



# Swimming: Certification and Specialty

## Recreation eGuide

Spring and Summer 2019

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## Certification

### Leadership and Instructor Awards

Visit us online at [ottawa.ca/recreation](http://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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	Ext. 37222	Fri.	5:45-6:30 pm	Mar 29	12	10-14 years	\$74.75	<a href="#">1469435</a>
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	Mar 21	9	10-14 years	\$74.75	<a href="#">1428966</a>
Cardel Rec (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Apr 7	9	10-14 years	\$74.75	<a href="#">1470510</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	11 am-noon	Jul 2	9	10-14 years	\$74.75	<a href="#">1470511</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	11 am-noon	Jul 16	9	10-14 years	\$74.75	<a href="#">1470512</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	11 am-noon	Jul 29	9	10-14 years	\$74.75	<a href="#">1470513</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	11 am-noon	Aug 13	9	10-14 years	\$74.75	<a href="#">1470514</a>
François Dupuis	613-580-8080	Sat.	noon-1 pm	Apr 13	9	10-14 years	\$74.75	<a href="#">1467407</a>
François Dupuis	613-580-8080	Wed.	7:45-8:45 pm	Apr 24	9	10-14 years	\$74.75	<a href="#">1467401</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Apr 26	9	10-14 years	\$74.75	<a href="#">1467403</a>
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 2	9	10-14 years	\$74.75	<a href="#">1467414</a>
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 15	10	10-14 years	\$74.75	<a href="#">1467420</a>
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 29	9	10-14 years	\$74.75	<a href="#">1467417</a>
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Aug 12	10	10-14 years	\$74.75	<a href="#">1467423</a>
Kanata Leisure	613-580-9677	Thu.	5:30-6:30 pm	Apr 18	10	10-14 years	\$74.75	<a href="#">1438337</a>
Katimavik	613-592-9793	Mon.-Fri.	9-11 am	Jul 8	5	10-14 years	\$74.75	<a href="#">1433153</a>
Katimavik	613-592-9793	Mon.-Fri.	9-11 am	Jul 29	5	10-14 years	\$74.75	<a href="#">1433157</a>
Katimavik	613-592-9793	Mon.-Fri.	9-11 am	Aug 12	5	10-14 years	\$74.75	<a href="#">1433158</a>
Lowertown	Ext. 44426	Mon.	5-6 pm	Mar 18	9	10-14 years	\$74.75	<a href="#">1431547</a>
Minto-Barrhaven	613-727-2683	Mon.	6:30-7:30 pm	Apr 8	9	10-14 years	\$74.75	<a href="#">1427470</a>
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Apr 14	9	10-14 years	\$74.75	<a href="#">1427486</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Apr 26	9	10-14 years	\$74.75	<a href="#">1427475</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:45 pm	Jul 5	8	10-14 years	\$74.75	<a href="#">1427921</a>
Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Mar 19	13	10-14 years	\$74.75	<a href="#">1474169</a>
Nepean Sportsplex	613-580-2828	Sat.	3-4 pm	Mar 23	11	10-14 years	\$74.75	<a href="#">1474170</a>
Pinecrest	613-580-9676	Sun.	9:30-10:30 am	Mar 24	9	10-14 years	\$74.75	<a href="#">1436273</a>
Pinecrest	613-580-9676	Wed.	5:30-6:30 pm	Apr 10	9	10-14 years	\$74.75	<a href="#">1436281</a>
Pinecrest	613-580-9676	Mon.-Fri.	5-6 pm	Jul 2	9	10-14 years	\$74.75	<a href="#">1438418</a>
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jul 3	9	10-14 years	\$74.75	<a href="#">1438420</a>
Pinecrest	613-580-9676	Mon.-Fri.	5-6 pm	Aug 12	9	10-14 years	\$74.75	<a href="#">1438424</a>
Ray Friel	613-580-4765	Sat.	9:15 10 am	Mar 23	12	10-14 years	\$74.75	<a href="#">1473546</a>
Richcraft-Kanata	613-580-9696	Sat.	4-5 pm	Mar 23	9	10-14 years	\$74.75	<a href="#">1441782</a>
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Mar 24	9	10-14 years	\$74.75	<a href="#">1441784</a>
Richcraft-Kanata	613-580-9696	Mon.-Sat.	11:15 am-12:15 pm	Jul 2	11	10-14 years	\$74.75	<a href="#">1466138</a>
Richcraft-Kanata	613-580-9696	Mon.-Sat.	11:15 am-12:15 pm	Jul 15	12	10-14 years	\$74.75	<a href="#">1466201</a>
Richcraft-Kanata	613-580-9696	Mon.-Sat.	11:15 am-12:15 pm	Jul 29	11	10-14 years	\$74.75	<a href="#">1466194</a>
Richcraft-Kanata	613-580-9696	Mon.-Sat.	11:15 am-12:15 pm	Aug 12	12	10-14 years	\$74.75	<a href="#">1466202</a>
Sawmill Creek	613-521-4092	Thu.	5-6 pm	Mar 28	11	10-14 years	\$74.75	<a href="#">1469458</a>
Sawmill Creek	613-521-4092	Sat.	10-11:30 am	Mar 30	9	10-14 years	\$74.75	<a href="#">1469456</a>
Sawmill Creek	613-521-4092	Sun.	4-5:30 pm	Jul 7	7	10-14 years	\$74.75	<a href="#">1470439</a>
Splash Wave Pool	613-748-4222	Sun.	9-10 am	Apr 14	9	10-14 years	\$74.75	<a href="#">1473744</a>
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Mar 19	9	10-14 years	\$74.75	<a href="#">1426309</a>
Walter Baker	613-580-2788	Sun.	10-11 am	Mar 24	9	10-14 years	\$74.75	<a href="#">1426310</a>
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 2	9	10-14 years	\$74.75	<a href="#">1426447</a>
Walter Baker	613-580-2788	Tue.	6:45-7:45 pm	Jul 2	9	10-14 years	\$74.75	<a href="#">1426452</a>
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 15	9	10-14 years	\$74.75	<a href="#">1426448</a>
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 29	9	10-14 years	\$74.75	<a href="#">1426450</a>
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Aug 12	9	10-14 years	\$74.75	<a href="#">1426451</a>

## Bronze Star and Basic First Aid and 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
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9-10:30 am	Jul 2	9	10-14 years	\$101.25	<a href="#">1462365</a>
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7 pm-8:30 pm	Apr 5	10	10-14 years	\$101.25	<a href="#">1462452</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Apr 7	10	10-14 years	\$101.25	<a href="#">1462460</a>

## Bronze Medallion and Emergency First Aid and – CPR-B

*Prerequisite:* Bronze Star OR 13 years old by the Start 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-noon	Jul 15	10	13-14 years	\$128.25	<a href="#">1462372</a>
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-noon	Jul 15	10	15+ years	\$145	<a href="#">1462377</a>
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	13-14 years	\$128.25	<a href="#">1469433</a>
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	15+ years	\$145	<a href="#">1469428</a>
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Apr 5	10	13-14 years	\$128.25	<a href="#">1462467</a>
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Apr 5	10	15+ years	\$145	<a href="#">1462478</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Apr 7	10	13-14 years	\$128.25	<a href="#">1462469</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Apr 7	10	15+ years	\$145	<a href="#">1462479</a>
Brewer	Ext. 37222	Wed.	5:30-7:45 pm	Mar 27	13	13-14 years	\$128.25	<a href="#">1469364</a>
Brewer	Ext. 37222	Wed.	5:30-7:45 pm	Mar 27	13	15+ years	\$145	<a href="#">1469368</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	13-14 years	\$128.25	<a href="#">1469408</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	15+ years	\$145	<a href="#">1469416</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 29	9	13-14 years	\$128.25	<a href="#">1469413</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 29	9	15+ years	\$145	<a href="#">1469419</a>
Canterbury	613-247-4865	Fri.	6:30-10:10 pm	Mar 22	8	13-14 years	\$128.25	<a href="#">1428961</a>
Canterbury	613-247-4865	Fri.	6:30-10:10 pm	Mar 22	8	15+ years	\$145	<a href="#">1436727</a>
Cardel Rec (Goulbourn)	613-580-2532	Sun.	11 am-2 pm	Apr 7	10	13-14 years	\$128.25	<a href="#">1470508</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	4-7 pm	Apr 6	10	15+ years	\$145	<a href="#">1470449</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	4-7 pm	Apr 13	10	13-14 years	\$128.25	<a href="#">1470451</a>
Cardel Rec (Goulbourn)	613-580-2532	Sun.	11 am-2 pm	Apr 7	10	15+ years	\$145	<a href="#">1470509</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 2	9	13-14 years	\$128.25	<a href="#">1470442</a>

## Bronze Medallion and Emergency First Aid and – CPR-B

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Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 2	9	15+ years	\$145	<a href="#">1470445</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 29	9	13-14 years	\$128.25	<a href="#">1470443</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 29	9	15+ years	\$145	<a href="#">1470446</a>
Champagne	613-244-4402	Sat.-Sun.	2-7:30 pm	Mar 23	6	13-14 years	\$128.25	<a href="#">1431622</a>
Champagne	613-244-4402	Sat.-Sun.	2-7:30 pm	Mar 23	6	15+ years	\$145	<a href="#">1431631</a>
Entrance Outdoor	613-829-2705	Mon.-Fri.	9 am-12:45 pm	Jul 16	9	13-14 years	\$128.25	<a href="#">1466038</a>
Entrance Outdoor	613-829-2705	Mon.-Fri.	9 am-12:45 pm	Jul 16	9	15+ years	\$145	<a href="#">1466043</a>
François Dupuis	613-580-8080	Wed.	4-9 pm	Apr 10	6	13-14 years	\$128.25	<a href="#">1467325</a>
François Dupuis	613-580-8080	Wed.	4-9 pm	Apr 10	6	15+ years	\$145	<a href="#">1467329</a>
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	13-14 years	\$128.25	<a href="#">1429431</a>
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	15+ years	\$145	<a href="#">1429432</a>
Glen Cairn	613-580-2570	Mon.-Fri.	5-8 pm	Jul 15	10	13-14 years	\$128.25	<a href="#">1430379</a>
Glen Cairn	613-580-2570	Mon.-Fri.	5-8 pm	Jul 15	10	15+ years	\$145	<a href="#">1430381</a>
Kanata Leisure	613-580-9677	Tue.	4:45-7:45 pm	Apr 16	10	13-14 years	\$128.25	<a href="#">1438330</a>
Kanata Leisure	613-580-9677	Tue.	4:45-7:45 pm	Apr 16	10	15+ years	\$145	<a href="#">1438335</a>
Kanata Leisure	613-580-9677	Thu.	4:45-7:45 pm	Apr 18	10	13-14 years	\$128.25	<a href="#">1438329</a>
Kanata Leisure	613-580-9677	Thu.	4:45-7:45 pm	Apr 18	10	15+ years	\$145	<a href="#">1438334</a>
Katimavik	613-592-9793	Mon.-Fri.	9 am-12:15 pm	Jul 2	9	13-14 years	\$128.25	<a href="#">1433141</a>
Katimavik	613-592-9793	Tue.-Fri., Mon.	9 am-12:15 pm	Jul 2	9	15+ years	\$145	<a href="#">1433147</a>
Katimavik	613-592-9793	Mon.-Fri.	9 am-12:15 pm	Jul 29	9	13-14 years	\$128.25	<a href="#">1433144</a>
Katimavik	613-592-9793	Mon.-Fri.	9 am-12:15 pm	Jul 29	9	15+ years	\$145	<a href="#">1433150</a>
Lowertown	Ext. 44426	Mon.	5-8 pm	Mar 18	11	13-14 years	\$128.25	<a href="#">1431550</a>
Lowertown	Ext. 44426	Mon.	5-8 pm	Mar 18	11	15+ years	\$145	<a href="#">1431563</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:30 pm	Apr 12	10	13-14 years	\$128.25	<a href="#">1427452</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:30 pm	Apr 12	10	15+ years	\$145	<a href="#">1427365</a>
Minto-Barrhaven	613-727-2683	Tue.	6-9 pm	Apr 16	10	13-14 years	\$128.25	<a href="#">1427451</a>
Minto-Barrhaven	613-727-2683	Tue.	6-9 pm	Apr 16	10	15+ years	\$145	<a href="#">1427363</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2:30 pm	Jul 15	10	13-14 years	\$128.25	<a href="#">1427919</a>

## Bronze Medallion and Emergency First Aid and – CPR-B

*Prerequisite:* Bronze Star OR 13 years old by the Start 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2:30 pm	Jul 15	10	15+ years	\$145	<a href="#">1427917</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-4:30 pm	Aug 12	5	13-14 years	\$128.25	<a href="#">1427920</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-4:30 pm	Aug 12	5	15+ years	\$145	<a href="#">1427918</a>
Nepean Sportsplex	613-580-2828	Sat.	4:45-7:30 pm	Mar 23	11	13-14 years	\$128.25	<a href="#">1426326</a>
Nepean Sportsplex	613-580-2828	Sat.	4:45-7:30 pm	Mar 23	11	15+ years	\$145	<a href="#">1426327</a>
Nepean Sportsplex	613-580-2828	Tue., Thu.	5-7:15 pm	Jul 2	14	13-14 years	\$128.25	<a href="#">1474092</a>
Nepean Sportsplex	613-580-2828	Tue., Thu.	5-7:15 pm	Jul 2	14	15+ years	\$145	<a href="#">1474094</a>
Pincrest	613-580-9676	Sat.	3-6 pm	Mar 23	10	13-14 years	\$128.25	<a href="#">1436244</a>
Pincrest	613-580-9676	Sat.	3-6 pm	Mar 23	10	15+ years	\$145	<a href="#">1436256</a>
Pincrest	613-580-9676	Tue.-Fri.,Sun.	3-6 pm	Jul 2	10	13-14 years	\$128.25	<a href="#">1438426</a>
Pincrest	613-580-9676	Tue.-Fri.,Sun.	3-6 pm	Jul 2	10	15+ years	\$145	<a href="#">1438432</a>
Pincrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 29	10	13-14 years	\$128.25	<a href="#">1438427</a>
Pincrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 29	10	15+ years	\$145	<a href="#">1438433</a>
Ray Friel	613-580-4765	Tue.	5-8 pm	Mar 26	10	13-14 years	\$128.25	<a href="#">1461651</a>
Ray Friel	613-580-4765	Tue.	5-8 pm	Mar 26	10	15+ years	\$145	<a href="#">1461653</a>
Ray Friel	613-580-4765	Mon.-Fri.	9 am-1 pm	Jul 2	9	13-14 years	\$128.25	<a href="#">1465487</a>
Ray Friel	613-580-4765	Mon.-Fri.	9 am-1 pm	Jul 2	9	15+ years	\$145	<a href="#">1465492</a>
Ray Friel	613-580-4765	Tue., Thu.	4-8:30 pm	Jul 2	8	13-14 years	\$128.25	<a href="#">1465490</a>
Ray Friel	613-580-4765	Tue., Thu.	4-8:30 pm	Jul 2	8	15+ years	\$145	<a href="#">1465493</a>
Sawmill Creek	613-521-4092	Sun.	3-6:30 pm	Mar 31	9	13-14 years	\$128.25	<a href="#">1469461</a>
Sawmill Creek	613-521-4092	Sun.	3-6:30 pm	Mar 31	9	15+ years	\$145	<a href="#">1469493</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Jul 15	10	13-14 years	\$128.25	<a href="#">1470422</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Jul 15	10	15+ years	\$145	<a href="#">1470427</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Aug 12	10	13-14 years	\$128.25	<a href="#">1470423</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Aug 12	10	15+ years	\$145	<a href="#">1470428</a>
Splash Wave Pool	613-748-4222	Sun.	8:30-11:45 am	Apr 28	9	13-14 years	\$128.25	<a href="#">1470095</a>
Splash Wave Pool	613-748-4222	Sun.	8:30-11:45am	Apr 28	9	15+ years	\$145	<a href="#">1470093</a>
Splash Wave Pool	613-748-4222	Mon.-Fri.	8:30-11:45 am	Jul 2	9	13-14 years	\$128.25	<a href="#">1470096</a>

## Bronze Medallion and Emergency First Aid and – CPR-B

*Prerequisite:* Bronze Star OR 13 years old by the Start 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Mon.-Fri.	8:30-11:45 am	Jul 2	9	15+ years	\$145	<a href="#">1470094</a>
Walter Baker	613-580-2788	Thu.	5:30-8:30 pm	Mar 21	10	13-14 years	\$128.25	<a href="#">1426311</a>
Walter Baker	613-580-2788	Thu.	5:30-8:30 pm	Mar 21	10	15+ years	\$145	<a href="#">1426313</a>
Walter Baker	613-580-2788	Sun.	4-7:45 pm	Mar 24	8	13-14 years	\$128.25	<a href="#">1426312</a>
Walter Baker	613-580-2788	Sun.	4-7:45 pm	Mar 24	8	15+ years	\$145	<a href="#">1426314</a>
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 2	9	13-14 years	128.25	<a href="#">1426454</a>
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 2	9	15+ years	\$145	<a href="#">1426478</a>
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 29	9	13-14 years	\$128.25	<a href="#">1426465</a>
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 29	9	15+ years	\$145	<a href="#">1426480</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 26	5	13-14 years	\$128.25	<a href="#">1426477</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 26	5	15+ years	\$145	<a href="#">1426482</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:30-10 pm	Mar 22	8	12-14 years	\$97	<a href="#">1428959</a>
Canterbury	613-247-4865	Fri.	6:30-10 pm	Mar 22	8	15+ years	\$109.75	<a href="#">1428960</a>
François Dupuis	613-580-8080	Wed.	4:30-9 pm	May 22	6	12-14 years	\$97	<a href="#">1467331</a>
François Dupuis	613-580-8080	Wed.	4:30-9 pm	May 22	6	15+ years	\$109.75	<a href="#">1467338</a>
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-noon	Jul 29	9	12-14 years	\$97	<a href="#">1429444</a>
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-noon	Jul 29	9	15+ years	\$109.75	<a href="#">1429449</a>
Sawmill Creek	613-521-4092	Sun.	3-6:15 pm	Mar 31	9	12-14 years	\$97	<a href="#">1469494</a>
Sawmill Creek	613-521-4092	Sun.	3-6:15 pm	Mar 31	9	15+ years	\$109.75	<a href="#">1469495</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Jul 29	9	12-14 years	\$97	<a href="#">1470429</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Jul 29	9	15+ years	\$109.75	<a href="#">1470430</a>
Walter Baker	613-580-2788	Sat.	4-7:30 pm	Mar 23	8	12-14 years	\$97	<a href="#">1426315</a>
Walter Baker	613-580-2788	Sat.	4-7:30 pm	Mar 23	8	15+ years	\$109.75	<a href="#">1426316</a>
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Jul 15	9	12-14 years	\$97	<a href="#">1426487</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Jul 15	9	15+ years	\$109.75	<a href="#">1426492</a>
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Aug 12	9	12-14 years	\$97	<a href="#">1426488</a>
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Aug 12	9	15+ years	\$109.75	<a href="#">1426514</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 26	5	12-14 years	\$97	<a href="#">1426489</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 26	5	15+ years	\$109.75	<a href="#">1426520</a>

## Bronze Cross and Standard First Aid, CPR-C and 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:45 pm	Jul 29	9	12-14 years	\$141.50	<a href="#">1462388</a>
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:45 pm	Jul 29	9	15+ years	\$160	<a href="#">1462396</a>
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	12-14 years	\$141.50	<a href="#">1469442</a>
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	15+ years	\$160	<a href="#">1469446</a>
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Apr 5	10	12-14 years	\$141.50	<a href="#">1462482</a>
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Apr 5	10	15+ years	\$160	<a href="#">1462488</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Apr 7	10	12-14 years	\$141.50	<a href="#">1462484</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Apr 7	10	15+ years	\$160	<a href="#">1462492</a>
Brewer	Ext. 37222	Tue.	5:30-8 pm	Mar 26	13	12-14 years	\$141.50	<a href="#">1469390</a>
Brewer	Ext. 37222	Tue.	5:30-8 pm	Mar 26	13	15+ years	\$160	<a href="#">1469392</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	12-14 years	\$141.50	<a href="#">1469400</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	15+ years	\$160	<a href="#">1469395</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:30 pm	Aug 12	10	12-14 years	\$141.50	<a href="#">1469403</a>
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:30 pm	Aug 12	10	15+ years	\$160	<a href="#">1469398</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	3:30-7 pm	Apr 13	10	12-14 years	\$141.50	<a href="#">1470454</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	3:30-7 pm	Apr 6	10	15+ years	\$160	<a href="#">1470457</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	12-14 years	\$141.50	<a href="#">1470464</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	15+ years	\$160	<a href="#">1470459</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Jul 29	10	12-14 years	\$141.50	<a href="#">1470465</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-12:30 pm	Aug 12	10	15+ years	\$160	<a href="#">1470461</a>



## Bronze Cross and Standard First Aid, CPR-C and 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Apr 13	6	12-14 years	\$141.50	<a href="#">1431636</a>
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Apr 13	6	15+ years	\$160	<a href="#">1431641</a>
Entrance Outdoor	613-829-2705	Mon.-Fri.	9 am-1:15 pm	Jul 29	8	12-14 years	\$141.50	<a href="#">1466056</a>
Entrance Outdoor	613-829-2705	Mon.-Fri.	9 am-1:15 pm	Jul 29	8	15+ years	\$160	<a href="#">1466085</a>
Glen Cairn	613-580-2570	Mon.-Fri.	4:15-8 pm	Jul 2	9	12-14 years	\$141.50	<a href="#">1430361</a>
Glen Cairn	613-580-2570	Mon.-Fri.	4:15-8 pm	Jul 2	9	15+ years	\$160	<a href="#">1430373</a>
Glen Cairn	613-580-2570	Mon.-Fri.	4:15-8 pm	Jul 29	9	12-14 years	\$141.50	<a href="#">1430366</a>
Glen Cairn	613-580-2570	Mon.-Fri.	4:15-8 pm	Jul 29	9	15+ years	\$160	<a href="#">1430375</a>
Kanata Leisure	613-580-9677	Sat.	3-7 pm	Apr 13	9	12-14 years	\$141.50	<a href="#">1438317</a>
Kanata Leisure	613-580-9677	Sat.	3-7 pm	Apr 13	9	15+ years	\$160	<a href="#">1438324</a>
Kanata Leisure	613-580-9677	Mon.	4-8 pm	Apr 15	9	12-14 years	\$141.50	<a href="#">1438314</a>
Kanata Leisure	613-580-9677	Mon.	4-8 pm	Apr 15	9	15+ years	\$160	<a href="#">1438321</a>
Katimavik	613-592-9793	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	12-14 years	\$141.50	<a href="#">1433121</a>
Katimavik	613-592-9793	Mon.-Fri.	9 am-12:30 pm	Jul 15	10	15+ years	\$160	<a href="#">1433127</a>
Lowertown	Ext. 44426	Mon.	5-8:15 pm	Mar 18	11	12-14 years	\$141.50	<a href="#">1431567</a>
Lowertown	Ext. 44426	Mon.	5-8:15 pm	Mar 18	11	15+ years	\$160	<a href="#">1431575</a>
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Apr 8	9	12-14 years	\$141.50	<a href="#">1427353</a>
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Apr 8	9	15+ years	\$160	<a href="#">1427341</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 2	9	12-14 years	\$141.50	<a href="#">1427914</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 2	9	15+ years	\$160	<a href="#">1427909</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 29	9	12-14 years	\$141.50	<a href="#">1427915</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 29	9	15+ years	\$160	<a href="#">1427910</a>
Nepean Sportsplex	613-580-2828	Fri.	5:30-8:30 pm	Mar 22	11	12-14 years	\$141.50	<a href="#">1426328</a>
Nepean Sportsplex	613-580-2828	Fri.	5:30-8:30 pm	Mar 22	11	15+ years	\$160	<a href="#">1426329</a>
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Mar 23	10	12-14 years	\$141.50	<a href="#">1436264</a>
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Mar 23	10	15+ years	\$160	<a href="#">1436269</a>
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 15	11	12-14 years	\$141.50	<a href="#">1438436</a>
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 15	11	15+ years	\$160	<a href="#">1438442</a>

## Bronze Cross and Standard First Aid, CPR-C and 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Aug 12	11	12-14 years	\$141.50	<a href="#">1438439</a>
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Aug 12	11	15+ years	\$160	<a href="#">1438445</a>
Ray Friel	613-580-4765	Mon.	5-8:30 pm	Mar 25	10	12-14 years	\$141.50	<a href="#">1461655</a>
Ray Friel	613-580-4765	Mon.	5-8:30 pm	Mar 25	10	15+ years	\$160	<a href="#">1461657</a>
Ray Friel	613-580-4765	Mon.-Fri.	9 am-1 pm	Jul 15	10	12-14 years	\$141.50	<a href="#">1465498</a>
Ray Friel	613-580-4765	Mon.-Fri.	9 am-1 pm	Jul 15	10	15+ years	\$160	<a href="#">1465559</a>
Ray Friel	613-580-4765	Tue., Thu.	3:30-8:30 pm	Jul 30	8	12-14 years	\$141.50	<a href="#">1465499</a>
Ray Friel	613-580-4765	Tue., Thu.	3:30-8:30 pm	Jul 30	8	15+ years	\$160	<a href="#">1465562</a>
Splash Wave Pool	613-748-4222	Sun.	10 am-1:45 pm	Apr 28	9	12-14 years	\$141.50	<a href="#">1470097</a>
Splash Wave Pool	613-748-4222	Sun.	10 am-1:45 pm	Apr 28	9	15+ years	\$160	<a href="#">1470099</a>
Splash Wave Pool	613-748-4222	Mon.-Fri.	8:30 am-noon	Jul 15	10	12-14 years	\$141.50	<a href="#">1470098</a>
Splash Wave Pool	613-748-4222	Mon.-Fri.	8:30 am-noon	Jul 15	10	15+ years	\$160	<a href="#">1470100</a>

## Junior Waterfront Lifeguard Club Certification Camp

Calling all future lifeguards! Enjoy two weeks on the beach this summer while you get tested and certified in Standard First Aid, CPR 'C' and AED, Bronze Star, Bronze Medallion and Bronze Cross. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Start	Classes	Age	Cost	Barcode	
Westboro Beach	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 2	9	10-14 years	\$422.50	<a href="#">1431773</a>
Westboro Beach	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 2	9	15+ years	\$477.25	<a href="#">1431787</a>
Westboro Beach	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 15	10	10-14 years	\$469.25	<a href="#">1431784</a>
Westboro Beach	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 15	10	15+ years	\$530.25	<a href="#">1431804</a>
Westboro Beach	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 29	9	10-14 years	\$422.50	<a href="#">1431781</a>
Westboro Beach	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 29	9	15+ years	\$477.25	<a href="#">1431789</a>

## Standard First Aid, 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	Apr 13	2	12-14 years	\$122.50	<a href="#">1462599</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Apr 13	2	15+ years	\$138.50	<a href="#">1462603</a>
Canterbury	613-247-4865	Sat.	9 am-5 pm	Mar 30	2	12-14 years	\$122.50	<a href="#">1428967</a>
Canterbury	613-247-4865	Sat.	9am-5 pm	Mar 30	2	15+ years	\$138.50	<a href="#">1428971</a>

## Standard First Aid, 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	May 25	2	12-14 years	\$122.50	<a href="#">1428968</a>
Canterbury	613-247-4865	Sat.	9 am-5 pm	May 25	2	15+ years	\$138.50	<a href="#">1428972</a>
Canterbury	613-247-4865	Fri.-Sat.	8 am-5 pm	Jul 19	2	12-14 years	\$122.50	<a href="#">1428950</a>
Canterbury	613-247-4865	Fri.-Sat.	8 am-5 pm	Jul 19	2	15+ years	\$138.50	<a href="#">1428949</a>
Canterbury	613-247-4865	Fri.-Sat.	8 am-5 pm	Aug 16	2	12-14 years	\$122.50	<a href="#">1428951</a>
Canterbury	613-247-4865	Fri.-Sat.	8 am-5 pm	Aug 16	2	15+ years	\$138.50	<a href="#">1428952</a>
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Jun 22	2	12-14 years	\$122.50	<a href="#">1431504</a>
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Jun 22	2	15+ years	\$138.50	<a href="#">1431515</a>
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Aug 17	2	12-14 years	\$122.50	<a href="#">1431718</a>
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Aug 17	2	15+ years	\$138.50	<a href="#">1431723</a>
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Apr 27	2	12-14 years	\$122.50	<a href="#">1467725</a>
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Apr 27	2	15+ years	\$138.50	<a href="#">1467722</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 6	2	12-14 years	\$122.50	<a href="#">1427553</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 6	2	15+ years	\$138.50	<a href="#">1427543</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 11	2	12-14 years	\$122.50	<a href="#">1427555</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 11	2	15+ years	\$138.50	<a href="#">1427546</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 8	2	12-14 years	\$122.50	<a href="#">1427556</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 8	2	15+ years	\$138.50	<a href="#">1427549</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 6	2	12-14 years	\$122.50	<a href="#">1427924</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 6	2	15+ years	\$138.50	<a href="#">1427922</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Aug 10	2	12-14 years	\$122.50	<a href="#">1427925</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Aug 10	2	15+ years	\$138.50	<a href="#">1427923</a>
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jun 15	2	12-14 years	\$122.50	<a href="#">1426330</a>
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jun 15	2	15+ years	\$138.50	<a href="#">1426331</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	May 9	2	12-14 years	\$122.50	<a href="#">1436340</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	May 9	2	15+ years	\$138.50	<a href="#">1436344</a>
Pinecrest	613-580-9676	Wed.-Thu.	8:30 am-4:30 pm	Jun 19	2	12-14 years	\$122.50	<a href="#">1436343</a>
Pinecrest	613-580-9676	Wed.-Thu.	8:30 am-4:30 pm	Jun 19	2	15+ years	\$138.50	<a href="#">1436346</a>
Pinecrest	613-580-9676	Sat.-Sun.	8 am-5 pm	Aug 24	2	12-14 years	\$122.50	<a href="#">1438450</a>

## Standard First Aid, 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	613-580-9676	Sat.-Sun.	8 am-5 pm	Aug 24	2	15+ years	\$138.50	<a href="#">1438451</a>
Ray Friel	613-580-4765	Sat.-Sun.	8:30 am-4:30 pm	May 4	2	12-14 years	\$122.50	<a href="#">1461660</a>
Ray Friel	613-580-4765	Sat.-Sun.	8:30 am-4:30 pm	May 4	2	15+ years	\$138.50	<a href="#">1461662</a>
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Aug 10	2	12-14 years	\$122.50	<a href="#">1465573</a>
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Aug 10	2	15+ years	\$138.50	<a href="#">1465570</a>
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Jun 8	2	12-14 years	\$122.50	<a href="#">1469406</a>
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Jun 8	2	15+ years	\$138.50	<a href="#">1469396</a>
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Apr 13	2	12-14 years	\$122.50	<a href="#">1469508</a>
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Apr 13	2	15+ years	\$138.50	<a href="#">1469519</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Jun 1	2	12-14 years	\$122.50	<a href="#">1470121</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Jun 1	2	15+ years	\$138.50	<a href="#">1470118</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Jul 20	2	12-14 years	\$122.50	<a href="#">1470120</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Jul 20	2	15+ years	\$138.50	<a href="#">1470119</a>
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Aug 10	2	12-14 years	\$122.50	<a href="#">1466046</a>
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Aug 11	2	15+ years	\$138.50	<a href="#">1466045</a>
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Apr 6	2	12-14 years	\$122.50	<a href="#">1426359</a>
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Apr 6	2	15+ years	\$138.50	<a href="#">1426361</a>
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jun 1	2	12-14 years	\$122.50	<a href="#">1426360</a>
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jun 1	2	15+ years	\$138.50	<a href="#">1426362</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jul 13	2	12-14 years	\$122.50	<a href="#">1426545</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jul 13	2	15+ years	\$138.50	<a href="#">1426592</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 10	2	12-14 years	\$122.50	<a href="#">1426548</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 10	2	15+ years	\$138.50	<a href="#">1426594</a>

## Standard First Aid, CPR 'C' and AED Recertification

*Prerequisite:* Lifesaving Society Standard First Aid certificate within 36 months of the certification Start. 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	May 26	1	12-14 years	\$80	<a href="#">1462594</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	May 26	1	15+ years	\$90.50	<a href="#">1462595</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Jul 27	1	12-14 years	\$80	<a href="#">1462419</a>

## Standard First Aid, CPR 'C' and AED Recertification

*Prerequisite:* Lifesaving Society Standard First Aid certificate within 36 months of the certification Start. 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Jul 27	1	15+ years	\$90.50	<a href="#">1462423</a>
Canterbury	613-247-4865	Sat.	9 am-5 pm	Apr 27	1	12-14 years	\$80	<a href="#">1436662</a>
Canterbury	613-247-4865	Sat.	9 am-5 pm	Apr 27	1	15+ years	\$90.50	<a href="#">1436660</a>
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jun 15	1	12-14 years	\$80	<a href="#">1428976</a>
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jun 15	1	15+ years	\$90.50	<a href="#">1428979</a>
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	May 4	1	12-14 years	\$80	<a href="#">1431523</a>
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	May 4	1	15+ years	\$90.50	<a href="#">1431529</a>
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Jul 13	1	12-14 years	\$80	<a href="#">1431725</a>
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Jul 13	1	15+ years	\$90.50	<a href="#">1431726</a>
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Jun 2	1	12-14 years	\$80	<a href="#">1467696</a>
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Jun 2	1	15+ years	\$90.50	<a href="#">1467690</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 27	1	12-14 years	\$80	<a href="#">1427557</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 27	1	15+ years	\$90.50	<a href="#">1427563</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 25	1	12-14 years	\$80	<a href="#">1427558</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 25	1	15+ years	\$90.50	<a href="#">1427566</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 22	1	12-14 years	\$80	<a href="#">1427560</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 22	1	15+ years	\$90.50	<a href="#">1427568</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jul 20	1	12-14 years	\$80	<a href="#">1427929</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jul 20	1	15+ years	\$90.50	<a href="#">1427926</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 24	1	12-14 years	\$80	<a href="#">1427930</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 24	1	15+ years	\$90.50	<a href="#">1427927</a>
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Mar 23	1	12-14 years	\$80	<a href="#">1426333</a>
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Mar 23	1	15+ years	\$90.50	<a href="#">1426335</a>
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Apr 13	1	12-14 years	\$80	<a href="#">1426334</a>
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Apr 13	1	15+ years	\$90.50	<a href="#">1426336</a>
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	May 3	1	12-14 years	\$80	<a href="#">1436331</a>
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	May 3	1	15+ years	\$90.50	<a href="#">1436336</a>
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jun 21	1	12-14 years	\$80	<a href="#">1436333</a>
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jun 21	1	15+ years	\$90.50	<a href="#">1436337</a>

## Standard First Aid, CPR 'C' and AED Recertification

*Prerequisite:* Lifesaving Society Standard First Aid certificate within 36 months of the certification Start. 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Sun.	11 am-7 pm	Aug 18	1	12-14 years	\$80	<a href="#">1438454</a>
Pinecrest	613-580-9676	Sun.	11 am-7 pm	Aug 18	1	15+ years	\$90.50	<a href="#">1438456</a>
Ray Friel	613-580-4765	Sat.	9 am-5 pm	Apr 13	1	12-14 years	\$80	<a href="#">1461663</a>
Ray Friel	613-580-4765	Sat.	9 am-5 pm	Apr 13	1	15+ years	\$90.50	<a href="#">1461665</a>
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jun 16	1	12-14 years	\$80	<a href="#">1461664</a>
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jun 16	1	15+ years	\$90.50	<a href="#">1461666</a>
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Jun 16	1	12-14 years	\$80	<a href="#">1469415</a>
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Jun 16	1	15+ years	\$90.50	<a href="#">1469411</a>
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Apr 6	1	15+ years	\$90.50	<a href="#">1469524</a>
Sawmill Creek	613-521-4092	Sun.	9 am-5 pm	Aug 11	1	15+ years	\$90.50	<a href="#">1470431</a>
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Apr 13	1	12-14 years	\$80	<a href="#">1470117</a>
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Apr 13	1	15+ years	\$90.50	<a href="#">1470116</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Jul 13	1	12-14 years	\$80	<a href="#">1466048</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Jul 13	1	15+ years	\$90.50	<a href="#">1466047</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 24	1	12-14 years	\$80	<a href="#">1426363</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 24	1	15+ years	\$90.50	<a href="#">1426365</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 26	1	12-14 years	\$80	<a href="#">1426364</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 26	1	15+ years	\$90.50	<a href="#">1426366</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 7	1	12-14 years	\$80	<a href="#">1426601</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 7	1	15+ years	\$90.50	<a href="#">1426604</a>

## 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	Fri.	5-9 pm	May 10	4	15+ years	\$219.75	<a href="#">1462544</a>
Canterbury	613-247-4865	Thu.	5:30-9:30 pm	Mar 21	4	15+ years	\$219.75	<a href="#">1428984</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	9:30-11:30 am	Jul 6	4	15+ years	\$219.75	<a href="#">1472526</a>
Lowertown Pool	Ext. 44426	Sun.	2-6 pm	Jun 2	4	15+ years	\$219.75	<a href="#">1431597</a>

## 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
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Apr 14	5	15+ years	\$219.75	<a href="#">1427749</a>
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Apr 14	5	15+ years	\$219.75	<a href="#">1427752</a>
Minto-Barrhaven	613-727-2683	Tue.	4:30-6:30 pm	Jul 16	5	15+ years	\$219.75	<a href="#">1428073</a>
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Mar25	4	15+ years	\$219.75	<a href="#">1426345</a>
Pinecrest	613-580-9676	Wed.	4:30-8:30 pm	Mar 20	4	15+ years	\$219.75	<a href="#">1436315</a>
Pinecrest	613-580-9676	Sun.	5-9 pm	Apr 28	4	15+ years	\$219.75	<a href="#">1436314</a>
Pinecrest	613-580-9676	Wed.	4:30-8:30 pm	Jul 3	4	15+ years	\$219.75	<a href="#">1438469</a>
Pinecrest	613-580-9676	Wed.	4:30-8:30 pm	Jul 31	4	15+ years	\$219.75	<a href="#">1438470</a>
Ray Friel	613-580-4765	Sun.	2-6 pm	Mar 24	4	15+ years	\$219.75	<a href="#">1461673</a>
Ray Friel	613-580-4765	Sat.	8-12 pm	Jul 6	4	15+ years	\$219.75	<a href="#">1465583</a>
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Mar 20	4	15+ years	\$219.75	<a href="#">1464491</a>
Richcraft-Kanata	613-580-9696	Wed.,Mon.	2-6 pm	Jul 3	4	15+ years	\$219.75	<a href="#">1469451</a>
Sawmill Creek	613-521-4092	Sun.	3:30-5:30 pm	Mar 24	4	15+ years	\$219.75	<a href="#">1469629</a>
Sawmill Creek	613-521-4092	Tue.	5-9 pm	Jul 9	4	15+ years	\$219.75	<a href="#">1470432</a>
Sawmill Creek	613-521-4092	Tue.	5-9 pm	Aug 6	4	15+ years	\$219.75	<a href="#">1470434</a>
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Apr 10	4	15+ years	\$219.75	<a href="#">1470104</a>
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	May 22	4	15+ years	\$219.75	<a href="#">1470105</a>
Splash Wave Pool	613-748-4222	Mon., Wed.	5-9 pm	Jul 8	4	15+ years	\$219.75	<a href="#">1470106</a>
Splash Wave Pool	613-748-4222	Mon., Wed.	5-9 pm	Jul 22	4	15+ years	\$219.75	<a href="#">1470107</a>
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Mar 27	5	15+ years	\$219.75	<a href="#">1426368</a>
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	May 1	5	15+ years	\$219.75	<a href="#">1426369</a>
Walter Baker	613-580-2788	Sat.	4-6:30 pm	Jul 6	4	15+ years	\$219.75	<a href="#">1426739</a>
Walter Baker	613-580-2788	Sat.	4-6:30 pm	Aug 10	4	15+ years	\$219.75	<a href="#">1426749</a>

## 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	Tue.	2-8:30 pm	Jul 9	4	15+ years	\$196.25	<a href="#">1462410</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	9 am-4 pm	May 25	4	15+ years	\$196.25	<a href="#">1472528</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.-Sun.	10 am-5 pm	Aug 10	4	15+ years	\$196.25	<a href="#">1472529</a>
Minto-Barrhaven	613-727-2683	Tue.	5-9 pm	Apr 16	7	15+ years	\$196.25	<a href="#">1427772</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	9 am-2:30 pm	Aug 26	5	15+ years	\$196.25	<a href="#">1427898</a>
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	May 8	6	15+ years	\$196.25	<a href="#">1426346</a>
Pinecrest	613-580-9676	Wed.	5:15-8:30 pm	Apr 17	8	15+ years	\$196.25	<a href="#">1436320</a>
Pinecrest	613-580-9676	Mon.-Fri.	1-6:15 pm	Aug 26	5	15+ years	\$196.25	<a href="#">1438577</a>
Ray Friel	613-580-4765	Sat.-Sun.	9 am-4 pm	Jun 1	4	15+ years	\$196.25	<a href="#">1461683</a>
Richcraft-Kanata	613-580-9696	Wed.	5:30-10 pm	May 15	6	15+ years	\$196.25	<a href="#">1469317</a>
Richcraft-Kanata	613-580-9696	Mon., Wed.	4-8:30 pm	Jul 29	6	15+ years	\$196.25	<a href="#">1469322</a>
Sawmill Creek	613-521-4092	Sun.	9:30 am-5:30 pm	May 12	3	15+ years	\$196.25	<a href="#">1469638</a>
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-3 pm	Aug 27	5	15+ years	\$196.25	<a href="#">1470436</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	10 am-4:30 pm	Jun 15	4	15+ years	\$196.25	<a href="#">1470112</a>
Splash Wave Pool	613-748-4222	Mon., Wed.	10 am-4:30 pm	Aug 19	4	15+ years	\$196.25	<a href="#">1470113</a>
Walter Baker	613-580-2788	Sat.	9 am-4:30 pm	May 4	4	15+ years	\$196.25	<a href="#">1426402</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Jul 15	5	15+ years	\$196.25	<a href="#">1426753</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Jul 29	5	15+ years	\$196.25	<a href="#">1426754</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Aug 26	5	15+ years	\$196.25	<a href="#">1426755</a>

## Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidates 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11 am-4 pm	Apr 14	1	16+ years	\$73	<a href="#">1462588</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	4-9 pm	Aug 15	1	16+ years	\$73	<a href="#">1462415</a>
Kanata Leisure	613-580-9677	Sat.	1-6 pm	May 25	1	16+ years	\$73	<a href="#">1467798</a>
Lowertown	Ext. 44426	Sun.	3-8 pm	May 26	1	16+ years	\$73	<a href="#">1431603</a>



## Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidates 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	Apr 24	1	16+ years	\$73	<a href="#">1427762</a>
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	May 15	1	16+ years	\$73	<a href="#">1427764</a>
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Apr 11	1	16+ years	\$73	<a href="#">1426348</a>
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Jun 13	1	16+ years	\$73	<a href="#">1426349</a>
Pinecrest	613-580-9676	Sun.	4-9 pm	Mar 31	1	16+ years	\$73	<a href="#">1436310</a>
Pinecrest	613-580-9676	Sun.	4-9 pm	Jun 9	1	16+ years	\$73	<a href="#">1436311</a>
Pinecrest	613-580-9676	Wed.	3-8 pm	Aug 28	1	16+ years	\$73	<a href="#">1438472</a>
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	May 1	1	16+ years	\$73	<a href="#">1469329</a>
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Apr 7	1	16+ years	\$73	<a href="#">1469651</a>
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Jun 2	1	16+ years	\$73	<a href="#">1469655</a>
Sawmill Creek	613-521-4092	Sun.	noon-5 pm	Jul 7	1	16+ years	\$73	<a href="#">1470437</a>
Walter Baker	613-580-2788	Sat.	1-6 pm	Apr 27	1	15+ years	\$73	<a href="#">1426407</a>
Walter Baker	613-580-2788	Sat.	1-6 pm	May 25	1	15+ years	\$73	<a href="#">1426408</a>
Walter Baker	613-580-2788	Sun.	8 am-1 pm	Jul 21	1	16+ years	\$73	<a href="#">1426767</a>
Walter Baker	613-580-2788	Sun.	8 am-1 pm	Aug 18	1	16+ years	\$73	<a href="#">1426769</a>

## 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 candidates assignment required. Manual required at additional cost. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-1:30 pm	Aug 12	10	16+ years	\$160	<a href="#">1462400</a>
Beaverbrook Outdoor	613-591-3061	Mon.-Sat.	9 am-1:30 pm	Aug 6	10	16+ years	\$160	<a href="#">1469355</a>
Brewer	Ext. 37222	Sun.	8:45 am-1 pm	Mar 31	11	16+ years	\$160	<a href="#">1469471</a>
Canterbury	613-247-4865	Sun.	12:30-6:30 pm	Mar 24	8	16+ years	\$160	<a href="#">1428956</a>
Cardel Rec (Goulbourn)	613-580-2532	Sat.	3-7:30 pm	Apr 6	10	16+ years	\$160	<a href="#">1475443</a>
Cardel Rec (Goulbourn)	613-580-2532	Mon.-Fri.	9 am-5 pm	Jul 8	10	16+ years	\$160	<a href="#">1470440</a>
Champagne	613-244-4402	Sat.-Sun.	2-8:15 pm	May 11	8	16+ years	\$160	<a href="#">1431651</a>
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-1:30 pm	Jul 15	10	16+ years	\$160	<a href="#">1429436</a>
Kanata Leisure	613-580-9677	Sun.	3-8:15 pm	Apr 14	9	16+ years	\$160	<a href="#">1434573</a>

## 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 candidates assignment required. Manual required at additional cost. 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	Mon.	4:30-9:30 pm	Apr 8	9	16+ years	\$160	<a href="#">1427282</a>
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-3 pm	Aug 19	10	16+ years	\$160	<a href="#">1427904</a>
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Mar 20	10	16+ years	\$160	<a href="#">1426341</a>
Pinecrest	613-580-9676	Sun.	4:30-9 pm	Mar 24	10	16+ years	\$160	<a href="#">1436293</a>
Ray Friel	613-580-4765	Sat.	12:30-5:30 pm	Mar 30	10	16+ years	\$160	<a href="#">1461658</a>
Ray Friel	613-580-4765	Mon.-Fri.	9 am-3 pm	Aug 6	9	16+ years	\$160	<a href="#">1465569</a>
Richcraft-Kanata	613-580-9696	Mon.	5:30-10 pm	Mar 25	10	16+ years	\$160	<a href="#">1469352</a>
Sawmill Creek	613-521-4092	Thu.	5-9:30 pm	Mar 28	11	16+ years	\$160	<a href="#">1469504</a>
Splash Wave Pool	613-748-4222	Tue., Fri.	4:30-9:30 pm	Apr 23	10	16+ years	\$160	<a href="#">1470102</a>
Splash Wave Pool	613-748-4222	Sun.	2-7 pm	Apr 28	9	16+ years	\$160	<a href="#">1470101</a>
Splash Wave Pool	613-748-4222	Mon.-Fri.	8:30 am-2:30 pm	Jul 29	9	16+ years	\$160	<a href="#">1470103</a>
Walter Baker	613-580-2788	Sun.	2:30-8 pm	Mar 24	8	16+ years	\$160	<a href="#">1426317</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 2	9	16+ years	\$160	<a href="#">1426524</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 29	9	16+ years	\$160	<a href="#">1426525</a>
Walter Baker	613-580-2788	Sun.-Fri.	8 am-4 pm	Aug 25	6	16+ years	\$160	<a href="#">1426527</a>

## 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. Annual fee extra. 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	Sun.	5-9:45 pm	Apr 7	10	16+ years	\$184.75	<a href="#">1462531</a>
Lowertown	Ext. 44426	Sat.-Sun.	2-8:30 pm	Aug 3	8	16+ years	\$184.75	<a href="#">1431705</a>

## National Lifeguard Waterfront

*Prerequisites:* Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol, and NLS pool option for the National Lifeguarding Service Award. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Mooney's Bay	Ext. 16966	Thu.-Sun.	4-9 pm, 8 am-5 pm	Jun 13	4	16+ years	\$160	<a href="#">1431741</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Beaverbrook Outdoor	613-591-3061	Sun.	8:30 am-1:30 pm	Jul 28	1	16+ years	\$73	<a href="#">1469359</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-2 pm	Jun 15	1	16+ years	\$73	<a href="#">1462441</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	4-9 pm	Jul 11	1	16+ years	\$73	<a href="#">1462427</a>
Champagne	613-244-4402	Sat.	2-7 pm	Jun 15	1	16+ years	\$73	<a href="#">1431658</a>
Champagne	613-244-4402	Sun.	2-7 pm	Jul 28	1	16+ years	\$73	<a href="#">1431697</a>
Champagne	613-244-4402	Sun.	2-7 pm	Aug 25	1	16+ years	\$73	<a href="#">1431695</a>
Kanata Leisure	613-580-9677	Fri.	4-9 pm	May 31	1	16+ years	\$73	<a href="#">1438342</a>
Lowertown	Ext. 44426	Sun.	4-9 pm	Apr 28	1	16+ years	\$73	<a href="#">1431619</a>
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	May 25	1	16+ years	\$73	<a href="#">1427298</a>
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Jun 22	1	16+ years	\$73	<a href="#">1427299</a>
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Apr 28	1	16+ years	\$73	<a href="#">1426342</a>
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	May 26	1	16+ years	\$73	<a href="#">1426343</a>
Pinecrest	613-580-9676	Sun.	4-9 pm	Apr 14	1	16+ years	\$73	<a href="#">1436303</a>
Pinecrest	613-580-9676	Sat.	3-8 pm	Jun 1	1	16+ years	\$73	<a href="#">1436304</a>
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Jun 17	1	16+ years	\$73	<a href="#">1469367</a>
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Apr 27	1	16+ years	\$73	<a href="#">1470114</a>
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Aug 17	1	16+ years	\$73	<a href="#">1470115</a>
St-Laurent Complex	613-742-6767	Sat.	4:30-9:30 pm	Jul 27	1	16+ years	\$73	<a href="#">1466042</a>
Walter Baker	613-580-2788	Fri.	5:30-10:30 pm	Apr 26	1	16+ years	\$73	<a href="#">1426355</a>
Walter Baker	613-580-2788	Fri.	5:30-10:30 pm	May 24	1	16+ years	\$73	<a href="#">1426356</a>
Walter Baker	613-580-2788	Sat.	2-7 pm	Jul 20	1	16+ years	\$73	<a href="#">1426528</a>
Walter Baker	613-580-2788	Sat.	2-7 pm	Aug 17	1	16+ years	\$73	<a href="#">1426529</a>

## 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	Tue.	11 am-4 pm	Apr 9	1	16+ years	\$73	<a href="#">1426344</a>

## National Lifeguard Recertification Waterfront

Designed to test the lifeguarding skills and knowledge at a waterfront in order to maintain current certification at the National Lifeguard level. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Mooney's Bay	Ext. 16966	Tue.	4-9 pm	Jun 11	1	16+ years	\$73	<a href="#">1431730</a>

## 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
Canterbury	613-247-4865	Sat.	9am-1 pm	May 11	1	15+ years	\$37	<a href="#">1428980</a>
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	May 7	1	15+ years	\$37	<a href="#">1431495</a>
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Jun 25	1	15+ years	\$37	<a href="#">1431497</a>
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Jul 9	1	15+ years	\$37	<a href="#">1431699</a>
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Aug 27	1	15+ years	\$37	<a href="#">1431700</a>
Kanata Leisure	613-580-9677	Sat.	10 am-2 pm	Jun 1	1	15+ years	\$37	<a href="#">1438341</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Apr 14	1	15+ years	\$37	<a href="#">1427573</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	May 26	1	15+ years	\$37	<a href="#">1427574</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Jun 23	1	15+ years	\$37	<a href="#">1427575</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Jul 14	1	15+ years	\$37	<a href="#">1427932</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Aug 18	1	15+ years	\$37	<a href="#">1427933</a>
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Apr 2	1	15+ years	\$37	<a href="#">1426337</a>
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	May 7	1	15+ years	\$37	<a href="#">1426338</a>
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Jun 4	1	15+ years	\$37	<a href="#">1426339</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	Mar 25	1	15+ years	\$37	<a href="#">1436328</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	May 27	1	15+ years	\$37	<a href="#">1436329</a>
Pinecrest	613-580-9676	Tue.	4:30-8:30 pm	Aug 13	1	15+ years	\$37	<a href="#">1438473</a>
Plant	613-232-3000	Mon.	5:30-9:30 pm	Jun 17	1	15+ years	\$37	<a href="#">1434357</a>
Ray Friel	613-580-4765	Wed.	5-9 pm	Apr 24	1	15+ years	\$37	<a href="#">1461667</a>
Ray Friel	613-580-4765	Wed.	5-9 pm	Jun 19	1	15+ years	\$37	<a href="#">1461668</a>
Ray Friel	613-580-4765	Wed.	5-9 pm	Jul 31	1	15+ years	\$37	<a href="#">1465575</a>
Ray Friel	613-580-4765	Wed.	5-9 pm	Aug 21	1	15+ years	\$37	<a href="#">1465576</a>
Richcraft-Kanata	613-580-9696	Sun.	1-5 pm	Apr 28	1	15+ years	\$37	<a href="#">1469335</a>

## 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
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	May 8	1	15+ years	\$37	<a href="#">1470110</a>
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Jun 12	1	15+ years	\$37	<a href="#">1470111</a>
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Aug 14	1	15+ years	\$37	<a href="#">1470108</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-1 pm	Jul 20	1	15+ years	\$37	<a href="#">1466050</a>
Walter Baker	613-580-2788	Fri.	6-10 pm	Apr 12	1	15+ years	\$37	<a href="#">1426357</a>
Walter Baker	613-580-2788	Fri.	6-10 pm	May 17	1	15+ years	\$37	<a href="#">1426358</a>
Walter Baker	613-580-2788	Sat.	6-10 pm	Jul 13	1	15+ years	\$37	<a href="#">1426542</a>
Walter Baker	613-580-2788	Sat.	6-10 pm	Aug 10	1	15+ years	\$37	<a href="#">1426543</a>

## Lifesaving Instructor and Emergency First Aid Instructor

*Prerequisite:* Minimum 16 years of age by the end of the course, Bronze Cross. The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.-Sun.	5:30-9:30 pm, 9-3pm	May 30	4	16+ years	\$124	<a href="#">1472643</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-9:30 pm	Apr 26	5	16+ years	\$124	<a href="#">1427757</a>
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Apr 26	4	16+ years	\$124	<a href="#">1473042</a>
Richcraft-Kanata	613-580-9696	Sat.	9 am-12:30 pm	Jul 6	6	16+ years	\$124	<a href="#">1473043</a>
Sawmill Creek	613-521-4092	Fri.-Sun.	5-10 pm, 10:30-6:30 pm	Apr 26	3	16+ years	\$124	<a href="#">1469620</a>
Walter Baker	613-580-2788	Sun.	9 am-2:30 pm	Apr 7	4	16+ years	\$124	<a href="#">1426367</a>
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 22	5	16+ years	\$124	<a href="#">1426607</a>
Walter Baker	613-580-2788	Mon.-Fri.	2-7 pm	Aug 26	5	16+ years	\$124	<a href="#">1426610</a>

## Advanced Instructor and Examiner

Visit us online at [ottawa.ca/recreation](http://ottawa.ca/recreation) or 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.-Sun.	10 am-3 pm	Jun 8	2	16+ years	\$100.75	<a href="#">1431542</a>

### Examiners

*Prerequisites:* Appropriate Instructor certification and experience teaching. The Examiner course is the first step in the three-step process to be certified as an Examiner for the Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.	noon-6 pm	Apr 27	1	16+ years	\$33.75	<a href="#">1431536</a>

### Instructor Trainer

Prepares experienced instructors to apprentice as an Instructor Trainer. With apprenticeship experience and recommendation of an Instructor Trainer, the Society may appoint you as an Instructor Trainer. Required course for those interested in IT Status for Swim/LS Instructor, NLS and LS First Aid. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Tue., Sat.	5-9 pm	May 21	3	18+ years	\$151	<a href="#">1431544</a>

## Swimming Specialty

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

### Junior Lifeguard

#### 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 8-14 years of age. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	Ext. 37222	Fri.	6:30-7:30 pm	Mar 29	12	8-14 years	\$112.50	<a href="#">1469426</a>
Canterbury	613-247-4865	Thu.	4- 5 pm	Mar 21	9	8-14 years	\$84.50	<a href="#">1428965</a>
Minto-Barrhaven	613-727-2683	Mon.	5:30-6:30 pm	Apr 8	9	8-14 years	\$84.50	<a href="#">1426921</a>
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Apr 10	11	8-14 years	\$103.25	<a href="#">1426922</a>
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:30 pm	Apr 12	10	8-14 years	\$93.75	<a href="#">1426923</a>
Minto-Barrhaven	613-727-2683	Mon.	4:30-5:30 pm	Jul 8	7	8-14 years	\$65.75	<a href="#">1431235</a>
Pinecrest	613-580-9676	Fri.	6-7 pm	Jul 5	9	8-14 years	\$84.50	<a href="#">1464096</a>
Pinecrest	613-580-9676	Sun.	4:30-5:45 pm	Jul 7	7	8-14 years	\$65.75	<a href="#">1438449</a>
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Mar 24	12	8-14 years	\$112.50	<a href="#">1441790</a>
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Mar 24	12	8-14 years	\$112.50	<a href="#">1441792</a>
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 26	11	8-14 years	\$103.25	<a href="#">1468774</a>

### 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Mar 30	12	8-12 years	\$112.50	<a href="#">1437351</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	noon-1 pm	Mar 31	12	8-12 years	\$112.50	<a href="#">1437343</a>
Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Apr 2	12	8-12 years	\$112.50	<a href="#">1437348</a>
Brewer	Ext. 37222	Tue.	7:30-8:30 pm	Mar 26	13	8-12 years	\$121.75	<a href="#">1468020</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	Ext. 37222	Wed.	7:30-8:30 pm	Mar 27	13	8-12 years	\$121.75	<a href="#">1468013</a>
Cardel Rec (Goulbourn)	613-580-2532	Thu.	7-8 pm	Apr 4	12	8-12 years	\$112.50	<a href="#">1432104</a>
Cardel Rec (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Apr 7	10	8-12 years	\$93.75	<a href="#">1432105</a>
Cardel Rec (Goulbourn)	613-580-2532	Wed.	5:30-6:30 pm	Jul 3	8	8-12 years	\$75	<a href="#">1435149</a>
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Apr 6	10	8-12 years	\$93.75	<a href="#">1462412</a>
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jul 6	7	8-12 years	\$65.75	<a href="#">1467937</a>
Glen Cairn	613-836-7380	Mon.-Fri.	9-10 am	Aug 12	5	8-12 years	\$47	<a href="#">1430688</a>
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Apr 18	10	8-12 years	\$93.75	<a href="#">1464106</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	8-12 years	\$65.75	<a href="#">1469457</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	8-12 years	\$56.25	<a href="#">1469459</a>
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Apr 8	9	8-12 years	\$84.50	<a href="#">1426898</a>
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Apr 11	11	8-12 years	\$103.25	<a href="#">1426899</a>
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Apr 14	9	8-12 years	\$84.50	<a href="#">1426900</a>
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 2	8	8-12 years	\$75	<a href="#">1430438</a>
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jul 4	8	8-12 years	\$75	<a href="#">1430445</a>
Minto-Barrhaven	613-727-2683	Sat.	8:30-9:30 am	Jul 6	7	8-12 years	\$65.75	<a href="#">1430450</a>
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 30	8	8-12 years	\$75	<a href="#">1430441</a>
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Mar 19	13	8-12 years	\$121.75	<a href="#">1428694</a>
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Mar 24	11	8-12 years	\$103.25	<a href="#">1428692</a>
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 18	10	8-12 years	\$93.75	<a href="#">1431548</a>
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Mar 20	12	8-12 years	\$112.50	<a href="#">1431557</a>
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 22	11	8-12 years	\$103.25	<a href="#">1431546</a>
Pinecrest	613-580-9676	Mon.	6-7 pm	Jul 8	7	8-12 years	\$65.75	<a href="#">1464210</a>
Plant	613-232-3000	Sat.	4-5 pm	Apr 27	5	8-12 years	\$47	<a href="#">1434267</a>
Plant	613-232-3000	Wed.	6-7 pm	Jul 3	9	8-12 years	\$84.50	<a href="#">1429945</a>
Ray Friel	613-580-4765	Thu.	5:15- 6:15 pm	Mar 28	13	8-12 years	\$121.75	<a href="#">1461318</a>
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Mar 18	13	8-12 years	\$121.75	<a href="#">1441403</a>
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Mar 20	15	8-12 years	\$140.50	<a href="#">1441414</a>



## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Mar 22	14	8-12 years	\$131.25	<a href="#">1441420</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	6- 7 pm	Jul 3	9	8-12 years	\$84.50	<a href="#">1434931</a>
Richcraft-Kanata	613-580-9696	Sat.	9-10 am	Jul 6	7	8-12 years	\$65.75	<a href="#">1434927</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	6-7 pm	Aug 7	7	8-12 years	\$65.75	<a href="#">1434932</a>
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 26	11	8-12 years	\$103.25	<a href="#">1468783</a>
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Mar 29	10	8-12 years	\$93.75	<a href="#">1468840</a>
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 9	7	8-12 years	\$65.75	<a href="#">1470319</a>
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Jul 12	7	8-12 years	\$65.75	<a href="#">1470325</a>
Walter Baker	613-580-2788	Tue.	6-7 pm	Mar 19	11	8-12 years	\$103.25	<a href="#">1438231</a>
Walter Baker	613-580-2788	Thu.	6-7 pm	Mar 21	11	8-12 years	\$103.25	<a href="#">1438232</a>
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Mar 23	9	8-12 years	\$84.50	<a href="#">1438233</a>
Walter Baker	613-580-2788	Sun.	8:30-9:30 am	Mar 24	9	8-12 years	\$84.50	<a href="#">1438234</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Ages	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	13-14 years	\$65.75	<a href="#">1469468</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	13-14 years	\$74.25	<a href="#">1469466</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	13-14 years	\$56.25	<a href="#">1469469</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	15-17 years	\$53.50	<a href="#">1469464</a>
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 8	9	13-14 years	\$84.50	<a href="#">1426927</a>
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 8	9	15-17 years	\$95.25	<a href="#">1426924</a>
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 2	8	13-14 years	\$75	<a href="#">1430506</a>
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 2	8	15-17 years	\$84.75	<a href="#">1430518</a>
Pincrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 18	10	13-14 years	\$93.75	<a href="#">1431580</a>
Pincrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 18	10	15-17 years	\$106	<a href="#">1431608</a>
Pincrest	613-580-9676	Wed.	6:30-7:30 pm	Mar 20	12	13-14 years	\$112.50	<a href="#">1431592</a>
Pincrest	613-580-9676	Wed.	6:30-7:30 pm	Mar 20	12	15-17 years	\$127	<a href="#">1431614</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Ages	Cost	Barcode
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 22	11	13-14 years	\$103.25	<a href="#">1431568</a>
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 22	11	15-17 years	\$116.50	<a href="#">1431601</a>
Pinecrest	613-580-9676	Mon.	6-7 pm	Jul 8	7	13-14 years	\$65.75	<a href="#">1464238</a>
Pinecrest	613-580-9676	Mon.	6-7 pm	Jul 8	7	15-17 years	\$74.25	<a href="#">1464251</a>
Ray Friel	613-580-4765	Thu.	5:15-6:15 pm	Mar 28	13	13-14 years	\$121.75	<a href="#">1461319</a>
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Mar 18	13	13-14 years	\$121.75	<a href="#">1441320</a>
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Mar 20	15	13-14 years	\$140.50	<a href="#">1441326</a>
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Mar 22	13	13-14 years	\$121.75	<a href="#">1441323</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	6-7 pm	Jul 3	9	13-14 years	\$84.50	<a href="#">1435178</a>
Richcraft-Kanata	613-580-9696	Sat.	9-10 am	Jul 6	7	13-14 years	\$65.75	<a href="#">1435175</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	6-7 pm	Aug 7	7	13-14 years	\$65.75	<a href="#">1435181</a>
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 26	11	13-14 years	\$103.25	<a href="#">1468820</a>
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Mar 29	10	13-14 years	\$93.75	<a href="#">1468843</a>
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 9	7	13-14 years	\$65.75	<a href="#">1470326</a>
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Jul 12	7	13-14 years	\$65.75	<a href="#">1470327</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Mon.	6:30-7:30 pm	Apr 29	4	18+ years	\$60.25	<a href="#">1434240</a>
Plant	613-232-3000	Wed.	7-8 pm	Jul 3	9	18+ years	\$135.50	<a href="#">1429943</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	10:30-11:30 am	Jul 2	9	8-12 years	\$84.50	<a href="#">1440212</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Mar 30	12	8-12 years	\$112.50	<a href="#">1437362</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	noon-1 pm	Mar 31	12	8-12 years	\$112.50	<a href="#">1437357</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Apr 2	12	8-12 years	\$112.50	<a href="#">1437359</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8 pm	Apr 4	12	8-12 years	\$112.50	<a href="#">1437361</a>
Brewer	Ext. 37222	Wed.	7:30- 8:30 pm	Mar 27	13	8-12 years	\$121.75	<a href="#">1468041</a>
Cardel Rec (Goulbourn)	613-580-2532	Thu.	6-7 pm	Apr 4	12	8-12 years	\$112.50	<a href="#">1432100</a>
Cardel Rec (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Apr 7	10	8-12 years	\$93.75	<a href="#">1432097</a>
Cardel Rec (Goulbourn)	613-580-2532	Wed.	6:30-7:30 pm	Jul 3	8	8-12 years	\$75	<a href="#">1435148</a>
François Dupuis	613-580-8080	Sat.	5-6 pm	Apr 6	10	8-12 years	\$93.75	<a href="#">1462404</a>
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Apr 7	10	8-12 years	\$93.75	<a href="#">1462406</a>
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Apr 11	12	8-12 years	\$112.50	<a href="#">1462408</a>
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Jul 2	9	8-12 years	\$84.50	<a href="#">1466344</a>
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Jul 4	9	8-12 years	\$84.50	<a href="#">1467929</a>
François Dupuis	613-580-8080	Sun.	11:30 am-12:30 pm	Jul 7	7	8-12 years	\$65.75	<a href="#">1467926</a>
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Jul 29	9	8-12 years	\$84.50	<a href="#">1466346</a>
Glen Cairn	613-836-7380	Mon.-Fri.	10-11 am	Aug 12	5	8-12 years	\$47	<a href="#">1430684</a>
Kanata Leisure	613-580-9677	Sun.	6-7pm	Apr 14	9	8-12 years	\$84.50	<a href="#">1464116</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	8-12 years	\$65.75	<a href="#">1469432</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	8-12 years	\$56.25	<a href="#">1469436</a>
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Apr 8	9	8-12 years	\$84.50	<a href="#">1426901</a>
Minto-Barrhaven	613-727-2683	Thu.	4-5 pm	Apr 11	11	8-12 years	\$103.25	<a href="#">1426902</a>
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Apr 14	9	8-12 years	\$84.50	<a href="#">1426903</a>
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jul 4	8	8-12 years	\$75	<a href="#">1430467</a>
Minto-Barrhaven	613-727-2683	Sat.	9:45-10:45 am	Jul 6	7	8-12 years	\$65.75	<a href="#">1430470</a>
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 16	8	8-12 years	\$75	<a href="#">1430460</a>
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 13	8	8-12 years	\$75	<a href="#">1430463</a>
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Mar 18	11	8-12 years	\$103.25	<a href="#">1428687</a>
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Mar 24	11	8-12 years	\$103.25	<a href="#">1428689</a>
Plant	613-232-3000	Thu.	5:30- 6:30 pm	Apr 25	6	8-12 years	\$56.25	<a href="#">1434258</a>
Plant	613-232-3000	Sat.	5-6 pm	Apr 27	5	8-12 years	\$47	<a href="#">1434263</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 18	10	8-12 years	\$93.75	<a href="#">1431997</a>
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 20	12	8-12 years	\$112.50	<a href="#">1432009</a>
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 22	11	8-12 years	\$103.25	<a href="#">1432015</a>
Pinecrest	613-580-9676	Mon.	6-7 pm	Jul 8	7	8-12 years	\$65.75	<a href="#">1464293</a>
Plant	613-232-3000	Sun.	10-11 am	Jul 7	7	8-12 years	\$65.75	<a href="#">1429950</a>
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Mar 18	13	8-12 years	\$121.75	<a href="#">1441520</a>
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Mar 20	15	8-12 years	\$140.50	<a href="#">1441527</a>
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Mar 22	14	8-12 years	\$131.25	<a href="#">1441532</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	7-8 pm	Jul 3	9	8-12 years	\$84.50	<a href="#">1434945</a>
Richcraft-Kanata	613-580-9696	Sat.	10-11 am	Jul 6	7	8-12 years	\$65.75	<a href="#">1434941</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	7-8 pm	Aug 7	7	8-12 years	\$65.75	<a href="#">1434948</a>
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 26	11	8-12 years	\$103.25	<a href="#">1468823</a>
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Mar 29	10	8-12 years	\$93.75	<a href="#">1468852</a>
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 9	7	8-12 years	\$65.75	<a href="#">1470321</a>
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Jul 12	7	8-12 years	\$65.75	<a href="#">1470328</a>
St-Laurent Complex	613-742-6767	Mon.	5-6 pm	Apr 1	8	8-12 years	\$75	<a href="#">1428504</a>
St-Laurent Complex	613-742-6767	Fri.	5-6 pm	Jul 5	9	8-12 years	\$84.50	<a href="#">1465799</a>
Walter Baker	613-580-2788	Tue.	7- 8 pm	Mar 19	11	8-12 years	\$103.25	<a href="#">1438237</a>
Walter Baker	613-580-2788	Thu.	7- 8 pm	Mar 21	11	8-12 years	\$103.25	<a href="#">1467133</a>
Walter Baker	613-580-2788	Sat.	5:30- 6:30 pm	Mar 23	9	8-12 years	\$84.50	<a href="#">1467134</a>
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Mar 24	9	8-12 years	\$84.50	<a href="#">1438239</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	13-14 years	\$65.75	<a href="#">1469440</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	15-17 years	\$74.25	<a href="#">1469438</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	13-14 years	\$56.25	<a href="#">1469441</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	15-17 years	\$63.50	<a href="#">1469439</a>
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 8	9	13-14 years	\$84.50	<a href="#">1426928</a>
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 8	9	15-17 years	\$95.25	<a href="#">1426925</a>
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 2	8	13-14 years	\$75	<a href="#">1430509</a>
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 2	8	15-17 years	\$84.75	<a href="#">1430523</a>
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 18	10	13-14 years	\$93.75	<a href="#">1432003</a>
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 18	10	15-17 years	\$106	<a href="#">1432006</a>
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 20	12	13-14 years	\$112.50	<a href="#">1432011</a>
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 20	12	15-17 years	\$127	<a href="#">1432013</a>
Pinecrest	613-580-9676	Fri.	5:30- 6:30 pm	Mar 22	11	13-14 years	\$103.25	<a href="#">1432016</a>
Pinecrest	613-580-9676	Fri.	5:30- 6:30 pm	Mar 22	11	15-17 years	\$116.50	<a href="#">1432019</a>
Pinecrest	613-580-9676	Mon.	6-7 pm	Jul 8	7	13-14 years	\$65.75	<a href="#">1464304</a>
Pinecrest	613-580-9676	Mon.	6-7 pm	Jul 8	7	15-17 years	\$74.25	<a href="#">1464314</a>
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Mar 18	13	13-14 years	\$121.75	<a href="#">1441303</a>
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Mar 20	15	13-14 years	\$140.50	<a href="#">1441306</a>
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Mar 22	14	13-14 years	\$131.25	<a href="#">1441308</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	7-8 pm	Jul 3	9	13-14 years	\$84.50	<a href="#">1435189</a>
Richcraft-Kanata	613-580-9696	Sat.	10-11 am	Jul 6	7	13-14 years	\$65.75	<a href="#">1435186</a>
Richcraft-Kanata	613-580-9696	Wed., Mon.	7-8 pm	Aug 7	7	13-14 years	\$65.75	<a href="#">1435193</a>
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 26	11	13-14 years	\$103.25	<a href="#">1468826</a>
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Mar 29	10	13-14 years	\$93.75	<a href="#">1468856</a>
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 9	7	13-14 years	\$65.75	<a href="#">1470320</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Jul 12	7	13-14 years	\$65.75	<a href="#">1470322</a>

## 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 Fitness Centre	613-244-4402	Wed.	4-5 pm	Mar 6	8	18+ years	\$120.50	<a href="#">1475293</a>
Champagne Fitness Centre	613-244-4402	Wed.	4-5 pm	May 1	7	18+ years	\$105.50	<a href="#">1475294</a>
Champagne Fitness Centre	613-244-4402	Wed.	4-5 pm	Jul 10	8	18+ years	\$120.50	<a href="#">1475296</a>
Plant	613-232-3000	Mon.	7:30-8:30 pm	Apr 29	4	18+ years	\$60.25	<a href="#">1434230</a>
Plant	613-232-3000	Mon.	7-8 pm	Jul 8	7	18+ years	\$105.50	<a href="#">1429942</a>
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Jul 2	9	18+ years	\$135.50	<a href="#">1465908</a>
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Jul 4	9	18+ years	\$135.50	<a href="#">1465920</a>
St-Laurent Complex	613-742-6767	Sat.	7-8 am	Jul 6	8	18+ years	\$120.50	<a href="#">1465924</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Cardel Rec (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Apr 7	10	8-12 years	\$93.75	<a href="#">1432093</a>
Cardel Rec (Goulbourn)	613-580-2532	Wed.	7:30-8:30 pm	Jul 3	8	8-12 years	\$75	<a href="#">1435147</a>
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Apr 6	10	8-12 years	\$93.75	<a href="#">1462386</a>
François Dupuis	613-580-8080	Sat.	4-5 pm	Apr 6	10	8-12 years	\$93.75	<a href="#">1462390</a>
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Apr 7	10	8-12 years	\$93.75	<a href="#">1462394</a>
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Apr 9	12	8-12 years	\$112.50	<a href="#">1462402</a>
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Jul 6	7	8-12 years	\$65.75	<a href="#">1467918</a>
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jul 7	7	8-12 years	\$65.75	<a href="#">1467920</a>
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Jul 15	10	8-12 years	\$93.75	<a href="#">1466339</a>
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Aug 12	10	8-12 years	\$93.75	<a href="#">1466340</a>
Glen Cairn	613-836-7380	Mon.-Fri.	10-11 am	Aug 12	5	8-12 years	\$47	<a href="#">1430682</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Sun.	6-7 pm	Apr 14	9	8-12 years	\$84.50	<a href="#">1464091</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	8-12 years	\$65.75	<a href="#">1469401</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	8-12 years	\$56.25	<a href="#">1469407</a>
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Apr 8	9	8-12 years	\$84.50	<a href="#">1426904</a>
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Apr 11	11	8-12 years	\$103.25	<a href="#">1426905</a>
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Apr 14	9	8-12 years	\$84.50	<a href="#">1426906</a>
Minto-Barrhaven	613-727-2683	Thu.	7- 8 pm	Jul 4	8	8-12 years	\$75	<a href="#">1430487</a>
Minto-Barrhaven	613-727-2683	Sat.	9:45-10:45 am	Jul 6	7	8-12 years	\$65.75	<a href="#">1430493</a>
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 16	8	8-12 years	\$75	<a href="#">1430478</a>
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 13	8	8-12 years	\$75	<a href="#">1430480</a>
Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Mar 20	13	8-12 years	\$121.75	<a href="#">1437333</a>
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Mar 23	11	8-12 years	\$103.25	<a href="#">1428696</a>
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 18	10	8-12 years	\$93.75	<a href="#">1432020</a>
Pinecrest	613-580-9676	Wed.	7:30- 8:30 pm	Mar 20	12	8-12 years	\$112.50	<a href="#">1432033</a>
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 22	11	8-12 years	\$103.25	<a href="#">1432038</a>
Pinecrest	613-580-9676	Mon.	7-8 pm	Jul 8	7	8-12 years	\$65.75	<a href="#">1464321</a>
Plant	613-232-3000	Thu.	5:30-6:30 pm	Apr 25	6	8-12 years	\$56.25	<a href="#">1434244</a>
Plant	613-232-3000	Sat.	5-6 pm	Apr 27	5	8-12 years	\$47	<a href="#">1434249</a>
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Mar 20	15	8-12 years	\$140.50	<a href="#">1441545</a>
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Mar 22	14	8-12 years	\$131.25	<a href="#">1441549</a>
Richcraft-Kanata	613-580-9696	Sat.	11 am-noon	Jul 6	7	8-12 years	\$65.75	<a href="#">1434955</a>
Richcraft-Kanata	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Aug 26	5	8-12 years	\$47	<a href="#">1466216</a>
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 26	11	8-12 years	\$103.25	<a href="#">1468831</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 9	7	8-12 years	\$65.75	<a href="#">1470323</a>
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Apr 1	8	8-12 years	\$75	<a href="#">1428540</a>
St-Laurent Complex	613-742-6767	Fri.	6-7 pm	Jul 5	9	8-12 years	\$84.50	<a href="#">1465805</a>
Walter Baker	613-580-2788	Tue.	4:45- 5:45 pm	Mar 19	11	8-12 years	\$103.25	<a href="#">1438242</a>
Walter Baker	613-580-2788	Thu.	7-8 pm	Mar 21	11	8-12 years	\$103.25	<a href="#">1467132</a>
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Mar 23	9	8-12 years	\$84.50	<a href="#">1467136</a>
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Mar 24	9	8-12 years	\$84.50	<a href="#">1438240</a>

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	13-14 years	\$65.75	<a href="#">1469427</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	Mar 22	7	15-17 years	\$74.25	<a href="#">1469412</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	13-14 years	\$56.25	<a href="#">1469430</a>
Lowertown	Ext. 44426	Fri.	6-7 pm	May 24	6	15-17 years	\$63.50	<a href="#">1469420</a>
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 8	9	13-14 years	\$84.50	<a href="#">1426929</a>
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 8	9	15-17 years	\$95.25	<a href="#">1426926</a>
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 2	8	13-14 years	\$75	<a href="#">1430513</a>
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 2	8	15-17 years	\$84.75	<a href="#">1430529</a>
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 18	10	13-14 years	\$93.75	<a href="#">1432024</a>
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 18	10	15-17 years	\$106	<a href="#">1432028</a>
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 20	12	13-14 years	\$112.50	<a href="#">1432034</a>
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 22	11	13-14 years	\$103.25	<a href="#">1432042</a>
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 22	11	15-17 years	\$116.50	<a href="#">1432046</a>
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 20	12	15-17 years	\$127	<a href="#">1432035</a>
Pinecrest	613-580-9676	Mon.	7-8 pm	Jul 8	7	13-14 years	\$65.75	<a href="#">1464335</a>



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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Mon.	7-8 pm	Jul 8	7	15-17 years	\$74.25	<a href="#">1464343</a>
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Mar 20	15	13-14 years	\$140.50	<a href="#">1441315</a>
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Mar 22	14	13-14 years	\$131.25	<a href="#">1441314</a>
Richcraft-Kanata	613-580-9696	Sat.	11 am-noon	Jul 6	7	13-14 years	\$65.75	<a href="#">1435165</a>
Richcraft-Kanata	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Aug 26	5	13-14 years	\$47	<a href="#">1466220</a>
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 26	11	13-14 years	\$103.25	<a href="#">1468835</a>
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 9	7	13-14 years	\$65.75	<a href="#">1470324</a>

## Advanced – Adult

Timed distances increase in this pre-competitive program for adults & 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:* 18 years of age & Powerswim Intermediate or recommendation by Instructor.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Mar 19	11	18+ years	\$165.75	<a href="#">1438245</a>
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Mar 21	11	18+ years	\$165.75	<a href="#">1438248</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	5-6 pm	Mar 19	9	8-12 years	\$84.50	<a href="#">1433047</a>
Canterbury	613-247-4865	Wed.	5:30-6:30 pm	Mar 20	9	8-12 years	\$84.50	<a href="#">1440861</a>
Canterbury	613-247-4865	Thu.	5-6 pm	Mar 21	9	8-12 years	\$84.50	<a href="#">1441100</a>
Canterbury	613-247-4865	Sun.	2:30-3:30 pm	Mar 24	8	8-12 years	\$75	<a href="#">1440830</a>
Crestview Outdoor	613-225-7250	Tue.-Fri.	11 am-noon	Jul 2	4	8-12 years	\$37.50	<a href="#">1431159</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 8	5	8-12 years	\$47	<a href="#">1431158</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 15	5	8-12 years	\$47	<a href="#">1431157</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 22	5	8-12 years	\$47	<a href="#">1431156</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 29	5	8-12 years	\$47	<a href="#">1431155</a>
Crestview Outdoor	613-225-7250	Tue.-Fri.	11 am-noon	Aug 6	4	8-12 years	\$37.50	<a href="#">1431161</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Aug 12	5	8-12 years	\$47	<a href="#">1431153</a>

## 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, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Aug 19	5	8-12 years	\$47	<a href="#">1431151</a>
Lowertown	Ext. 44426	Wed.	6-7 pm	Jul 3	7	8-12 years	\$65.75	<a href="#">1470045</a>
Nepean Sportsplex	613-580-2828	Tue., Thu.	5:30-6:30 pm	Jul 2	16	8-12 years	\$149.75	<a href="#">1474097</a>

## 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 & Swim Kids 6 OR ability to swim 75m nonstop. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	Ext. 37222	Fri.	5:30-6:30 pm	Mar 29	12	13-14 years	\$112.50	<a href="#">1468094</a>
Brewer	Ext. 37222	Fri.	5:30-6:30 pm	Mar 29	12	15-17 years	\$127	<a href="#">1468085</a>
Crestview Outdoor	613-225-7250	Tue.-Fri.	11 am-noon	Jul 2	4	13-14 years	\$37.50	<a href="#">1474396</a>
Crestview Outdoor	613-225-7250	Tue.-Fri.	11 am-noon	Jul 2	4	15-17 years	\$45.50	<a href="#">1474404</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 8	5	13-14 years	\$47	<a href="#">1474398</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 8	5	15-17 years	\$53	<a href="#">1474406</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 15	5	13-14 years	\$47	<a href="#">1474399</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 15	5	15-17 years	\$53	<a href="#">1474407</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 22	5	13-14 years	\$47	<a href="#">1474400</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 22	5	15-17 years	\$53	<a href="#">1474408</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 29	5	13-14 years	\$47	<a href="#">1474401</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Jul 29	5	15-17 years	\$53	<a href="#">1474409</a>
Crestview Outdoor	613-225-7250	Tue.-Fri.	11 am-noon	Aug 6	4	13-14 years	\$37.50	<a href="#">1474397</a>
Crestview Outdoor	613-225-7250	Tue.-Fri.	11 am-noon	Aug 6	4	15-17 years	\$45.50	<a href="#">1474405</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Aug 12	5	13-14 years	\$47	<a href="#">1474402</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Aug 12	5	15-17 years	\$53	<a href="#">1474410</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Aug 19	5	13-14 years	\$47	<a href="#">1474403</a>
Crestview Outdoor	613-225-7250	Mon.-Fri.	11 am-noon	Aug 19	5	15-17 years	\$53	<a href="#">1474411</a>

## 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 & Swim Kids 6 OR ability to swim 75m nonstop. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Ext. 44426	Wed.	6-7 pm	Jul 3	7	13-14 years	\$65.75	<a href="#">1470043</a>
Lowertown	Ext. 44426	Wed.	6-7 pm	Jul 3	7	15-17 years	\$74.25	<a href="#">1470044</a>
Nepean Sportsplex	613-580-2828	Tue., Thu.	5:30-6:30 pm	Jul 2	16	13-14 years	\$149.75	<a href="#">1474099</a>
Nepean Sportsplex	613-580-2828	Tue., Thu.	5:30-6:30 pm	Jul 2	16	15-17 years	\$169.75	<a href="#">1474098</a>

## 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. 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.	7-8 am	Mar 30	12	18+ years	\$95	<a href="#">1429535</a>
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:30-10 pm	Apr 1	10	18+ years	\$118.50	<a href="#">1429529</a>
Bob MacQuarrie-Orléans	613-580-9600	Wed.	7:30-8:30 pm	Apr 3	12	18+ years	\$95	<a href="#">1429531</a>
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Apr 10	11	18+ years	\$165.75	<a href="#">1426907</a>
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 18	10	18+ years	\$150.50	<a href="#">1432049</a>
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 22	11	18+ years	\$165.75	<a href="#">1432050</a>
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Jul 5	9	18+ years	\$135.50	<a href="#">1464082</a>
Sawmill Creek	613-521-4092	Thu.	6-7 pm	Mar 28	11	18+ years	\$165.75	<a href="#">1468471</a>