



Swimming: Certification and Specialty

Recreation eGuide

Spring and Summer 2018

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SWIMMING
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AQUAFITNESS
SCHEDULES



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Leadership and Instructor Awards

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Bronze Star

Must be comfortable swimming a minimum of 300 meters continuously. This level prepares candidates for timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	4:10-5 pm	Apr 12	11	10-14 years	\$74.75	1142333
Canterbury	613-247-4865	Tue., Thu.	5-6 pm	Jul 3	9	10-14 years	\$74.75	1149731
Canterbury	613-247-4865	Thu., Tue.	5-6 pm	Aug 2	9	10-14 years	\$74.75	1149733
Corkstown Outdoor	613-820-1636	Mon.-Fri.	11 am-noon	Jul 30	9	10-14 years	\$74.75	1155180
Deborah Anne Kirwan	613-247-4820	Sun.	12:15-1 pm	Apr 8	12	10-14 years	\$74.75	1163843
François Dupuis	613-580-8080	Sat.	noon-12:45 pm	Mar 17	12	10-14 years	\$74.75	1161648
François Dupuis	613-580-8080	Wed.	7:45-8:30 pm	Mar 21	12	10-14 years	\$74.75	1161641
François Dupuis	613-580-8080	Fri.	4:15-5 pm	Mar 23	12	10-14 years	\$74.75	1161644
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 3	9	10-14 years	\$74.75	1161880
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 16	10	10-14 years	\$74.75	1161882
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 30	9	10-14 years	\$74.75	1161883
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Aug 13	10	10-14 years	\$74.75	1161884
Goulbourn	613-580-2532	Thu.	8-9 pm	Mar 22	15	10-14 years	\$74.75	1149219
Goulbourn	613-580-2532	Sun.	noon-1 pm	Mar 25	12	10-14 years	\$74.75	1149221
Goulbourn	613-580-2532	Mon.-Fri.	11 am-noon	Jul 3	9	10-14 years	\$74.75	1162818
Goulbourn	613-580-2532	Mon.-Fri.	11 am-noon	Jul 16	10	10-14 years	\$74.75	1162824
Goulbourn	613-580-2532	Mon.-Fri.	11 am-noon	Jul 30	9	10-14 years	\$74.75	1162821
Goulbourn	613-580-2532	Mon.-Fri.	11 am-noon	Aug 13	5	10-14 years	\$74.75	1162828
Katimavik	613-591-9283	Mon.-Fri.	9-11 am	Jul 9	5	10-14 years	\$74.75	1146634
Katimavik	613-591-9283	Mon.-Fri.	9-11 am	Jul 30	5	10-14 years	\$74.75	1146635
Katimavik	613-591-9283	Mon.-Fri.	9-11 am	Aug 13	5	10-14 years	\$74.75	1146636
Minto-Barrhaven	613-727-2683	Mon.	6:30-7:30 pm	Apr 9	10	10-14 years	\$74.75	1139865
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Apr 13	11	10-14 years	\$74.75	1139863

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	Sun.	4-5 pm	Apr 15	10	10-14 years	\$74.75	1139869
Minto-Barrhaven	613-727-2683	Fri.	5:45-7 pm	Jul 6	8	10-14 years	\$74.75	1142113
Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Mar 20	14	10-14 years	\$74.75	1147255
Nepean Sportsplex	613-580-2828	Sat.	3-4 pm	Mar 24	12	10-14 years	\$74.75	1147254
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Mar 21	9	10-14 years	\$74.75	1162870
Pinecrest	613-828-3118	Mon.-Fri.	5-6 pm	Jul 3	9	10-14 years	\$74.75	1163604
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Jul 4	9	10-14 years	\$74.75	1163601
Pinecrest	613-828-3118	Mon.-Fri.	5-6 pm	Aug 13	9	10-14 years	\$74.75	1163607
Richcraft-Kanata	613-580-9696	Sat.	4-5 pm	Mar 24	9	10-14 years	\$74.75	1152212
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Mar 25	9	10-14 years	\$74.75	1152213
Richcraft-Kanata	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Jul 2	10	10-14 years	\$74.75	1164082
Richcraft-Kanata	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Jul 16	10	10-14 years	\$74.75	1164084
Richcraft-Kanata	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Jul 30	9	10-14 years	\$74.75	1164087
Richcraft-Kanata	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Aug 13	10	10-14 years	\$74.75	1164086
Sawmill Creek	613-521-4092	Fri.	4:30-6 pm	Jul 6	9	10-14 years	\$74.75	1164480
Splash Wave	613-748-4222	Sun.	9-10:30 am	Mar 25	7	10-14 years	\$74.75	1165090
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Mar 20	9	10-14 years	\$74.75	1138704
Walter Baker	613-580-2788	Sun.	10-11 am	Mar 25	9	10-14 years	\$74.75	1138705
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 3	9	10-14 years	\$74.75	1139976
Walter Baker	613-580-2788	Tue.	6:45-7:45 pm	Jul 3	9	10-14 years	\$74.75	1139981
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 16	9	10-14 years	\$74.75	1139977
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 30	9	10-14 years	\$74.75	1139979
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Aug 13	9	10-14 years	\$74.75	1139980

Bronze Star and Basic First Aid with CPR A

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8:30 pm	Apr 6	10	10-14 years	\$101.25	1150243
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Apr 8	10	10-14 years	\$101.25	1150249
Bob MacQuarrie-Orléans	613-580-9600	Thu.	5-7:15 pm	Jul 5	6	10-14 years	\$101.25	1159547
Plant	613-232-3000	Sun.	5:30-7 pm	Mar 25	7	10-14 years	\$101.25	1162806
Sawmill Creek	613-521-4092	Fri.	4-5:30 pm	Mar 23	11	10-14 years	\$101.25	1164478
Sawmill Creek	613-521-4092	Sat.	10-11:30 am	Mar 24	11	10-14 years	\$101.25	1164479

Bronze Medallion and Emergency First Aid w-CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to Location water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	13-14 years	\$128.25	1155188
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	15+ years	\$145	1155238
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	13-14 years	\$128.25	1155190
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	15+ years	\$145	1155241
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-noon	Jul 2	10	13-14 years	\$128.25	1159563
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-noon	Jul 2	10	15+ years	\$145	1159569
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Apr 6	10	13-14 years	\$128.25	1150260
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Apr 6	10	15+ years	\$145	1150279
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Apr 8	10	13-14 years	\$128.25	1150266
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Apr 8	10	15+ years	\$145	1150282
Brewer	Ext. 37222	Wed.	5:30-8:30 pm	Apr 4	10	13-14 years	\$128.25	1161632
Brewer	Ext. 37222	Wed.	5:30-8:30 pm	Apr 4	10	15+ years	\$145	1161636
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	13-14 years	\$128.25	1161584
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	15+ years	\$145	1161588
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	13-14 years	\$128.25	1161585
Brewer	Ext. 37222	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	15+ years	\$145	1161589
Canterbury	613-247-4865	Fri.	6:30-9:15 pm	Apr 13	11	13-14 years	\$128.25	1142270
Canterbury	613-247-4865	Fri.	6:30-9:15 pm	Apr 13	11	15+ years	\$145	1142278

Bronze Medallion and Emergency First Aid w-CPR-B

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Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue., Thu.	4-7:30 pm	Jul 3	9	13-14 years	\$128.25	1149594
Canterbury	613-247-4865	Tue., Thu.	4-7:30 pm	Jul 3	9	15+ years	\$145	1149607
Champagne	613-244-4402	Sat.-Sun.	2-7 pm	Apr 7	6	13-14 years	\$128.25	1159133
Champagne	613-244-4402	Sat.-Sun.	2-7 pm	Apr 7	6	15+ years	\$145	1159158
Deborah Anne Kirwan	613-247-4820	Tue.	4-6:30 pm	Apr 3	12	13-14 years	\$128.25	1162772
Deborah Anne Kirwan	613-247-4820	Tue.	4-6:30 pm	Apr 3	12	15+ years	\$145	1162779
Entrance Outdoor Pool	613-829-2705	Tue.-Fri., Mon.	9 am-12:15 pm	Jul 3	9	13-14 years	\$128.25	1170057
Entrance Outdoor Pool	613-829-2705	Tue.-Fri., Mon.	9 am-12:15 pm	Jul 3	9	15+ years	\$145	1170104
François Dupuis	613-580-8080	Wed.	5-9 pm	Mar 21	8	13-14 years	\$128.25	1161660
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	13-14 years	\$128.25	1170058
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	15+ years	\$145	1170105
Glen Cairn	613-591-9283	Mon.-Fri.	5-8 pm	Jul 16	10	13-14 years	\$128.25	1146596
Glen Cairn	613-591-9283	Mon.-Fri.	5-8 pm	Jul 16	10	15+ years	\$145	1146597
Goulbourn	613-580-2532	Sat.	4-7 pm	Apr 7	11	13-14 years	\$128.25	1149211
Goulbourn	613-580-2532	Sat.	4-7 pm	Apr 7	11	15+ years	\$145	1149215
Goulbourn	613-580-2532	Mon.-Fri.	8:30 am-noon	Jul 3	9	13-14 years	\$128.25	1162839
Goulbourn	613-580-2532	Mon.-Fri.	8:30 am-noon	Jul 3	9	15+ years	\$145	1162841
Kanata Wave Pool	613-591-9283	Tue.	5-8:15 pm	Apr 10	10	13-14 years	\$128.25	1146507
Kanata Wave Pool	613-591-9283	Tue.	5-8:15 pm	Apr 10	10	15+ years	\$145	1146523
Kanata Wave Pool	613-591-9283	Thu.	5-8:15 pm	Apr 12	10	13-14 years	\$128.25	1146515
Kanata Wave Pool	613-591-9283	Thu.	5-8:15 pm	Apr 12	10	15+ years	\$145	1146526
Katimavik	613-591-9283	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	13-14 years	\$128.25	1146626
Katimavik	613-591-9283	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	15+ years	\$145	1146632
Katimavik	613-591-9283	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	13-14 years	\$128.25	1146630
Katimavik	613-591-9283	Mon.-Fri.	9 am-12:15 pm	Jul 30	9	15+ years	\$145	1146633
Lowertown	Ext. 24426	Mon.	5-8 pm	Apr 9	10	13-14 years	\$128.25	1159116
Lowertown	Ext. 24426	Mon.	5-8 pm	Apr 9	10	15+ years	\$145	1159142
Minto-Barrhaven	613-727-2683	Tue.	6-9 pm	Apr 10	11	13-14 years	\$128.25	1139791

Bronze Medallion and Emergency First Aid w-CPR-B

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Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Tue.	6-9 pm	Apr 10	11	15+ years	\$145	1139860
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:30 pm	Apr 13	11	13-14 years	\$128.25	1139854
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:30 pm	Apr 13	11	15+ years	\$145	1139861
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2 pm	Jul 16	10	13-14 years	\$128.25	1142109
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2 pm	Jul 16	10	15+ years	\$145	1142111
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11 am-4 pm	Aug 13	5	13-14 years	\$128.25	1142110
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11 am-4 pm	Aug 13	5	15+ years	\$145	1142112
Nepean Sportsplex	613-580-2828	Sat.	5-7:30 pm	Mar 24	12	13-14 years	\$128.25	1142701
Nepean Sportsplex	613-580-2828	Sat.	5-7:30 pm	Mar 24	12	15+ years	\$145	1142703
Pinecrest	613-828-3118	Sat.	3-6 pm	Mar 24	10	13-14 years	\$128.25	1162803
Pinecrest	613-828-3118	Sat.	3-6 pm	Mar 24	10	15+ years	\$145	1162825
Pinecrest	613-828-3118	Tue.-Fri, Mon.,-Sun.	3-6 pm	Jul 3	10	13-14 years	\$128.25	1163593
Pinecrest	613-828-3118	Tue.-Fri., Mon.,-Sun.	3-6 pm	Jul 3	10	15+ years	\$145	1163595
Pinecrest	613-828-3118	Mon.-Fri.	3-6 pm	Jul 30	10	13-14 years	\$128.25	1163594
Pinecrest	613-828-3118	Mon.-Fri.	3-6 pm	Jul 30	10	15+ years	\$145	1163596
Plant	613-232-3000	Sun.	4:15-8:30 pm	Mar 25	7	13-14 years	\$128.25	1162769
Plant	613-232-3000	Sun.	4:15-8:30 pm	Mar 25	7	15+ years	\$145	1162782
Ray Friel	613-580-4765	Tue.	5-8 pm	Mar 20	10	13-14 years	\$128.25	1162596
Ray Friel	613-580-4765	Tue.	5-8 pm	Mar 20	10	15+ years	\$145	1162602
Sawmill Creek	613-521-4092	Sat.	6-8:30 pm	Mar 24	12	13-14 years	\$128.25	1164487
Sawmill Creek	613-521-4092	Sat.	6-8:30 pm	Mar 24	12	15+ years	\$145	1164488
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Jul 2	10	13-14 years	\$128.25	1164497
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Jul 2	10	15+ years	\$145	1164499
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Aug 13	10	13-14 years	\$128.25	1164498
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-noon	Aug 13	10	15+ years	\$145	1164500
Splash Wave Pool	613-748-4222	Sun.	8 am-12:30 pm	Mar 25	7	13-14 years	\$128.25	1161315
Splash Wave Pool	613-748-4222	Sun.	8 am-12:30 pm	Mar 25	7	15+ years	\$145	1161348
Splash Wave Pool	613-748-4222	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	13-14 years	\$128.25	1161336

Bronze Medallion and Emergency First Aid w-CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to Location water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Mon.-Fri.	9 am-12:15 pm	Jul 3	9	15+ years	\$145	1161371
St-Laurent	613-742-6767	Sun.	5:30-9:30 pm	Apr 8	9	12-14 years	\$128.25	1156105
St-Laurent	613-742-6767	Sun.	5:30-9:30 pm	Apr 8	9	15+ years	\$145	1156108
Walter Baker	613-580-2788	Thu.	5:30-8:30 pm	Mar 22	10	13-14 years	\$128.25	1138754
Walter Baker	613-580-2788	Thu.	5:30-8:30 pm	Mar 22	10	15+ years	\$145	1138756
Walter Baker	613-580-2788	Sun.	4-7:45 pm	Mar 25	8	13-14 years	\$128.25	1138755
Walter Baker	613-580-2788	Sun.	4-7:45 pm	Mar 25	8	15+ years	\$145	1138757
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 3	9	13-14 years	\$128.25	1139989
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 3	9	15+ years	\$145	1140230
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 30	9	13-14 years	\$128.25	1140219
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-noon	Jul 30	9	15+ years	\$145	1140231
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 27	5	13-14 years	\$128.25	1140223
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 27	5	15+ years	\$145	1140235

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
Brewer	Ext. 37222	Tue.	5:30-8:30 pm	Apr 3	9	12-14 years	\$97	1161627
Brewer	Ext. 37222	Tue.	5:30-8:30 pm	Apr 3	9	15+ years	\$109.75	1161618
Brewer	Ext. 37222	Mon.-Fri.	9 am-noon	Jul 16	9	12-14 years	\$97	1161596
Brewer	Ext. 37222	Mon.-Fri.	9 am-noon	Jul 16	9	15+ years	\$109.75	1161604
Brewer	Ext. 37222	Mon.-Fri.	9 am-noon	Aug 13	9	12-14 years	\$97	1161597
Brewer	Ext. 37222	Mon.-Fri.	9 am-noon	Aug 13	9	15+ years	\$109.75	1161605
Canterbury	613-247-4865	Fri.	6:30-9:15 pm	Apr 13	11	12-14 years	\$97	1142289
Canterbury	613-247-4865	Fri.	6:30-9:15 pm	Apr 13	11	15+ years	\$109.75	1142295
Canterbury	613-247-4865	Thu., Tue.	4-7:15 pm	Aug 2	9	12-14 years	\$97	1149627
Canterbury	613-247-4865	Thu., Tue.	4-7:15 pm	Aug 2	9	15+ years	\$109.75	1149642

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
François Dupuis	613-580-8080	Wed.	5-9 pm	May 16	7	14 years	\$97	1161671
François Dupuis	613-580-8080	Wed.	5-9 pm	May 16	7	15+ years	\$109.75	1161675
François Dupuis	613-580-8080	Wed.	5-9 pm	May 16	7	15+ years	\$109.75	1165206
Plant	613-232-3000	Sun.	4:30-8:30 pm	Mar 25	7	12-14 years	\$97	1162789
Plant	613-232-3000	Sun.	4:30-8:30 pm	Mar 25	7	15+ years	\$109.75	1162801
Sawmill Creek	613-521-4092	Sat.	6-8:30 pm	Mar 24	12	12-14 years	\$97	1164489
Sawmill Creek	613-521-4092	Sat.	6-8:30 pm	Mar 24	12	15+ years	\$109.75	1164490
Sawmill Creek	613-521-4092	Mon.-Fri.	9:30 am-noon	Jul 16	10	12-14 years	\$97	1164501
Sawmill Creek	613-521-4092	Mon.-Fri.	9:30 am-noon	Jul 16	10	15+ years	\$109.75	1164502
St-Laurent	613-742-6767	Sun.	5:30-9 pm	Apr 8	9	12-14 years	\$97	1156109
St-Laurent	613-742-6767	Sun.	5:30-9 pm	Apr 8	9	15+ years	\$109.75	1156114
Walter Baker	613-580-2788	Sat.	4-7:30 pm	Mar 24	8	12-14 years	\$97	1138804
Walter Baker	613-580-2788	Sat.	4-7:30 pm	Mar 24	8	15+ years	\$109.75	1138805
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Jul 16	9	14 years	\$97	1140245
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Jul 16	9	15+ years	\$109.75	1140259
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Aug 13	9	14 years	\$97	1140249
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Aug 13	9	15+ years	\$109.75	1140260
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 27	5	14 years	\$97	1140254
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 27	5	15+ years	\$109.75	1140261

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

Prerequisites: Bronze Medallion and Emergency First Aid Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 16	10	12-14 years	\$141.50	1155251
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 16	10	15+ years	\$160	1155265
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Aug 13	10	12-14 years	\$141.50	1155256
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Aug 13	10	15+ years	\$160	1155268

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

Prerequisites: Bronze Medallion and Emergency First Aid Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Jul 16	10	12-14 years	\$141.50	1159446
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Jul 16	10	15+ years	\$160	1159452
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:15-9:30 pm	Apr 6	10	12-14 years	\$141.50	1150288
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:15-9:30 pm	Apr 6	10	15+ years	\$160	1150311
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:45-9 pm	Apr 8	10	12-14 years	\$141.50	1150298
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:45-9 pm	Apr 8	10	15+ years	\$160	1150317
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Apr 28	6	12-14 years	\$141.50	1159173
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	Apr 28	6	15+ years	\$160	1159190
Entrance Outdoor Pool	613-829-2705	Mon.-Fri.	9:30 am-1 pm	Jul 30	9	14 years	\$141.50	1170155
Entrance Outdoor Pool	613-829-2705	Mon.-Fri..	9:30 am-1 pm	Jul 30	9	15+ years	\$160	1170158
General Burns Outdoor	613-225-7970	Tue.-Fri., Mon.	9 am-12:45 pm	Jul 3	9	14 years	\$141.50	1170154
General Burns Outdoor	613-225-7970	Tue.-Fri., Mon.	9 am-12:45 pm	Jul 3	9	15+ years	\$160	1170156
Glen Cairn	613-591-9283	Mon.-Fri.	4:15-8 pm	Jul 3	9	12-14 years	\$141.50	1146592
Glen Cairn	613-591-9283	Mon.-Fri.	4:15-8 pm	Jul 3	9	15+ years	\$160	1146594
Glen Cairn	613-591-9283	Mon.-Fri.	4:15-8 pm	Jul 30	9	12-14 years	\$141.50	1146593
Glen Cairn	613-591-9283	Mon.-Fri.	4:15-8 pm	Jul 30	9	15+ years	\$160	1146595
Goulbourn	613-580-2532	Sat.	4-7 pm	Apr 7	11	12-14 years	\$141.50	1149201
Goulbourn	613-580-2532	Sat.	4-7 pm	Apr 7	11	15+ years	\$160	1149205
Goulbourn	613-580-2532	Mon.-Fri.	8:30 am-noon	Jul 16	10	12-14 years	\$141.50	1162832
Goulbourn	613-580-2532	Mon.-Fri.	8:30 am-noon	Jul 16	10	15+ years	\$160	1162835
Kanata Wave Pool	613-591-9283	Mon.	4:30-8 pm	Apr 9	10	12-14 years	\$141.50	1145928
Kanata Wave Pool	613-591-9283	Mon.	4:30-8 pm	Apr 9	10	15+ years	\$160	1145942
Kanata Wave Pool	613-591-9283	Sat.	3-7 pm	Apr 14	9	12-14 years	\$141.50	1146492
Kanata Wave Pool	613-591-9283	Sat.	3-7 pm	Apr 14	9	15+ years	\$160	1146495
Katimavik	613-591-9283	Mon.-Fri.	9 am-12:30 pm	Jul 16	10	12-14 years	\$141.50	1146618
Katimavik	613-591-9283	Mon.-Fri.	9 am-12:30 pm	Jul 16	10	15+ years	\$160	1146623
Lowertown	Ext. 24426	Mon.	5-8 pm	Apr 9	11	12-14 years	\$141.50	1159166
Lowertown	Ext. 24426	Mon.	5-8 pm	Apr 9	11	15+ years	\$160	1159181
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Apr 9	10	14 years	\$141.50	1139754
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Apr 9	10	15+ years	\$160	1139786

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

Prerequisites: Bronze Medallion and Emergency First Aid Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 3	9	14 years	\$141.50	1142105
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 3	9	15+ years	\$160	1142106
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 30	9	14 years	\$141.50	1142108
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-2 pm	Jul 30	9	15+ years	\$160	1142107
Nepean Sportsplex	613-580-2828	Fri.	5:15-8:30 pm	Apr 6	11	12-14 years	\$141.50	1142704
Nepean Sportsplex	613-580-2828	Fri.	5:15-8:30 pm	Apr 6	11	15+ years	\$160	1142706
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Mar 24	10	12-14 years	\$141.50	1162846
Pinecrest	613-828-3118	Sat.	2:45-6 pm	Mar 24	10	15+ years	\$160	1162856
Pinecrest	613-828-3118	Mon.-Fri.,Sun.	3-6 pm	Jul 16	11	12-14 years	\$141.50	1163597
Pinecrest	613-828-3118	Mon.-Fri.,Sun.	3-6 pm	Jul 16	11	15+ years	\$160	1163599
Pinecrest	613-828-3118	Mon.-Fri.,Sun.	3-6 pm	Aug 13	11	12-14 years	\$141.50	1163634
Pinecrest	613-828-3118	Mon.-Fri.,Sun.	3-6 pm	Aug 13	11	15+ years	\$160	1163638
Ray Friel	613-580-4765	Thu.	5-8:30 pm	Mar 22	10	12-14 years	\$141.50	1162618
Ray Friel	613-580-4765	Thu.	5-8:30 pm	Mar 22	10	15+ years	\$160	1162622
Splash Wave Pool	613-748-4222	Sun.	11 am-4 pm	Mar 25	7	12-14 years	\$141.50	1161392
Splash Wave Pool	613-748-4222	Sun.	11 am-4 pm	Mar 25	7	15+ years	\$160	1161608
Splash Wave Pool	613-748-4222	Mon.-Fri.	9 am-12:30 pm	Jul 16	10	12-14 years	\$141.50	1161566
Splash Wave Pool	613-748-4222	Mon.-Fri.	9 am-12:30 pm	Jul 16	10	15+ years	\$160	1161620

Junior Waterfront Lifeguard Club Certification Camp

Calling all future lifeguards! Join us on the beach for this combined course that certifies participants in Standard First Aid and CPR 'C' and AED, Bronze Star, Bronze Medallion and Bronze Cross. Exams included. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Westboro Beach (Kitchissippi Lookout)	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 3	9	10-14 years	\$414.25	1155442
Westboro Beach (Kitchissippi Lookout)	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 3	9	15+ years	\$467.75	1155502
Westboro Beach (Kitchissippi Lookout)	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 16	10	10-14 years	\$460.25	1155465
Westboro Beach (Kitchissippi Lookout)	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 16	10	15+ years	\$519.75	1155522
Westboro Beach (Kitchissippi Lookout)	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 30	9	10-14 years	\$414.25	1155473
Westboro Beach (Kitchissippi Lookout)	Ext. 16966	Mon.-Fri.	8 am-5 pm	Jul 30	9	15+ years	\$467.75	1155508

Standard First Aid with CPR-C and AED

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Apr 21	2	12-14 years	\$122.50	1157025
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Apr 21	2	15+ years	\$138.50	1157032
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jun 9	2	12-14 years	\$122.50	1157028
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jun 9	2	15+ years	\$138.50	1157034
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jul 21	2	12-14 years	\$122.50	1159620
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jul 21	2	15+ years	\$138.50	1159612
Canterbury	613-247-4865	Sat.	9 am-5 pm	Apr 21	2	12-14 years	\$122.50	1142347
Canterbury	613-247-4865	Sat.	9 am-5 pm	Apr 21	2	15+ years	\$138.50	1142342
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Apr 21	2	12-14 years	\$122.50	1159040
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Apr 21	2	15+ years	\$138.50	1159021
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Jun 16	2	12-14 years	\$122.50	1159049
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Jun 16	2	15+ years	\$138.50	1159034
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Jul 21	2	12-14 years	\$122.50	1158862
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Jul 21	2	15+ years	\$138.50	1158878
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Aug 11	2	12-14 years	\$122.50	1158938
Jules Morin Park	Ext. 44426	Sat.-Sun.	8 am-5:30 pm	Aug 11	2	15+ years	\$138.50	1158942
Kanata Wave Pool	613-591-9283	Sat.-Sun.	8 am-4 pm	Apr 21	2	12-14 years	\$122.50	1149251
Kanata Wave Pool	613-591-9283	Sat.-Sun.	8 am-4 pm	Apr 21	2	15+ years	\$138.50	1149243
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 7	2	12-14 years	\$122.50	1139875
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 7	2	15+ years	\$138.50	1139878
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 12	2	12-14 years	\$122.50	1139876
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 12	2	15+ years	\$138.50	1139879
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 9	2	12-14 years	\$122.50	1139877
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 9	2	15+ years	\$138.50	1139880
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 7	2	12-14 years	\$122.50	1142120
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 7	2	15+ years	\$138.50	1142114
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Aug 11	2	12-14 years	\$122.50	1142121
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Aug 11	2	15+ years	\$138.50	1142115

Standard First Aid with CPR-C and AED

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Apr 21	2	12-14 years	\$122.50	1142754
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Apr 21	2	15+ years	\$138.50	1142759
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	May 26	2	12-14 years	\$122.50	1142755
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	May 26	2	15+ years	\$138.50	1142760
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jun 23	2	12-14 years	\$122.50	1142756
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jun 23	2	15+ years	\$138.50	1142761
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8:30 am-4:30 pm	Jul 21	2	12-14 years	\$122.50	1142757
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8:30 am-4:30 pm	Jul 21	2	15+ years	\$138.50	1142758
Pinecrest	613-828-3118	Sat.	8:30 am-4:30 pm	Apr 14	2	12-14 years	\$122.50	1163067
Pinecrest	613-828-3118	Sat.	8:30 am-4:30 pm	Apr 14	2	15+ years	\$138.50	1163074
Pinecrest	613-828-3118	Wed.-Thu.	8:30 am-4:30 pm	Jun 20	2	12-14 years	\$122.50	1163068
Pinecrest	613-828-3118	Wed.-Thu.	8:30 am-4:30 pm	Jun 20	2	15+ years	\$138.50	1163076
Pinecrest	613-828-3118	Sat.-Sun.	8 am-5 pm	Aug 25	2	12-14 years	\$122.50	1163619
Pinecrest	613-828-3118	Sat.-Sun.	8 am-5 pm	Aug 25	2	15+ years	\$138.50	1163624
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Apr 14	2	12-14 years	\$122.50	1162638
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Apr 14	2	15+ years	\$138.50	1162636
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Jun 2	2	12-14 years	\$122.50	1159420
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Jun 2	2	15+ years	\$138.50	1159417
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Mar 31	2	12-14 years	\$122.50	1164492
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Mar 31	2	15+ years	\$138.50	1164493
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Apr 28	2	12-14 years	\$122.50	1161174
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Apr 28	2	15+ years	\$138.50	1161132
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Jun 16	2	12-14 years	\$122.50	1161181
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Jun 16	2	15+ years	\$138.50	1161134
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Aug 25	2	12-14 years	\$122.50	1161193
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Aug 25	2	15+ years	\$138.50	1161149
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 17	2	12-14 years	\$122.50	1156127
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 17	2	15+ years	\$138.50	1156131

Standard First Aid with CPR-C and AED

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	May 12	2	12-14 years	\$122.50	1156129
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	May 12	2	15+ years	\$138.50	1156132
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Apr 21	2	12-14 years	\$122.50	1138908
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Apr 21	2	15+ years	\$138.50	1138910
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jun 2	2	12-14 years	\$122.50	1138909
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jun 2	2	15+ years	\$138.50	1138911
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jul 14	2	12-14 years	\$122.50	1140310
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jul 14	2	15+ years	\$138.50	1140429
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 11	2	12-14 years	\$122.50	1140319
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 11	2	15+ years	\$138.50	1140431

Standard First Aid and CPR+AED Recert

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Apr 8	1	12-14 years	\$80	1157036
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Apr 8	1	15+ years	\$90.50	1157046
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Jun 24	1	12-14 years	\$80	1157037
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Jun 24	1	15+ years	\$90.50	1157047
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Aug 4	1	12-14 years	\$80	1159631
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Aug 4	1	15+ years	\$90.50	1159624
Canterbury	613-247-4865	Sat.	9 am-5 pm	Mar 24	1	12-14 years	\$80	1142350
Canterbury	613-247-4865	Sat.	9 am-5 pm	Mar 24	1	15+ years	\$90.50	1142348
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jun 9	1	12-14 years	\$80	1142351
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jun 9	1	15+ years	\$90.50	1142349
Kanata Wave Pool	613-591-9283	Sun.	8 am-4 pm	Jun 3	1	12-14 years	\$80	1149238
Kanata Wave Pool	613-591-9283	Sun.	8 am-4 pm	Jun 3	1	15+ years	\$90.50	1149240

Standard First Aid and CPR+AED Recert

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 14	1	12-14 years	\$80	1139881
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 14	1	15+ years	\$90.50	1139884
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 26	1	12-14 years	\$80	1139882
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 26	1	15+ years	\$90.50	1139885
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 23	1	12-14 years	\$80	1139883
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 23	1	15+ years	\$90.50	1139886
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jul 14	1	12-14 years	\$80	1142154
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jul 14	1	15+ years	\$90.50	1142118
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 18	1	12-14 years	\$80	1142155
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 18	1	15+ years	\$90.50	1142119
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	May 6	1	12-14 years	\$80	1141804
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	May 6	1	15+ years	\$90.50	1141818
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Jun 10	1	12-14 years	\$80	1141805
Nepean Sportsplex	613-580-2828	Sun.	9 am-5 pm	Jun 10	1	15+ years	\$90.50	1141819
Nepean Sportsplex	613-580-2828	Wed.	9 am-5 pm	Jul 25	1	12-14 years	\$80	1141807
Nepean Sportsplex	613-580-2828	Wed.	9 am-5 pm	Jul 25	1	15+ years	\$90.50	1141811
Pinecrest	613-828-3118	Sat.	8:30 am-4:30 pm	Apr 7	1	12-14 years	\$80	1163082
Pinecrest	613-828-3118	Sat.	8:30 am-4:30 pm	Apr 7	1	15+ years	\$90.50	1163091
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Jun 22	1	12-14 years	\$80	1163084
Pinecrest	613-828-3118	Fri.	8:30 am-4:30 pm	Jun 22	1	15+ years	\$90.50	1163094
Pinecrest	613-828-3118	Sun.	11 am-7 pm	Aug 19	1	12-14 years	\$80	1163613
Pinecrest	613-828-3118	Sun.	11 am-7 pm	Aug 19	1	15+ years	\$90.50	1163616
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Apr 29	1	12-14 years	\$80	1162834
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Apr 29	1	15+ years	\$90.50	1162852
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	May 27	1	12-14 years	\$80	1162836
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	May 27	1	15+ years	\$90.50	1162848
Ray Friel	613-580-4765	Sat.	9 am-5 pm	May 5	1	12-14 years	\$80	1162641
Ray Friel	613-580-4765	Sat.	9 am-5 pm	May 5	1	15+ years	\$90.50	1162644

Standard First Aid and CPR+AED Recert

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jun 3	1	12-14 years	\$80	1162642
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jun 3	1	15+ years	\$90.50	1162645
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Jun 17	1	12-14 years	\$80	1159438
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Jun 17	1	15+ years	\$90.50	1159429
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Mar 24	1	12-14 years	\$80	1164494
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Mar 24	1	15+ years	\$90.50	1164495
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Apr 14	1	12-14 years	\$80	1162142
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Apr 14	1	15+ years	\$90.50	1162138
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	May 26	1	12-14 years	\$80	1162143
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	May 26	1	15+ years	\$90.50	1162139
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Jul 28	1	12-14 years	\$80	1162147
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Jul 28	1	15+ years	\$90.50	1162140
St-Laurent	613-742-6767	Sun.	9 am-5 pm	Apr 22	1	12-14 years	\$80	1156135
St-Laurent	613-742-6767	Sun.	9 am-5 pm	Apr 22	1	15+ years	\$90.50	1156140
St-Laurent	613-742-6767	Sun.	9 am-5 pm	Jun 10	1	12-14 years	\$80	1156136
St-Laurent	613-742-6767	Sun.	9 am-5 pm	Jun 10	1	15+ years	\$90.50	1156142
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Apr 29	1	12-14 years	\$80	1138954
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Apr 29	1	15+ years	\$90.50	1138956
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 27	1	12-14 years	\$80	1138955
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 27	1	15+ years	\$90.50	1138957
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 8	1	12-14 years	\$80	1140438

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross-not required to be current. Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours – minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	5-9 pm	Apr 6	4	15+ years	\$219.75	1156968
Bob MacQuarrie-Orléans	613-580-9600	Tue.,Thu	3-7 pm	Jul 3	4	15+ years	\$219.75	1159596
Brewer	Ext. 37222	Sat.	9 am-1 pm	Apr 14	4	15+ years	\$219.75	1161686
Canterbury	613-247-4865	Thu.	5:30-7:30 pm	Apr 12	4	15+ years	\$219.75	1142472
Goulbourn	613-580-2532	Fri.	5-9 pm	Mar 23	4	15+ years	\$219.75	1149227
Goulbourn	613-580-2532	Fri.	5-9 pm	May 4	4	15+ years	\$219.75	1149247
Goulbourn	613-580-2532	Tue., Thu.	4:30-8:30 pm	Jul 17	4	15+ years	\$219.75	1162843
Jules Morin Park	Ext. 24426	Sun.	2-4 pm	Mar 25	4	15+ years	\$219.75	1159265
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Apr 15	5	15+ years	\$219.75	1139907
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Apr 15	5	15+ years	\$219.75	1139908
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	May 27	5	15+ years	\$219.75	1139909
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	May 27	5	15+ years	\$219.75	1139910
Minto-Barrhaven	613-727-2683	Tue.	7:30-9:30 pm	Jul 17	5	15+ years	\$219.75	1142174
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Mar 19	4	15+ years	\$219.75	1141756
Pinecrest	613-828-3118	Wed.	4:30-6:30 pm	Mar 21	4	15+ years	\$219.75	1162937
Pinecrest	613-828-3118	Wed.	4:30-6:30 pm	May 16	4	15+ years	\$219.75	1162957
Pinecrest	613-828-3118	Wed.	4:30-6:30 pm	Jul 4	4	15+ years	\$219.75	1163175
Pinecrest	613-828-3118	Wed.	4:30-6:30 pm	Aug 1	4	15+ years	\$219.75	1163178
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Mar 21	4	15+ years	\$219.75	1159229
Richcraft-Kanata	613-580-9696	Mon.,Wed.	2-6 pm	Jul 2	4	15+ years	\$219.75	1159240
Sawmill Creek	613-521-4092	Sun.	3:30-7:30 pm	Apr 8	4	15+ years	\$219.75	1164481
Sawmill Creek	613-521-4092	Tue.	5-9 pm	Jul 3	4	15+ years	\$219.75	1164482
Sawmill Creek	613-521-4092	Tue.	5-9 pm	Jul 31	4	15+ years	\$219.75	1164483
Splash Wave Pool	613-748-4222	Mon.	5-9 pm	Mar 19	4	15+ years	\$219.75	1162170
Splash Wave Pool	613-748-4222	Mon., Wed.	5-9 pm	Jul 9	4	15+ years	\$219.75	1162174
Splash Wave Pool	613-748-4222	Mon., Wed.	5-9 pm	Jul 23	4	15+ years	\$219.75	1162175
St-Laurent	613-742-6767	Sat.	4:30-8:30 pm	Apr 7	4	15+ years	\$219.75	1156163

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross-not required to be current. Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours – minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.	4:30-8:30 pm	Apr 7	4	15+ years	\$219.75	1156170
Walter Baker	613-580-2788	Wed.	6:30-9 pm	Apr 4	4	15+ years	\$219.75	1139005
Walter Baker	613-580-2788	Wed.	6:30-9 pm	May 2	4	15+ years	\$219.75	1139054
Walter Baker	613-580-2788	Sat.	4-6:30 pm	Jul 7	4	15+ years	\$219.75	1140448
Walter Baker	613-580-2788	Sat.	4-5:30 pm	Aug 11	4	15+ years	\$219.75	1140451

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	Sat.-Sun.	9 am-4:30 pm	May 12	4	15+ years	\$196.25	1156985
Bob MacQuarrie-Orléans	613-580-9600	Tue.,Thu.	2-8 pm	Jul 31	4	15+ years	\$196.25	1159598
Canterbury	613-247-4865	Thu.	4:30-9:30 pm	May 31	5	15+ years	\$196.25	1142483
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Jun 16	4	15+ years	\$196.25	1149255
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Aug 11	4	15+ years	\$196.25	1162844
Minto-Barrhaven	613-727-2683	Tue.	5-9 pm	Apr 17	7	15+ years	\$196.25	1139916
Minto-Barrhaven	613-727-2683	Mon.-Fri.	9 am-3 pm	Aug 27	5	15+ years	\$196.25	1142241
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	May 16	6	15+ years	\$196.25	1141761
Pinecrest	613-828-3118	Wed., Sun.	5:30-6:30 pm	Apr 18	8	15+ years	\$196.25	1163018
Pinecrest	613-828-3118	Mon.-Fri.	1-3 pm	Aug 27	5	15+ years	\$196.25	1163199
Richcraft-Kanata	613-580-9696	Wed.	5:30-10 pm	May 9	6	15+ years	\$196.25	1159274
Richcraft-Kanata	613-580-9696	Mon.,Wed.	4-8 pm	Jul 30	6	15+ years	\$196.25	1159261
Sawmill Creek	613-521-4092	Fri.-Sat.	5-10 pm	May 25	4	15+ years	\$196.25	1164484
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-3 pm	Aug 27	5	15+ years	\$196.25	1164485
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-3:30 pm	Apr 21	4	15+ years	\$196.25	1162177

Red Cross Water Safety Instructor Part 2

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Mon., Wed.	10 am-4:30 pm	Aug 13	4	15+ years	\$196.25	1162179
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	Jun 1	4	15+ years	\$196.25	1156190
Walter Baker	613-580-2788	Sat.	9 am-4:30 pm	May 5	4	15+ years	\$196.25	1139659
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Jul 16	5	15+ years	\$196.25	1140454
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Jul 30	5	15+ years	\$196.25	1140455
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Aug 27	5	15+ years	\$196.25	1140456

Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidate will be evaluated on their strokes at the Red Cross Swim kids 10 level. 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.	1-6 pm	Mar 24	1	16+ years	\$73	1157012
Bob MacQuarrie-Orléans	613-580-9600	Sat.	1-6 pm	Jun 16	1	16+ years	\$73	1157017
Bob MacQuarrie-Orléans	613-580-9600	Thu.	3-8 pm	Jul 12	1	16+ years	\$73	1159607
Kanata Wave Pool	613-591-9283	Sat.	2-6 pm	Jun 2	1	16+ years	\$73	1149213
Lowertown	Ext. 24426	Sat.	4-9 pm	May 12	1	16+ years	\$73	1159295
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	Apr 25	1	15+ years	\$73	1139914
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	May 30	1	15+ years	\$73	1139915
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Mar 22	1	16+ years	\$73	1141776
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Jun 7	1	16+ years	\$73	1141777
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Jun 28	1	16+ years	\$73	1141779
Pinecrest	613-828-3118	Sat.	3-5 pm	Jun 9	1	16+ years	\$73	1162988
Pinecrest	613-828-3118	Wed.	3-8 pm	Aug 29	1	16+ years	\$73	1163627
Plant	613-232-3000	Sat.	3-8 pm	May 12	1	16+ years	\$73	1162878
Plant	613-232-3000	Sat.	3-8 pm	Jun 16	1	16+ years	\$73	1162879
Plant	613-232-3000	Sun.	3-8 pm	Jul 8	1	16+ years	\$73	1162883

Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidate will be evaluated on their strokes at the Red Cross Swim kids 10 level. 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	Wed.	5-10 pm	May 2	1	16+ years	\$73	1159277
Walter Baker	613-580-2788	Sat.	1-6 pm	Apr 28	1	15+ years	\$73	1139660
Walter Baker	613-580-2788	Sat.	1-6 pm	May 26	1	15+ years	\$73	1139661
Walter Baker	613-580-2788	Sun.	8 am-1 pm	Jul 22	1	16+ years	\$73	1140457
Walter Baker	613-580-2788	Sun.	8 am-1 pm	Aug 19	1	16+ years	\$73	1140462

Lifesaving Instructor

Prerequisites: 16 years of age by the last day of the course, Bronze Cross or NLS. Training for instructors that allow them to teach the LS Swim Patrol levels, Bronze Star, Bronze Medallion and Bronze Cross. Includes lesson design, advanced skill progressions, and adult learning principles. Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics. 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.	3-9:15 pm	May 26	4	16+ years	\$124	1156955
Bob MacQuarrie-Orléans	613-580-9600	Tue.-Thu.	2-8 pm	July 17	4	16+ years	\$124	1165138
Brewer	Ext. 37222	Sun.	9 am-4 pm	May 27	4	16+ years	\$124	1161690
Canterbury	613-247-4865	Sat., Thu.	9 am-5 pm	May 5	4	16+ years	\$124	1142501
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Apr 21	4	16+ years	\$124	1149253
Goulbourn	613-580-2532	Sat.-Sun.	9 am-3:30 pm	Jul 7	4	16+ years	\$124	1162854
Jules Morin Park	Ext. 24426	Sat.-Sun.	9 am-4 pm	Apr 7	4	16+ years	\$124	1159311
Minto-Barrhaven	613-727-2683	Fri.	4:30-9:30 pm	May 18	6	16+ years	\$124	1139913
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10 am-3 pm	Aug 13	5	16+ years	\$124	1142249
Nepean Sportsplex	613-580-2828	Mon.	4:30-9 pm	Apr 30	6	16+ years	\$124	1141617
Nepean Sportsplex	613-580-2828	Mon.-Fri.	4:30-9:30 pm	Jun 25	5	16+ years	\$124	1141619
Pinecrest	613-828-3118	Fri.-Sat.	4:30-7:30 pm	Jun 1	4	16+ years	\$124	1163041
Richcraft-Kanata	613-580-9696	Sat.	5-10 pm	Apr 7	6	16+ years	\$124	1163960
Richcraft-Kanata	613-580-9696	Sat.	9 am-2 pm	Jul 7	6	16+ years	\$124	1164016
Sawmill Creek	613-521-4092	Sun., Fri.	9:30 am-5:30 pm	May 6	4	16+ years	\$124	1164486
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-3:30 pm	May 5	4	16+ years	\$124	1161237
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-3:30 pm	Jul 14	4	16+ years	\$124	1161211

Lifesaving Instructor

Prerequisites: 16 years of age by the last day of the course, Bronze Cross or NLS. Training for instructors that allow them to teach the LS Swim Patrol levels, Bronze Star, Bronze Medallion and Bronze Cross. Includes lesson design, advanced skill progressions, and adult learning principles. Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Fri.	5-10 pm	Apr 6	4	16+ years	\$124	1156179
Walter Baker	613-580-2788	Sun.	10 am-5 pm	Apr 8	4	16+ years	\$124	1139004
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 23	5	16+ years	\$124	1140445
Walter Baker	613-580-2788	Mon.-Fri.	2-7 pm	Aug 27	5	16+ years	\$124	1140446

National Lifeguard

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. 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
Beaverbrook Outdoor	613-591-3061	Mon.-Sat.	9 am-1:30 pm	Aug 7	11	16+ years	\$160	1159398
Canterbury	613-247-4865	Sun.	1-6:30 pm	Apr 15	9	16+ years	\$160	1142301
Champagne	613-244-4402	Sat.-Sun.	2-8 pm	May 26	8	16+ years	\$160	1159256
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-2 pm	Jul 16	9	16+ years	\$160	1170160
Goulbourn	613-580-2532	Sat.	2:30-7 pm	Apr 7	10	16+ years	\$160	1149197
Goulbourn	613-580-2532	Mon.-Fri.	9 am-2 pm	Jul 30	9	16+ years	\$160	1162830
Kanata Wave Pool	613-591-9283	Sun.	3-8:15 pm	Apr 15	9	16+ years	\$160	1146462
Lowertown	Ext. 24426	Mon.	5-9 pm	Apr 9	11	16+ years	\$160	1159228
Minto-Barrhaven	613-727-2683	Mon.	4:30-9:30 pm	Apr 9	10	16+ years	\$160	1139705
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-3 pm	Aug 20	10	16+ years	\$160	1142104
Nepean Sportsplex	613-580-2828	Wed.	5-9:30 pm	Mar 21	10	16+ years	\$160	1141625
Pinecrest	613-828-3118	Sun.	5-7 pm	Mar 25	10	16+ years	\$160	1162881
Ray Friel	613-580-4765	Sat.	1-6 pm	Apr 7	9	16+ years	\$160	1162733
Richcraft-Kanata	613-580-9696	Mon.	5:30-10 pm	Mar 26	10	16+ years	\$160	1159372
Sawmill Creek	613-521-4092	Sun.	3-7 pm	Mar 25	12	16+ years	\$160	1164491
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-2 pm	Jul 30	9	16+ years	\$160	1164503
Splash Wave Pool	613-748-4222	Thu.-Fri.	4:30-9:30 pm	Mar 22	9	16+ years	\$160	1162131

National Lifeguard

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. 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
Splash Wave Pool	613-748-4222	Mon.-Fri.	9 am-2 pm	Jul 30	9	16+ years	\$160	1162134
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Apr 7	9	16+ years	\$160	1156122
Walter Baker	613-580-2788	Sun.	2:30-8 pm	Mar 25	8	16+ years	\$160	1138809
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 3	9	16+ years	\$160	1140272
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 30	9	16+ years	\$160	1140273
Walter Baker	613-580-2788	Sun.-Fri.	8 am-4 pm	Aug 26	6	16+ years	\$160	1140284

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 recognized). National award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Airway Management certification included. Required additional 2-hour assignment. Manual fee extra.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Apr 8	11	16+ years	\$184.75	1150405

National Lifeguard with Airway Management

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-1:45 pm	Jul 16	10	16+ years	\$184.75	1155279
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-1:45 pm	Aug 13	10	16+ years	\$184.75	1155281

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 Park	Ext. 16966	Thu.-Sun.	4-9 pm, 8 am-5 pm	Jun 14	4	16+ years	\$160	1155651

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 29	1	16+ years	\$73	1159407
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11:30 am-4:30 pm	Apr 15	1	16+ years	\$73	1157059
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11:30 am-4:30 pm	Jun 3	1	16+ years	\$73	1162005
Bob MacQuarrie-Orléans	613-580-9600	Tue.	3-8 pm	Jul 31	1	16+ years	\$73	1159635
Canterbury	613-247-4865	Sat.	1:30-6:30 pm	May 26	1	16+ years	\$73	1142506
Champagne	613-244-4402	Sun.	2-7 pm	Mar 25	1	16+ years	\$73	1159342
Champagne	613-244-4402	Sun.	2-9 pm	Jul 15	1	16+ years	\$73	1159345
Champagne	613-244-4402	Sun.	2-9 pm	Aug 19	1	16+ years	\$73	1158967
Kanata Wave Pool	613-591-9283	Fri.	4-9 pm	Jun 1	1	16+ years	\$73	1146471
Lowertown	Ext. 24426	Sun.	4-9 pm	Apr 29	1	16+ years	\$73	1159331
Lowertown	Ext. 24426	Sun.	4-9 pm	Jun 10	1	16+ years	\$73	1159333
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Apr 21	1	16+ years	\$73	1139711
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	May 26	1	16+ years	\$73	1139712
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Jun 16	1	16+ years	\$73	1139713
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Apr 29	1	16+ years	\$73	1141695
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Jun 10	1	16+ years	\$73	1141696
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Jun 27	1	16+ years	\$73	1141697
Pinecrest	613-828-3118	Sun.	4-9 pm	Apr 15	1	16+ years	\$73	1162923
Pinecrest	613-828-3118	Sat.	3-8 pm	Jun 2	1	16+ years	\$73	1162921
Pinecrest	613-828-3118	Wed.	3-8 pm	Aug 22	1	16+ years	\$73	1163630
Plant	613-232-3000	Sat.	6-10 pm	May 5	1	16+ years	\$73	1162884
Plant	613-232-3000	Sat.	6-10 pm	Jun 9	1	16+ years	\$73	1162885
Plant	613-232-3000	Sun.	5-10 pm	Aug 12	1	16+ years	\$73	1162886
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Jun 18	1	16+ years	\$73	1159411
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Mar 17	1	16+ years	\$73	1156123
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Jun 9	1	16+ years	\$73	1156124
Walter Baker	613-580-2788	Fri.	5-10 pm	Apr 27	1	16+ years	\$73	1138904
Walter Baker	613-580-2788	Fri.	5-10 pm	May 25	1	16+ years	\$73	1138905

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
Walter Baker	613-580-2788	Sat.	2-7 pm	Jul 28	1	16+ years	\$73	1140292
Walter Baker	613-580-2788	Sat.	2-7 pm	Aug 18	1	16+ years	\$73	1140296

National Lifeguard Recertification Masters

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	11 am-4 pm	Mar 21	1	16+ years	\$73	1159072
Nepean Sportsplex	613-580-2828	Wed.	11 am-4 pm	May 16	1	16+ years	\$73	1159073
Nepean Sportsplex	613-580-2828	Wed.	11 am-4 pm	Jun 27	1	16+ years	\$73	1159074

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 Park	Ext. 16966	Tue.	4-9 pm	Jun 12	1	16+ years	\$73	1155623

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.	9 am-1 pm	Apr 7	1	15+ years	\$37	1142354
Canterbury	613-247-4865	Sat.	9 am-1 pm	May 26	1	15+ years	\$37	1142355
Jules Morin Park	Ext. 24426	Tue.	5-9 pm	Apr 10	1	15+ years	\$37	1159005
Jules Morin Park	Ext. 24426	Tue.	5-9 pm	May 8	1	15+ years	\$37	1159008
Jules Morin Park	Ext. 24426	Tue.	5-9 pm	Jun 5	1	15+ years	\$37	1159010
Jules Morin Park	Ext. 24426	Sat.	2-6 pm	Jul 14	1	15+ years	\$37	1158841
Jules Morin Park	Ext. 24426	Tue.	5-9 pm	Aug 14	1	15+ years	\$37	1158842
Minto-Barrhaven	613-727-2683	Sun.	8 am-noon	Apr 15	1	15+ years	\$37	1139887

Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sun.	8 am-noon	May 27	1	15+ years	\$37	1139888
Minto-Barrhaven	613-727-2683	Sun.	8 am-noon	Jun 17	1	15+ years	\$37	1139889
Minto-Barrhaven	613-727-2683	Sun.	8 am-noon	Jul 15	1	15+ years	\$37	1142156
Minto-Barrhaven	613-727-2683	Sun.	8 am-noon	Aug 19	1	15+ years	\$37	1142157
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Mar 20	1	15+ years	\$37	1141611
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Apr 24	1	15+ years	\$37	1141612
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Jun 5	1	15+ years	\$37	1141613
Nepean Sportsplex	613-580-2828	Wed.	4:30-8:30 pm	Jul 4	1	15+ years	\$37	1141605
Nepean Sportsplex	613-580-2828	Wed.	4:30-8:30 pm	Aug 8	1	15+ years	\$37	1141607
Pinecrest	613-828-3118	Wed.	5-9 pm	May 23	1	15+ years	\$37	1163097
Pinecrest	613-828-3118	Tue.	4:30-8:30 pm	Aug 14	1	15+ years	\$37	1163155
Plant	613-232-3000	Mon.	5-9 pm	Apr 23	1	15+ years	\$37	1162869
Plant	613-232-3000	Mon.	5-9 pm	May 14	1	15+ years	\$37	1162872
Plant	613-232-3000	Mon.	5-9 pm	Jul 23	1	15+ years	\$37	1162875
Plant	613-232-3000	Mon.	5-9 pm	Jul 23	1	15+ years	\$37	1162876
Ray Friel	613-580-4765	Tue.	5-9 pm	Apr 24	1	15+ years	\$36.25	1161946
Ray Friel	613-580-4765	Tue.	5-9 pm	May 22	1	15+ years	\$36.25	1161950
Richcraft-Kanata	613-580-9696	Sun.	1-5 pm	Jun 10	1	15+ years	\$37	1159317
Sawmill Creek	613-521-4092	Sun.	9 am-1 pm	Apr 1	1	15+ years	\$37	1164496
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Apr 4	1	15+ years	\$37	1162160
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Jun 6	1	15+ years	\$37	1162163
Splash Wave Pool	613-748-4222	Tue.	5-9 pm	Jul 24	1	15+ years	\$37	1162166
Splash Wave Pool	613-748-4222	Tue.	5-9 pm	Aug 21	1	15+ years	\$37	1162167
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Mar 24	1	15+ years	\$37	1156146
St-Laurent	613-742-6767	Sat.	9 am-1 pm	May 26	1	15+ years	\$37	1156147
Walter Baker	613-580-2788	Fri.	6-10 pm	Apr 20	1	15+ years	\$37	1138906
Walter Baker	613-580-2788	Fri.	6-10 pm	May 11	1	15+ years	\$37	1138907
Walter Baker	613-580-2788	Sat.	6-10 pm	Jul 14	1	15+ years	\$37	1140300
Walter Baker	613-580-2788	Sat.	6-10 pm	Aug 11	1	15+ years	\$37	1140302

Advanced Instructor and Examiner

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

Aquatic Supervisor Training (AST)

Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification; and 100 hours experience as a lifeguard and/or instructor. AST provides candidates with the knowledge that prepares them for the responsibilities associated with being aquatic supervisors, head guards and head instructors. Participants will learn provincial regulations, legal responsibilities, facility management, supervisory and communication skills and risk management. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 24426	Sat.-Sun.	9 am-3 pm	Jun 9	2	16+ years	\$100.75	1159061

Advanced Instructor

Prerequisite: LS Lifesaving Instructor. Provides additional training for instructors who wish to teach the advanced aquatic awards. This course does not require recertification. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 24426	Sat.	10 am-4 pm	May 5	1	16+ years	\$65.25	1159057

Examiners Standards Clinic

Prerequisite: Instructor certification in the award(s) the instructor wishes to be appointed to examine. Initial step in obtaining Lifesaving Society examiner status. Experienced Lifesaving Instructors must participate in this clinic and then complete co-exams with a certified examiner. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 24426	Sun.	10 am-4 pm	May 6	1	16+ years	\$33.75	1159059

First Aid/CPR--C/AED Instructor

Prepares candidates to teach up to and including Standard First Aid and CPR C. and CPR. Includes instruction in planning and organizing first aid and CPR courses, teaching and evaluating candidates. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 24426	Tue., Sat.-Sun.	5-9 pm	May 29	3	16+ years	\$85	1159069

Airway Management Instructor

Certifies an instructor to teach the LS Airway Management program. *For extension numbers, call 613-580-2424, then dial the extension.*

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 24426	Tue.	4-10 pm	Jun 12	1	18+ years	\$65.25	1159085

National Lifeguard Instructor

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 24426	Tue., Sat.-Sun.	5-9 pm	Jun 19	3	16+ years	\$138	1159094

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. 24426	Tue., Sat.-Sun.	5-9 pm	May 15	3	18+ years	\$151	1159104

Swimming Specialty

Visit us online at 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

Aqua-Junior Lifeguard Club (J.L.C.)

Join the J.L.C. and experience what lifeguarding is really like. The J.L.C. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment. Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute. Recommended 8-15 years of age. 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.	5-7 pm	Jul 3	6	8-14 years	\$110.25	1159572
Brewer	Ext. 37222	Fri.	6:30-8 pm	Apr 6	12	8-14 years	\$165.25	1151799
Brewer	Ext. 37222	Fri.	6:30-8 pm	Apr 6	12	8-14 years	\$165.25	1151801
Brewer	Ext. 37222	Fri.	6:30-8 pm	Apr 6	12	8-14 years	\$165.25	1151804
Brewer	Ext. 37222	Fri.	6:30-8 pm	Apr 6	12	8-14 years	\$165.25	1151808
Brewer	Ext. 37222	Fri.	6:30-8 pm	Apr 6	12	8-14 years	\$165.25	1151811
Canterbury	613-247-4865	Thu.	5-6 pm	Apr 12	11	8-14 years	\$101	1142318
Minto-Barrhaven	613-727-2683	Mon.	5:30-6:30 pm	Apr 9	10	8-14 years	\$92	1161520
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Apr 11	11	8-14 years	\$101	1161524
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:30 pm	Apr 13	11	8-14 years	\$101	1161526
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:45 pm	Jul 6	8	8-14 years	\$73.50	1162375
Minto-Barrhaven	613-727-2683	Mon.	4:30-5:45 pm	Jul 9	7	8-14 years	\$64.50	1162374
Pinecrest	613-828-3118	Sun.	4:30-5:30 pm	Jul 8	7	8-14 years	\$64.50	1163608
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Mar 25	12	8-10 years	\$110.25	1152977
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Mar 25	12	11-14 years	\$110.25	1152983
Sawmill Creek	613-521-4092	Thu.	5-6 pm	Mar 22	12	8-14 years	\$110.25	1161013

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
Brewer	Ext. 37222	Tue.	7:30-8:30 pm	Apr 3	12	8-12 years	\$110.25	1152498
Brewer	Ext. 37222	Wed.	7:30-8:30 pm	Apr 4	12	8-12 years	\$110.25	1152500
Brewer	Ext. 37222	Fri.	5:30-6:30 pm	Apr 6	12	8-12 years	\$110.25	1152496
Brewer	Ext. 37222	Wed.	5-6 pm	Jul 4	8	8-12 years	\$73.50	1154814
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Mar 17	13	8-12 years	\$119.50	1151853
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jul 7	7	8-12 years	\$64.50	1158111
Goulbourn	613-580-2532	Thu.	6-7 pm	Mar 22	15	8-12 years	\$137.75	1149174
Goulbourn	613-580-2532	Sun.	9-10 am	Mar 25	12	8-12 years	\$110.25	1149175
Goulbourn	613-580-2532	Wed.	5:30-6:30 pm	Jul 4	7	8-12 years	\$64.50	1162751
Goulbourn	613-580-2532	Sat.	9:30-10:30 am	Jul 7	6	8-12 years	\$55.25	1162754
Kanata Wave Pool	613-591-9283	Tue.	5:30-6:30 pm	Apr 10	10	8-12 years	\$92	1149266
Kanata Wave Pool	613-591-9283	Sun.	6-7 pm	Apr 15	9	8-12 years	\$82.75	1149267
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Apr 9	10	8-12 years	\$92	1158529
Minto-Barrhaven	613-727-2683	Wed.	4:30-5:30 pm	Apr 11	11	8-12 years	\$101	1158532
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Apr 12	11	8-12 years	\$101	1158533
Minto-Barrhaven	613-727-2683	Sat.	8:45-9:45 am	Apr 14	10	8-12 years	\$92	1158530
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Apr 15	10	8-12 years	\$92	1158531
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 3	8	8-12 years	\$73.50	1161613
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jul 5	8	8-12 years	\$73.50	1161621
Minto-Barrhaven	613-727-2683	Sat.	8:30-9:30 am	Jul 7	7	8-12 years	\$64.50	1161630
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 31	8	8-12 years	\$73.50	1161616
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Mar 20	14	8-12 years	\$128.75	1148744
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Mar 25	12	8-12 years	\$110.25	1148745
Pincrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 19	10	8-12 years	\$92	1158738
Pincrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 23	11	8-12 years	\$101	1158759
Pincrest	613-828-3118	Mon.	6-7 pm	Jul 9	7	8-12 years	\$64.50	1155269

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
Plant	613-232-3000	Sat.	4-5 pm	Mar 24	12	8-12 years	\$110.25	1159092
Plant	613-232-3000	Wed.	6-7 pm	Jul 4	9	8-12 years	\$82.75	1162891
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Mar 19	13	8-12 years	\$119.50	1155557
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Mar 21	15	8-12 years	\$137.75	1155566
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Mar 23	14	8-12 years	\$128.75	1157489
Richcraft-Kanata	613-580-9696	Mon., Wed.	6-7 pm	Jul 2	9	8-12 years	\$82.75	1141628
Richcraft-Kanata	613-580-9696	Sat.	9-10 am	Jul 7	7	8-12 years	\$64.50	1141627
Richcraft-Kanata	613-580-9696	Mon., Wed.	6-7 pm	Aug 1	8	8-12 years	\$73.50	1141630
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Mar 20	12	8-12 years	\$110.25	1161253
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 3	9	8-12 years	\$82.75	1164305
Walter Baker	613-580-2788	Tue.	6-7 pm	Mar 20	11	8-12 years	\$101	1141351
Walter Baker	613-580-2788	Sat.	10:15-11:15 am	Mar 24	9	8-12 years	\$82.75	1141347
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Mar 24	9	8-12 years	\$82.75	1141349
Walter Baker	613-580-2788	Sun.	8:30-9:30 am	Mar 25	9	8-12 years	\$82.75	1141350

Introduction – Teen

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Apr 10	11	13-14 years	\$101	1161587
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Apr 10	11	15-17 years	\$114.25	1161555
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Apr 12	11	13-14 years	\$101	1161583
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Apr 12	11	15-17 years	\$114.25	1161552
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 3	8	13-14 years	\$73.50	1161999
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 3	8	15-17 years	\$83	1161992
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 5	8	13-14 years	\$73.50	1162000
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 5	8	15-17 years	\$83	1161993
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 19	10	13-14 years	\$92	1158795

Introduction – Teen

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 19	10	15-17 years	\$103.75	1159063
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 23	11	13-14 years	\$101	1158808
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 23	10	15-17 years	\$103.75	1159078
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 9	7	15-17 years	\$72.75	1155358
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Mar 19	13	13-14 years	\$119.50	1160379
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Mar 21	15	13-14 years	\$137.75	1160390
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Mar 23	14	13-14 years	\$128.75	1160399
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jul 2	9	13-14 years	\$82.75	1141657
Richcraft-Kanata	613-580-9696	Sat.	9-10 am	Jul 7	7	13-14 years	\$64.50	1141655
Richcraft-Kanata	613-580-9696	Wed.,Mon.	6-7 pm	Aug 1	8	13-14 years	\$73.50	1141658
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Mar 20	12	13-14 years	\$110.25	1161366
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jul 3	9	13-14 years	\$82.75	1164308

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
Lowertown	Ext. 24426	Wed.	6-7 pm	Mar 21	15	18+ years	\$221.50	1150078
Plant	613-232-3000	Mon.	6:30-7:30 pm	Mar 19	12	18+ years	\$177.25	1156564
Plant	613-232-3000	Wed.	7-8 pm	Jul 4	9	18+ years	\$133	1160767
Sawmill Creek	613-521-4092	Tue.	10:30-11:30 am	Mar 20	12	18+ years	\$177.25	1161224

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.	10-11 am	Jul 16	10	8-12 years	\$92	1155078
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	10-11 am	Aug 13	10	8-12 years	\$92	1155079
Bob MacQuarrie-Orléans	613-580-9600	Tue.	4:30-5:30 pm	Mar 20	14	8-12 years	\$128.75	1148895
Bob MacQuarrie-Orléans	613-580-9600	Thu.	4:30-5:30 pm	Mar 22	14	8-12 years	\$128.75	1148898
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9:30-10:30 am	Mar 24	13	8-12 years	\$119.50	1148901
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11 am-noon	Mar 25	13	8-12 years	\$119.50	1148907
Bob MacQuarrie-Orléans	613-580-9600	Mon.-Fri.	10:30-11:30 am	Jul 16	10	8-12 years	\$92	1159648
Brewer	Ext. 37222	Wed.	7:30-8:30 pm	Apr 4	12	8-12 years	\$110.25	1152494
Brewer	Ext. 37222	Fri.	5:30-6:30 pm	Apr 6	12	8-12 years	\$110.25	1152493
Brewer	Ext. 37222	Wed.	6-7 pm	Jul 4	8	8-12 years	\$73.50	1154813
François Dupuis	613-580-8080	Sat.	5-6 pm	Mar 17	13	8-12 years	\$119.50	1151834
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Mar 18	13	8-12 years	\$119.50	1151837
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Mar 22	15	8-12 years	\$137.75	1151841
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Jul 3	9	8-12 years	\$82.75	1160041
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Jul 5	9	8-12 years	\$82.75	1158105
François Dupuis	613-580-8080	Sun.	11:30 am-12:30 pm	Jul 8	7	8-12 years	\$64.50	1158102
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Jul 30	9	8-12 years	\$82.75	1160042
Goulbourn	613-580-2532	Thu.	7-8 pm	Mar 22	15	8-12 years	\$137.75	1149178
Goulbourn	613-580-2532	Sun.	10-11 am	Mar 25	12	8-12 years	\$110.25	1149180
Goulbourn	613-580-2532	Wed.	5:30-6:30 pm	Jul 4	7	8-12 years	\$64.50	1162787
Goulbourn	613-580-2532	Sat.	9:30-10:30 am	Jul 7	6	8-12 years	\$55.25	1162791
Kanata Wave Pool	613-591-9283	Tue.	5:30-6:30 pm	Apr 10	10	8-12 years	\$92	1149265
Kanata Wave Pool	613-591-9283	Thu.	5-6 pm	Apr 12	10	8-12 years	\$92	1149263
Kanata Wave Pool	613-591-9283	Sun.	6-7 pm	Apr 15	9	8-12 years	\$82.75	1149264
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Apr 9	10	8-12 years	\$92	1158540
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Apr 11	11	8-12 years	\$101	1158544
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Apr 12	11	8-12 years	\$101	1158545
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Apr 14	10	8-12 years	\$92	1158542

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
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Apr 15	10	8-12 years	\$92	1158543
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jul 5	8	8-12 years	\$73.50	1161659
Minto-Barrhaven	613-727-2683	Sat.	9:45-10:45 am	Jul 7	7	8-12 years	\$64.50	1161664
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 17	8	8-12 years	\$73.50	1161654
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 14	8	8-12 years	\$73.50	1161655
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Mar 19	12	8-12 years	\$110.25	1148697
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Mar 25	12	8-12 years	\$110.25	1148779
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 19	10	8-12 years	\$92	1159364
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 23	11	8-12 years	\$101	1159373
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 9	7	8-12 years	\$64.50	1155373
Plant	613-232-3000	Sat.	5-6 pm	Mar 24	12	8-12 years	\$110.25	1159098
Plant	613-232-3000	Sun.	10-11 am	Jul 8	7	8-12 years	\$64.50	1162726
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Mar 19	13	8-12 years	\$119.50	1157529
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Mar 21	15	8-12 years	\$137.75	1157542
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Mar 23	14	8-12 years	\$128.75	1157545
Richcraft-Kanata	613-580-9696	Mon., Wed.	7-8 pm	Jul 2	9	8-12 years	\$82.75	1141633
Richcraft-Kanata	613-580-9696	Sat.	10-11 am	Jul 7	7	8-12 years	\$64.50	1141631
Richcraft-Kanata	613-580-9696	Mon., Wed.	7-8 pm	Aug 1	8	8-12 years	\$73.50	1141634
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 20	12	8-12 years	\$110.25	1161260
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jul 3	9	8-12 years	\$82.75	1164310
St-Laurent	613-742-6767	Mon.	5-6 pm	Mar 12	11	8-12 years	\$101	1152653
St-Laurent	613-742-6767	Fri.	6-7 pm	Mar 16	12	8-12 years	\$110.25	1152660
St-Laurent	613-742-6767	Fri.	5-6 pm	Jul 6	9	8-12 years	\$82.75	1158958
Walter Baker	613-580-2788	Tue.	7-8 pm	Mar 20	11	8-12 years	\$101	1141344
Walter Baker	613-580-2788	Thu.	6-7 pm	Mar 22	11	8-12 years	\$101	1141343
Walter Baker	613-580-2788	Sat.	8-9 am	Mar 24	9	8-12 years	\$82.75	1141339
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Mar 24	9	8-12 years	\$82.75	1141341
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Mar 25	9	8-12 years	\$82.75	1141342

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
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Apr 10	11	13-14 years	\$101	1161578
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Apr 10	11	15-17 years	\$114.25	1161542
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Apr 12	11	13-14 years	\$101	1161576
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Apr 12	11	15-17 years	\$114.25	1161538
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 3	8	13-14 years	\$73.50	1162003
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 3	8	15-17 years	\$83	1162007
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 5	8	13-14 years	\$73.50	1162004
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 5	8	15-17 years	\$83	1162008
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 19	10	13-14 years	\$92	1159416
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Mar 19	10	15-17 years	\$103.75	1159467
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 23	11	13-14 years	\$101	1159445
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Mar 23	11	15-17 years	\$114.25	1159473
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 9	7	13-14 years	\$64.50	1156548
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 9	7	15-17 years	\$72.75	1156553
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Mar 19	13	13-14 years	\$119.50	1159830
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Mar 23	14	13-14 years	\$128.75	1159840
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Mar 28	15	13-14 years	\$137.75	1159837
Richcraft-Kanata	613-580-9696	Mon.,Wed.	7-8 pm	Jul 2	9	13-14 years	\$82.75	1141667
Richcraft-Kanata	613-580-9696	Sat.	10-11 am	Jul 7	7	13-14 years	\$64.50	1141663
Richcraft-Kanata	613-580-9696	Mon., Wed.	7-8 pm	Aug 1	8	13-14 years	\$73.50	1141670
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 20	12	13-14 years	\$110.25	1161345
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jul 3	9	13-14 years	\$82.75	1164312

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
Plant	613-232-3000	Mon.	7:30-8:30 pm	Mar 19	12	18+ years	\$177.25	1156596
Plant	613-232-3000	Mon.	7-8 pm	Jul 9	7	18+ years	\$103.50	1160328
Sawmill Creek	613-521-4092	Tue.	10:30-11:30 am	Mar 20	12	18+ years	\$177.25	1161240

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
Brewer	Ext. 37222	Fri.	5:30-6:30 pm	Apr 6	12	8-12 years	\$110.25	1152490
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Mar 17	13	8-12 years	\$119.50	1151813
François Dupuis	613-580-8080	Sat.	4-5 pm	Mar 17	13	8-12 years	\$119.50	1151816
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Mar 18	13	8-12 years	\$119.50	1151820
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Mar 20	15	8-12 years	\$137.75	1151825
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Jul 7	7	8-12 years	\$64.50	1158099
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jul 8	7	8-12 years	\$64.50	1158101
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Jul 16	10	8-12 years	\$92	1159975
François Dupuis	613-580-8080	Mon.-Fri.	noon-1 pm	Aug 13	10	8-12 years	\$92	1159976
Goulbourn	613-580-2532	Thu.	8-9 pm	Mar 22	15	8-12 years	\$137.75	1149184
Goulbourn	613-580-2532	Sun.	11 am-noon	Mar 25	12	8-12 years	\$110.25	1149186
Goulbourn	613-580-2532	Wed.	5:30-6:30 pm	Jul 4	7	8-12 years	\$64.50	1162776
Goulbourn	613-580-2532	Sat.	9:30-10:30 am	Jul 7	6	8-12 years	\$55.25	1162780
Kanata Wave Pool	613-591-9283	Thu.	5-6 pm	Apr 12	10	8-12 years	\$92	1149259
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Apr 9	10	8-12 years	\$92	1158551
Minto-Barrhaven	613-727-2683	Wed.	6:30-7:30 pm	Apr 11	11	8-12 years	\$101	1158555
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Apr 12	11	8-12 years	\$101	1158556
Minto-Barrhaven	613-727-2683	Sat.	11 am-noon	Apr 14	10	8-12 years	\$92	1158552
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Apr 15	10	8-12 years	\$92	1158553
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Jul 5	8	8-12 years	\$73.50	1161676
Minto-Barrhaven	613-727-2683	Sat.	9:45-10:45 am	Jul 7	7	8-12 years	\$64.50	1161679
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 17	8	8-12 years	\$73.50	1161670
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 14	8	8-12 years	\$73.50	1161672
Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Mar 21	14	8-12 years	\$128.75	1148682
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Mar 24	12	8-12 years	\$110.25	1148778
Pincrest	613-828-3118	Mon.	6:30-7:30 pm	Mar 19	10	8-12 years	\$92	1159537
Pincrest	613-828-3118	Fri.	6:30-7:30 pm	Mar 23	11	8-12 years	\$101	1159552
Pincrest	613-828-3118	Mon.	7-8 pm	Jul 9	7	8-12 years	\$64.50	1156585

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
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Mar 21	15	8-12 years	\$137.75	1159096
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Mar 23	14	8-12 years	\$128.75	1159099
Richcraft-Kanata	613-580-9696	Sat.	11 am-noon	Jul 7	7	8-12 years	\$64.50	1141654
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 20	12	8-12 years	\$110.25	1161285
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jul 3	9	8-12 years	\$82.75	1164313
St-Laurent	613-742-6767	Mon.	6-7 pm	Mar 12	11	8-12 years	\$101	1152667
St-Laurent	613-742-6767	Fri.	5-6 pm	Mar 16	12	8-12 years	\$110.25	1152677
St-Laurent	613-742-6767	Fri.	6-7 pm	Jul 6	9	8-12 years	\$82.75	1158961
Walter Baker	613-580-2788	Tue.	4:45-5:45 pm	Mar 20	11	8-12 years	\$101	1141314
Walter Baker	613-580-2788	Thu.	7-8 pm	Mar 22	11	8-12 years	\$101	1141312
Walter Baker	613-580-2788	Sat.	9-10 am	Mar 24	9	8-12 years	\$82.75	1141301
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Mar 24	9	8-12 years	\$82.75	1141302
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Mar 25	9	8-12 years	\$82.75	1141308

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
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Apr 10	11	13-14 years	\$101	1161571
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Apr 10	11	15-17 years	\$114.25	1161536
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Apr 12	11	13-14 years	\$101	1161567
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Apr 12	11	15-17 years	\$114.25	1161533
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 3	8	13-14 years	\$73.50	1162020
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 3	8	15-17 years	\$83	1162023
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 5	8	13-14 years	\$73.50	1162022
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 5	8	15-17 years	\$83	1162024
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Mar 19	10	13-14 years	\$92	1159590
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Mar 19	10	15-17 years	\$103.75	1159601

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	613-828-3118	Fri.	6:30-7:30 pm	Mar 23	11	13-14 years	\$101	1159594
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Mar 23	11	15-17 years	\$114.25	1159605
Pinecrest	613-828-3118	Mon.	7-8 pm	Jul 9	7	13-14 years	\$64.50	1156809
Pinecrest	613-828-3118	Mon.	7-8 pm	Jul 9	7	15-17 years	\$72.75	1156815
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Mar 21	15	13-14 years	\$137.75	1160469
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Mar 23	14	13-14 years	\$128.75	1160471
Richcraft-Kanata	613-580-9696	Sat.	11 am-noon	Jul 7	7	13-14 years	\$64.50	1141671
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Mar 20	12	13-14 years	\$110.25	1161307
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jul 3	9	13-14 years	\$82.75	1164315

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	Wed.	5:30-6:30 pm	Apr 11	11	8-12 years	\$101	1145587
Canterbury	613-247-4865	Thu.	5-6 pm	Apr 12	11	8-12 years	\$101	1145586
Canterbury	613-247-4865	Sun.	2:30-3:30 pm	Apr 15	11	8-12 years	\$101	1145589
Canterbury	613-247-4865	Tue.	5-6 pm	Apr 17	11	8-12 years	\$101	1145584
Canterbury	613-247-4865	Tue., Thu.	4-5 pm	Jul 3	9	8-12 years	\$82.75	1142563
Canterbury	613-247-4865	Thu., Tue.	4-5 pm	Aug 2	9	8-12 years	\$82.75	1142565
Lowertown	Ext. 24426	Fri.	6-7 pm	Apr 6	13	8-12 years	\$119.50	1162796
Lowertown	Ext. 24426	Fri.	6-7 pm	Apr 6	13	8-12 years	\$119.50	1162797
Lowertown	Ext. 24426	Wed.	6-7 pm	Jul 4	7	8-12 years	\$64.50	1155551

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. 24426	Fri.	6-7 pm	Apr 6	13	13-14 years	\$119.50	1162802
Lowertown	Ext. 24426	Fri.	6-7 pm	Apr 6	13	15-17 years	\$135	1162819
Lowertown	Ext. 24426	Fri.	6-7 pm	Apr 6	13	13-14 years	\$119.50	1162805
Lowertown	Ext. 24426	Fri.	6-7 pm	Apr 6	13	15-17 years	\$135	1162820
Lowertown	Ext. 24426	Wed.	6-7 pm	Jul 4	7	13-14 years	\$64.50	1155553
Lowertown	Ext. 24426	Wed.	6-7 pm	Jul 4	7	15-17 years	\$72.75	1162837

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	Mon.	8:30-10 pm	Mar 19	12	18+ years	\$129.50	1155407
Bob MacQuarrie-Orléans	613-580-9600	Wed.	7:30-8:30 pm	Mar 21	14	18+ years	\$100.75	1155410
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Mar 24	13	18+ years	\$93.50	1155419
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Apr 11	11	18+ years	\$162.50	1158558
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Mar 19	10	18+ years	\$147.75	1159640
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Mar 23	11	18+ years	\$162.50	1159663
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Jul 6	9	18+ years	\$133	1155118
St-Laurent	613-742-6767	Tue.	6:30-7:30 am	Mar 13	13	18+ years	\$165.25	1152686
St-Laurent	613-742-6767	Thu.	6:30-7:30 am	Mar 15	13	18+ years	\$165.25	1152692
St-Laurent	613-742-6767	Sat.	7-8 am	Mar 17	12	18+ years	\$152.50	1152700
St-Laurent	613-742-6767	Tue.	6:30-7:30 am	Jul 3	9	18+ years	\$133	1158970
St-Laurent	613-742-6767	Thu.	6:30-7:30 am	Jul 5	9	18+ years	\$133	1158973
St-Laurent	613-742-6767	Sat.	7-8 am	Jul 7	8	18+ years	\$101.75	1158976
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Mar 20	11	18+ years	\$162.50	1141334
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Mar 22	11	18+ years	\$162.50	1141333