185751
Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Sep 22	9	10-14 years	\$74.75	1183123
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Sep 23	9	10-14 years	\$74.75	1183134
Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jan 5	9	10-14 years	\$74.75	1320030
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Jan 6	9	10-14 years	\$74.75	1320032
Sawmill	613-521-4092	Thu.	5-6 pm	Jan 10	9	10-14 years	\$74.75	1409174
Sawmill	613-521-4092	Sat.	8:30-9:30 am	Jan 12	9	10-14 years	\$74.75	1409173
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Sep 11	9	10-14 years	\$74.75	1182454
Walter Baker	613-580-2788	Sun.	10-11 am	Sep 16	9	10-14 years	\$74.75	1182455
Walter Baker	613-580-2788	Sun.	10-11 am	Jan 6	9	10-14 years	\$74.75	1394300
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Jan 8	9	10-14 years	\$74.75	1390746

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	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8:30 pm	Jan 18	10	10-14 years	\$101.25	1180720
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Jan 20	10	10-14 years	\$101.25	1180721
Sawmill	613-521-4092	Sat.	8:30-9:30 am	Sep 8	15	10-14 years	\$101.25	1409171
Sawmill	613-521-4092	Thu.	5-6 pm	Sep 13	15	10-14 years	\$101.25	1409172

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Jan 18	10	13-14 years	\$128.25	1180732
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Jan 18	10	15+ years	\$145	1180746
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Jan 20	10	13-14 years	\$128.25	1180741
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Jan 20	10	15+ years	\$145	1180750
Brewer	613-580-2090	Wed.	5:30-8:30 pm	Oct 10	9	13-14 years	\$128.25	1400497
Brewer	613-580-2090	Wed.	5:30-8:30 pm	Oct 10	9	15+ years	\$145	1400501
Brewer	613-580-2090	Wed.	5:30-8:30 pm	Jan 9	9	13-14 years	\$128.25	1400559
Brewer	613-580-2090	Wed.	5:30-8:30 pm	Jan 9	9	15+ years	\$145	1400563
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 14	10	13-14 years	\$128.25	1181401
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 14	10	15+ years	\$145	1181402
Canterbury	613-247-4865	Fri.	6:30-10 pm	Jan 11	9	13-14 years	\$128.25	1182895
Canterbury	613-247-4865	Fri.	6:30-10 pm	Jan 11	9	15+ years	\$145	1182897
Champagne	613-244-4402	Sat.-Sun.	2-7:30 pm	Sep 8	6	13-14 years	\$128.25	1180863
Champagne	613-244-4402	Sat.-Sun.	2-7:30 pm	Sep 8	6	15+ years	\$145	1180880
Champagne	613-244-4402	Sat.-Sun.	2-7:30 pm	Jan 5	6	13-14 years	\$128.25	1181096
Champagne	613-244-4402	Sat.-Sun.	2-7:30 pm	Jan 5	6	15+ years	\$145	1181112
Deborah Anne Kirwan	613-247-4820	Tue.	4-6:30 pm	Sep 18	13	13-14 years	\$128.25	1408811
Deborah Anne Kirwan	613-247-4820	Tue.	4-6:30 pm	Sep 18	13	15+ years	\$145	1408825
François Dupuis	613-580-8080	Wed.	4:30-8:30 pm	Sep 12	8	13-14 years	\$128.25	1405663
François Dupuis	613-580-8080	Wed.	4:30-8:30 pm	Sep 12	8	15+ years	\$145	1405686
François Dupuis	613-580-8080	Wed.	4:30-8 pm	Jan 9	9	13-14 years	\$128.25	1405673
François Dupuis	613-580-8080	Wed.	4:30-8 pm	Jan 9	9	15+ years	\$145	1405692
Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 29	11	13-14 years	\$128.25	1409228
Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 29	11	15+ years	\$145	1409229
Goulbourn	613-580-2532	Sat.	4-7 pm	Jan 5	10	13-14 years	\$128.25	1409227
Goulbourn	613-580-2532	Sat.	4-7 pm	Jan 5	10	15+ years	\$145	1409230
Kanata Wave Pool	613-580-9677	Tue.	5-7:30 pm	Sep 18	13	13-14 years	\$128.25	1184915
Kanata Wave Pool	613-580-9677	Tue.	5-7:30 pm	Sep 18	13	15+ years	\$145	1184917
Kanata Wave Pool	613-580-9677	Thu.	5-7:30 pm	Sep 20	13	13-14 years	\$128.25	1184916

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Wave Pool	613-580-9677	Thu.	5-7:30 pm	Sep 20	13	15+ years	\$145	1184918
Kanata Wave Pool	613-580-9677	Tue.	4:45-8 pm	Jan 8	9	13-14 years	\$128.25	1399802
Kanata Wave Pool	613-580-9677	Tue.	4:45-8 pm	Jan 8	9	15+ years	\$145	1399804
Kanata Wave Pool	613-580-9677	Thu.	4:45-8 pm	Jan 10	9	13-14 years	\$128.25	1399801
Kanata Wave Pool	613-580-9677	Thu.	4:45-8 pm	Jan 10	9	15+ years	\$145	1399803
Lowertown	Ext. 44426	Mon.	5-8:30 pm	Sep 10	9	13-14 years	\$128.25	1180848
Lowertown	Ext. 44426	Mon.	5-8:30 pm	Sep 10	9	15+ years	\$145	1180878
Lowertown	Ext. 44426	Mon.	5-9 pm	Jan 7	8	13-14 years	\$128.25	1181088
Lowertown	Ext. 44426	Mon.	5-9 pm	Jan 7	8	15+ years	\$145	1181111
Minto-Barrhaven	613-727-2683	Tue.	5-8 pm	Sep 18	10	13-14 years	\$128.25	1184034
Minto-Barrhaven	613-727-2683	Tue.	5-8 pm	Sep 18	10	15+ years	\$145	1184047
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:30 pm	Sep 21	10	13-14 years	\$128.25	1184039
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:30 pm	Sep 21	10	15+ years	\$145	1184050
Minto-Barrhaven	613-727-2683	Tue.	5-8:30 pm	Jan 8	9	13-14 years	\$128.25	1184423
Minto-Barrhaven	613-727-2683	Tue.	5-8:30 pm	Jan 8	9	15+ years	\$145	1184430
Minto-Barrhaven	613-727-2683	Fri.	4:30-8 pm	Jan 11	9	13-14 years	\$128.25	1184426
Minto-Barrhaven	613-727-2683	Fri.	4:30-8 pm	Jan 11	9	15+ years	\$145	1184432
Nepean Sportsplex	613-580-2828	Sat.	4:30-7:30 pm	Oct 13	10	13-14 years	\$128.25	1187045
Nepean Sportsplex	613-580-2828	Sat.	4:30-7:30 pm	Oct 13	10	15+ years	\$145	1187113
Nepean Sportsplex	613-580-2828	Sat.	4:15-8 pm	Jan 12	8	13-14 years	\$128.25	1187048
Nepean Sportsplex	613-580-2828	Sat.	4:15-8 pm	Jan 12	8	15+ years	\$145	1187118
Pinecrest	613-828-3118	Sat.	3-6 pm	Sep 15	10	13-14 years	\$128.25	1400154
Pinecrest	613-828-3118	Sat.	3-6 pm	Sep 15	10	15+ years	\$145	1400155
Pinecrest	613-828-3118	Sat.	3-6 pm	Jan 5	10	13-14 years	\$128.25	1401259
Pinecrest	613-828-3118	Sat.	3-6 pm	Jan 5	10	15+ years	\$145	1401268
Plant	613-232-3000	Sun.	4:15-8 pm	Sep 9	8	13-14 years	\$128.25	1185601
Plant	613-232-3000	Sun.	4:15-8 pm	Sep 9	8	15+ years	\$145	1185665
Plant	613-232-3000	Sun.	4-8:15 pm	Jan 13	7	13-14 years	\$128.25	1185701
Plant	613-232-3000	Sun.	4-8:15 pm	Jan 13	7	15+ years	\$145	1185717

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	4-8:15 pm	Mar 3	7	13-14 years	\$128.25	1185703
Plant	613-232-3000	Sun.	4-8:15 pm	Mar 3	7	15+ years	\$145	1185721
Ray Friel	613-580-4765	Tue.	5-8 pm	Sep 11	10	13-14 years	\$128.25	1409008
Ray Friel	613-580-4765	Tue.	5-8 pm	Sep 11	10	15+ years	\$145	1409009
Sawmill	613-521-4092	Sat.	6-9 pm	Sep 29	10	13-14 years	\$128.25	1409175
Sawmill	613-521-4092	Sat.	6-9 pm	Sep 29	10	15+ years	\$145	1409178
Sawmill	613-521-4092	Sat.	6-9:30 pm	Jan 5	9	13-14 years	\$128.25	1409176
Sawmill	613-521-4092	Sat.	6-9:30 pm	Jan 5	9	15+ years	\$145	1409177
Splash Wave Pool	613-748-4222	Sun.	9 am-Noon	Sep 16	10	13-14 years	\$128.25	1400983
Splash Wave Pool	613-748-4222	Sun.	9 am-Noon	Sep 16	10	15+ years	\$145	1400985
Splash Wave Pool	613-748-4222	Sun.	8:45 am-Noon	Jan 13	9	13-14 years	\$128.25	1400984
Splash Wave Pool	613-748-4222	Sun.	8:45 am-Noon	Jan 13	9	15+ years	\$145	1400986
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 14	9	13-14 years	\$128.25	1180590
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 14	9	15+ years	\$145	1180591
St-Laurent	613-742-6767	Sun.	5:30-7:30 pm	Feb 3	9	13-14 years	\$128.25	1188852
St-Laurent	613-742-6767	Sun.	5:30-7:30 pm	Feb 3	9	15+ years	\$145	1188857
Walter Baker	613-580-2788	Thu.	6-9 pm	Sep 13	10	13-14 years	\$128.25	1182456
Walter Baker	613-580-2788	Thu.	6-9 pm	Sep 13	10	15+ years	\$145	1182458
Walter Baker	613-580-2788	Sun.	4-7 pm	Sep 16	10	13-14 years	\$128.25	1182457
Walter Baker	613-580-2788	Sun.	4-7 pm	Sep 16	10	15+ years	\$145	1182459
Walter Baker	613-580-2788	Sun.	4-7:15 pm	Jan 6	9	13-14 years	\$128.25	1398106
Walter Baker	613-580-2788	Sun.	4-7:15 pm	Jan 6	9	15+ years	\$145	1398112
Walter Baker	613-580-2788	Thu.	6-9:15 pm	Jan 10	9	13-14 years	\$128.25	1398104
Walter Baker	613-580-2788	Thu.	6-9:15 pm	Jan 10	9	15+ years	\$145	1398109

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 14	10	12-14 years	\$97	1181398
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 14	10	15+ years	\$109.75	1181399
Canterbury	613-247-4865	Fri.	6:30-10 pm	Jan 11	9	12-14 years	\$97	1182871
Canterbury	613-247-4865	Fri.	6:30-10 pm	Jan 11	9	15+ years	\$109.75	1182883
François Dupuis	613-580-8080	Wed.	4:30-8:30 pm	Nov 7	7	14 years	\$97	1405703
François Dupuis	613-580-8080	Wed.	4:30-8:30 pm	Nov 7	7	15+ years	\$109.75	1405717
Plant	613-232-3000	Sun.	4:30-8 pm	Sep 9	8	12-14 years	\$97	1185668
Plant	613-232-3000	Sun.	4:30-8 pm	Sep 9	8	15+ years	\$109.75	1185673
Plant	613-232-3000	Sun.	4-8 pm	Jan 13	7	12-14 years	\$97	1185733
Plant	613-232-3000	Sun.	4-8 pm	Jan 13	7	15+ years	\$109.75	1185741
Plant	613-232-3000	Sun.	4-8 pm	Mar 3	7	12-14 years	\$97	1185735
Plant	613-232-3000	Sun.	4-8 pm	Mar 3	7	15+ years	\$109.75	1185743
Sawmill	613-521-4092	Sat.	6-9 pm	Sep 29	10	12-14 years	\$97	1409179
Sawmill	613-521-4092	Sat.	6-9 pm	Sep 29	10	15+ years	\$109.75	1409181
Sawmill	613-521-4092	Sat.	6-9:30 pm	Jan 5	9	12-14 years	\$97	1409180
Sawmill	613-521-4092	Sat.	6-9:30 pm	Jan 5	9	15+ years	\$109.75	1409182
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 14	9	12-14 years	\$97	1180592
St-Laurent	613-742-6767	Sun.	5:30-8 pm	Oct 14	9	15+ years	\$109.75	1180593
St-Laurent	613-742-6767	Sun.	5:30-7 pm	Feb 3	9	12-14 years	\$97	1188863
St-Laurent	613-742-6767	Sun.	5:30-7:30 pm	Feb 3	9	15+ years	\$109.75	1188866
Walter Baker	613-580-2788	Sat.	4-7 pm	Sep 15	9	14 years	\$97	1182460
Walter Baker	613-580-2788	Sat.	4-7 pm	Sep 15	9	15+ years	\$109.75	1182462
Walter Baker	613-580-2788	Sat.	4-7 pm	Jan 5	9	14 years	\$97	1398142
Walter Baker	613-580-2788	Sat.	4-7 pm	Jan 5	9	15+ years	\$109.75	1398145

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:45 pm	Jan 18	10	12-14 years	\$141.50	1180771
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:45 pm	Jan 18	10	15+ years	\$160	1180781
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9:15 pm	Jan 20	10	12-14 years	\$141.50	1180776
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9:15 pm	Jan 20	10	15+ years	\$160	1180784
Brewer	613-580-2090	Tue.	5:30-8:30 pm	Oct 9	9	12-14 years	\$141.50	1400487
Brewer	613-580-2090	Tue.	5:30-8:30 pm	Oct 9	9	15+ years	\$160	1400492
Brewer	613-580-2090	Tue.	5:30-8:30 pm	Jan 8	9	12-14 years	\$141.50	1400548
Brewer	613-580-2090	Tue.	5:30-8:30 pm	Jan 8	9	15+ years	\$160	1400554
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Oct 13	6	12-14 years	\$141.50	1180900
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Oct 13	6	15+ years	\$160	1180913
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Jan 26	6	12-14 years	\$141.50	1181115
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Jan 26	6	15+ years	\$160	1181131
Goulbourn	613-580-2532	Sat.	4-7:30 pm	Sep 29	11	12-14 years	\$141.50	1409224
Goulbourn	613-580-2532	Sat.	4-7:30 pm	Sep 29	11	15+ years	\$160	1409225
Goulbourn	613-580-2532	Sat.	4-8 pm	Jan 5	10	14 years	\$141.50	1409219
Goulbourn	613-580-2532	Sat.	4-6 pm	Jan 5	10	15+ years	\$160	1409226
Kanata Wave Pool	613-580-9677	Mon.	5-8 pm	Sep 17	12	12-14 years	\$141.50	1184911
Kanata Wave Pool	613-580-9677	Mon.	5-8 pm	Sep 17	12	15+ years	\$160	1184913
Kanata Wave Pool	613-580-9677	Sat.	3-6 pm	Sep 22	12	12-14 years	\$141.50	1184912
Kanata Wave Pool	613-580-9677	Sat.	3-6 pm	Sep 22	12	15+ years	\$160	1184914
Kanata Wave Pool	613-580-9677	Sat.	3-6:45 pm	Jan 5	9	12-14 years	\$141.50	1399797
Kanata Wave Pool	613-580-9677	Sat.	3-6:45 pm	Jan 5	9	15+ years	\$160	1399799
Kanata Wave Pool	613-580-9677	Mon.	4:15-8:30 pm	Jan 7	8	12-14 years	\$141.50	1399798
Kanata Wave Pool	613-580-9677	Mon.	4:15-8:30 pm	Jan 7	8	15+ years	\$160	1399800
Lowertown	Ext. 44426	Mon.	5-8:15 pm	Sep 10	11	12-14 years	\$141.50	1180882
Lowertown	Ext. 44426	Mon.	5-8:15 pm	Sep 10	11	15+ years	\$160	1180907
Lowertown	Ext. 44426	Mon.	5-9:30 pm	Jan 7	8	12-14 years	\$141.50	1181113
Lowertown	Ext. 44426	Mon.	5-9:30 pm	Jan 7	8	15+ years	\$160	1181126
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Sep 17	9	12-14 years	\$141.50	1184010
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Sep 17	9	15+ years	\$160	1184018

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.	4:30-9 pm	Jan 7	8	12-14 years	\$141.50	1184402
Minto-Barrhaven	613-727-2683	Mon.	4:30-9 pm	Jan 7	8	15+ years	\$160	1184415
Nepean Sportsplex	613-580-2828	Fri.	5-8:30 pm	Oct 12	10	12-14 years	\$141.50	1188024
Nepean Sportsplex	613-580-2828	Fri.	5-8:30 pm	Oct 12	10	15+ years	\$160	1188027
Nepean Sportsplex	613-580-2828	Fri.	4:45-9 pm	Jan 11	8	12-14 years	\$141.50	1188129
Nepean Sportsplex	613-580-2828	Fri.	4:45-9 pm	Jan 11	8	15+ years	\$160	1188125
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Sep 15	10	12-14 years	\$141.50	1400156
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Sep 15	10	15+ years	\$160	1400187
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Jan 5	10	12-14 years	\$141.50	1401291
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Jan 5	10	15+ years	\$160	1401316
Ray Friel	613-580-4765	Thu.	5-8:30 pm	Sep 13	10	12-14 years	\$141.50	1409007
Ray Friel	613-580-4765	Thu.	5-8:30 pm	Sep 13	10	15+ years	\$160	1409006
Splash Wave Pool	613-748-4222	Sun.	10 am-1 pm	Sep 16	11	12-14 years	\$141.50	1400995
Splash Wave Pool	613-748-4222	Sun.	10 am-1 pm	Sep 16	11	15+ years	\$160	1400996
Splash Wave Pool	613-748-4222	Sun.	10 am-2 pm	Jan 13	9	12-14 years	\$141.50	1400992
Splash Wave Pool	613-748-4222	Sun.	10 am-2 pm	Jan 13	9	15+ years	\$160	1400997

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Oct 20	2	12-14 years	\$122.50	1180371
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Oct 20	2	15+ years	\$138.50	1180384
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Dec 15	2	12-14 years	\$122.50	1180374
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Dec 15	2	15+ years	\$138.50	1180390
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 12	2	12-14 years	\$122.50	1180676
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 12	2	15+ years	\$138.50	1180677
Canterbury	613-247-4865	Sat.	9 am-5 pm	Sep 15	2	12-14 years	\$122.50	1181405
Canterbury	613-247-4865	Sat.	9 am-5 pm	Sep 15	2	15+ years	\$138.50	1181403
Canterbury	613-247-4865	Sat.	9 am-5 pm	Nov 3	2	12-14 years	\$122.50	1181406

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sat.	9 am-5 pm	Nov 3	2	15+ years	\$138.50	1181404
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jan 19	2	12-14 years	\$122.50	1182915
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jan 19	2	15+ years	\$138.50	1182912
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Oct 6	2	12-14 years	\$122.50	1180724
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Oct 6	2	15+ years	\$138.50	1180730
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Dec 22	2	12-14 years	\$122.50	1180726
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Dec 22	2	15+ years	\$138.50	1180731
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Feb 9	2	12-14 years	\$122.50	1181073
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Feb 9	2	15+ years	\$138.50	1181079
Kanata Wave Pool	613-580-9677	Sat.-Sun.	8 am-4 pm	Oct 20	2	12-14 years	\$122.50	1185867
Kanata Wave Pool	613-580-9677	Sat.-Sun.	8 am-4 pm	Oct 20	2	15+ years	\$138.50	1185878
Kanata Wave Pool	613-580-9677	Sat.-Sun.	8 am-4 pm	Jan 12	2	12-14 years	\$122.50	1398689
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jan 12	2	15+ years	\$138.50	1398693
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 15	2	12-14 years	\$122.50	1184082
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 15	2	15+ years	\$138.50	1184098
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 13	2	12-14 years	\$122.50	1184085
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 13	2	15+ years	\$138.50	1184101
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 3	2	12-14 years	\$122.50	1184089
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 3	2	15+ years	\$138.50	1184103
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Dec 15	2	12-14 years	\$122.50	1184092
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Dec 15	2	15+ years	\$138.50	1184104
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jan 5	2	12-14 years	\$122.50	1184476
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jan 5	2	15+ years	\$138.50	1184485
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 23	2	12-14 years	\$122.50	1184479
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 23	2	15+ years	\$138.50	1184483
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Nov 10	2	12-14 years	\$122.50	1188032
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Nov 10	2	15+ years	\$138.50	1188037
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Feb 23	2	12-14 years	\$122.50	1188120
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Feb 23	2	15+ years	\$138.50	1188109
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Sep 20	2	12-14 years	\$122.50	1400619

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Sep 20	2	15+ years	\$138.50	1400642
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Dec 20	2	12-14 years	\$122.50	1400628
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Dec 20	2	15+ years	\$138.50	1400643
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Feb 14	2	12-14 years	\$122.50	1401574
Pinecrest	613-828-3118	Thu.-Fri.	8:30 am-4:30 pm	Feb 14	2	15+ years	\$138.50	1401599
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Sep 29	2	12-14 years	\$122.50	1409016
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Sep 29	2	15+ years	\$138.50	1409015
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Apr 27	2	12-14 years	\$122.50	1409017
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Apr 27	2	15+ years	\$138.50	1409021
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Dec 1	2	12-14 years	\$122.50	1320349
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Dec 1	2	15+ years	\$138.50	1320344
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Mar 2	2	12-14 years	\$122.50	1320217
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Mar 2	2	15+ years	\$138.50	1320209
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Sep 22	2	12-14 years	\$122.50	1409278
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Sep 22	2	15+ years	\$138.50	1410200
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Dec 15	2	12-14 years	\$122.50	1409279
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Dec 15	2	15+ years	\$138.50	1410201
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Feb 16	2	12-14 years	\$122.50	1409283
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Feb 16	2	15+ years	\$138.50	1410202
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Nov 24	2	12-14 years	\$122.50	1401011
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Nov 24	2	15+ years	\$138.50	1401009
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Feb 9	2	12-14 years	\$122.50	1401015
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Feb 9	2	15+ years	\$138.50	1401008
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Sep 22	2	12-14 years	\$122.50	1180601
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Sep 22	2	15+ years	\$138.50	1180611
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Nov 17	2	12-14 years	\$122.50	1180602
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Nov 17	2	15+ years	\$138.50	1180612
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Jan 26	2	12-14 years	\$122.50	1246449
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Jan 26	2	15+ years	\$138.50	1246453
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 30	2	12-14 years	\$122.50	1246450

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 30	2	15+ years	\$138.50	1246454
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Oct 20	2	12-14 years	\$122.50	1320393
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Oct 20	1	15+ years	\$138.50	1320411
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Dec 15	2	12-14 years	\$122.50	1320402
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Dec 15	2	15+ years	\$138.50	1320415
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Mar 2	2	12-14 years	\$122.50	1398172
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Mar 2	2	15+ years	\$138.50	1398175

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Oct 6	1	12-14 years	\$80	1180397
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Oct 6	1	15+ years	\$90.50	1180409
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Nov 3	1	12-14 years	\$80	1180399
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Nov 3	1	15+ years	\$90.50	1180411
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Dec 1	1	12-14 years	\$80	1180402
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Dec 1	1	15+ years	\$90.50	1180413
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Feb 2	1	12-14 years	\$80	1180665
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Feb 2	1	15+ years	\$90.50	1180658
Canterbury	613-247-4865	Sat.	9 am-5 pm	Oct 13	1	12-14 years	\$80	1181409
Canterbury	613-247-4865	Sat.	9 am-5 pm	Oct 13	1	15+ years	\$90.50	1181407
Canterbury	613-247-4865	Sat.	9 am-5 pm	Dec 15	1	12-14 years	\$80	1181410
Canterbury	613-247-4865	Sat.	9 am-5 pm	Dec 15	1	15+ years	\$90.50	1181408
Canterbury	613-247-4865	Sat.	9 am-5 pm	Feb 9	1	12-14 years	\$80	1182928
Canterbury	613-247-4865	Sat.	9 am-5 pm	Feb 9	1	15+ years	\$90.50	1182923
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Sep 29	1	12-14 years	\$80	1180755
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Sep 29	1	15+ years	\$90.50	1180761
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Nov 10	1	12-14 years	\$80	1180757
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Nov 10	1	15+ years	\$90.50	1180763
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Jan 19	1	12-14 years	\$80	1181063

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Jan 19	1	15+ years	\$90.50	1181067
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Mar 9	1	12-14 years	\$80	1181065
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Mar 9	1	15+ years	\$90.50	1181071
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Sep 23	1	12-14 years	\$80	1185887
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Sep 23	1	15+ years	\$90.50	1185951
Kanata Leisure	613-580-9677	Sat.	8 am-4 pm	Mar 2	1	12-14 years	\$80	1398715
Kanata Leisure	613-580-9677	Sat.	8 am-4 pm	Mar 2	1	15+ years	\$90.50	1398721
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 22	1	12-14 years	\$80	1184110
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 22	1	15+ years	\$90.50	1184121
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 20	1	12-14 years	\$80	1184112
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 20	1	15+ years	\$90.50	1184122
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 10	1	12-14 years	\$80	1184113
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 10	1	15+ years	\$90.50	1184124
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Dec 1	1	12-14 years	\$80	1184114
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Dec 1	1	15+ years	\$90.50	1184126
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 12	1	12-14 years	\$80	1184488
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 12	1	15+ years	\$90.50	1184499
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Feb 16	1	12-14 years	\$80	1184490
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Feb 16	1	15+ years	\$90.50	1184500
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Mar 9	1	12-14 years	\$80	1184493
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Mar 9	1	15+ years	\$90.50	1184504
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Oct 27	1	12-14 years	\$80	1188042
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Oct 27	1	15+ years	\$90.50	1188047
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Dec 8	1	12-14 years	\$80	1188044
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Dec 8	1	15+ years	\$90.50	1188048
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Feb 17	1	12-14 years	\$80	1188096
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Feb 17	1	15+ years	\$90.50	1188094
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Sep 14	1	12-14 years	\$80	1400677
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Sep 14	1	15+ years	\$90.50	1400683
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Dec 14	1	12-14 years	\$80	1400675

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Dec 14	1	15+ years	\$90.50	1400684
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Dec 28	1	12-14 years	\$80	1400697
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Dec 28	1	15+ years	\$90.50	1400687
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Feb 8	1	12-14 years	\$80	1401612
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Feb 8	1	15+ years	\$90.50	1401641
Ray Friel	613-580-4765	Sat.	9 am-5 pm	Oct 20	1	12-14 years	\$80	1409013
Ray Friel	613-580-4765	Sat.	9 am-5 pm	Oct 20	1	15+ years	\$90.50	1409011
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Nov 18	1	12-14 years	\$80	1409014
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Nov 18	1	15+ years	\$90.50	1409012
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jan 27	1	12-14 years	\$80	1409020
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jan 27	1	15+ years	\$90.50	1409019
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Dec 9	1	12-14 years	\$80	1320366
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Dec 9	1	15+ years	\$90.50	1320359
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Feb 24	1	12-14 years	\$80	1320241
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Feb 24	1	15+ years	\$90.50	1320230
Sawmill	613-521-4092	Sat.	9 am-5 pm	Sep 15	1	15+ years	\$90.50	1409266
Sawmill	613-521-4092	Sat.	9 am-5 pm	Nov 17	1	15+ years	\$90.50	1409268
Sawmill	613-521-4092	Sat.	9 am-5 pm	Jan 5	1	15+ years	\$90.50	1409270
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Sep 15	1	12-14 years	\$80	1401005
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Sep 15	1	15+ years	\$90.50	1400999
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Jan 19	1	12-14 years	\$80	1401006
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Jan 19	1	15+ years	\$90.50	1401001
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Oct 20	1	12-14 years	\$80	1180618
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Oct 20	1	15+ years	\$90.50	1180620
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Feb 23	1	12-14 years	\$80	1246570
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Feb 23	1	15+ years	\$90.50	1246586
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 23	1	12-14 years	\$80	1320433
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 23	1	15+ years	\$90.50	1320446
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 10	1	12-14 years	\$80	1398185
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 10	1	15+ years	\$90.50	1398188

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. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Wed.	5-9 pm	Jan 16	4	15+ years	\$219.75	1320309
Brewer	613-580-2090	Tue.-Wed.	4:30-6:30 pm	Sep 25	4	15+ years	\$219.75	1400517
Brewer	613-580-2090	Sat.-Sun.	9-11 am	Jan 5	4	15+ years	\$219.75	1400533
Canterbury	613-247-4865	Thu.	5:30-7:30 pm	Sep 6	4	15+ years	\$219.75	1186067
Canterbury	613-247-4865	Thu.	5:30-7:30 pm	Jan 10	4	15+ years	\$219.75	1186136
Goulbourn	613-580-2532	Fri.	5:30-7:30 pm	Sep 14	4	15+ years	\$219.75	1409245
Goulbourn	613-580-2532	Fri.	5:30-7:30 pm	Oct 26	4	15+ years	\$219.75	1409246
Goulbourn	613-580-2532	Fri.	5:30-7:30 pm	Jan 11	4	15+ years	\$219.75	1409251
Jules Morin Park	Ext. 44426	Sun.	2-6 pm	Sep 9	4	15+ years	\$219.75	1180960
Jules Morin Park	Ext. 44426	Sun.	2-6 pm	Jan 6	4	15+ years	\$219.75	1181140
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Sep 9	5	15+ years	\$219.75	1184162
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Sep 9	5	15+ years	\$219.75	1184164
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Jan 13	5	15+ years	\$219.75	1184521
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Jan 13	5	15+ years	\$219.75	1184526
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Nov 26	4	15+ years	\$219.75	1188057
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Jan 7	4	15+ years	\$219.75	1188086
Pinecrest	613-828-3118	Wed.	6:30-8:30 pm	Sep 12	4	15+ years	\$219.75	1400326
Pinecrest	613-828-3118	Wed.	6:30-8:30 pm	Nov 28	4	15+ years	\$219.75	1400357
Pinecrest	613-828-3118	Wed.	6:30-8:30 pm	Jan 9	4	15+ years	\$219.75	1401451
Ray Friel	613-580-4765	Sun.	2-4 pm	Oct 21	4	15+ years	\$219.75	1409312
Ray Friel	613-580-4765	Sun.	2-4 pm	Jan 20	4	15+ years	\$219.75	1409018
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Oct 3	4	15+ years	\$219.75	1320276
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Jan 16	4	15+ years	\$219.75	1320149
Sawmill	613-521-4092	Sun.	3:30-5:30 pm	Sep 23	4	15+ years	\$219.75	1409165
Sawmill	613-521-4092	Sun.	3:30-5:30 pm	Jan 6	4	15+ years	\$219.75	1409166
Splash Wave Pool	613-748-4222	Mon.	5-9 pm	Sep 10	4	15+ years	\$219.75	1401071
Splash Wave Pool	613-748-4222	Mon.	5-9 pm	Oct 15	4	15+ years	\$219.75	1401072

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. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Mon.	5-9 pm	Jan 7	4	15+ years	\$219.75	1401074
St-Laurent	613-742-6767	Sat.	4:30-6:30 pm	Sep 22	4	15+ years	\$219.75	1180640
St-Laurent	613-742-6767	Sat.	4:30-6:30 pm	Jan 12	4	15+ years	\$219.75	1246795
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Sep 12	5	15+ years	\$219.75	1321268
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Nov 14	5	15+ years	\$219.75	1321275
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Jan 9	5	15+ years	\$219.75	1398214

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	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.-Sun.	5-10 pm	Mar 21	4	15+ years	\$196.25	1320345
Brewer	613-580-2090	Sat.	9 am-3:30 pm	Nov 24	4	15+ years	\$196.25	1400529
Canterbury	613-247-4865	Thu.	4:30-9:30 pm	Nov 1	5	15+ years	\$196.25	1186074
Canterbury	613-247-4865	Thu.-Sun.	4:30-9:30 pm	Mar 14	4	15+ years	\$196.25	1186150
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Dec 8	4	15+ years	\$196.25	1409257
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Feb 23	4	15+ years	\$196.25	1409254
Lowertown	Ext. 44426	Sun.	2-7 pm	Nov 11	6	15+ years	\$196.25	1180965
Minto-Barrhaven	613-727-2683	Sun.	4-8:30 pm	Oct 21	6	15+ years	\$196.25	1184183
Minto-Barrhaven	613-727-2683	Sat.	4-8:30 pm	Jan 19	6	15+ years	\$196.25	1184537
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Nov 14	6	15+ years	\$196.25	1188062
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Jan 30	6	15+ years	\$196.25	1188080
Pinecrest	613-828-3118	Wed.	5-9 pm	Oct 10	7	15+ years	\$196.25	1400526
Pinecrest	613-828-3118	Wed., Sun.	4:45-8:30 pm	Feb 13	7	15+ years	\$196.25	1401481
Richcraft-Kanata	613-580-9696	Wed.	5:30-10 pm	Nov 14	6	15+ years	\$196.25	1320302
Sawmill	613-521-4092	Sun.	10:30 am-6:30 pm	Nov 25	3	15+ years	\$196.25	1409167
Sawmill	613-521-4092	Sun.	10:30 am-6:30 pm	Feb 24	3	15+ years	\$196.25	1409168

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	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-3:30 pm	Dec 8	4	15+ years	\$196.25	1401082
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-3:30 pm	Feb 23	4	15+ years	\$196.25	1401078
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	Nov 30	4	15+ years	\$196.25	1180646
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	Mar 1	4	15+ years	\$196.25	1246806
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Nov 3	4	15+ years	\$196.25	1321218
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Feb 2	4	15+ years	\$196.25	1398228

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. Red Cross Professional Development Modules must be completed online prior to attending the recertification. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	Noon-5 pm	Feb 23	1	16+ years	\$73	1180695
Kanata Leisure	613-580-9677	Sat.	1-6 pm	Dec 22	1	16+ years	\$73	1321418
Kanata Leisure	613-580-9677	Sat.	1-6 pm	Mar 9	1	16+ years	\$73	1399646
Lowertown	Ext. 44426	Sun.	3-8 pm	Oct 7	1	16+ years	\$73	1181008
Lowertown	Ext. 44426	Sun.	3-8 pm	Feb 3	1	16+ years	\$73	1181160
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Sep 19	1	16+ years	\$73	1184362
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Nov 14	1	16+ years	\$73	1184367
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Feb 20	1	16+ years	\$73	1184563
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Oct 25	1	16+ years	\$73	1188067
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Dec 20	1	16+ years	\$73	1188069
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Jan 17	1	16+ years	\$73	1188076
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Feb 7	1	16+ years	\$73	1188074
Pinecrest	613-828-3118	Sun.	4-9 pm	Oct 21	1	16+ years	\$73	1400568
Pinecrest	613-828-3118	Sun.	4-9 pm	Dec 16	1	16+ years	\$73	1400570
Pinecrest	613-828-3118	Thu.	1-6 pm	Dec 27	1	16+ years	\$73	1400578
Pinecrest	613-828-3118	Sun.	1-6 pm	Mar 17	1	16+ years	\$73	1401495
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Nov 7	1	16+ years	\$73	1320319
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Feb 27	1	16+ years	\$73	1320199

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. Red Cross Professional Development Modules must be completed online prior to attending the recertification. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill	613-521-4092	Sun.	3-8 pm	Nov 18	1	16+ years	\$73	1409294
Sawmill	613-521-4092	Sun.	3-8 pm	Feb 17	1	16+ years	\$73	1409295
Splash Wave Pool	613-748-4222	Sat.	4:30-9:30 pm	Oct 13	1	16+ years	\$73	1401088
Splash Wave Pool	613-748-4222	Sat.	4:30-9:30 pm	Dec 1	1	16+ years	\$73	1401091
Splash Wave Pool	613-748-4222	Sat.	4:30-9:30 pm	Jan 26	1	16+ years	\$73	1401097
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Sep 22	1	16+ years	\$73	1180636
Walter Baker	613-580-2788	Sat.	1-6 pm	Oct 13	1	16+ years	\$73	1321246
Walter Baker	613-580-2788	Sat.	1-6 pm	Dec 1	1	16+ years	\$73	1321248
Walter Baker	613-580-2788	Sat.	1-6 pm	Mar 9	1	16+ years	\$73	1398235

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. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	Sep 8	1	15+ years	\$37	1180351
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-1 pm	Oct 7	1	15+ years	\$37	1180355
Bob MacQuarrie-Orléans	613-580-9600	Fri.	5-9 pm	Nov 16	1	15+ years	\$37	1180361
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-1 pm	Dec 9	1	15+ years	\$37	1180357
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	Jan 19	1	15+ years	\$37	1180688
Canterbury	613-247-4865	Sat.	9 am-1 pm	Sep 29	1	15+ years	\$37	1181411
Canterbury	613-247-4865	Sat.	9 am-1 pm	Nov 24	1	15+ years	\$37	1181412
Canterbury	613-247-4865	Sat.	9 am-1 pm	Mar 2	1	15+ years	\$37	1182934
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Sep18	1	15+ years	\$37	1180717
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Nov 6	1	15+ years	\$37	1180719
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Jan 8	1	15+ years	\$37	1181056
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Mar 5	1	15+ years	\$37	1181061
Kanata Leisure	613-580-9677	Sat.	10 am-2 pm	Sep 29	1	15+ years	\$37	1184923
Kanata Leisure	613-580-9677	Sat.	10 am-2 pm	Mar 9	1	15+ years	\$37	1399651
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Sep 29	1	15+ years	\$37	1184131
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Oct 27	1	15+ years	\$37	1184132

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. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Nov 24	1	15+ years	\$37	1184134
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Jan 13	1	15+ years	\$37	1184509
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Feb 17	1	15+ years	\$37	1184511
Minto-Barrhaven	613-727-2683	Sun.	8 am-Noon	Mar 10	1	15+ years	\$37	1184512
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Oct 30	1	15+ years	\$37	1187129
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Dec 18	1	15+ years	\$37	1187133
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Jan 29	1	15+ years	\$37	1187124
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Mar 5	1	15+ years	\$37	1187125
Pinecrest	613-828-3118	Mon.	5-9 pm	Sep 10	1	15+ years	\$37	1401156
Pinecrest	613-828-3118	Mon.	5-9 pm	Nov 19	1	15+ years	\$37	1401158
Pinecrest	613-828-3118	Thu.	8:30 am-12:30 pm	Dec 27	1	15+ years	\$37	1401159
Pinecrest	613-828-3118	Mon.	5-9 pm	Feb 25	1	15+ years	\$37	1401678
Plant	613-232-3000	Mon.	5:30-9:30 pm	Oct 22	1	15+ years	\$37	1186793
Plant	613-232-3000	Mon.	5:30-9:30 pm	Nov 19	1	15+ years	\$37	1186831
Plant	613-232-3000	Mon.	5:30-9:30 pm	Dec 17	1	15+ years	\$37	1186835
Plant	613-232-3000	Mon.	5:30-9:30 pm	Jan 21	1	15+ years	\$37	1186839
Plant	613-232-3000	Mon.	5:30-9:30 pm	Feb 25	1	15+ years	\$37	1186841
Plant	613-232-3000	Mon.	5:30-9:30 pm	Mar 25	1	15+ years	\$37	1186842
Richcraft-Kanata	613-580-9696	Sat.	2-6 pm	Nov 10	1	15+ years	\$37	1320373
Richcraft-Kanata	613-580-9696	Sat.	2-6 pm	Jan 26	1	15+ years	\$37	1320187
Sawmill	613-521-4092	Sun.	9 am-1 pm	Sep 16	1	15+ years	\$37	1409271
Sawmill	613-521-4092	Sun.	9 am-1 pm	Nov 18	1	15+ years	\$37	1409272
Sawmill	613-521-4092	Sun.	9 am-1 pm	Jan 6	1	15+ years	\$37	1409275
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Sep 19	1	15+ years	\$37	1401026
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Nov 14	1	15+ years	\$37	1401029
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Jan 23	1	15+ years	\$37	1401020
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Feb 27	1	15+ years	\$37	1401021
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Sep 29	1	15+ years	\$37	1180624
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Oct 27	1	15+ years	\$37	1180626

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. For extension numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Nov 24	1	15+ years	\$37	1180627
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Feb 2	1	15+ years	\$37	1246744
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Mar 23	1	15+ years	\$37	1246745
Walter Baker	613-580-2788	Fri.	6-10 pm	Sep 21	1	15+ years	\$37	1320352
Walter Baker	613-580-2788	Fri.	6-10 pm	Oct 19	1	15+ years	\$37	1320356
Walter Baker	613-580-2788	Fri.	6-10 pm	Nov 16	1	15+ years	\$37	1320364
Walter Baker	613-580-2788	Fri.	6-10 pm	Dec 14	1	15+ years	\$37	1320381
Walter Baker	613-580-2788	Fri.	6-10 pm	Jan 18	1	15+ years	\$37	1398166
Walter Baker	613-580-2788	Fri.	6-10 pm	Feb 15	1	15+ years	\$37	1398168

National Lifeguard (NL)

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, Premergency Inc. 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	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Sun.	8:30 am-1 pm	Oct 14	10	16+ years	\$160	1400506
Brewer	613-580-2090	Sun.	8 am-1 pm	Jan 6	9	16+ years	\$160	1400544
Canterbury	613-247-4865	Sun.	1:30-6:30 pm	Sep 9	9	16+ years	\$160	1181400
Canterbury	613-247-4865	Sun.	1:30-6:30 pm	Jan 13	9	16+ years	\$160	1182855
Champagne	613-244-4402	Sat.-Sun.	2-7 pm	Nov 10	10	16+ years	\$160	1181018
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Feb 16	8	16+ years	\$160	1181193
Goulbourn	613-580-2532	Sat.	3:30-7:30 pm	Sep 29	11	16+ years	\$160	1409236
Goulbourn	613-580-2532	Sat.	3-7:30 pm	Jan 5	10	16+ years	\$160	1409232
Kanata Leisure	613-580-9677	Sun.	3-7 pm	Sep 23	12	16+ years	\$160	1184921
Kanata Leisure	613-580-9677	Sun.	3-8:15 pm	Jan 6	9	16+ years	\$160	1399793
Minto-Barrhaven	613-727-2683	Mon.	4:30-9:30 pm	Sep 17	9	16+ years	\$160	1183958
Minto-Barrhaven	613-727-2683	Mon.	4-10 pm	Jan 7	8	16+ years	\$160	1184378
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Oct 10	10	16+ years	\$160	1188022

National Lifeguard (NL)

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, Premergency Inc. 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	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Jan 9	9	16+ years	\$160	1188091
Pinecrest	613-828-3118	Sun.	5-9 pm	Sep 16	10	16+ years	\$160	1400233
Pinecrest	613-828-3118	Sun.	4-9 pm	Jan 6	10	16+ years	\$160	1401405
Ray Friel	613-580-4765	Sat.	1-6 pm	Sep 15	10	16+ years	\$160	1409010
Richcraft-Kanata	613-580-9696	Mon.	5:30-10 pm	Oct 1	10	16+ years	\$160	1320337
Sawmill	613-521-4092	Sun.	3-7:15 pm	Sep 23	11	16+ years	\$160	1409183
Sawmill	613-521-4092	Sun.	3-8:30 pm	Jan 6	9	16+ years	\$160	1409184
St-Laurent	613-742-6767	Sat.	4:30-8 pm	Oct 13	9	16+ years	\$160	1180594
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Feb 2	9	16+ years	\$160	1246443
Walter Baker	613-580-2788	Sun.	3-8 pm	Sep 16	9	16+ years	\$160	1182467
Walter Baker	613-580-2788	Sun.	3-8:15 pm	Jan 6	9	16+ years	\$160	1398155

National Lifeguard Recertification Masters

Retest of lifeguarding skills and knowledge for 'more experienced' individuals aged 30 years and over.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	11 am-4 pm	Oct 3	1	16+ years	\$73	1187141
Nepean Sportsplex	613-580-2828	Wed.	11 am-4 pm	Jan 9	1	16+ years	\$73	1187143

National Lifeguard 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, Premergency Inc. 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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Jan 20	10	16+ years	\$184.75	1180867
Lowertown	Ext. 44426	Thu.-Sun., Wed.	12:30-8 pm	Dec 27	7	16+ years	\$184.75	1180954
Lowertown	Ext. 44426	Sun.-Fri.	Noon-8 pm	Mar 10	6	16+ years	\$184.75	1181165
Splash Wave Pool	613-748-4222	Sun.	3-7 pm	Sep 9	12	16+ years	\$184.75	1401051
Splash Wave Pool	613-748-4222	Tue., Thu.	4:30-9:30 pm	Sep 18	10	16+ years	\$184.75	1401058
Splash Wave Pool	613-748-4222	Tue., Thu.	4:30-9:30 pm	Jan 8	10	16+ years	\$184.75	1401065

National Lifeguard 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	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11 am-4 pm	Mar 2	1	16+ years	\$73	1180672
Champagne	613-244-4402	Sat.	2-7 pm	Sep 29	1	16+ years	\$73	1181024
Champagne	613-244-4402	Sat.	2-7 pm	Dec 22	1	16+ years	\$73	1181025
Kanata Leisure	613-580-9677	Fri.	4-9 pm	Oct 5	1	16+ years	\$73	1184922
Kanata Leisure	613-580-9677	Fri.	4-9 pm	Mar 8	1	16+ years	\$73	1399785
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Sep 15	1	16+ years	\$73	1183960
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Oct 20	1	16+ years	\$73	1183962
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Nov 10	1	16+ years	\$73	1183965
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Dec 8	1	16+ years	\$73	1183966
Minto-Barrhaven	613-727-2683	Fri.	4-9 pm	Jan 4	1	16+ years	\$73	1184388
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Feb 2	1	16+ years	\$73	1184390
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Mar 2	1	16+ years	\$73	1184391
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Oct 14	1	16+ years	\$73	1187159
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Nov 18	1	16+ years	\$73	1187160
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Dec 16	1	16+ years	\$73	1187162
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Jan 13	1	16+ years	\$73	1187153
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Feb 10	1	16+ years	\$73	1187154
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Mar 10	1	16+ years	\$73	1187156
Pinecrest	613-828-3118	Sun.	2-7 pm	Sep 9	1	16+ years	\$73	1400260
Pinecrest	613-828-3118	Sun.	4-9 pm	Dec 9	1	16+ years	\$73	1400262
Pinecrest	613-828-3118	Fri.	1-6 pm	Dec 28	1	16+ years	\$73	1400269
Pinecrest	613-828-3118	Sun.	4-9 pm	Mar 10	1	16+ years	\$73	1401411
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Dec 17	1	16+ years	\$73	1320340
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Jan 28	1	16+ years	\$73	1320203
Sawmill	613-521-4092	Sun.	3-8 pm	Sep 9	1	16+ years	\$73	1409289
Sawmill	613-521-4092	Sun.	3-8 pm	Jan 6	1	16+ years	\$73	1409291
Splash Wave Pool	613-748-4222	Sat.	4:30-9:30 pm	Oct 13	1	16+ years	\$73	1401106
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Sep 15	1	16+ years	\$73	1180595
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Dec 15	1	16+ years	\$73	1180597
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Jan 19	1	16+ years	\$73	1246446

National Lifeguard 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	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Fri.	5-10 pm	Sep 28	1	16+ years	\$73	1320331
Walter Baker	613-580-2788	Fri.	5-10 pm	Oct 26	1	16+ years	\$73	1320334
Walter Baker	613-580-2788	Fri.	5-10 pm	Nov 23	1	16+ years	\$73	1320336
Walter Baker	613-580-2788	Fri.	5-10 pm	Jan 25	1	16+ years	\$73	1398161
Walter Baker	613-580-2788	Fri.	5-10 pm	Feb 22	1	16+ years	\$73	1398163

Lifesaving and EFA Instructor

Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Sun.	9 am-4 pm	Oct 21	3	16+ years	\$124	1400515
Brewer	613-580-2090	Wed.-Fri.	9 am-4 pm	Jan 2	3	16+ years	\$124	1400542
Canterbury	613-247-4865	Thu.	4:30-9:30 pm	Oct 4	4	16+ years	\$124	1403247
Canterbury	613-247-4865	Thu.	4:30-9:30 pm	Feb 7	4	16+ years	\$124	1403248
Goulbourn	613-580-2532	Sat.-Sun.	Noon-5 pm	Oct 20	4	16+ years	\$124	1409243
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Feb 2	4	16+ years	\$124	1409242
Lowertown	Ext. 44426	Sat.-Sun.	3:30-7 pm	Oct 13	6	16+ years	\$124	1321208
Lowertown	Ext. 44426	Mon.-Thu.	2-7:30 pm	Mar 11	4	16+ years	\$124	1321227
Minto-Barrhaven	613-727-2683	Fri.	5-9 pm	Nov 9	6	16+ years	\$124	1321134
Minto-Barrhaven	613-727-2683	Fri.	5-9 pm	Feb 1	6	16+ years	\$124	1321152
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Oct 15	5	16+ years	\$124	1246691
Pinecrest	613-828-3118	Sun.	4-9 pm	Nov 25	4	16+ years	\$124	1403719
Pinecrest	613-828-3118	Sun.	4-9 pm	Jan 13	4	16+ years	\$124	1403722
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Nov 2	4	16+ years	\$124	1404839
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Jan 25	4	16+ years	\$124	1404827
Sawmill	613-521-4092	Sun.	11:30 am-6:30 pm	Oct 28	3	16+ years	\$124	1409169
Sawmill	613-521-4092	Sun., Fri.	10:30 am-6:30 pm	Feb 3	3	16+ years	\$124	1409170
St-Laurent	613-742-6767	Fri.-Sat.	5-7 pm	Nov 9	8	16+ years	\$124	1321233
St-Laurent	613-742-6767	Fri.	5-7 pm	Jan 11	4	16+ years	\$124	1321122
Walter Baker	613-580-2788	Sun.	9 am-2:30 pm	Oct 14	4	16+ years	\$124	1321108
Walter Baker	613-580-2788	Sun.	9 am-2:30 pm	Feb 3	4	16+ years	\$124	1398204

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.

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.	1-6 pm	Dec 1	2	16+ years	\$100.75	1180769

Examiners

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.	1-7 pm	Nov 24	1	16+ years	\$33.75	1180796
Pinecrest	613-828-3118	Wed.	5-8 pm	Dec 12	2	16+ years	\$33.75	1400605

Standard First Aid Instructor

Prepares candidates to teach up to and including Standard First Aid. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Tue., Sat.-Sun.	5-10 pm	Oct 30	3	16+ years	\$150	1180782

National Lifeguard Instructor

Prerequisites: National Lifeguard certification (any option), Lifesaving Instructor certification, and Advanced Instructor certification. After successful completion of the NLS Instructor course, participants are certified to teach all options of the National Lifeguard certification. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Tue., Sat.-Sun.	5-10 pm	Feb 26	3	16+ years	\$138	1181185

Swimming Specialty

Visit us online at ottawa.calrecreation 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.

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	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	9-10 am	Mar 3	7	8-14 years	\$67.50	1185431

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	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	11 am-Noon	Mar 3	7	15+ years	\$76.25	1185433

Junior Lifeguard

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	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Fri.	6:30-8 pm	Sep 21	13	8-14 years	\$179.25	1320580
Brewer	613-580-2090	Fri.	6:30-8 pm	Jan 11	9	8-14 years	\$124	1320639
Canterbury	613-247-4865	Thu.	4-5 pm	Sep 13	14	8-14 years	\$128.75	1403627
Canterbury	613-247-4865	Thu.	4-5 pm	Jan 10	9	8-14 years	\$82.75	1403625
Goulbourn	613-580-2532	Sun.	11:30 am-1 pm	Sep 9	14	8-14 years	\$193	1409217
Minto-Barrhaven	613-727-2683	Mon.	5:45-6:45 pm	Sep 10	14	8-14 years	\$128.75	1402610
Minto-Barrhaven	613-727-2683	Wed.	5:45-6:45 pm	Sep 12	14	8-14 years	\$128.75	1402612
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:30 pm	Sep 14	15	8-14 years	\$137.75	1402614

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	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Sep 23	11	8-10 years	\$101	1183140
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Sep 23	11	11-14 years	\$101	1183144
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Jan 6	9	8-10 years	\$82.75	1320048
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Jan 6	9	11-14 years	\$82.75	1320078
Sawmill	613-521-4092	Tue.	5-6 pm	Sep 11	15	8-14 years	\$137.75	1409069
Sawmill	613-521-4092	Tue.	5-6 pm	Jan 8	9	8-14 years	\$82.75	1409075

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11 am-Noon	Jan 5	12	8-12 years	\$110.25	1182357
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Jan 6	12	8-12 years	\$110.25	1182359
Brewer	613-580-2090	Tue.	7:30-8:30 pm	Sep 18	13	8-12 years	\$119.50	1401940
Brewer	613-580-2090	Wed.	7:30-8:30 pm	Sep 19	12	8-12 years	\$110.25	1320532
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Sep 21	13	8-12 years	\$119.50	1320537
Brewer	613-580-2090	Tue.	7:30-8:30 pm	Jan 8	9	8-12 years	\$82.75	1402405
Brewer	613-580-2090	Wed.	7:30-8:30 pm	Jan 9	9	8-12 years	\$82.75	1320695
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Jan 11	9	8-12 years	\$82.75	1320696
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jan 5	9	8-12 years	\$82.75	1185354
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 9	14	6-14 years	\$128.75	1187605
Goulbourn	613-580-2532	Thu.	6-7 pm	Sep 13	15	6-14 years	\$137.75	1187610
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 6	9	6-14 years	\$82.75	1188945
Goulbourn	613-580-2532	Thu.	6-7 pm	Jan 10	9	6-14 years	\$82.75	1188947
Kanata Leisure	613-580-9677	Tue.	5:30-6:30 pm	Sep 18	13	8-12 years	\$119.50	1185496
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Sep 20	13	8-12 years	\$119.50	1185495

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Sep 23	12	8-12 years	\$110.25	1185492
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Jan 6	9	8-12 years	\$82.75	1399806
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Jan 10	9	8-12 years	\$82.75	1399807
Lowertown	Ext. 44426	Fri.	6-7 pm	Sep 14	8	8-12 years	\$73.50	1398237
Lowertown	Ext. 44426	Fri.	6-7 pm	Nov 9	7	8-12 years	\$64.50	1402956
Lowertown	Ext. 44426	Fri.	6-7 pm	Jan 11	9	8-12 years	\$82.75	1406955
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Sep 9	14	8-12 years	\$128.75	1401949
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Sep 10	14	8-12 years	\$128.75	1401904
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Sep 13	15	8-12 years	\$137.75	1401935
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Jan 6	9	8-12 years	\$82.75	1401422
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Jan 7	8	8-12 years	\$73.50	1401413
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jan 10	9	8-12 years	\$82.75	1401432
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Oct 14	10	8-12 years	\$92	1406482
Nepean Sportsplex	613-580-2828	Sun.	6:30-7:30 pm	Oct 14	10	8-12 years	\$92	1406493
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Jan 8	9	8-12 years	\$82.75	1404358
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Jan 13	8	8-12 years	\$73.50	1404362
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Sep 10	14	8-12 years	\$128.75	1403903
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Sep 12	15	8-12 years	\$137.75	1404024
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Sep 14	15	8-12 years	\$137.75	1404015
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 7	8	8-12 years	\$73.50	1404286
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Jan 9	9	8-12 years	\$82.75	1405453
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Jan 11	9	8-12 years	\$82.75	1404294
Plant	613-232-3000	Sat.	4-5 pm	Sep 8	11	8-12 years	\$101	1180480
Plant	613-232-3000	Sat.	4-5 pm	Jan 12	7	8-12 years	\$64.50	1183183
Plant	613-232-3000	Sat.	4-5 pm	Mar 2	7	8-12 years	\$64.50	1183869
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Sep 24	12	8-12 years	\$110.25	1180973
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Sep 26	13	8-12 years	\$119.50	1180980
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Sep 28	13	8-12 years	\$119.50	1180983

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Jan 7	8	8-12 years	\$73.50	1246568
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Jan 9	9	8-12 years	\$82.75	1246574
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Jan 11	9	8-12 years	\$82.75	1246599
Sawmill	613-521-4092	Tue.	6-7 pm	Sep 11	15	8-12 years	\$137.75	1409077
Sawmill	613-521-4092	Fri.	4-5 pm	Sep 14	15	8-12 years	\$137.75	1409078
Sawmill	613-521-4092	Tue.	6-7 pm	Jan 8	9	8-12 years	\$82.75	1409080
Sawmill	613-521-4092	Fri.	4-5 pm	Jan 11	9	8-12 years	\$82.75	1409081
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 11	14	6-14 years	\$128.75	1186505
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Sep 15	13	6-14 years	\$119.50	1186485
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Sep 15	13	6-14 years	\$119.50	1186496
Walter Baker	613-580-2788	Sun.	8:30-9:30 am	Sep 16	13	6-14 years	\$119.50	1186500
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Jan 5	9	6-14 years	\$82.75	1186730
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Jan 5	9	6-14 years	\$82.75	1186732
Walter Baker	613-580-2788	Tue.	6-7 pm	Jan 8	9	6-14 years	\$82.75	1186726

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	Sep 14	8	13-14 years	\$73.50	1398241
Lowertown	Ext. 44426	Fri.	6-7 pm	Sep 14	8	15-17 years	\$83	1398247
Lowertown	Ext. 44426	Fri.	6-7 pm	Nov 9	7	13-14 years	\$64.50	1402959
Lowertown	Ext. 44426	Fri.	6-7 pm	Nov 9	7	15-17 years	\$72.75	1402965
Lowertown	Ext. 44426	Fri.	6-7 pm	Jan 11	9	13-14 years	\$82.75	1406960
Lowertown	Ext. 44426	Fri.	6-7 pm	Jan 11	9	15-17 years	\$93.50	1406964
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Sep 10	14	13-14 years	\$128.75	1404079
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Sep 10	14	15-17 years	\$145.25	1404342
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Sep 14	15	13-14 years	\$137.75	1404091

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Sep 14	15	15-17 years	\$155.75	1404349
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 7	8	13-14 years	\$73.50	1404259
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 7	8	15-17 years	\$83	1404356
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Jan 11	9	13-14 years	\$82.75	1404265
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Jan 11	9	15-17 years	\$93.50	1404359
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Sep 24	12	13-14 years	\$110.25	1181046
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Sep 26	13	13-14 years	\$119.50	1181047
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Sep 28	13	13-14 years	\$119.50	1181048
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Jan 7	8	13-14 years	\$73.50	1246647
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Jan 9	9	13-14 years	\$82.75	1246651
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Jan 11	9	13-14 years	\$82.75	1246653
Sawmill	613-521-4092	Tue.	6-7 pm	Sep 11	15	13-14 years	\$137.75	1409083
Sawmill	613-521-4092	Fri.	4-5 pm	Sep 14	15	13-14 years	\$137.75	1409084
Sawmill	613-521-4092	Tue.	6-7 pm	Jan 8	9	13-14 years	\$82.75	1409085
Sawmill	613-521-4092	Fri.	4-5 pm	Jan 11	9	13-14 years	\$82.75	1409086

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	Classes	Age	Cost	Barcode
Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 10	10	18+ years	\$147.75	1180279
Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 7	7	18+ years	\$103.50	1182052
Plant	613-232-3000	Mon.	6:30-7:30 pm	Feb 25	8	18+ years	\$118.25	1183634

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue.	7-8 pm	Jan 8	12	8-12 years	\$110.25	1182362
Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8 pm	Jan 10	12	8-12 years	\$110.25	1182363
Brewer	613-580-2090	Wed.	7:30-8:30 pm	Sep 19	12	8-12 years	\$110.25	1320542
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Sep 21	12	8-12 years	\$110.25	1320551
Brewer	613-580-2090	Wed.	7:30-8:30 pm	Jan 9	9	8-12 years	\$82.75	1320692
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Jan 11	9	8-12 years	\$82.75	1320690
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Sep 8	14	8-12 years	\$128.75	1409772
François Dupuis	613-580-8080	Sat.	5-6 pm	Sep 8	14	8-12 years	\$128.75	1404687
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Sep 9	14	8-12 years	\$128.75	1404702
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Sep 13	15	8-12 years	\$137.75	1404703
François Dupuis	613-580-8080	Sat.	5-6 pm	Jan 5	9	8-12 years	\$82.75	1185343
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Jan 6	9	8-12 years	\$82.75	1185348
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Jan 10	9	8-12 years	\$82.75	1185350
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 9	14	6-14 years	\$128.75	1187582
Goulbourn	613-580-2532	Thu.	6-7 pm	Sep 13	15	6-14 years	\$137.75	1187599
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 6	9	6-14 years	\$82.75	1188934
Goulbourn	613-580-2532	Thu.	6-7 pm	Jan 10	9	6-14 years	\$82.75	1188936
Kanata Leisure	613-580-9677	Tue.	5:30-6:30 pm	Sep 18	13	8-12 years	\$119.50	1185505
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Sep 20	13	8-12 years	\$119.50	1185503
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Sep 23	12	8-12 years	\$110.25	1185500
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Jan 6	9	8-12 years	\$82.75	1398271
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Jan 10	9	8-12 years	\$82.75	1398272
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Sep 9	14	8-12 years	\$128.75	1401994
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Sep 10	14	8-12 years	\$128.75	1401958
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Sep 13	15	8-12 years	\$137.75	1401973
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Jan 6	9	8-12 years	\$82.75	1401445
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Jan 7	8	8-12 years	\$73.50	1401435
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Jan 10	9	8-12 years	\$82.75	1401454

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Oct 14	10	8-12 years	\$92	1406040
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Oct 15	10	8-12 years	\$92	1406035
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Jan 7	8	8-12 years	\$73.50	1404365
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Jan 13	8	8-12 years	\$73.50	1404364
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Sep 10	14	8-12 years	\$128.75	1404394
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Sep 12	15	8-12 years	\$137.75	1404404
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Sep 14	15	8-12 years	\$137.75	1404400
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 7	8	8-12 years	\$73.50	1404414
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Jan 9	9	8-12 years	\$82.75	1404433
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Jan 11	9	8-12 years	\$82.75	1404424
Plant	613-232-3000	Sat.	5-6 pm	Sep 8	11	8-12 years	\$101	1188197
Plant	613-232-3000	Sat.	5-6 pm	Jan 12	7	8-12 years	\$64.50	1246606
Plant	613-232-3000	Sat.	5-6 pm	Mar 2	7	8-12 years	\$64.50	1246637
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Sep 24	12	8-12 years	\$110.25	1181039
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Sep 26	13	8-12 years	\$119.50	1181040
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Sep 28	13	8-12 years	\$119.50	1181041
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Jan 7	8	8-12 years	\$73.50	1246612
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Jan 9	9	8-12 years	\$82.75	1246617
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Jan 11	9	8-12 years	\$82.75	1246618
Sawmill	613-521-4092	Tue.	6-7 pm	Sep 11	15	8-12 years	\$137.75	1409087
Sawmill	613-521-4092	Fri.	4-5 pm	Sep 14	15	8-12 years	\$137.75	1409088
Sawmill	613-521-4092	Tue.	6-7 pm	Jan 8	9	8-12 years	\$82.75	1409089
Sawmill	613-521-4092	Fri.	4-5 pm	Jan 11	9	8-12 years	\$82.75	1409090
St-Laurent	613-742-6767	Mon.	5-6 pm	Sep 10	14	8-12 years	\$128.75	1180571
St-Laurent	613-742-6767	Fri.	6-7 pm	Sep 14	15	8-12 years	\$137.75	1180572
St-Laurent	613-742-6767	Mon.	5-6 pm	Jan 7	11	8-12 years	\$101	1187050
St-Laurent	613-742-6767	Fri.	6-7 pm	Jan 11	12	8-12 years	\$110.25	1187174
Walter Baker	613-580-2788	Tue.	7-8 pm	Sep 11	14	6-14 years	\$128.75	1186464

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Thu.	6-7 pm	Sep 13	14	6-14 years	\$128.75	1186459
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Sep 15	13	6-14 years	\$119.50	1186299
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Sep 15	13	6-14 years	\$119.50	1186437
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Sep 16	13	6-14 years	\$119.50	1186447
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Jan 5	9	6-14 years	\$82.75	1186707
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jan 5	9	6-14 years	\$82.75	1186712
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Jan 6	9	6-14 years	\$82.75	1186700
Walter Baker	613-580-2788	Tue.	7-8 pm	Jan 8	9	6-14 years	\$82.75	1186692
Walter Baker	613-580-2788	Thu.	6-7 pm	Jan 10	9	6-14 years	\$82.75	1186697

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	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Sep 10	14	13-14 years	\$128.75	1404466
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Sep 10	14	15-17 years	\$145.25	1404586
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Sep 12	15	13-14 years	\$137.75	1404472
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Sep 12	15	15-17 years	\$155.75	1404603
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Sep 14	15	13-14 years	\$137.75	1404470
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Sep 14	15	15-17 years	\$155.75	1404593
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 7	8	13-14 years	\$73.50	1404553
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Jan 7	8	15-17 years	\$83	1404639
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Jan 9	9	13-14 years	\$82.75	1404560
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Jan 9	9	15-17 years	\$93.50	1404674
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Jan 11	9	13-14 years	\$82.75	1404558
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Jan 11	9	15-17 years	\$93.50	1404673
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Sep 24	12	13-14 years	\$110.25	1182342
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Sep 26	13	13-14 years	\$119.50	1182343

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	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Sep 28	13	13-14 years	\$119.50	1182344
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Jan 7	8	13-14 years	\$73.50	1246668
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Jan 9	9	13-14 years	\$82.75	1246672
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Jan 11	9	13-14 years	\$82.75	1246674
Sawmill	613-521-4092	Tue.	6-7 pm	Sep 11	15	13-14 years	\$137.75	1409091
Sawmill	613-521-4092	Fri.	4-5 pm	Sep 14	15	13-14 years	\$137.75	1409092
Sawmill	613-521-4092	Tue.	6-7 pm	Jan 8	9	13-14 years	\$82.75	1409094
Sawmill	613-521-4092	Fri.	4-5 pm	Jan 11	9	13-14 years	\$82.75	1409095

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	Classes	Age	Cost	Barcode
Champagne	613-244-4402	Wed.	4-5 pm	Sep 12	6	18+ years	\$88.75	1181035
Champagne	613-244-4402	Wed.	4-5 pm	Oct 31	7	18+ years	\$103.50	1181037
Plant	613-232-3000	Mon.	7:30-8:30 pm	Sep 10	10	18+ years	\$147.75	1180347
Plant	613-232-3000	Mon.	7:30-8:30 pm	Jan 7	7	18+ years	\$103.50	1182055
Plant	613-232-3000	Mon.	7:30-8:30 pm	Feb 25	8	18+ years	\$118.25	1183628

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	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Sep 21	13	8-12 years	\$119.50	1320557
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Jan 11	9	8-12 years	\$82.75	1320682
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Sep 8	14	8-12 years	\$128.75	1404670
François Dupuis	613-580-8080	Sat.	4-5 pm	Sep 8	14	8-12 years	\$128.75	1404676
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Sep 9	14	8-12 years	\$128.75	1404680

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	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Sep 11	15	8-12 years	\$137.75	1404683
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Jan 5	9	8-12 years	\$82.75	1185336
François Dupuis	613-580-8080	Sat.	4-5 pm	Jan 5	9	8-12 years	\$82.75	1185337
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jan 6	9	8-12 years	\$82.75	1185339
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Jan 8	9	8-12 years	\$82.75	1185340
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 9	14	6-14 years	\$128.75	1187576
Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 6	9	6-14 years	\$82.75	1188933
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Sep 20	13	8-12 years	\$119.50	1185486
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Sep 23	12	8-12 years	\$110.25	1185481
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Jan 6	9	8-12 years	\$82.75	1398269
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Jan 10	9	8-12 years	\$82.75	1398270
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Sep 9	14	8-12 years	\$128.75	1402057
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Sep 10	14	8-12 years	\$128.75	1402011
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Sep 13	15	8-12 years	\$137.75	1402033
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Jan 6	9	8-12 years	\$82.75	1401464
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Jan 7	8	8-12 years	\$73.50	1401459
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Jan 10	9	8-12 years	\$82.75	1401472
Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Oct 10	10	8-12 years	\$92	1406050
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Oct 13	10	8-12 years	\$92	1406044
Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Jan 9	9	8-12 years	\$82.75	1404367
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Jan 12	8	8-12 years	\$73.50	1404370
Pincrest	613-828-3118	Mon.	6:30-7:30 pm	Sep 10	14	8-12 years	\$128.75	1404614
Pincrest	613-828-3118	Wed.	7:30-8:30 pm	Sep 12	15	8-12 years	\$137.75	1404623
Pincrest	613-828-3118	Fri.	6:30-7:30 pm	Sep 14	15	8-12 years	\$137.75	1404617
Pincrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 7	8	8-12 years	\$73.50	1404682
Pincrest	613-828-3118	Wed.	7:30-8:30 pm	Jan 9	9	8-12 years	\$82.75	1404686
Pincrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 11	9	8-12 years	\$82.75	1404684
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Sep 26	13	8-12 years	\$119.50	1181043

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	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Sep 28	13	8-12 years	\$119.50	1181044
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Jan 9	9	8-12 years	\$82.75	1246635
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Jan 11	9	8-12 years	\$82.75	1246638
Sawmill	613-521-4092	Tue.	6-7 pm	Sep 11	15	8-12 years	\$137.75	1409097
Sawmill	613-521-4092	Tue.	6-7 pm	Jan 8	9	8-12 years	\$82.75	1409099
St-Laurent	613-742-6767	Mon.	6-7 pm	Sep 10	14	8-12 years	\$128.75	1180573
St-Laurent	613-742-6767	Fri.	5-6 pm	Sep 14	15	8-12 years	\$137.75	1180574
St-Laurent	613-742-6767	Mon.	6-7 pm	Jan 7	11	8-12 years	\$101	1188083
St-Laurent	613-742-6767	Fri.	5-6 pm	Jan 11	12	8-12 years	\$110.25	1188089
Walter Baker	613-580-2788	Tue.	4:45-5:45 pm	Sep 11	14	6-14 years	\$128.75	1186277
Walter Baker	613-580-2788	Thu.	7-8 pm	Sep 13	14	6-14 years	\$128.75	1186274
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Sep 15	13	6-14 years	\$119.50	1186239
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Sep 15	13	6-14 years	\$119.50	1186242
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Sep 16	13	6-14 years	\$119.50	1186271
Walter Baker	613-580-2788	Sat.	9:30-10:30 am	Jan 5	9	6-14 years	\$82.75	1186667
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jan 5	9	6-14 years	\$82.75	1186670
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Jan 6	9	6-14 years	\$82.75	1186659
Walter Baker	613-580-2788	Tue.	4:45-5:45 pm	Jan 8	9	6-14 years	\$82.75	1186628
Walter Baker	613-580-2788	Thu.	7-8 pm	Jan 10	9	6-14 years	\$82.75	1186651

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	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Sep 10	14	13-14 years	\$128.75	1405322
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Sep 10	14	15-17 years	\$145.25	1405405
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Sep 12	15	13-14 years	\$137.75	1405339
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Sep 12	15	15-17 years	\$155.75	1405416

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	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Sep 14	15	13-14 years	\$137.75	1405332
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Sep 14	15	15-17 years	\$155.75	1405410
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 7	8	13-14 years	\$73.50	1405358
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 7	8	15-17 years	\$83	1405432
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Jan 9	9	13-14 years	\$82.75	1405367
Pinecrest	613-828-3118	Wed.	7:30-8:30 pm	Jan 9	9	15-17 years	\$93.50	1405446
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 11	9	13-14 years	\$82.75	1405364
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 11	9	15-17 years	\$93.50	1405440
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Sep 26	13	13-14 years	\$119.50	1182346
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Sep 28	13	13-14 years	\$119.50	1182347
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Jan 9	9	13-14 years	\$82.75	1404800
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Jan 11	9	13-14 years	\$82.75	1404801
Sawmill	613-521-4092	Tue.	6-7 pm	Sep 11	15	13-14 years	\$137.75	1409100
Sawmill	613-521-4092	Tue.	6-7 pm	Jan 8	9	13-14 years	\$82.75	1409101

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sun.	2:30-3:30 pm	Sep 9	14	8-12 years	\$128.75	1181083
Canterbury	613-247-4865	Tue.	5-6 pm	Sep 11	14	8-12 years	\$128.75	1181080
Canterbury	613-247-4865	Wed.	5:30-6:30 pm	Sep 12	14	8-12 years	\$128.75	1181081
Canterbury	613-247-4865	Thu.	5-6 pm	Sep 13	14	8-12 years	\$128.75	1181082
Canterbury	613-247-4865	Tue.	5-6 pm	Jan 8	9	8-12 years	\$82.75	1182474
Canterbury	613-247-4865	Wed.	5:30-6:30 pm	Jan 9	9	8-12 years	\$82.75	1182475
Canterbury	613-247-4865	Thu.	5-6 pm	Jan 10	9	8-12 years	\$82.75	1182476
Canterbury	613-247-4865	Sun.	2:30-3:30 pm	Jan 13	9	8-12 years	\$82.75	1182477
Lowertown	Ext. 44426	Fri.	6-7 pm	Sep 14	8	8-12 years	\$73.50	1398248

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	Nov 9	7	8-12 years	\$64.50	1402966
Lowertown	Ext. 44426	Fri.	6-7 pm	Jan 11	9	8-12 years	\$82.75	1406968

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. For extension numbers call 613-580-2424 and then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	Sep 14	8	13-14 years	\$73.50	1398249
Lowertown	Ext. 44426	Fri.	6-7 pm	Sep 14	8	15-17 years	\$83	1398250
Lowertown	Ext. 44426	Fri.	6-7 pm	Nov 9	7	13-14 years	\$64.50	1402968
Lowertown	Ext. 44426	Fri.	6-7 pm	Nov 9	7	15-17 years	\$72.75	1402970
Lowertown	Ext. 44426	Fri.	6-7 pm	Jan 11	9	13-14 years	\$82.75	1406976
Lowertown	Ext. 44426	Fri.	6-7 pm	Jan 11	9	15-17 years	\$93.50	1406989

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	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Jan 5	12	18+ years	\$93	1188039
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:30-10 pm	Jan 7	11	18+ years	\$127.75	1188017
Bob MacQuarrie-Orléans	613-580-9600	Wed.	7:30-8:30 pm	Jan 9	12	18+ years	\$93	1188033
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Sep 12	14	18+ years	\$206.75	1402069
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Sep 10	14	18+ years	\$206.75	1405470
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Sep 14	15	18+ years	\$221.50	1405479
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Jan 7	8	18+ years	\$118.25	1405502
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jan 11	9	18+ years	\$133	1405520
Sawmill	613-521-4092	Tue.	10:30-11:30 am	Sep 11	8	18+ years	\$118.25	1409102
Sawmill	613-521-4092	Thu.	6-7 pm	Sep 13	8	18+ years	\$118.25	1409104

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	Classes	Age	Cost	Barcode
Sawmill	613-521-4092	Tue.	10:30-11:30 am	Nov 6	7	18+ years	\$103.50	1409103
Sawmill	613-521-4092	Thu.	6-7 pm	Nov 8	7	18+ years	\$103.50	1409105
Sawmill	613-521-4092	Tue.	10:30-11:30 am	Jan 8	9	18+ years	\$133	1409106
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 10	9	18+ years	\$133	1409107
Splash Wave Pool	613-748-4222	Mon.	9-10 pm	Sep 10	14	18+ years	\$108.50	1401153
Splash Wave Pool	613-748-4222	Wed.	9-10 pm	Sep 12	15	18+ years	\$116.25	1401151
Splash Wave Pool	613-748-4222	Fri.	9-10 pm	Sep 14	15	18+ years	\$116.25	1401152
St-Laurent	613-742-6767	Tue.	6:30-7:30 am	Sep 11	15	18+ years	\$217	1180575
St-Laurent	613-742-6767	Thu.	6:30-7:30 am	Sep 13	15	18+ years	\$217	1180576
St-Laurent	613-742-6767	Sat.	7-8 am	Sep 15	13	18+ years	\$188	1180577
St-Laurent	613-742-6767	Tue.	6:30-7:30 am	Jan 8	12	18+ years	\$173.50	1321290
St-Laurent	613-742-6767	Thu.	6:30-7:30 am	Jan 10	12	18+ years	\$173.50	1321292
St-Laurent	613-742-6767	Sat.	7-8 am	Jan 12	12	18+ years	\$173.50	1321293
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Sep 11	14	18+ years	\$206.75	1186291
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Sep 13	14	18+ years	\$206.75	1186288
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Jan 8	9	18+ years	\$133	1186677
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Jan 10	9	18+ years	\$133	1186684