

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
Ray Friel	613-580-4765	Sat.-Sun.	9 am-4 pm	Nov 14	4	15+ years	\$201.25	1581458
Richcraft – Kanata	613-580-9696	Sun.	4-8:30 pm	Oct 18	6	15+ years	\$201.25	1580437
Sawmill Creek Pool	613-521-4092	Sun.	8:30 am-3 pm	Nov 29	4	15+ years	\$201.25	1577629
St-Laurent Complex	613-742-6767	Fri. & Sat.	5-10 pm, 12:30-8:30 pm	Nov 27	4	15+ years	\$201.25	1580409
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Nov 7	4	15+ years	\$201.25	1581337

Red Cross Water Safety Instructor recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidate will be evaluated on their strokes at the Red Cross Swim kids 10 level. Red Cross Professional Development Modules must be completed online prior to attending the recertification.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sun.	9 am-2 pm	Sep 13	1	16+ years	\$75	1580932
CardelRec Goulbourn	613-580-2532	Sat.	4-9 pm	Dec 12	1	16+ years	\$75	1579280
Kanata Leisure Centre	613-580-9677	Sat.	1-6 pm	Sep 12	1	15+ years	\$75	1580424
Pinecrest	613-580-9676	Sun.	3-8 pm	Nov 29	1	16+ years	\$75	1581293
Pinecrest	613-580-9676	Mon.	Noon-5 pm	Dec 28	1	16+ years	\$75	1581295
Richcraft – Kanata	613-580-9696	Wed.	5-10 pm	Nov 25	1	16+ years	\$75	1580442
Splash Wave Pool	613-748-4222	Sat.	Noon-5 pm	Nov 21	1	16+ years	\$75	1581845
Walter Baker	613-580-2788	Sat.	1-6 pm	Oct 3	1	16+ years	\$75	1581332
Walter Baker	613-580-2788	Sat.	1-6 pm	Dec 5	1	16+ years	\$75	1581341

Powerswim

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 8 years of age and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Sep 19	9	8-12 years	\$152.75	1577456
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Sep 19	9	13-14 years	\$152.75	1577461
Kanata Leisure Centre	613-580-9677	Thu.	6:30-7:30 pm	Sep 24	9	8-12 years	\$152.75	1580476
Minto – Barrhaven	613-727-2683	Tue.	4-5 pm	Sep 15	9	8-12 years	\$152.75	1577231
Pinecrest	613-580-9676	Wed.	7-8 pm	Sep 23	10	8-12 years	\$169.50	1580131
Pinecrest	613-580-9676	Sun.	3-4 pm	Sep 27	9	8-12 years	\$152.75	1581327
Pinecrest	613-580-9676	Wed.	7-8 pm	Sep 23	10	13-14 years	\$169.50	1580132
Pinecrest	613-580-9676	Sun.	3-4 pm	Sep 27	9	13-14 years	\$152.75	1581328
Plant	613-232-3000	Wed.	5:15-6:15 pm	Sep 16	9	8-12 years	\$152.75	1578366
Plant	613-232-3000	Sat.	4-5 pm	Sep 19	9	8-12 years	\$152.75	1578365
Plant	613-232-3000	Wed.	5:15-6:15 pm	Nov 18	5	8-12 years	\$84.75	1578669
Plant	613-232-3000	Sat.	4-5 pm	Nov 21	5	8-12 years	\$84.75	1578668
Richcraft – Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 12	9	8-12 years	\$152.75	1581170
Richcraft – Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 13	9	8-12 years	\$152.75	1581171
Richcraft – Kanata	613-580-9696	Tue.	6-7 pm	Sep 15	9	8-12 years	\$152.75	1581176
Richcraft – Kanata	613-580-9696	Thu.	6-7 pm	Sep 17	9	8-12 years	\$152.75	1581177
Richcraft – Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 12	9	13-14 years	\$152.75	1581201
Richcraft – Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 13	9	13-14 years	\$152.75	1581204

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 8 years of age and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft – Kanata	613-580-9696	Tue.	6-7 pm	Sep 15	9	13-14 years	\$152.75	1581208
Richcraft – Kanata	613-580-9696	Thu.	6-7 pm	Sep 17	9	13-14 years	\$152.75	1581210
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 17	9	8-12 years	\$152.75	1577726
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 17	9	13-14 years	\$152.75	1577727

Introduction – Teen

Youth focused pre-competitive program developing freestyle and backstroke strokes and turns and introduction of whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 13 years of age and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Sep 19	9	15-17 years	\$172.50	1577466
Pinecrest	613-580-9676	Wed.	7-8 pm	Sep 23	10	15-17 years	\$191.75	1580133
Pinecrest	613-580-9676	Sun.	3-4 pm	Sep 27	9	15-17 years	\$172.50	1581329

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 8 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	7-8 pm	Sep 15	9	8-12 years	\$152.75	1578353

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced.
Prerequisites: 8 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	7-8 pm	Sep 15	9	13-14 years	\$152.75	1578356
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Sep 14	8	8-12 years	\$135.75	1577450
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Sep 14	8	13-14 years	\$135.75	1577451
Kanata Leisure Centre	613-580-9677	Thu.	6:30-7:30 pm	Sep 24	9	8-12 years	\$152.75	1580479
Minto - Barrhaven	613-727-2683	Wed.	4:15-5:15 pm	Sep 16	9	8-12 years	\$152.75	1577229
Minto - Barrhaven	613-727-2683	Sat.	10:45-11:45 am	Sep 19	9	8-12 years	\$152.75	1577230
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 21	9	8-12 years	\$152.75	1579506
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 21	9	13-14 years	\$152.75	1582235
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Sep 23	10	8-12 years	\$169.50	1579517
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Sep 23	10	13-14 years	\$169.50	1582236
Pinecrest	613-580-9676	Fri.	7-8 pm	Sep 25	10	8-12 years	\$169.50	1579518
Pinecrest	613-580-9676	Fri.	7-8 pm	Sep 25	10	13-14 years	\$169.50	1582237
Plant	613-232-3000	Thu.	5-6 pm	Sep 17	9	8-12 years	\$152.75	1578364
Plant	613-232-3000	Sat.	4-5 pm	Sep 19	9	8-12 years	\$152.75	1578363
Plant	613-232-3000	Thu.	5-6 pm	Nov 19	5	8-12 years	\$84.75	1578667
Plant	613-232-3000	Sat.	4-5 pm	Nov 21	5	8-12 years	\$84.75	1578666
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 12	9	8-12 years	\$152.75	1581182
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 13	9	8-12 years	\$152.75	1581183
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 15	9	8-12 years	\$152.75	1581185
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Sep 17	9	8-12 years	\$152.75	1581187

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 8 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 12	9	13-14 years	\$152.75	1581216
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 13	9	13-14 years	\$152.75	1581219
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 15	9	13-14 years	\$152.75	1581223
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Sep 17	9	13-14 years	\$152.75	1581226
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 17	9	8-12 years	\$152.75	1577732
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 17	9	13-14 years	\$152.75	1577735
Walter Baker	613-580-2788	Tue.	5-6 pm	Sep 15	9	8-12 years	\$152.75	1581249

Intermediate – Teen

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 13 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Sep 14	8	15-17 years	\$153.25	1577452
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 21	9	15-17 years	\$172.50	1579522
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Sep 23	10	15-17 years	\$191.75	1579526
Pinecrest	613-580-9676	Fri.	7-8 pm	Sep 25	10	15-17 years	\$191.75	1579530

Intermediate – Adult

Pre-competitive program for adults that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 18+ years and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sat.	5-6 pm	Sep 19	9	18+ years	\$252.75	1579314
Plant	613-232-3000	Sat.	5-6 pm	Nov 21	5	18+ years	\$140.50	1579318

Advanced – Child

Timed distances increase in this pre-competitive program level and 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 and Powerswim Intermediate or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Sep 16	9	8-12 years	\$152.75	1577453
Kanata Leisure Centre	613-580-9677	Thu.	6:30-7:30 pm	Sep 24	9	8-12 years	\$152.75	1579665
Minto – Barrhaven	613-727-2683	Wed.	5:15-6:15 pm	Sep 16	9	8-12 years	\$152.75	1577227
Minto – Barrhaven	613-727-2683	Sun.	5-6 pm	Sep 20	9	8-12 years	\$152.75	1577228
Pinecrest	613-580-9676	Mon.	7-8 pm	Sep 21	9	8-12 years	\$152.75	1579538
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 25	10	8-12 years	\$169.50	1579540
Plant	613-232-3000	Thu.	6- 7 pm	Sep 17	9	8-12 years	\$152.75	1578362
Plant	613-232-3000	Sat.	5-6 pm	Sep 19	9	8-12 years	\$152.75	1578361
Plant	613-232-3000	Thu.	6-7 pm	Nov 19	5	8-12 years	\$84.75	1578665
Plant	613-232-3000	Sat.	5-6 pm	Nov 21	5	8-12 years	\$84.75	1578664
Richcraft – Kanata	613-580-9696	Sat.	9:45-10:45 am	Sep 12	9	8-12 years	\$152.75	1581189
Richcraft – Kanata	613-580-9696	Sun.	12:15-1:15 pm	Sep 13	9	8-12 years	\$152.75	1581193
Richcraft – Kanata	613-580-9696	Tue.	6-7 pm	Sep 15	9	8-12 years	\$152.75	1581197

Advanced – Child

Timed distances increase in this pre-competitive program level and 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 and Powerswim Intermediate or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft – Kanata	613-580-9696	Thu.	6-7 pm	Sep 17	9	8-12 years	\$152.75	1581199
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 17	9	8-12 years	\$152.75	1577740
Walter Baker	613-580-2788	Tue.	5-6 pm	Sep 15	9	8-12 years	\$152.75	1581252

Advanced – Teen

Timed distances increase in this pre-competitive program for youth and 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 and Powerswim Intermediate or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Sep 16	9	13-14 years	\$152.75	1577454
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Sep 16	9	15-17 years	\$172.50	1577455
Pinecrest	613-580-9676	Mon.	7-8 pm	Sep 21	9	13-14 years	\$152.75	1579542
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 25	10	13-14 years	\$169.50	1579543
Pinecrest	613-580-9676	Mon.	7-8 pm	Sep 21	9	15-17 years	\$172.50	1579544
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 25	10	15-17 years	\$191.75	1579545
Richcraft – Kanata	613-580-9696	Sat.	9:45-10:45 am	Sep 12	9	13-14 years	\$152.75	1581229
Richcraft – Kanata	613-580-9696	Sun.	12:15-1:15 pm	Sep 13	9	13-14 years	\$152.75	1581234
Richcraft – Kanata	613-580-9696	Tue.	6-7 pm	Sep 15	9	13-14 years	\$152.75	1581238
Richcraft – Kanata	613-580-9696	Thu.	6-7 pm	Sep 17	9	13-14 years	\$152.75	1581239
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 17	9	13-14 years	\$152.75	1577742

Combo – Child – Low ratio

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 and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec Goulbourn	613-580-2532	Wed.	7-8 pm	Sep 16	9	13-14 years	\$152.75	1577893
CardelRec Goulbourn	613-580-2532	Sun.	7-8 pm	Sep 20	8	13-14 years	\$135.75	1577896
CardelRec Goulbourn	613-580-2532	Wed.	7-8 pm	Nov 18	5	13-14 years	\$84.75	1579317
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Sep 18	9	8-12 years	\$152.75	1580689
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Sep 18	9	8-12 years	\$152.75	1580690
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Nov 20	5	8-12 years	\$84.75	1580691
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Nov 20	5	8-12 years	\$84.75	1580692
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Sep 18	9	13-14 years	\$152.75	1580693
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Sep 18	9	13-14 years	\$152.75	1580694
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Nov 20	5	13-14 years	\$84.75	1580695
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Nov 20	5	13-14 years	\$84.75	1580696
Ray Friel	613-580-4765	Thu.	5:45-6:45 pm	Sep 17	9	8-12 years	\$152.75	1581645
Ray Friel	613-580-4765	Thu.	5:45-6:45 pm	Sep 17	9	13-14 years	\$152.75	1581646
St-Laurent Complex	613-742-6767	Mon.	4:30-5:30 pm	Sep 21	9	8-12 years	\$152.75	1580372
St-Laurent Complex	613-742-6767	Mon.	4:30-5:30 pm	Sep 21	9	13-14 years	\$152.75	1580373

Combo – Teen – Low ratio

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 and Powerswim Introduction or recommendation by instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec Goulbourn	613-580-2532	Sun.	7-8 pm	Sep 20	8	15-17 years	\$153.25	1577908
CardelRec Goulbourn	613-580-2532	Wed.	7-8 pm	Sep 23	9	15-17 years	\$172.50	1577907
CardelRec Goulbourn	613-580-2532	Wed.	7-8 pm	Nov 18	5	15-17 years	\$96	1579321
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Sep 18	9	15-17 years	\$172.50	1580697
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Sep 18	9	15-17 years	\$172.50	1580698
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Nov 20	5	15-17 years	\$96	1580699
Lowertown Pool	613-580-2424	Fri.	6-7 pm	Nov 20	5	15-17 years	\$96	1580700

Combo – Adult – Low ratio

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 and ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Mon.	8:45-9:45 pm	Sep 14	9	18+ years	\$139	1581372
Bob MacQuarrie – Orléans	613-580-9600	Wed.	8-9 pm	Sep 16	9	18+ years	\$139	1581374
Bob MacQuarrie – Orléans	613-580-9600	Sat.	6:45-7:45 am	Sep 19	9	18+ years	\$139	1581377
Minto - Barrhaven	613-727-2683	Wed.	8-9 pm	Sep 16	9	18+ years	\$252.75	1577812
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Sep 22	9	18+ years	\$252.75	1580383
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Sep 24	9	18+ years	\$252.75	1580384
Walter Baker	613-580-2788	Tue.	8:45-9:45 am	Sep 15	9	18+ years	\$252.75	1581233
Walter Baker	613-580-2788	Thu.	8:45-9:45 am	Sep 17	9	18+ years	\$252.75	1581236