



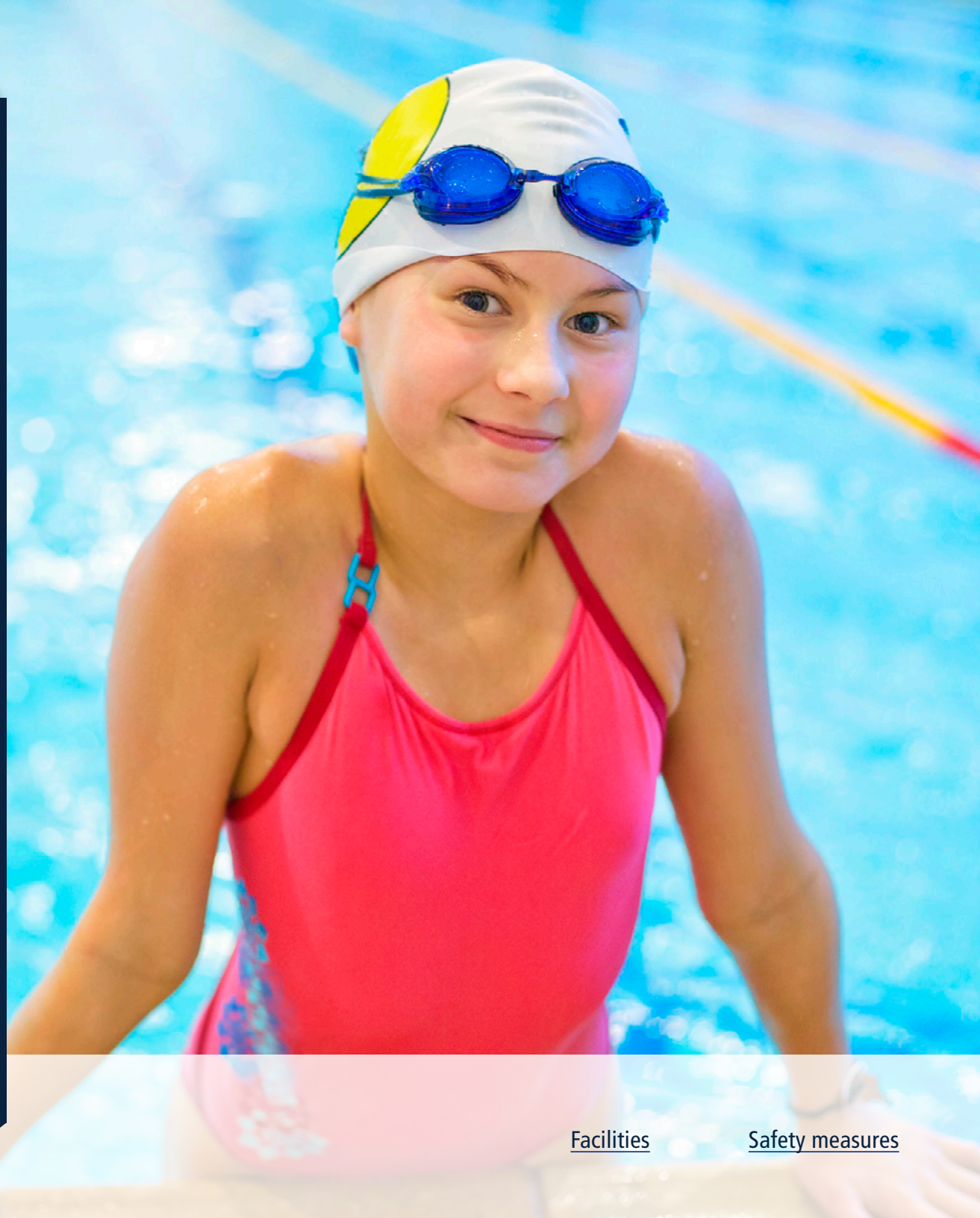
Fall 2021

Swimming Certification and Specialty

Recreation eGuide

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Certification

Leadership and Instructor Awards

Bronze Star

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Thu.	6-8 pm	Nov 18	5	10-14 years	\$80.50	1599062
Canterbury	613-247-4865	Sat.	11:15 am-12:15 pm	Sep 18	9	10-14 years	\$80.50	1599082
François Dupuis	613-580-8080	Sat.	10-11 am	Sep 11	11	10-14 years	\$80.50	1597949
Lowertown Pool	613-580-2424	Sun.	9:15-10:15 am	Sep 19	9	10-14 years	\$80.50	1601182
Minto – Barrhaven	613-727-2683	Sat.	11 am-Noon	Sep 25	9	10-14 years	\$80.50	1599956
Pinecrest	613-580-9676	Sun.	9:45-11 am	Sep 12	7	10-14 years	\$80.50	1600548
Pinecrest	613-580-9676	Sun.	9:45-11 am	Nov 7	7	10-14 years	\$80.50	1600549
Plant	613-232-3000	Sun.	5-6:45 pm	Sep 12	6	10-14 years	\$80.50	1599523
Richcraft – Kanata	613-580-9696	Sun.	12:15-1:15 pm	Sep 12	9	10-14 years	\$80.50	1599877
St-Laurent Complex	613-742-6767	Sun.	8-9 am	Sep 19	9	10-14 years	\$80.50	1599800

Bronze Medallion and Emergency First Aid with CPR-B

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sun.	5:30-8:45 pm	Sep 12	9	13-14 years	\$137.75	1599063
Bob MacQuarrie – Orléans	613-580-9600	Sun.	5:30-8:45 pm	Sep 12	9	15+ years	\$155.75	1599064
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 17	9	13-14 years	\$137.75	1597917
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 17	9	15+ years	\$155.75	1599074

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-Noon	Sep 19	10	10-14 years	\$137.75	1597920
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-Noon	Sep 19	10	15+ years	\$155.75	1597923
François Dupuis	613-580-8080	Wed.	4:45-7 pm	Sep 8	13	13-14 years	\$137.75	1599107
François Dupuis	613-580-8080	Wed.	4:45-7 pm	Sep 8	13	15+ years	\$155.75	1597921
Minto – Barrhaven	613-727-2683	Sun.	9 am-12:30 pm	Sep 26	9	13-14 years	\$137.75	1599945
Minto – Barrhaven	613-727-2683	Sun.	9 am-12:30 pm	Sep 26	9	15+ years	\$155.75	1599952
Nepean Sportsplex	613-580-2828	Thu.	5-9:30 pm	Sep 16	7	13-14 years	\$137.75	1601952
Nepean Sportsplex	613-580-2828	Thu.	5-9:30 pm	Nov 4	7	13-14 years	\$137.75	1601953
Nepean Sportsplex	613-580-2828	Thu.	5-9:30 pm	Sep 16	7	15+ years	\$155.75	1601954
Nepean Sportsplex	613-580-2828	Thu.	5-9:30 pm	Nov 4	7	15+ years	\$155.75	1601955
Pinecrest	613-580-9676	Sat.	1:45-6 pm	Nov 6	7	13-14 years	\$137.75	1600219
Pinecrest	613-580-9676	Tue., Thu.-Fri., Sun.	1-6:15 pm	Dec 21	6	13-14 years	\$137.75	1600222
Pinecrest	613-580-9676	Sat.	1:45-6 pm	Sep 11	7	15+ years	\$155.75	1600171
Pinecrest	613-580-9676	Sat.	1:45-6 pm	Nov 6	7	15+ years	\$155.75	1600172
Pinecrest	613-580-9676	Tue., Thu.-Fri., Sun.	1-6:15 pm	Dec 21	6	15+ years	\$155.75	1600178
Plant	613-232-3000	Sun.	4-8 pm	Sep 12	8	13-14 years	\$137.75	1599524
Plant	613-232-3000	Sun.	4-8 pm	Sep 12	8	15+ years	\$155.75	1599525
Sawmill Creek Pool	613-521-4092	Sun.	2:30-4:45 pm	Sep 12	14	13-14 years	\$137.75	1599714
Sawmill Creek Pool	613-521-4092	Sun.	2:30-4:45 pm	Sep 12	14	15+ years	\$155.75	1599715
St-Laurent Complex	613-742-6767	Sun.	8:30-11:30 am	Sep 19	10	13-14 years	\$137.75	1599797
St-Laurent Complex	613-742-6767	Sun.	8:30-11:30 am	Sep 19	10	15+ years	\$155.75	1599798

Certification

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid (the Lifesaving Society has posted a list of agencies on their website which are approved for the EFA prerequisite certification.) More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:30-9:45 pm	Sep 17	9	12-14 years	\$104	1599068
Pinecrest	613-580-9676	Sat.	1:45-5:45 pm	Sep 11	7	12-14 years	\$104	1600149
Pinecrest	613-580-9676	Sat.	1:45-5:45 pm	Nov 6	7	12-14 years	\$104	1600155
Pinecrest	613-580-9676	Sat.	1:45-5:45 pm	Sep 11	7	15+ years	\$117.75	1600136
Pinecrest	613-580-9676	Sat.	1:45-5:45 pm	Nov 6	7	15+ years	\$117.75	1600145
Plant	613-232-3000	Sun.	4-7:30 pm	Sep 12	8	12-14 years	\$104	1599528
Plant	613-232-3000	Sun.	4-7:30 pm	Sep 12	8	15+ years	\$117.75	1599529
St-Laurent Complex	613-742-6767	Sun.	8:30-11:30am	Sep 19	10	12-14 years	\$104	1599796
St-Laurent Complex	613-742-6767	Sun.	8:30-11:30am	Sep 19	10	15+ years	\$117.75	1599799

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

Prerequisites: Bronze Medallion and Emergency First Aid (the Lifesaving Society has posted a list of agencies on their website which are approved for the EFA prerequisite certification.) Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Tue.,Thu.	5-8:30 pm	Nov 16	10	12-14 years	\$152	1599065
Bob MacQuarrie – Orléans	613-580-9600	Tue.,Thu.	5-8:30 pm	Nov 16	10	15+ years	\$172	1599066
CardelRec Complex (Goulbourn)	613-580-2532	Sat.	4-7:30 pm	Sep 18	10	12-14 years	\$152	1597910
CardelRec Complex (Goulbourn)	613-580-2532	Sat.	4-7:30 pm	Sep 18	10	15+ years	\$172	1597915
François Dupuis	613-580-8080	Fri.	4:30-7:15 pm	Sep 10	13	12-14 years	\$152	1597913

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sun.	5-8:30 pm	Sep 12	11	12-14 years	\$152	1599564
François Dupuis	613-580-8080	Fri.	4:30-7:15 pm	Sep 10	13	15+ years	\$172	1597916
François Dupuis	613-580-8080	Sun.	5-8:30 pm	Sep 12	11	15+ years	\$172	1599568
Minto – Barrhaven	613-727-2683	Mon.	5-9 pm	Sep 27	9	12-14 years	\$152	1599921
Minto – Barrhaven	613-727-2683	Mon.	5-9 pm	Sep 27	9	15+ years	\$172	1599928
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Sep 15	7	12-14 years	\$152	1601956
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Nov 3	7	12-14 years	\$152	1601957
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Sep 15	7	15+ years	\$172	1601958
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:30 pm	Nov 3	7	15+ years	\$172	1601959
Sawmill Creek Pool	613-521-4092	Sun.	5-7:30 pm	Sep 12	14	12-14 years	\$152	1599710
Sawmill Creek Pool	613-521-4092	Sun.	5-7:30 pm	Sep 12	14	15+ years	\$172	1599712

Bronze – Fast-Track

This program is designed to fast-track candidates through the Bronze Medallion and Bronze Cross material and examinations in a significantly reduced timeframe. This crash-course format is recommended for swimmers with strong swimming ability who wish to progress to the Lifesaving Society National Lifeguard (NL) program. Due to the condensed nature of the program, Standard First Aid and CPR-C is required prior to the course start date (the Lifesaving Society has posted a list of agencies on their website which are approved for the SFA prerequisite certification.)

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft – Kanata	613-580-9696	Wed.	5-10 pm	Sep 15	6	14 years	\$174	1600831
Richcraft – Kanata	613-580-9696	Wed.	5-10 pm	Nov 10	6	14 years	\$174	1600858
Richcraft – Kanata	613-580-9696	Wed.	5-10 pm	Sep 15	6	15+ years	\$196.75	1600832
Richcraft – Kanata	613-580-9696	Wed.	5-10 pm	Nov 10	6	15+ years	\$196.75	1600859

Certification

Life Saving Standard First Aid and CPR+AED Recertification

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-5 pm	Sep 18	1	12-14 years	\$86	1599105
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-5 pm	Oct 30	1	12-14 years	\$86	1599109
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-5 pm	Sep 18	1	15+ years	\$97.25	1599106
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-5 pm	Oct 30	1	15+ years	\$97.25	1599108
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Dec 5	1	12-14 years	\$86	1598218
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Dec 5	1	15+ years	\$97.25	1598217
François Dupuis	613-580-8080	Fri.	9 am-5 pm	Sep 24	1	12-14 years	\$86	1599596
François Dupuis	613-580-8080	Fri.	9 am-5 pm	Nov 26	1	12-14 years	\$86	1599598
François Dupuis	613-580-8080	Fri.	9 am-5 pm	Sep 24	1	15+ years	\$97.25	1599600
François Dupuis	613-580-8080	Fri.	9 am-5 pm	Nov 26	1	15+ years	\$97.25	1599601
Minto – Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 25	1	12-14 years	\$86	1600048
Minto – Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 13	1	12-14 years	\$86	1600050
Minto – Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 25	1	15+ years	\$97.25	1600051
Minto – Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 13	1	15+ years	\$97.25	1600053
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Sep 10	1	12-14 years	\$86	1600582
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Oct 8	1	12-14 years	\$86	1600583
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Nov 12	1	12-14 years	\$86	1600584
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Dec 10	1	12-14 years	\$86	1600585
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Sep 10	1	15+ years	\$97.25	1600578
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Oct 8	1	15+ years	\$97.25	1600579

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Nov 12	1	15+ years	\$97.25	1600580
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Dec 10	1	15+ years	\$97.25	1600581
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Oct 3	1	12-14 years	\$86	1599575
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Oct 3	1	15+ years	\$97.25	1599579
Richcraft – Kanata	613-580-9696	Sat.	9 am-5 pm	Nov 6	1	12-14 years	\$86	1600856
Richcraft – Kanata	613-580-9696	Sat.	9 am-5 pm	Nov 6	1	15+ years	\$97.25	1600855
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	Oct 16	1	12-14 years	\$86	1599743
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	Nov 13	1	12-14 years	\$86	1599744
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	Oct 16	1	15+ years	\$97.25	1599741
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	Nov 13	1	15+ years	\$97.25	1599742
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Oct 16	1	12-14 years	\$86	1599811
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Dec 11	1	12-14 years	\$86	1599812
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Oct 16	1	15+ years	\$97.25	1599809
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Dec 11	1	15+ years	\$97.25	1599810

Life Saving 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.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Nov 27	2	12-14 years	\$131.75	1599102
Bob MacQuarrie – Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Nov 27	2	15+ years	\$149	1599103
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Nov 21	2	12-14 years	\$131.75	1598216
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Nov 21	2	15+ years	\$149	1598213
François Dupuis	613-580-8080	Thu.-Fri.	9 am-5 pm	Oct 28	2	12-14 years	\$131.75	1599595

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Thu.-Fri.	9 am-5 pm	Oct 28	2	15+ years	\$149	1599590
Minto – Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 11	2	12-14 years	\$131.75	1600005
Minto – Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 23	2	12-14 years	\$131.75	1600006
Minto – Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Dec 11	2	12-14 years	\$131.75	1600007
Minto – Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 11	2	15+ years	\$149	1600034
Minto – Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 23	2	15+ years	\$149	1600036
Minto – Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Dec 11	2	15+ years	\$149	1600038
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Sep 2	2	12-14 years	\$131.75	1600571
Pinecrest	613-580-9676	Fri.	5-9 pm	Sep 17	4	12-14 years	\$131.75	1600576
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Sep 30	2	12-14 years	\$131.75	1600573
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Nov 4	2	12-14 years	\$131.75	1600574
Pinecrest	613-580-9676	Fri.	5-9 pm	Nov 12	4	12-14 years	\$131.75	1600577
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Dec 2	2	12-14 years	\$131.75	1600575
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Sep 2	2	15+ years	\$149	1600564
Pinecrest	613-580-9676	Fri.	5-9 pm	Sep 17	4	15+ years	\$149	1600569
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Sep 30	2	15+ years	\$149	1600565
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Nov 4	2	15+ years	\$149	1600566
Pinecrest	613-580-9676	Fri.	5-9 pm	Nov 12	4	15+ years	\$149	1600570
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Dec 2	2	15+ years	\$149	1600568
Richcraft – Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Sep 18	2	12-14 years	\$131.75	1600854
Richcraft – Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Sep 18	2	15+ years	\$149	1600851
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Sep 11	2	12-14 years	\$131.75	1599733
Sawmill Creek Pool	613-521-4092	Tue., Thu.	5:15-9:15 pm	Oct 19	4	12-14 years	\$131.75	1599738
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Nov 6	2	12-14 years	\$131.75	1599734

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Dec 18	2	12-14 years	\$131.75	1599736
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Sep 11	2	15+ years	\$149	1599728
Sawmill Creek Pool	613-521-4092	Tue., Thu.	5:15-9:15 pm	Oct 19	4	15+ years	\$149	1599731
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Nov 6	2	15+ years	\$149	1599729
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Dec 18	2	15+ years	\$149	1599730

National Lifeguard

Prerequisites: 15 years of age by the last day of the course, Bronze Cross, and Standard First Aid (the Lifesaving Society has posted a list of agencies on their website which are approved for the SFA prerequisite certification.) Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. In accordance with the Lifesaving Society Guide to Training During COVID-19, recommendations to be physically distant and limit physical contact will be applied. When physical contact is required for integral parts of training, proper precautions will be taken to do so safely. For more information, please contact your facility. Manual required at additional cost.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sun.	5:30-10 pm	Sep 12	10	15+ years	\$171.75	1599090
CardelRec Complex (Goulbourn)	613-580-2532	Sat.	4-8:30 pm	Sep 25	10	15+ years	\$171.75	1597926
François Dupuis	613-580-8080	Sat.	5-10 pm	Sep 11	11	15+ years	\$171.75	1597952
Minto – Barrhaven	613-727-2683	Sun.	8 am-1 pm	Sep 26	9	15+ years	\$171.75	1599901
Minto – Barrhaven	613-727-2683	Mon.	4-9 pm	Sep 27	9	15+ years	\$171.75	1599905
Minto – Barrhaven	613-727-2683	Mon.-Thu.	8:15 am-2 pm	Dec 20	8	15+ years	\$171.75	1600991
Nepean Sportsplex	613-580-2828	Wed., Sun.	5-9:30pm	Sep 15	10	15+ years	\$171.75	1601960
Nepean Sportsplex	613-580-2828	Wed., Sun.	5-9:30pm	Oct 20	10	15+ years	\$171.75	1601961
Pinecrest	613-580-9676	Sun.	3-8 pm	Sep 12	9	15+ years	\$171.75	1600551
Pinecrest	613-580-9676	Sun.	1-9 pm	Nov 21	6	15+ years	\$171.75	1600552
Pinecrest	613-580-9676	Tue., Thu.-Fri., Sun.	Noon-8 pm	Dec 21	6	15+ years	\$171.75	1600555
Richcraft – Kanata	613-580-9696	Sun.	2:30-10 pm	Sep 12	6	15+ years	\$171.75	1600835

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft – Kanata	613-580-9696	Sun.	2:30-10 pm	Oct 31	6	15+ years	\$171.75	1600836
Sawmill Creek Pool	613-521-4092	Mon., Wed.	4:15-8:15 pm	Sep 13	11	15+ years	\$171.75	1599721
Sawmill Creek Pool	613-521-4092	Mon., Wed.	4:15-8:15 pm	Nov 1	11	15+ years	\$171.75	1599722

National Lifeguard Recertification

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-1 pm	Nov 20	1	16+ years	\$78.75	1599110
Bob MacQuarrie – Orléans	613-580-9600	Sun.	9 am-1 pm	Dec 19	1	16+ years	\$78.75	1599112
CardelRec Complex (Goulbourn)	613-580-2532	Sat.	4-9 pm	Sep 18	1	16+ years	\$78.75	1597929
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	8 am-Noon	Dec 5	1	16+ years	\$78.75	1597930
François Dupuis	613-580-8080	Sun.	5-9 pm	Sep 19	1	16+ years	\$78.75	1599589
Minto – Barrhaven	613-727-2683	Mon.	4-8 pm	Dec 6	1	16+ years	\$78.75	1600073
Minto – Barrhaven	613-727-2683	Sun.	8 am-Noon	Dec 12	1	16+ years	\$78.75	1600076
Nepean Sportsplex	613-580-2828	Wed.	5:30-9:30 pm	Sep 8	1	16+ years	\$78.75	1601967
Nepean Sportsplex	613-580-2828	Wed.	5:30-9:30 pm	Nov 24	1	16+ years	\$78.75	1601968
Nepean Sportsplex	613-580-2828	Wed.	5:30-9:30 pm	Dec 8	1	16+ years	\$78.75	1601969
Pinecrest	613-580-9676	Sun.	4-8 pm	Sep 12	1	16+ years	\$78.75	1600559
Pinecrest	613-580-9676	Sun.	4-8 pm	Sep 26	1	16+ years	\$78.75	1600561
Plant	613-232-3000	Sun.	4:30-8:30 pm	Nov 21	1	16+ years	\$78.75	1599571
Richcraft – Kanata	613-580-9696	Wed.	5-9 pm	Oct 27	1	16+ years	\$78.75	1600837
Richcraft – Kanata	613-580-9696	Fri.	5-9 pm	Nov 19	1	16+ years	\$78.75	1600838

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft – Kanata	613-580-9696	Sun.	5-9 pm	Dec 19	1	16+ years	\$78.75	1600839
Sawmill Creek Pool	613-521-4092	Wed.	4-8 pm	Sep 8	1	16+ years	\$78.75	1599700
Sawmill Creek Pool	613-521-4092	Wed.	4-8 pm	Oct 13	1	16+ years	\$78.75	1600992
Sawmill Creek Pool	613-521-4092	Mon.	4-8 pm	Oct 25	1	16+ years	\$78.75	1599703
Sawmill Creek Pool	613-521-4092	Wed.	4-8 pm	Oct 27	1	16+ years	\$78.75	1599701
Sawmill Creek Pool	613-521-4092	Mon.	4-8 pm	Dec 13	1	16+ years	\$78.75	1599704
Sawmill Creek Pool	613-521-4092	Wed.	4-8 pm	Dec 15	1	16+ years	\$78.75	1599702
St-Laurent Complex	613-742-6767	Sat.	4-8 pm	Oct 30	1	16+ years	\$78.75	1599804
St-Laurent Complex	613-742-6767	Sat.	4-8 pm	Dec 11	1	16+ years	\$78.75	1599805

LS Airway Management

Prerequisite: Standard First Aid (the Lifesaving Society has posted a list of agencies on their website which are approved for the SFA prerequisite certification.) Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-1 pm	Oct 2	1	15+ years	\$40	1599098
Bob MacQuarrie – Orléans	613-580-9600	Sun.	9 am-1 pm	Dec 12	1	15+ years	\$40	1599099
CardelRec Complex (Goulbourn)	613-580-2532	Fri.	5-9 pm	Oct 1	1	15+ years	\$40	1597925
François Dupuis	613-580-8080	Fri.	5-9 pm	Sep 10	1	15+ years	\$40	1599558
François Dupuis	613-580-8080	Fri.	5-9 pm	Oct 1	1	15+ years	\$40	1599559
François Dupuis	613-580-8080	Fri.	5-9 pm	Nov 5	1	15+ years	\$40	1599560
Minto – Barrhaven	613-727-2683	Sat.	9 am-1 pm	Oct 2	1	15+ years	\$40	1600060
Minto – Barrhaven	613-727-2683	Sat.	9 am-1 pm	Nov 6	1	15+ years	\$40	1600061
Minto – Barrhaven	613-727-2683	Sat.	9 am-1 pm	Dec 4	1	15+ years	\$40	1600062

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Mon.	4-8 pm	Aug 30	1	15+ years	\$40	1600091
Pinecrest	613-580-9676	Mon.	4-8 pm	Sep 13	1	15+ years	\$40	1600092
Pinecrest	613-580-9676	Mon.	5-9 pm	Oct 18	1	15+ years	\$40	1600093
Pinecrest	613-580-9676	Mon.	5-9 pm	Nov 15	1	15+ years	\$40	1600094
Pinecrest	613-580-9676	Mon.	5-9 pm	Dec 13	1	15+ years	\$40	1600095
Plant	613-232-3000	Tue.	4-8 pm	Sep 21	1	15+ years	\$40	1599567
Plant	613-232-3000	Thu.	4-8 pm	Oct 21	1	15+ years	\$40	1599569
Richcraft – Kanata	613-580-9696	Sat.	2-6 pm	Nov 27	1	15+ years	\$40	1600850
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Sep 14	1	15+ years	\$40	1599695
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Oct 12	1	15+ years	\$40	1599696
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Nov 9	1	15+ years	\$40	1599697
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Dec 14	1	15+ years	\$40	1599698
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Sep 25	1	15+ years	\$40	1599806
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Oct 23	1	15+ years	\$40	1599808
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Nov 20	1	15+ years	\$40	1599807

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 watch virtual information session along with the candidate, which will be sent out prior to the first day of the course. Course manuals and Red Cross online access are included in the course fee. 100% attendance is required.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sun.	6-8 pm	Sep 12	4	15+ years	\$235.75	1599120
Bob MacQuarrie – Orléans	613-580-9600	Tue.	6-8 pm	Nov 16	4	15+ years	\$235.75	1599121
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	10 am-Noon	Sep 19	4	15+ years	\$235.75	1597932

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Minto – Barrhaven	613-727-2683	Sun.	8-10 am	Oct 17	4	15+ years	\$235.75	1600064
Minto – Barrhaven	613-727-2683	Sun.	10 am-Noon	Oct 17	4	15+ years	\$235.75	1600066
Minto – Barrhaven	613-727-2683	Sun.	8-10 am	Nov 14	4	15+ years	\$235.75	1600065
Minto – Barrhaven	613-727-2683	Sun.	10 am-Noon	Nov 14	4	15+ years	\$235.75	1600067
Minto – Barrhaven	613-727-2683	Mon.	4:15-6:15 pm	Dec 6	4	15+ years	\$235.75	1600987
Minto – Barrhaven	613-727-2683	Mon.	6:15-8:15 pm	Dec 6	4	15+ years	\$235.75	1600988
Nepean Sportsplex	613-580-2828	Tue.	7:30-9:30pm	Sep 14	4	15+ years	\$235.75	1601962
Nepean Sportsplex	613-580-2828	Tue.	7:30-9:30pm	Nov 23	4	15+ years	\$235.75	1601963
Pinecrest	613-580-9676	Sun.	9:15-11:15 am	Sep 12	4	15+ years	\$235.75	1600587
Pinecrest	613-580-9676	Sun.	9:15-11:15 am	Oct 17	4	15+ years	\$235.75	1600589
Pinecrest	613-580-9676	Sun.	9:15-11:15 am	Nov 14	4	15+ years	\$235.75	1600590
Richcraft – Kanata	613-580-9696	Fri.	5-7 pm	Sep 10	4	15+ years	\$235.75	1600840
Richcraft – Kanata	613-580-9696	Fri.	7:30-9:30 pm	Sep 10	4	15+ years	\$235.75	1601951
Richcraft – Kanata	613-580-9696	Fri.	5-7 pm	Nov 26	4	15+ years	\$235.75	1601950
Richcraft – Kanata	613-580-9696	Fri.	7:30-9:30 pm	Nov 26	4	15+ years	\$235.75	1600843
Sawmill Creek Pool	613-521-4092	Mon.	6-8 pm	Sep 13	4	15+ years	\$235.75	1599745
Sawmill Creek Pool	613-521-4092	Mon.	6-8 pm	Nov 1	4	15+ years	\$235.75	1599746
St-Laurent Complex	613-742-6767	Sat.	4-6 pm	Sep 11	4	15+ years	\$235.75	1599801

Certification

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sat.-Sun.	9 am-3:30 pm	Dec 4	4	15+ years	\$210.75	1599124
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	8 am-1:15 pm	Nov 14	5	15+ years	\$210.75	1597934
François Dupuis	613-580-8080	Sun.	5:30-9:30 pm	Oct 17	7	15+ years	\$210.75	1597958
Minto – Barrhaven	613-727-2683	Mon.	4:15-8:45 pm	Sep 27	9	15+ years	\$210.75	1600068
Nepean Sportsplex	613-580-2828	Sun.	3:30-7:30 pm	Sep 12	7	15+ years	\$210.75	1601965
Nepean Sportsplex	613-580-2828	Tue.	5-9:30 pm	Oct 12	6	15+ years	\$210.75	1601964
Nepean Sportsplex	613-580-2828	Sun.	3:30-7:30 pm	Nov 7	7	15+ years	\$210.75	1601966
Pinecrest	613-580-9676	Sun.	3:45-8 pm	Oct 17	5	15+ years	\$210.75	1600593
Pinecrest	613-580-9676	Sun.	3:45-8 pm	Nov 21	5	15+ years	\$210.75	1600594
Richcraft – Kanata	613-580-9696	Fri.	5-9:30 pm	Oct 8	6	15+ years	\$210.75	1600845
Sawmill Creek Pool	613-521-4092	Wed.	4:30-9 pm	Nov 3	6	15+ years	\$210.75	1599747
St-Laurent Complex	613-742-6767	Sat.	12:30-8:30pm	Nov 6	3	15+ years	\$210.75	1599813

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sun.	9 am-1:15 pm	Nov 21	1	16+ years	\$78.75	1599117
Bob MacQuarrie – Orléans	613-580-9600	Sat.	9 am-1:15 pm	Dec 18	1	16+ years	\$78.75	1599118

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec Complex (Goulbourn)	613-580-2532	Sun.	9 am-1:15 pm	Oct 24	1	16+ years	\$78.75	1597936
CardelRec Complex (Goulbourn)	613-580-2532	Sat.	4-8:15 pm	Dec 4	1	16+ years	\$78.75	1597938
François Dupuis	613-580-8080	Sun.	5-9:15 pm	Sep 26	1	16+ years	\$78.75	1599604
Minto – Barrhaven	613-727-2683	Sun.	8 am-12:15 pm	Dec 12	1	16+ years	\$78.75	1600069
Minto – Barrhaven	613-727-2683	Sun.	8 am-12:15 pm	Dec 19	1	16+ years	\$78.75	1600990
Nepean Sportsplex	613-580-2828	Tue.	5:30-9:45 pm	Sep 7	1	16+ years	\$78.75	1601970
Nepean Sportsplex	613-580-2828	Wed.	5:30-9:45 pm	Dec 1	1	16+ years	\$78.75	1601971
Nepean Sportsplex	613-580-2828	Wed.	5:30-9:45 pm	Dec 15	1	16+ years	\$78.75	1601972
Pinecrest	613-580-9676	Sun.	3-7:15 pm	Sep 19	1	16+ years	\$78.75	1600596
Richcraft – Kanata	613-580-9696	Wed.	4:30-8:45 pm	Sep 8	1	16+ years	\$78.75	1600846
Richcraft – Kanata	613-580-9696	Wed.	4:30-8:45 pm	Nov 3	1	16+ years	\$78.75	1600847
Sawmill Creek Pool	613-521-4092	Fri.	4-8:15 pm	Sep 10	1	16+ years	\$78.75	1599705
Sawmill Creek Pool	613-521-4092	Mon.	4-8:15 pm	Oct 25	1	16+ years	\$78.75	1599708
Sawmill Creek Pool	613-521-4092	Wed.	4-8:15 pm	Oct 27	1	16+ years	\$78.75	1599706
Sawmill Creek Pool	613-521-4092	Mon.	4-8:15 pm	Nov 29	1	16+ years	\$78.75	1600993
Sawmill Creek Pool	613-521-4092	Wed.	4-8:15 pm	Dec 15	1	16+ years	\$78.75	1599707
Sawmill Creek Pool	613-521-4092	Mon.	4-8:15 pm	Dec 20	1	16+ years	\$78.75	1599709
St-Laurent Complex	613-742-6767	Sat.	4-8:15 pm	Oct 16	1	16+ years	\$78.75	1599802
St-Laurent Complex	613-742-6767	Sat.	4-8:15 pm	Dec 4	1	16+ years	\$78.75	1599803

Certification

Advanced Instructor

LS Standard First Aid Instructor

Prepares candidates to teach up to and including Standard First Aid.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Thu.	4:15-9:15 pm	Sep 23	4	16+ years	\$153.75	1599716

LS Lifesaving and EFA Instructor

Progressively evaluated so 100% attendance is required.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie – Orléans	613-580-9600	Sat.-Sun.	9 am-2 pm	Dec 11	4	15+ years	\$133.25	1600996
Minto – Barrhaven	613-727-2683	Mon.	4-9 pm	Dec 6	4	15+ years	\$133.25	1600989
Sawmill Creek Pool	613-521-4092	Wed.	4-9pm	Sep 15	4	15+ years	\$133.25	1599718

LS Aquatic Supervisor Training (AST)

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Tue.	4:15-9:15 pm	Nov 16	2	16+ years	\$103.50	1599699

Powerswim

Powerswim Introduction Child – Low ratio

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.	11:45 am-12:45 pm	Sep 11	10	8-12 years	\$177.25	1599055
Canterbury	613-247-4865	Tue.	4-5 pm	Sep 14	14	8-12 years	\$248	1597902
Canterbury	613-247-4865	Thu.	5-6 pm	Sep 16	14	8-12 years	\$248	1597903
François Dupuis	613-580-8080	Sat.	9:30-10:30 am	Sep 11	11	8-12 years	\$195	1597972
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Sep 13	11	8-12 years	\$195	1597970
Minto - Barrhaven	613-727-2683	Sat.	8:15-9:15 am	Sep 25	12	8-12 years	\$212.75	1600954
Minto - Barrhaven	613-727-2683	Sun.	3:15-4:15 pm	Sep 26	12	8-12 years	\$212.75	1600955
Minto - Barrhaven	613-727-2683	Tue.	6-7 pm	Sep 28	12	8-12 years	\$212.75	1600953
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Sep14	7	8-12 years	\$124	1601732
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Nov 2	7	8-12 years	\$124	1601733
Pinecrest	613-580-9676	Wed.	6-7 pm	Sep 8	8	8-12 years	\$141.75	1599329
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Sep 13	6	8-12 years	\$106.50	1599326
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Nov 1	7	8-12 years	\$124	1599327
Pinecrest	613-580-9676	Wed.	6-7 pm	Nov 3	7	8-12 years	\$124	1599328
Plant	613-232-3000	Sat.	4-5 pm	Sep 11	11	8-12 years	\$195	1598710
Plant	613-232-3000	Wed.	5-6 pm	Sep 15	11	8-12 years	\$195	1598711
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 7	15	8-12 years	\$265.75	1599739
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 11	14	8-12 years	\$248	1599732
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 12	13	8-12 years	\$230.50	1599735

Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Sep 12	13	8-12 years	\$230.50	1599737
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	8-12 years	\$159.50	1599748
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	8-12 years	\$159.50	1599749
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	8-12 years	\$88.75	1599835
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	8-12 years	\$88.75	1599836

Powerswim Introduction Teen – Low ratio

Youth focused pre-competitive program developing freestyle and backstroke strokes, 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Sep 14	7	13-14 years	\$124	1601734
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Nov 2	7	13-14 years	\$124	1601735
Pinecrest	613-580-9676	Wed.	6-7 pm	Sep 8	8	13-14 years	\$141.75	1599334
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Sep 13	6	13-14 years	\$106.50	1599331
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Nov 1	7	13-14 years	\$124	1599332
Pinecrest	613-580-9676	Wed.	6-7 pm	Nov 3	7	13-14 years	\$124	1599333
Pinecrest	613-580-9676	Wed.	6-7 pm	Sep 8	8	15-17 years	\$160.25	1599338
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Sep 13	6	15-17 years	\$120.25	1599335
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Nov 1	7	15-17 years	\$140.25	1599336
Pinecrest	613-580-9676	Wed.	6-7 pm	Nov 3	7	15-17 years	\$140.25	1599337
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 7	15	13-14 years	\$265.75	1599855
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 11	14	13-14 years	\$248	1599740
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 12	13	13-14 years	\$230.50	1599853

Specialty

Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Sep 12	13	13-14 years	\$230.50	1599854
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	13-14 years	\$159.50	1599750
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	13-14 years	\$159.50	1599751
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	13-14 years	\$88.75	1599837
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	13-14 years	\$88.75	1599838
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	15-17 years	\$180.25	1599756
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	15-17 years	\$180.25	1599758
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	15-17 years	\$100.25	1599839
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	15-17 years	\$100.25	1599840

Powerswim Introduction Adult – Low ratio

Pre-competitive program for adults that develops freestyle and backstroke strokes, 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: 18 years and ability to swim 75m nonstop. Basic stroke technique for freestyle and backstroke. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Sep 14	14	18+ years	\$410.75	1597927

20/21 Swimming-Powerswim Intermediate Child LR

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Thu.	6:30-7:30 pm	Sep 9	10	8-12 years	\$177.25	1599051
Bob MacQuarrie - Orléans	613-580-9600	Sat.	9-10 am	Sep 11	10	8-12 years	\$177.25	1599052
Bob MacQuarrie - Orléans	613-580-9600	Sun.	11:45 am-12:45 pm	Sep 12	10	8-12 years	\$177.25	1599053

Specialty

Canterbury	613-247-4865	Tue.	4-5 pm	Sep 14	14	8-12 years	\$248	1597908
Canterbury	613-247-4865	Tue.	5-6 pm	Sep 14	14	8-12 years	\$248	1597909
Canterbury	613-247-4865	Thu.	4-5 pm	Sep 16	14	8-12 years	\$248	1597911
Canterbury	613-247-4865	Thu.	5-6 pm	Sep 16	14	8-12 years	\$248	1597914
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Sep 13	11	8-12 years	\$195	1597964
Minto - Barrhaven	613-727-2683	Sat.	9:15-10:15 am	Sep 25	12	8-12 years	\$212.75	1600957
Minto - Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Sep 26	12	8-12 years	\$212.75	1600958
Minto - Barrhaven	613-727-2683	Wed.	6:45-7:45 pm	Sep 29	12	8-12 years	\$212.75	1600956
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Sep 14	7	8-12 years	\$124	1601720
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Sep 16	7	8-12 years	\$124	1601722
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Sep 17	7	8-12 years	\$124	1601724
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Nov 2	7	8-12 years	\$124	1601721
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Nov 4	7	8-12 years	\$124	1601723
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Nov 5	7	8-12 years	\$124	1601725
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Sep 8	8	8-12 years	\$141.75	1599191
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Sep 10	8	8-12 years	\$141.75	1599192
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Sep 13	6	8-12 years	\$106.50	1599182
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Nov 1	7	8-12 years	\$124	1599185
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Nov 3	7	8-12 years	\$124	1599187
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Nov 5	7	8-12 years	\$124	1599189
Plant	613-232-3000	Sat.	4-5 pm	Sep 11	11	8-12 years	\$195	1598470
Plant	613-232-3000	Thu.	5-6 pm	Sep 16	11	8-12 years	\$195	1598471
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 7	15	8-12 years	\$265.75	1599859
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Sep 10	15	8-12 years	\$265.75	1599860
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 11	14	8-12 years	\$248	1599856

Specialty

Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 12	13	8-12 years	\$230.50	1599857
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Sep 12	13	8-12 years	\$230.50	1599858
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	8-12 years	\$159.50	1599762
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	8-12 years	\$159.50	1599763
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	8-12 years	\$88.75	1599841
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	8-12 years	\$88.75	1599842

Powerswim Intermediate Teen – Low ratio

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	7-8 pm	Sep 7	10	13-14 years	\$177.25	1599050
Bob MacQuarrie - Orléans	613-580-9600	Tue.	9-10 am	Sep 14	10	13-14 years	\$177.25	1599054
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Sep 14	7	13-14 years	\$124	1601726
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Sep 16	7	13-14 years	\$124	1601728
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Sep 17	7	13-14 years	\$124	1601730
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Nov 2	7	13-14 years	\$124	1601727
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Nov 4	7	13-14 years	\$124	1601729
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Nov 5	7	13-14 years	\$124	1601731
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Sep 8	8	13-14 years	\$141.75	1599211
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Sep 10	8	13-14 years	\$141.75	1599212
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Sep 13	6	13-14 years	\$106.50	1599203
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Nov 1	7	13-14 years	\$124	1599206
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Nov 3	7	13-14 years	\$124	1599208

Specialty

Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Nov 5	7	13-14 years	\$124	1599210
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Sep 8	8	15-17 years	\$160.25	1599324
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Sep 10	8	15-17 years	\$160.25	1599325
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Sep 13	6	15-17 years	\$120.25	1599246
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Nov 1	7	15-17 years	\$140.25	1599321
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Nov 3	7	15-17 years	\$140.25	1599322
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Nov 5	7	15-17 years	\$140.25	1599323
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 7	15	13-14 years	\$265.75	1599864
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Sep 10	15	13-14 years	\$265.75	1599865
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Sep 11	14	13-14 years	\$248	1599861
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Sep 12	13	13-14 years	\$230.50	1599862
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Sep 12	13	13-14 years	\$230.50	1599863
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	13-14 years	\$159.50	1599764
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	13-14 years	\$159.50	1599766
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	13-14 years	\$88.75	1599843
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	13-14 years	\$88.75	1599844
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	15-17 years	\$180.25	1599768
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	15-17 years	\$180.25	1599769
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	15-17 years	\$100.25	1599845
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	15-17 years	\$100.25	1599846

Specialty

Powerswim Advanced Child – Low ratio

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	5-6 pm	Sep 14	14	8-12 years	\$248	1597918
Canterbury	613-247-4865	Thu.	4-5 pm	Sep 16	14	8-12 years	\$248	1597922
François Dupuis	613-580-8080	Wed.	4:30-5:30 pm	Sep 8	13	8-12 years	\$230.50	1597961
Minto - Barrhaven	613-727-2683	Sat.	10:15-11:15 am	Sep 25	12	8-12 years	\$212.75	1600960
Minto - Barrhaven	613-727-2683	Sun.	5:15-6:15 pm	Sep 26	12	8-12 years	\$212.75	1600961
Minto - Barrhaven	613-727-2683	Thu.	6-7 pm	Sep 30	12	8-12 years	\$212.75	1600959
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Sep 16	7	8-12 years	\$124	1601712
Nepean Sportsplex	613-580-2828	Fri.	7-9 pm	Sep 17	7	8-12 years	\$124	1601714
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Nov 4	7	8-12 years	\$124	1601713
Nepean Sportsplex	613-580-2828	Fri.	7-9 pm	Nov 5	7	8-12 years	\$124	1601715
Pinecrest	613-580-9676	Wed.	7-8 pm	Sep 8	8	8-12 years	\$141.75	1599162
Pinecrest	613-580-9676	Fri.	7-8 pm	Sep 10	8	8-12 years	\$141.75	1599163
Pinecrest	613-580-9676	Wed.	7-8 pm	Nov 3	7	8-12 years	\$124	1599160
Pinecrest	613-580-9676	Fri.	7-8 pm	Nov 5	7	8-12 years	\$124	1599161
Plant	613-232-3000	Sat.	5-6 pm	Sep 11	11	8-12 years	\$195	1598463
Plant	613-232-3000	Thu.	6-7pm	Sep 16	11	8-12 years	\$195	1598465
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 7	15	8-12 years	\$265.75	1599868
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Sep 9	15	8-12 years	\$265.75	1599869
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Sep 10	15	8-12 years	\$265.75	1599870
Richcraft - Kanata	613-580-9696	Sat.	9:45-10:45 am	Sep 11	14	8-12 years	\$248	1599866
Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Sep 12	13	8-12 years	\$230.50	1599867

Specialty

Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	8-12 years	\$159.50	1599770
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	8-12 years	\$159.50	1599771
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	8-12 years	\$88.75	1599847
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	8-12 years	\$88.75	1599848

Powerswim Advanced Teen – Low ratio

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Sep16	7	13-14 years	\$124	1601716
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Sep 17	7	13-14 years	\$124	1601718
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Nov4	7	13-14 years	\$124	1601717
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Nov 5	7	13-14 years	\$124	1601719
Pinecrest	613-580-9676	Wed.	7-8 pm	Sep 8	8	13-14 years	\$141.75	1599169
Pinecrest	613-580-9676	Fri.	7-8 pm	Sep 10	8	13-14 years	\$141.75	1599171
Pinecrest	613-580-9676	Wed.	7-8 pm	Nov 3	7	13-14 years	\$124	1599164
Pinecrest	613-580-9676	Fri.	7-8 pm	Nov 5	7	13-14 years	\$124	1599166
Pinecrest	613-580-9676	Wed.	7-8 pm	Sep 8	8	15-17 years	\$160.25	1599175
Pinecrest	613-580-9676	Fri.	7-8 pm	Sep 10	8	15-17 years	\$160.25	1599176
Pinecrest	613-580-9676	Wed.	7-8 pm	Nov 3	7	15-17 years	\$140.25	1599173
Pinecrest	613-580-9676	Fri.	7-8 pm	Nov 5	7	15-17 years	\$140.25	1599174
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Sep 7	15	13-14 years	\$265.75	1599874
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Sep 9	15	13-14 years	\$265.75	1599875
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Sep 10	15	13-14 years	\$265.75	1599876
Richcraft - Kanata	613-580-9696	Sat.	9:45-10:45 am	Sep 11	14	13-14 years	\$248	1599872

Specialty

Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Sep 12	13	13-14 years	\$230.50	1599873
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	13-14 years	\$159.50	1599774
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	13-14 years	\$159.50	1599775
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	13-14 years	\$88.75	1599849
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	13-14 years	\$88.75	1599850
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Sep 16	9	15-17 years	\$180.25	1599776
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Sep 16	9	15-17 years	\$180.25	1599777
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Nov 18	5	15-17 years	\$100.25	1599851
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Nov 18	5	15-17 years	\$100.25	1599852

Powerswim Advanced Adult – Low ratio

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. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Sep 16	14	18-99 years	\$410.75	1597968

Powerswim 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Sep 19	6	8-12 years	\$106.50	1601199
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Sep 22	6	8-12 years	\$106.50	1601201
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Sep 24	6	8-12 years	\$106.50	1601203
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Nov 3	6	8-12 years	\$106.50	1601202
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Nov 5	6	8-12 years	\$106.50	1601204
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Nov 7	6	8-12 years	\$106.50	1601200

Specialty

Powerswim 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec (Goulbourn)	613-580-2532	Sat.	11:30 am-12:30 pm	Sep 18	12	13-14 years	\$212.75	1597992
CardelRec (Goulbourn)	613-580-2532	Sun.	6:15-7:15 pm	Sep 19	11	13-14 years	\$195	1598486
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Sep 19	6	13-14 years	\$106.50	1601205
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Sep 22	6	13-14 years	\$106.50	1601207
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Sep 24	6	13-14 years	\$106.50	1601209
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Nov 3	6	13-14 years	\$106.50	1601208
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Nov 5	6	13-14 years	\$106.50	1601210
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Nov 7	6	13-14 years	\$106.50	1601206

20/21 Swimming-Powerswim 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec (Goulbourn)	613-580-2532	Sat.	11:30 am-12:30 pm	Sep 18	12	15-17 years	\$240.25	1597994
CardelRec (Goulbourn)	613-580-2532	Sun.	6:15-7:15 pm	Sep 19	11	15-17 years	\$220.25	1598488
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Sep 19	6	15-17 years	\$120.25	1601211
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Sep 22	6	15-17 years	\$120.25	1601213
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Sep 24	6	15-17 years	\$120.25	1601215
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Nov 3	6	15-17 years	\$120.25	1601214
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Nov 5	6	15-17 years	\$120.25	1601216
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Nov 7	6	15-17 years	\$120.25	1601212

Specialty

Swimming-Powerswim 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 and ability to swim 75m nonstop.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Wed.	8:15-9:15 pm	Sep 8	10	18+ years	\$137.25	1600046
Bob MacQuarrie - Orléans	613-580-9600	Sat.	6:45-7:45 am	Sep 11	10	18+ years	\$137.25	1600047
Bob MacQuarrie - Orléans	613-580-9600	Mon.	8:45-9:45 pm	Sep 13	10	18+ years	\$137.25	1600043
Minto - Barrhaven	613-727-2683	Wed.	8-9 pm	Sep 29	12	18+ years	\$352.25	1600948

Specialty
