



Fall  
2022

# Swimming Certification and Specialty

## Recreation eGuide

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## New registration system coming soon

Online registration for Winter 2023 programs will look a bit different and have a few improvements. The new system will allow you to browse and filter program offerings, create a wishlist in advance, and improve wait times on registration nights.

### Prepare for a smooth transition:

- Confirm your contact information is up to date by checking your online account or speaking with customer service staff next time you're in the facility.
- Subscribe to the [DiscoverRec e-newsletter](#). You'll receive instructions when it's time to create or access your new account.

# Certification

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked 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.

## 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue.	4:30-6:30 pm	Sep 27	5	10-14 years	\$82.25	<a href="#">1634435</a>
Canterbury	613-247-4865	Sat.	11am-Noon	Oct 15	10	10-14 years	\$82.25	<a href="#">1626463</a>
CardelRec (Goulbourn)	613-580-2532	Thu.	6:30-7:20 pm	Sep 15	12	10-14 years	\$82.25	<a href="#">1632694</a>
Minto-Barrhaven	613-727-2683	Mon.	7-8 pm	Sep 19	10	10-14 years	\$82.25	<a href="#">1630012</a>
Minto-Barrhaven	613-727-2683	Fri.	6-7 pm	Sep 23	10	10-14 years	\$82.25	<a href="#">1630014</a>
Minto-Barrhaven	613-727-2683	Sun.	3:30-4:30 pm	Sep 25	10	10-14 years	\$82.25	<a href="#">1630018</a>
Pinecrest	613-580-9676	Sun.	9-10:30 am	Sep 11	7	10-14 years	\$82.25	<a href="#">1634636</a>
Pinecrest	613-580-9676	Sun.	9-10:30 am	Nov 6	7	10-14 years	\$82.25	<a href="#">1634637</a>
Plant	613-232-3000	Sun.	5:30-6:45 pm	Sep 11	9	10-14 years	\$82.25	<a href="#">1634389</a>
Sawmill Creek Pool	613-521-4092	Sat.	10-11am	Oct 15	10	10-14 years	\$82.25	<a href="#">1627082</a>
Splash Wave Pool	613-748-4222	Sun.	5-7 pm	Oct 16	5	10-14 years	\$82.25	<a href="#">1633091</a>
St-Laurent Complex	613-742-6767	Sun.	8-9:15 am	Oct 16	9	10-14 years	\$82.25	<a href="#">1629511</a>
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Sep 13	10	10-14 years	\$82.25	<a href="#">1631795</a>

# Certification

## Bronze Star and Basic First Aid with CPR A

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Fri.	5-6 pm	Sep 23	12	10-14 years	\$111.25	<a href="#">1629991</a>
François Dupuis	613-580-8080	Sat.	9:30-10:30 am	Sep 24	12	10-14 years	\$111.25	<a href="#">1629994</a>
Lowertown Pool	613-580-2424	Sun.	9-10 am	Sep 11	14	10-14 years	\$111.25	<a href="#">1629250</a>

## 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:30 pm	Oct 16	7	12-14 years	\$140.75	<a href="#">1634437</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:30 pm	Oct 16	7	15+ years	\$159.25	<a href="#">1634439</a>
Brewer Pool	613-580-2090	Sun.	8:30-10:30 am	Sep 18	12	13-14 years	\$140.75	<a href="#">1633893</a>
Brewer Pool	613-580-2090	Sun.	8:30-10:30 am	Sep 18	12	15+ years	\$159.25	<a href="#">1633894</a>
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 16	8	13-14 years	\$140.75	<a href="#">1626459</a>
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 16	8	15+ years	\$159.25	<a href="#">1626460</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6:30 pm	Sep 17	10	13-14 years	\$140.75	<a href="#">1630690</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6:30 pm	Sep 17	10	15+ years	\$159.25	<a href="#">1630699</a>
Deborah Anne Kirwan Pool	613-247-4820	Sun.	4:45-7:30 pm	Sep 18	9	13-14 years	\$140.75	<a href="#">1633722</a>
Deborah Anne Kirwan Pool	613-247-4820	Sun.	4:45-7:30 pm	Sep 18	9	15+ years	\$159.25	<a href="#">1633723</a>
François Dupuis	613-580-8080	Tue.	5:30-7:30 pm	Sep 20	12	13-14 years	\$140.75	<a href="#">1630468</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Sep 24	6	13-14 years	\$140.75	<a href="#">1630477</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Nov 12	6	13-14 years	\$140.75	<a href="#">1630481</a>
François Dupuis	613-580-8080	Tue.	5:30-7:30 pm	Sep 20	12	15+ years	\$159.25	<a href="#">1630487</a>



# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.	5-9 pm	Sep 24	6	15+ years	\$159.25	<a href="#">1630492</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Nov 12	6	15+ years	\$159.25	<a href="#">1630495</a>
Kanata Leisure Centre	613-580-9677	Sun.	5-9:15 pm	Sep 18	12	13-14 years	\$140.75	<a href="#">1634121</a>
Kanata Leisure Centre	613-580-9677	Mon.	5-9:15 pm	Sep 19	12	13-14 years	\$140.75	<a href="#">1634122</a>
Kanata Leisure Centre	613-580-9677	Thu.	5-9:15 pm	Sep 22	12	13-14 years	\$140.75	<a href="#">1634123</a>
Kanata Leisure Centre	613-580-9677	Sun.	5-9:15 pm	Sep 18	12	15+ years	\$159.25	<a href="#">1634124</a>
Kanata Leisure Centre	613-580-9677	Mon.	5-9:15 pm	Sep 19	12	15+ years	\$159.25	<a href="#">1634125</a>
Kanata Leisure Centre	613-580-9677	Thu.	5-9:15 pm	Sep 22	12	15+ years	\$159.25	<a href="#">1634126</a>
Lowertown Pool	613-580-2424	Mon.	5-8 pm	Sep 12	9	13-14 years	\$140.75	<a href="#">1629253</a>
Lowertown Pool	613-580-2424	Mon.	5-8 pm	Sep 12	9	15+ years	\$159.25	<a href="#">1629256</a>
Minto-Barrhaven	613-727-2683	Tue.	5:30-8 pm	Sep 20	10	13-14 years	\$140.75	<a href="#">1629993</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:15 pm	Sep 23	9	13-14 years	\$140.75	<a href="#">1629997</a>
Minto-Barrhaven	613-727-2683	Tue.	5:30-8 pm	Sep 20	10	15+ years	\$159.25	<a href="#">1630004</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-7:15 pm	Sep 23	9	15+ years	\$159.25	<a href="#">1630007</a>
Nepean Sportsplex	613-580-2828	Thu.	5-7:45 pm	Oct 13	10	13-14 years	\$140.75	<a href="#">1634386</a>
Nepean Sportsplex	613-580-2828	Thu.	5-7:45 pm	Oct 13	10	15+ years	\$159.25	<a href="#">1634387</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Sep 10	7	13-14 years	\$140.75	<a href="#">1634632</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Nov 5	7	13-14 years	\$140.75	<a href="#">1634631</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Sep 10	7	15+ years	\$159.25	<a href="#">1634635</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Nov 5	7	15+ years	\$159.25	<a href="#">1634634</a>
Plant	613-232-3000	Sun.	5-7:45pm	Sep 11	9	13-14 years	\$140.75	<a href="#">1634390</a>
Plant	613-232-3000	Sun.	5-7:45pm	Sep 11	9	15+ years	\$159.25	<a href="#">1634391</a>
Ray Friel	613-580-4765	Sat.	6-9pm	Sep 24	9	13-14 years	\$140.75	<a href="#">1633789</a>
Ray Friel	613-580-4765	Sat.	6-9pm	Sep 24	9	15+ years	\$159.25	<a href="#">1633790</a>

# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Nov 16	5	13-14 years	\$140.75	<a href="#">1628608</a>
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Nov 16	5	15+ years	\$159.25	<a href="#">1628614</a>
Sawmill Creek Pool	613-521-4092	Sun.	1-3:30 pm	Oct 16	10	13-14 years	\$140.75	<a href="#">1627063</a>
Sawmill Creek Pool	613-521-4092	Sun.	1-3:30 pm	Oct 16	10	15+ years	\$159.25	<a href="#">1627068</a>
Splash Wave Pool	613-748-4222	Sun.	5-7:30 pm	Oct 16	9	13-14 years	\$140.75	<a href="#">1633094</a>
Splash Wave Pool	613-748-4222	Sun.	5-7:30 pm	Oct 16	9	15+ years	\$159.25	<a href="#">1633097</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Oct 16	9	13-14 years	\$140.75	<a href="#">1629518</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Oct 16	9	15+ years	\$159.25	<a href="#">1629520</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Sep 10	7	13-14 years	\$140.75	<a href="#">1626371</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Sep 11	7	13-14 years	\$140.75	<a href="#">1626375</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Nov 5	7	13-14 years	\$140.75	<a href="#">1626373</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Nov 6	7	13-14 years	\$140.75	<a href="#">1626377</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Sep 10	7	15+ years	\$159.25	<a href="#">1626380</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Sep 11	7	15+ years	\$159.25	<a href="#">1626383</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Nov 5	7	15+ years	\$159.25	<a href="#">1626382</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Nov 6	7	15+ years	\$159.25	<a href="#">1626385</a>

# Certification

## 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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-580-2090	Sun.	10:30 am-12:20 pm	Sep 18	12	12-14 years	\$106.25	<a href="#">1633896</a>
Brewer Pool	613-580-2090	Sun.	10:30 am-12:30 pm	Sep 18	12	15+ years	\$120.25	<a href="#">1633899</a>
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 16	8	12-14 years	\$106.25	<a href="#">1626461</a>
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Sep 16	8	15+ years	\$120.25	<a href="#">1626462</a>
Deborah Anne Kirwan Pool	613-247-4820	Sat.	4:45-7:30 pm	Sep 17	9	12-14 years	\$106.25	<a href="#">1633710</a>
Deborah Anne Kirwan Pool	613-247-4820	Sat.	4:45-7:30 pm	Sep 17	9	15+ years	\$120.25	<a href="#">1633706</a>
François Dupuis	613-580-8080	Thu.	5:30-7:30 pm	Sep 22	12	12-14 years	\$106.25	<a href="#">1630500</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Sep 24	6	12-14 years	\$106.25	<a href="#">1630503</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Nov 12	6	12-14 years	\$106.25	<a href="#">1630505</a>
François Dupuis	613-580-8080	Thu.	5:30-7:30 pm	Sep 22	12	15+ years	\$120.25	<a href="#">1630511</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Sep 24	6	15+ years	\$120.25	<a href="#">1630515</a>
François Dupuis	613-580-8080	Sat.	5-9 pm	Nov 12	6	15+ years	\$120.25	<a href="#">1630517</a>
Lowertown Pool	613-580-2424	Mon.	5-8 pm	Sep 12	9	12-14 years	\$106.25	<a href="#">1629258</a>
Lowertown Pool	613-580-2424	Mon.	5-8 pm	Sep 12	9	15+ years	\$120.25	<a href="#">1629262</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Sep 10	7	12-14 years	\$106.25	<a href="#">1634628</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Nov 5	7	12-14 years	\$106.25	<a href="#">1634627</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Sep 10	7	15+ years	\$120.25	<a href="#">1634630</a>
Pinecrest	613-580-9676	Sat.	2-5:30 pm	Nov 5	7	15+ years	\$120.25	<a href="#">1634629</a>
Plant	613-232-3000	Sun.	5-7:45pm	Sep 11	9	12-14 years	\$106.25	<a href="#">1634392</a>
Plant	613-232-3000	Sun.	5-7:45pm	Sep 11	9	15+ years	\$120.25	<a href="#">1634393</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Oct 16	9	12-14 years	\$106.25	<a href="#">1629522</a>

# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Oct 16	9	15+ years	\$120.25	<a href="#">1629524</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Sep 10	7	12-14 years	\$106.25	<a href="#">1626480</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Sep 11	7	12-14 years	\$106.25	<a href="#">1626484</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Nov 5	7	12-14 years	\$106.25	<a href="#">1626483</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Nov 6	7	12-14 years	\$106.25	<a href="#">1626485</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Sep 10	7	15+ years	\$120.25	<a href="#">1626487</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Sep 11	7	15+ years	\$120.25	<a href="#">1626489</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Nov 5	7	15+ years	\$120.25	<a href="#">1626488</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Nov 6	7	15+ years	\$120.25	<a href="#">1626490</a>

## 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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:45 pm	Oct 16	9	12-14 years	\$155.25	<a href="#">1634450</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:45 pm	Oct 16	9	15+ years	\$175.50	<a href="#">1634452</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6:45 pm	Sep 17	12	11-14 years	\$155.25	<a href="#">1630716</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6:45 pm	Sep 17	12	15+ years	\$175.50	<a href="#">1630762</a>
Kanata Leisure Centre	613-580-9677	Sun.	5-8 pm	Sep 18	12	12-14 years	\$155.25	<a href="#">1634114</a>
Kanata Leisure Centre	613-580-9677	Mon.	5-8 pm	Sep 19	12	12-14 years	\$155.25	<a href="#">1634115</a>
Kanata Leisure Centre	613-580-9677	Thu.	5-8 pm	Sep 22	12	12-14 years	\$155.25	<a href="#">1634116</a>
Kanata Leisure Centre	613-580-9677	Sun.	5-8 pm	Sep 18	12	15+ years	\$175.50	<a href="#">1634117</a>
Kanata Leisure Centre	613-580-9677	Mon.	5-8 pm	Sep 19	12	15+ years	\$175.50	<a href="#">1634118</a>
Kanata Leisure Centre	613-580-9677	Thu.	5-8 pm	Sep 22	12	15+ years	\$175.50	<a href="#">1634120</a>



# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.	5-8:30 pm	Sep 19	9	12-14 years	\$155.25	<a href="#">1629970</a>
Minto-Barrhaven	613-727-2683	Sun.	3:30-7 pm	Sep 25	9	12-14 years	\$155.25	<a href="#">1629974</a>
Minto-Barrhaven	613-727-2683	Mon.	5-8:30 pm	Sep 19	9	15+ years	\$175.50	<a href="#">1629979</a>
Minto-Barrhaven	613-727-2683	Sun.	3:30-7 pm	Sep 25	9	15+ years	\$175.50	<a href="#">1629988</a>
Nepean Sportsplex	613-580-2828	Wed.	4:45-8:30pm	Oct 12	10	12-14 years	\$155.25	<a href="#">1634384</a>
Nepean Sportsplex	613-580-2828	Wed.	4:45-8:30pm	Oct 12	10	15+ years	\$175.50	<a href="#">1634385</a>
Ray Friel	613-580-4765	Sat.	5-9pm	Sep 24	9	11-14 years	\$155.25	<a href="#">1633792</a>
Ray Friel	613-580-4765	Sat.	5-9pm	Sep 24	9	15+ years	\$175.50	<a href="#">1633793</a>
Sawmill Creek Pool	613-521-4092	Sun.	2-5:30 pm	Oct 16	10	12-14 years	\$155.25	<a href="#">1627075</a>
Sawmill Creek Pool	613-521-4092	Sun.	2-5:30 pm	Oct 16	10	15+ years	\$175.50	<a href="#">1627079</a>
Splash Wave Pool	613-748-4222	Sun.	5-8:45 pm	Oct 16	9	12-14 years	\$155.25	<a href="#">1633100</a>
Splash Wave Pool	613-748-4222	Sun.	5-8:45 pm	Oct 16	9	15+ years	\$175.50	<a href="#">1633102</a>

## 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, LS, Red Cross, St-John's or Ski Patrol Standard First Aid and CPR-C is required prior to the course start date.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Oct 5	6	14 years	\$177.50	<a href="#">1628548</a>
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Oct 5	6	15+ years	\$200.75	<a href="#">1628553</a>

# Certification

## Lifesaving 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Oct 1	2	12-14 years	\$134.50	<a href="#">1634470</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Nov 5	2	12-14 years	\$134.50	<a href="#">1634471</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Oct 1	2	15+ years	\$152	<a href="#">1634473</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Nov 5	2	15+ years	\$152	<a href="#">1634474</a>
Canterbury	613-247-4865	Sat.-Sun.	9 am-5 pm	Sep 10	2	12-14 years	\$134.50	<a href="#">1634815</a>
Canterbury	613-247-4865	Sat.-Sun.	9 am-5 pm	Sep 10	2	15+ years	\$152	<a href="#">1634816</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9am-5 pm	Oct 16	2	12-14 years	\$134.50	<a href="#">1630669</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9am-5 pm	Oct 16	2	15+ years	\$152	<a href="#">1630665</a>
François Dupuis	613-580-8080	Sat.-Sun.	11 am-7 pm	Oct 22	2	12-14 years	\$134.50	<a href="#">1630528</a>
François Dupuis	613-580-8080	Sat.-Sun.	11 am-7 pm	Dec 17	2	12-14 years	\$134.50	<a href="#">1630530</a>
François Dupuis	613-580-8080	Sat.-Sun.	11 am-7 pm	Oct 22	2	15+ years	\$152	<a href="#">1630520</a>
François Dupuis	613-580-8080	Sat.-Sun.	11 am-7 pm	Dec 17	2	15+ years	\$152	<a href="#">1630521</a>
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5pm	Oct 1	2	12-14 years	\$134.50	<a href="#">1632110</a>
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5pm	Oct 1	2	15+ years	\$152	<a href="#">1632115</a>
Kanata Leisure Centre	613-580-9677	Sat.-Sun.	8 am-4 pm	Sep 24	2	12-14 years	\$134.50	<a href="#">1634132</a>
Kanata Leisure Centre	613-580-9677	Sat.-Sun.	8 am-4 pm	Sep 24	2	15+ years	\$152	<a href="#">1634130</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 24	2	12-14 years	\$134.50	<a href="#">1630020</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 29	2	12-14 years	\$134.50	<a href="#">1630021</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 26	2	12-14 years	\$134.50	<a href="#">1630023</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 24	2	15+ years	\$152	<a href="#">1630027</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 29	2	15+ years	\$152	<a href="#">1630029</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 26	2	15+ years	\$152	<a href="#">1630031</a>

# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Oct 13	2	12-14 years	\$134.50	<a href="#">1634861</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Oct 14	4	12-14 years	\$134.50	<a href="#">1634859</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Nov 18	4	12-14 years	\$134.50	<a href="#">1634860</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Oct 13	2	15+ years	\$152	<a href="#">1634858</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Oct 14	4	15+ years	\$152	<a href="#">1634856</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Nov 18	4	15+ years	\$152	<a href="#">1634857</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	Nov 26	2	12-14 years	\$134.50	<a href="#">1628630</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	Nov 26	2	15+ years	\$152	<a href="#">1628625</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Oct 22	2	12-14 years	\$134.50	<a href="#">1627120</a>
Sawmill Creek Pool	613-521-4092	Wed.-Thu.	9 am-5 pm	Dec 28	2	12-14 years	\$134.50	<a href="#">1633784</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Oct 22	2	15+ years	\$152	<a href="#">1627123</a>
Sawmill Creek Pool	613-521-4092	Wed.-Thu.	9 am-5 pm	Dec 28	2	15+ years	\$152	<a href="#">1633785</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5pm	Sep 24	2	12-14 years	\$134.50	<a href="#">1633109</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5pm	Sep 24	2	15+ years	\$152	<a href="#">1633112</a>
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5pm	Sep 17	2	12-14 years	\$134.50	<a href="#">1629546</a>
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5pm	Nov 19	2	12-14 years	\$134.50	<a href="#">1629547</a>
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5pm	Sep 17	2	15+ years	\$152	<a href="#">1629541</a>
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5pm	Nov 19	2	15+ years	\$152	<a href="#">1629543</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Oct 22	2	12-14 years	\$134.50	<a href="#">1626359</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Nov 5	2	12-14 years	\$134.50	<a href="#">1626361</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Oct 22	2	15+ years	\$152	<a href="#">1626363</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Nov 5	2	15+ years	\$152	<a href="#">1626364</a>

# Certification

## Lifesaving Standard First Aid and CPR and 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Dec 4	1	12-14 years	\$87.75	<a href="#">1634476</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Dec 4	1	15+ years	\$99.25	<a href="#">1634478</a>
Brewer Pool	613-580-2090	Sat.	8:30 am-4:30 pm	Oct 15	1	12-14 years	\$87.75	<a href="#">1633908</a>
Brewer Pool	613-580-2090	Sat.	8:30 am-4:30 pm	Oct 15	1	15+ years	\$99.25	<a href="#">1633906</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Oct 2	1	12-14 years	\$87.75	<a href="#">1630662</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Oct 2	1	15+ years	\$99.25	<a href="#">1630658</a>
François Dupuis	613-580-8080	Sun.	11 am-7 pm	Sep 25	1	12-14 years	\$87.75	<a href="#">1630695</a>
François Dupuis	613-580-8080	Sun.	11 am-7 pm	Nov 27	1	12-14 years	\$87.75	<a href="#">1630698</a>
François Dupuis	613-580-8080	Sun.	11 am-7 pm	Sep 25	1	15+ years	\$99.25	<a href="#">1630674</a>
François Dupuis	613-580-8080	Sun.	11 am-7 pm	Nov 27	1	15+ years	\$99.25	<a href="#">1630678</a>
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Nov 5	1	12-14 years	\$87.75	<a href="#">1632105</a>
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Nov 5	1	15+ years	\$99.25	<a href="#">1632099</a>
Kanata Leisure Centre	613-580-9677	Sat.	8 am-4 pm	Nov 26	1	12-14 years	\$87.75	<a href="#">1634127</a>
Kanata Leisure Centre	613-580-9677	Sat.	8 am-4 pm	Nov 26	1	15+ years	\$99.25	<a href="#">1634129</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 17	1	12-14 years	\$87.75	<a href="#">1630033</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 15	1	12-14 years	\$87.75	<a href="#">1630035</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 19	1	12-14 years	\$87.75	<a href="#">1630036</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 17	1	15+ years	\$99.25	<a href="#">1630039</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 15	1	15+ years	\$99.25	<a href="#">1630040</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 19	1	15+ years	\$99.25	<a href="#">1630041</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Oct 21	1	15+ years	\$99.25	<a href="#">1634855</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	Oct 22	1	12-14 years	\$87.75	<a href="#">1628592</a>

# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	Oct 22	1	15+ years	\$99.25	<a href="#">1628589</a>
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	Nov 26	1	12-14 years	\$87.75	<a href="#">1627126</a>
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	Nov 26	1	15+ years	\$99.25	<a href="#">1627131</a>
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Oct 22	1	12-14 years	\$87.75	<a href="#">1633116</a>
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Oct 22	1	15+ years	\$99.25	<a href="#">1633122</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Oct 22	1	12-14 years	\$87.75	<a href="#">1629537</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Dec 10	1	12-14 years	\$87.75	<a href="#">1629538</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Oct 22	1	15+ years	\$99.25	<a href="#">1629533</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Dec 10	1	15+ years	\$99.25	<a href="#">1629534</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 25	1	12-14 years	\$87.75	<a href="#">1626355</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Dec 4	1	12-14 years	\$87.75	<a href="#">1626356</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 25	1	15+ years	\$99.25	<a href="#">1626357</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Dec 4	1	15+ years	\$99.25	<a href="#">1626358</a>

## LS Airway Management

Prerequisite: Lifesaving Society Standard First Aid, or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at [lifesavingsociety.com](http://lifesavingsociety.com) Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Wed.	4:30-8:30 pm	Sep 28	1	15+ years	\$41	<a href="#">1634484</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	5-9 pm	Nov 24	1	15+ years	\$41	<a href="#">1634485</a>
Brewer Pool	613-580-2090	Thu.	4:30-8:30 pm	Sep 22	1	15+ years	\$41	<a href="#">1633900</a>
Brewer Pool	613-580-2090	Thu.	4:30-8:30 pm	Oct 27	1	15+ years	\$41	<a href="#">1633901</a>
Brewer Pool	613-580-2090	Thu.	4:30-8:30 pm	Dec 1	1	15+ years	\$41	<a href="#">1633903</a>
CardelRec (Goulbourn)	613-580-2532	Fri.	5-9 pm	Sep 23	1	15+ years	\$41	<a href="#">1630679</a>



# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec (Goulbourn)	613-580-2532	Fri.	5-9 pm	Dec 16	1	15+ years	\$41	<a href="#">1630680</a>
François Dupuis	613-580-8080	Fri.	5-9 pm	Sep 9	1	15+ years	\$41	<a href="#">1629937</a>
François Dupuis	613-580-8080	Fri.	5-9 pm	Oct 7	1	15+ years	\$41	<a href="#">1629940</a>
François Dupuis	613-580-8080	Fri.	5-9 pm	Nov 4	1	15+ years	\$41	<a href="#">1629942</a>
François Dupuis	613-580-8080	Fri.	5-9 pm	Dec 2	1	15+ years	\$41	<a href="#">1629943</a>
Jules Morin Park	613-580-2424	Thu.	5-9 pm	Sep15	1	15+ years	\$41	<a href="#">1631962</a>
Jules Morin Park	613-580-2424	Wed.	5-9 pm	Nov30	1	15+ years	\$41	<a href="#">1631964</a>
Kanata Leisure Centre	613-580-9677	Sat.	Noon-4 pm	Oct 1	1	15+ years	\$41	<a href="#">1634112</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Oct 2	1	15+ years	\$41	<a href="#">1630046</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Nov 6	1	15+ years	\$41	<a href="#">1630049</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Dec 4	1	15+ years	\$41	<a href="#">1630052</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	Sep 12	1	15+ years	\$41	<a href="#">1634822</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	Nov 14	1	15+ years	\$41	<a href="#">1634823</a>
Plant	613-232-3000	Tue.	4:30-8:30 pm	Sep 6	1	15+ years	\$41	<a href="#">1634811</a>
Plant	613-232-3000	Wed.	4:30-8:30 pm	Oct 26	1	15+ years	\$41	<a href="#">1634812</a>
Richcraft-Kanata	613-580-9696	Sat.	Noon-4 pm	Nov 19	1	15+ years	\$41	<a href="#">1628621</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Oct 18	1	15+ years	\$41	<a href="#">1627059</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Nov 15	1	15+ years	\$41	<a href="#">1627060</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Dec 13	1	15+ years	\$41	<a href="#">1627061</a>
Sawmill Creek Pool	613-521-4092	Fri.	1-5 pm	Dec 30	1	15+ years	\$41	<a href="#">1633783</a>
Splash Wave Pool	613-748-4222	Sat.	9 am-1 pm	Nov 5	1	15+ years	\$41	<a href="#">1633129</a>
St-Laurent Complex	613-742-6767	Tue.	5-9 pm	Sep 13	1	15+ years	\$41	<a href="#">1629526</a>
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Oct 1	1	15+ years	\$41	<a href="#">1629528</a>
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Nov 5	1	15+ years	\$41	<a href="#">1629529</a>

# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Dec 3	1	15+ years	\$41	<a href="#">1629530</a>
Walter Baker	613-580-2788	Fri.	5-9 pm	Sep 9	1	15+ years	\$41	<a href="#">1626350</a>
Walter Baker	613-580-2788	Fri.	5-9 pm	Nov 25	1	15+ years	\$41	<a href="#">1626351</a>

## Lifesaving Swim Instructor

Prerequisites: 15 years of age by the last day of the course and Bronze Cross. Prepares candidates to teach and evaluate levels within the Lifesaving Swim program. Content includes teaching methods, learning styles, progressions, safety supervision, lesson planning and providing effective feedback. Progressively evaluated, so 100% attendance is required. Manual required at extra cost. Required for employment with City of Ottawa Aquatics.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11:30 am-4 pm	Oct 16	5	15+ years	\$136	<a href="#">1634800</a>
CardelRec (Goulbourn)	613-580-2532	Tue.	5-8:30 pm	Nov 1	7	15+ years	\$136	<a href="#">1635129</a>
Lowertown Pool	613-580-2424	Sun.	4-9 pm	Nov 6	5	15+ years	\$136	<a href="#">1634842</a>
Pinecrest	613-580-9676	Sun.	1:15-7 pm	Nov 27	4	15+ years	\$136	<a href="#">1634864</a>
Richcraft-Kanata	613-580-9696	Sun.	4-8:15 pm	Oct 16	6	15+ years	\$136	<a href="#">1634924</a>
Sawmill Creek Pool	613-521-4092	Wed.	4-9 pm	Nov 16	5	15+ years	\$136	<a href="#">1634825</a>
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-2:30 pm	Sep 24	4	15+ years	\$136	<a href="#">1634827</a>
St-Laurent Complex	613-742-6767	Fri.-Sun.	4-10 pm	Sep 9	3	15+ years	\$136	<a href="#">1634804</a>

# Certification

## Lifesaving and EFA Instructor

Prerequisites: 15 years of age by the last day of the course and Bronze Cross. The Lifesaving and Emergency First Aid Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Progressively evaluated so 100% attendance is required. Manual required at extra cost.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Fri.,Sun.	5-8:45 pm	Dec 2	6	15+ years	\$133.25	<a href="#">1628596</a>
Sawmill Creek Pool	613-521-4092	Mon.-Fri.	1-6 pm	Jan 2	5	15+ years	\$133.25	<a href="#">1627099</a>
Splash Wave Pool	613-748-4222	Fri.-Sun.	5-10 pm	Dec 16	3	15+ years	\$133.25	<a href="#">1634828</a>
St-Laurent Complex	613-742-6767	Fri.-Sun.	4-10 pm	Nov 11	3	15+ years	\$133.25	<a href="#">1634809</a>

## Lifesaving Swim and Lifesaving Instructor Combined

Prerequisites: 15 years of age by the last day of the course and Bronze Cross. Combined option for the Lifesaving Swim Instructor and Lifesaving and Emergency First Aid Instructor certifications. Progressively evaluated, so 100% attendance is required. Manual required at extra cost. Lifesaving Swim Instructor is required for employment with City of Ottawa Aquatics.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-580-2090	Fri.-Sat.	4:15-9 pm	Nov 25	8	15+ years	\$272	<a href="#">1634889</a>
François Dupuis	613-580-8080	Sun.	4:30-9 pm	Sep 25	10	15+ years	\$272	<a href="#">1634806</a>
Minto-Barrhaven	613-727-2683	Sat.	9:30 am-3 pm	Oct 22	8	15+ years	\$272	<a href="#">1634949</a>

## Lifesaving Aquatic Supervisor Instructor

Prepares instructors to teach and certify candidates in the Lifesaving Society's Aquatic Supervisor and Aquatic Management courses.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	9 am-5 pm	Nov 5	2	16+ years	\$153.75	<a href="#">1633749</a>

# Certification

## LS Standard First Aid Instructor

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Mon.	4-9 pm	Nov 7	4	16+ years	\$164.25	<a href="#">1627137</a>

## Lifesaving 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Sat.-Sun.	10 am-3:30pm	Sep 17	2	16+ years	\$110.75	<a href="#">1631958</a>
Sawmill Creek Pool	613-521-4092	Tue.	4-9 pm	Nov 22	2	16+ years	\$110.75	<a href="#">1627062</a>

## Lifesaving Examiners

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.	9 am-3 pm	Nov 5	1	16+ years	\$37.25	<a href="#">1630439</a>
Jules Morin Park	613-580-2424	Mon.	5:15-8:15pm	Nov 21	2	16+ years	\$37.25	<a href="#">1631973</a>
Richcraft-Kanata	613-580-9696	Sat.	2:30-9 pm	Dec 10	1	16+ years	\$37.25	<a href="#">1628603</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-9 pm	Nov 10	2	16+ years	\$37.25	<a href="#">1627084</a>

# Certification

## National Lifeguard (NLS)

Prerequisites: 15 years of age by the last day of the course, Lifesaving Society Standard First Aid, or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at [lifesavingsociety.com](http://lifesavingsociety.com). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Manual required at additional cost.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:30 pm	Oct 16	10	15+ years	\$175.25	<a href="#">1634461</a>
Brewer Pool	613-580-2090	Sun.	8:30 am-12:45 pm	Sep 18	11	15+ years	\$175.25	<a href="#">1633891</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-8 pm	Sep 17	11	15+ years	\$175.25	<a href="#">1628474</a>
Champagne Fitness Centre	613-244-4402	Sun.	2-6:30 pm	Sep 25	11	15+ years	\$175.25	<a href="#">1629266</a>
François Dupuis	613-580-8080	Sun.	4-9 pm	Sep 25	10	15+ years	\$175.25	<a href="#">1630432</a>
Minto-Barrhaven	613-727-2683	Mon.	4-9 pm	Sep 19	9	15+ years	\$175.25	<a href="#">1629947</a>
Minto-Barrhaven	613-727-2683	Sun.	3-8 pm	Sep 25	9	15+ years	\$175.25	<a href="#">1629950</a>
Nepean Sportsplex	613-580-2828	Wed.	4:15-9:15 pm	Oct 12	10	15+ years	\$175.25	<a href="#">1634383</a>
Pinecrest	613-580-9676	Fri.	4-9 pm	Sep 9	1	16+ years	\$80.50	<a href="#">1634819</a>
Pinecrest	613-580-9676	Fri.	4-9 pm	Dec 16	1	16+ years	\$80.50	<a href="#">1634820</a>
Pinecrest	613-580-9676	Sun.	12:30-7 pm	Sep 11	7	15+ years	\$175.25	<a href="#">1634642</a>
Pinecrest	613-580-9676	Sun.	12:30-7 pm	Nov 6	7	15+ years	\$175.25	<a href="#">1634643</a>
Ray Friel	613-580-4765	Sat.	5-9:30 pm	Sep 24	11	15+ years	\$175.25	<a href="#">1633795</a>
Ray Friel	613-580-4765	Sun.	1:30-9:30 pm	Nov 13	6	15+ years	\$175.25	<a href="#">1633794</a>
Richcraft-Kanata	613-580-9696	Sat.	8:15 am-1:30 pm	Oct 15	9	15+ years	\$175.25	<a href="#">1628563</a>
Sawmill Creek Pool	613-521-4092	Wed.	4-9 pm	Oct 5	10	15+ years	\$175.25	<a href="#">1627110</a>
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Oct 15	9	15+ years	\$175.25	<a href="#">1633105</a>
Walter Baker	613-580-2788	Tue.	4:30-9:30 pm	Sep 13	9	15+ years	\$175.25	<a href="#">1626368</a>



# Certification

## National Lifeguard Recertification

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9 pm	Oct 2	1	16+ years	\$80.50	<a href="#">1634479</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9 pm	Sep 10	1	16+ years	\$80.50	<a href="#">1628552</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9 pm	Nov 12	1	16+ years	\$80.50	<a href="#">1628555</a>
Champagne Fitness Centre	613-244-4402	Sun.	2-7 pm	Sep 11	1	16+ years	\$80.50	<a href="#">1629267</a>
Champagne Fitness Centre	613-244-4402	Sat.	2-7 pm	Nov 5	1	16+ years	\$80.50	<a href="#">1629269</a>
François Dupuis	613-580-8080	Sun.	5-10 pm	Sep 18	1	16+ years	\$80.50	<a href="#">1629964</a>
François Dupuis	613-580-8080	Sun.	5-10 pm	Oct 16	1	16+ years	\$80.50	<a href="#">1629968</a>
François Dupuis	613-580-8080	Sun.	5-10 pm	Nov 20	1	16+ years	\$80.50	<a href="#">1629971</a>
François Dupuis	613-580-8080	Sun.	5-10 pm	Dec 18	1	16+ years	\$80.50	<a href="#">1629975</a>
Kanata Leisure Centre	613-580-9677	Sat.	5-10 pm	Dec 24	1	16+ years	\$80.50	<a href="#">1634113</a>
Minto-Barrhaven	613-727-2683	Sat.	4-9 pm	Oct 22	1	16+ years	\$80.50	<a href="#">1629959</a>
Minto-Barrhaven	613-727-2683	Sat.	4-9 pm	Dec 10	1	16+ years	\$80.50	<a href="#">1629960</a>
Pinecrest	613-580-9676	Fri.	4-9 pm	Sep 9	1	16+ years	\$80.50	<a href="#">1634819</a>
Pinecrest	613-580-9676	Fri.	4-9 pm	Dec 16	1	16+ years	\$80.50	<a href="#">1634820</a>
Ray Friel	613-580-4765	Thu.	4:30-9:30 pm	Nov 24	1	16+ years	\$80.50	<a href="#">1633796</a>
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Oct 7	1	16+ years	\$80.50	<a href="#">1628558</a>
Sawmill Creek Pool	613-521-4092	Wed.	4-9 pm	Dec 14	1	16+ years	\$80.50	<a href="#">1627113</a>
Sawmill Creek Pool	613-521-4092	Sat.	8 am-1 pm	Jan 7	1	16+ years	\$80.50	<a href="#">1633782</a>
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Oct 1	1	16+ years	\$80.50	<a href="#">1633125</a>
Walter Baker	613-580-2788	Sat.	3:30-8:30 pm	Sep 17	1	16+ years	\$80.50	<a href="#">1626352</a>
Walter Baker	613-580-2788	Sat.	3:30-8:30 pm	Nov 19	1	16+ years	\$80.50	<a href="#">1626353</a>

# Certification

## National Lifeguard and Airway Management

Prerequisites: 15 years of age by last day of course, Lifesaving Society Standard First Aid, or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at [lifesavingsociety.com](http://lifesavingsociety.com). 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
Kanata Leisure Centre	613-580-9677	Sun.	5-9 pm	Sep 18	13	15+ years	\$202.25	<a href="#">1634109</a>
Kanata Leisure Centre	613-580-9677	Mon.	5-9 pm	Sep 19	13	15+ years	\$202.25	<a href="#">1634110</a>
Kanata Leisure Centre	613-580-9677	Thu.	5-9 pm	Sep 22	13	15+ years	\$202.25	<a href="#">1634111</a>

## National Lifeguard Instructor

Prerequisites: National Lifeguard certification (any option), Lifesaving Instructor certification After successful completion of the NLS Instructor course, participants are certified to teach all options of the National Lifeguard certification.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Tue., Sat.	5-9 pm	Oct 11	3	16+ years	\$151.25	<a href="#">1629271</a>
Sawmill Creek Pool	613-521-4092	Sun.	Noon-8 pm	Nov 13	2	16+ years	\$151.25	<a href="#">1627135</a>

## Red Cross Water Safety Instructor Part 2

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	12:30-7 pm	Sep 24	4	15+ years	\$215	<a href="#">1634798</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	12:30-7 pm	Nov 19	4	15+ years	\$215	<a href="#">1634799</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-1:30 pm	Sep 11	6	15+ years	\$215	<a href="#">1635127</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-2:30 pm	Oct 30	5	15+ years	\$215	<a href="#">1635128</a>

# Certification

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:30-9:45 pm	Sep 23	8	15+ years	\$215	<a href="#">1634817</a>
François Dupuis	613-580-8080	Sat.	5-8 pm	Sep 24	9	15+ years	\$215	<a href="#">1634807</a>
François Dupuis	613-580-8080	Sun.	9 am-4:30 pm	Sep 25	4	15+ years	\$215	<a href="#">1634808</a>
Lowertown Pool	613-580-2424	Sun.	4-9 pm	Sep 18	6	15+ years	\$215	<a href="#">1634841</a>
Minto-Barrhaven	613-727-2683	Sat.	3:30-8:30 pm	Sep 10	5	15+ years	\$215	<a href="#">1634948</a>
Pinecrest	613-580-9676	Sun.	1:30-7 pm	Sep 11	5	15+ years	\$215	<a href="#">1634862</a>
Pinecrest	613-580-9676	Sun.	1:30-7 pm	Oct 23	5	15+ years	\$215	<a href="#">1634863</a>
Richcraft-Kanata	613-580-9696	Fri.	5-9:30 pm	Oct 14	6	15+ years	\$215	<a href="#">1634923</a>
Sawmill Creek Pool	613-521-4092	Wed.	4-9 pm	Oct 5	6	15+ years	\$215	<a href="#">1634824</a>
St-Laurent Complex	613-742-6767	Sat.	2-8:30 pm	Oct 15	4	15+ years	\$215	<a href="#">1634803</a>

# Specialty

## Junior Lifeguard

### Junior Lifeguard Club (J.L.C.)

Join the J.L.C. and experience what lifeguarding is really like. The J.L.C. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment. Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute. Recommended 8-15 years of age.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Champagne Fitness Centre	613-244-4402	Fri.	6:30-7:30 pm	Sep 16	6	8-14 years	\$61.50	<a href="#">1634337</a>
Champagne Fitness Centre	613-244-4402	Fri.	6:30-7:30 pm	Nov 4	7	8-14 years	\$71.75	<a href="#">1634336</a>
Champagne Fitness Centre	613-244-4402	Fri.	6:30-7:30 pm	Sep 16	6	8-14 years	\$69.50	<a href="#">1634339</a>
Champagne Fitness Centre	613-244-4402	Fri.	6:30-7:30 pm	Nov 4	7	8-14 years	\$81	<a href="#">1634338</a>
François Dupuis	613-580-8080	Fri.	5-6 pm	Sep 23	12	8-14 years	\$123	<a href="#">1627758</a>

## Powerswim

### Powerswim Introduction

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & 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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue.	4:30-5:30 pm	Sep 27	12	8-12 years	\$123	<a href="#">1629382</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Oct 1	11	8-12 years	\$112.75	<a href="#">1629383</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11:45 am-12:45 pm	Oct 1	11	13-14 years	\$112.75	<a href="#">1630532</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9:30-10:30 am	Oct 2	11	8-12 years	\$112.75	<a href="#">1629384</a>
Brewer Pool	613-580-2090	Fri.	7-8 pm	Sep 16	9	8-12 years	\$92.25	<a href="#">1628001</a>
Brewer Pool	613-580-2090	Fri.	7-8 pm	Sep 16	9	15-17 years	\$104.25	<a href="#">1628011</a>
Canterbury	613-247-4865	Thu.	4:30-5:30 pm	Sep 8	15	8-12 years	\$153.50	<a href="#">1626455</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	8-12 years	\$61.50	<a href="#">1629600</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	13-14 years	\$61.50	<a href="#">1629608</a>

# Specialty

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Champagne Fitness Centre	613-580-2424	Fri.	5:30-6:30 pm	Sep 16	6	15-17 years	\$69.50	<a href="#">1629612</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	8-12 years	\$71.75	<a href="#">1629603</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	13-14 years	\$71.75	<a href="#">1629606</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	15-17 years	\$81	<a href="#">1629611</a>
François Dupuis	613-580-8080	Mon.	5-6 pm	Sep 19	11	8-12 years	\$112.75	<a href="#">1628562</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	8-12 years	\$123	<a href="#">1628564</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	13-14 years	\$123	<a href="#">1628565</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	15-17 years	\$138.75	<a href="#">1628567</a>
Minto-Barrhaven	613-727-2683	Sun.	4:45-5:45 pm	Sep 11	14	8-12 years	\$143.25	<a href="#">1629792</a>
Minto-Barrhaven	613-727-2683	Wed.	4-5 pm	Sep 14	14	8-12 years	\$143.25	<a href="#">1629787</a>
Nepean Sportsplex	613-580-2828	Mon.	5:30-6:30 pm	Oct 17	9	8-12 years	\$92.50	<a href="#">1633380</a>
Nepean Sportsplex	613-580-2828	Mon.	5:30-6:30 pm	Oct 17	9	13-14 years	\$92.25	<a href="#">1633405</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Sep 12	13	8-12 years	\$133.25	<a href="#">1634665</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Sep 12	13	13-14 years	\$133.25	<a href="#">1634667</a>
Plant	613-232-3000	Sat.	4-5 pm	Sep 10	11	8-12 years	\$112.75	<a href="#">1628234</a>
Plant	613-232-3000	Thu.	5:30-6:30 pm	Sep 15	11	8-12 years	\$112.75	<a href="#">1628240</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Oct 4	11	8-12 years	\$112.75	<a href="#">1631137</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Oct 4	11	13-14 years	\$112.75	<a href="#">1631152</a>
Richcraft-Kanata	613-580-9696	Fri.	5:30-6:30 pm	Oct 7	10	8-12 years	\$102.50	<a href="#">1631135</a>
Richcraft-Kanata	613-580-9696	Fri.	5:30-6:30 pm	Oct 7	10	13-14 years	\$102.50	<a href="#">1631148</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Oct 15	9	8-12 years	\$92.25	<a href="#">1631133</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Oct 15	9	13-14 years	\$92.25	<a href="#">1631144</a>
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Oct 16	9	8-12 years	\$92.25	<a href="#">1631134</a>
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Oct 16	9	13-14 years	\$92.25	<a href="#">1631146</a>



# Specialty

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1627028</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1627030</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	15-17 years	\$127.25	<a href="#">1627034</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	15-17 years	\$127.25	<a href="#">1627037</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1627012</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1627023</a>
Splash Wave Pool	613-748-4222	Sat.	11 am-Noon	Sep 17	14	8-12 years	\$143.25	<a href="#">1632932</a>
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 13	14	8-12 years	\$143.25	<a href="#">1631775</a>

## Powerswim Intermediate

Pre-competitive program that continues to develop endurance to 300m nonstop & 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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue.	4:30-5:30 pm	Sep 27	12	8-12 years	\$123	<a href="#">1630280</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 29	12	8-12 years	\$123	<a href="#">1630281</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Oct 1	11	8-12 years	\$112.75	<a href="#">1630282</a>
Bob MacQuarrie-Orléans	613-580-9600	Tue.	5:30-6:30 pm	Sep 27	12	13-14 years	\$123	<a href="#">1630283</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 29	12	13-14 years	\$123	<a href="#">1630284</a>
Bob MacQuarrie-Orléans	613-580-9600	Tue.	5:30-6:30 pm	Sep 27	12	15-17 years	\$138.75	<a href="#">1630502</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11:45 am-12:45 pm	Oct 1	11	15-17 years	\$127.25	<a href="#">1630507</a>
Brewer Pool	613-580-2090	Fri.	7-8 pm	Sep 16	9	8-12 years	\$92.25	<a href="#">1628017</a>
Brewer Pool	613-580-2090	Tue.	7-8 pm	Nov 15	5	8-12 years	\$51.25	<a href="#">1631520</a>
Brewer Pool	613-580-2090	Fri.	7-8 pm	Sep 16	9	15-17 years	\$104.25	<a href="#">1628018</a>
Brewer Pool	613-580-2090	Tue.	7-8 pm	Nov 15	5	15-17 years	\$58	<a href="#">1631525</a>

# Specialty

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	5-6 pm	Sep 8	15	8-12 years	\$153.50	<a href="#">1626456</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	8-12 years	\$61.50	<a href="#">1629616</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	8-12 years	\$71.75	<a href="#">1629615</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	13-14 years	\$61.50	<a href="#">1629620</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	13-14 years	\$71.75	<a href="#">1629618</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	15-17 years	\$69.50	<a href="#">1629623</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	15-17 years	\$81	<a href="#">1629622</a>
François Dupuis	613-580-8080	Mon.	5-6 pm	Sep 19	11	8-12 years	\$112.75	<a href="#">1628540</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	8-12 years	\$123	<a href="#">1628541</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	13-14 years	\$123	<a href="#">1628556</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	15-17 years	\$138.75	<a href="#">1628560</a>
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Sep 11	14	8-12 years	\$143.25	<a href="#">1629801</a>
Minto-Barrhaven	613-727-2683	Wed.	6:45-7:45 pm	Sep 14	14	8-12 years	\$143.25	<a href="#">1629795</a>
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30pm	Oct 17	9	8-12 years	\$92.25	<a href="#">1633412</a>
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30pm	Oct 17	9	13-14 years	\$92.25	<a href="#">1633418</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Sep 12	13	8-12 years	\$133.25	<a href="#">1634668</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Sep 14	14	8-12 years	\$143.25	<a href="#">1634669</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Sep 12	13	13-14 years	\$133.25	<a href="#">1634666</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Sep 14	14	13-14 years	\$143.25	<a href="#">1634670</a>
Plant	613-232-3000	Sat.	5-6 pm	Sep 10	11	8-12 years	\$112.75	<a href="#">1628219</a>
Plant	613-232-3000	Mon.	5-6 pm	Sep 12	10	8-12 years	\$102.50	<a href="#">1628212</a>
Richcraft-Kanata	613-580-9696	Mon.	4:45-5:45 pm	Oct 3	10	8-12 years	\$102.50	<a href="#">1631166</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Oct 4	11	8-12 years	\$112.75	<a href="#">1631168</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Oct 7	10	8-12 years	\$102.50	<a href="#">1631164</a>

# Specialty

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Oct 15	9	8-12 years	\$92.25	<a href="#">1631155</a>
Richcraft-Kanata	613-580-9696	Sat.	4:30-5:30 pm	Oct 15	9	8-12 years	\$92.25	<a href="#">1631157</a>
Richcraft-Kanata	613-580-9696	Sun.	12:30-1:30 pm	Oct 16	9	8-12 years	\$92.25	<a href="#">1631158</a>
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Oct 16	9	8-12 years	\$92.25	<a href="#">1631161</a>
Richcraft-Kanata	613-580-9696	Mon.	4:45-5:45 pm	Oct 3	10	13-14 years	\$102.50	<a href="#">1631184</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Oct 4	11	13-14 years	\$112.75	<a href="#">1631189</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Oct 7	10	13-14 years	\$102.50	<a href="#">1631179</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Oct 15	9	13-14 years	\$92.25	<a href="#">1631171</a>
Richcraft-Kanata	613-580-9696	Sat.	4:30-5:30 pm	Oct 15	9	13-14 years	\$92.25	<a href="#">1631173</a>
Richcraft-Kanata	613-580-9696	Sun.	12:30-1:30 pm	Oct 16	9	13-14 years	\$92.25	<a href="#">1631174</a>
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Oct 16	9	13-14 years	\$92.25	<a href="#">1631176</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1627041</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1627043</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1627045</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1627046</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	15-17 years	\$127.25	<a href="#">1627048</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	15-17 years	\$127.25	<a href="#">1627049</a>
Splash Wave Pool	613-748-4222	Sat.	10-11 am	Sep17	14	8-12 years	\$143.25	<a href="#">1632918</a>
Splash Wave Pool	613-748-4222	Wed.	6:30-7:30 pm	Sep 14	14	15-17 years	\$162	<a href="#">1632902</a>
Splash Wave Pool	613-748-4222	Sat.	9-10 am	Sep17	14	15-17 years	\$162	<a href="#">1632906</a>
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 13	14	8-12 years	\$143.25	<a href="#">1631780</a>

## Powerswim Advanced

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. Timed distances increase. Prerequisites: 8 years of age and Powerswim Intermediate or recommendation by instructor

# Specialty

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-580-2090	Fri.	7-8 pm	Sep 16	9	8-12 years	\$92.25	<a href="#">1628032</a>
Brewer Pool	613-580-2090	Fri.	7-8 pm	Sep 16	9	15-17 years	\$104.25	<a href="#">1628034</a>
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	Sep 8	15	8-12 years	\$153.50	<a href="#">1626457</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	8-12 years	\$61.50	<a href="#">1629625</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	8-12 years	\$71.75	<a href="#">1629624</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	13-14 years	\$61.50	<a href="#">1629627</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	13-14 years	\$71.75	<a href="#">1629626</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Sep 16	6	15-17 years	\$69.50	<a href="#">1629629</a>
Champagne Fitness Centre	613-244-4402	Fri.	5:30-6:30 pm	Nov 4	7	15-17 years	\$81	<a href="#">1629628</a>
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Sep 21	13	8-12 years	\$133	<a href="#">1628528</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	8-12 years	\$123	<a href="#">1628531</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	13-14 years	\$123	<a href="#">1628536</a>
François Dupuis	613-580-8080	Fri.	4-5 pm	Sep 23	12	15-17 years	\$138.75	<a href="#">1628537</a>
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Sep 11	14	8-12 years	\$143.25	<a href="#">1629805</a>
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Sep 14	14	8-12 years	\$143.25	<a href="#">1629803</a>
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Oct 17	9	8-12 years	\$92.25	<a href="#">1633425</a>
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Oct 17	9	13-14 years	\$92.25	<a href="#">1633429</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Sep 14	14	8-12 years	\$143.25	<a href="#">1634663</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Sep 14	14	13-14 years	\$143.25	<a href="#">1634664</a>
Plant	613-232-3000	Sat.	5-6 pm	Sep 10	11	8-12 years	\$112.75	<a href="#">1628182</a>
Plant	613-232-3000	Mon.	6-7 pm	Sep 12	10	8-12 years	\$102.50	<a href="#">1628170</a>
Richcraft-Kanata	613-580-9696	Thu.	6-7 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1631209</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Oct 7	10	8-12 years	\$102.50	<a href="#">1631204</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Oct 15	9	8-12 years	\$92.25	<a href="#">1631197</a>

# Specialty

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sat.	6-7 pm	Oct 15	9	8-12 years	\$92.25	<a href="#">1631199</a>
Richcraft-Kanata	613-580-9696	Sun.	11:30 am-12:30 pm	Oct 16	9	8-12 years	\$92.25	<a href="#">1631202</a>
Richcraft-Kanata	613-580-9696	Thu.	6-7 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1631229</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Oct 7	10	13-14 years	\$102.50	<a href="#">1631224</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Oct 15	9	13-14 years	\$92.25	<a href="#">1631215</a>
Richcraft-Kanata	613-580-9696	Sat.	6-7 pm	Oct 15	9	13-14 years	\$92.25	<a href="#">1631220</a>
Richcraft-Kanata	613-580-9696	Sun.	11:30 am-12:30 pm	Oct 16	9	13-14 years	\$92.25	<a href="#">1631222</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1627050</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	8-12 years	\$112.75	<a href="#">1627052</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1627054</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	13-14 years	\$112.75	<a href="#">1627055</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Oct 6	11	15-17 years	\$127.25	<a href="#">1627056</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Oct 6	11	15-17 years	\$127.25	<a href="#">1627057</a>
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 13	14	8-12 years	\$143.25	<a href="#">1631788</a>



# Specialty

## Powerswim Combo

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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Wed.	7:30-8:30 pm	Sep 7	15	18+ years	\$246.75	<a href="#">1626458</a>
CardelRec (Goulbourn)	613-580-2532	Tue.	6:30-7:30 pm	Sep 13	12	13-14 years	\$123	<a href="#">1626602</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	11 am-Noon	Sep 17	12	13-14 years	\$123	<a href="#">1626603</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	6:30-7:30 pm	Sep 18	12	13-14 years	\$123	<a href="#">1626604</a>
CardelRec (Goulbourn)	613-580-2532	Tue.	6:30-7:30 pm	Sep 13	12	15-17 years	\$138.75	<a href="#">1626599</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	11 am-Noon	Sep 17	12	15-17 years	\$138.75	<a href="#">1626600</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	6:30-7:30 pm	Sep 18	12	15-17 years	\$138.75	<a href="#">1626601</a>
CardelRec (Goulbourn)	613-580-2532	Thu.	6:30-7:30 pm	Sep 15	12	18+ years	\$197.50	<a href="#">1626598</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Sep 11	7	8-12 years	\$71.75	<a href="#">1629691</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Nov 6	7	8-12 years	\$71.75	<a href="#">1629688</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Sep 11	7	13-14 years	\$71.75	<a href="#">1629699</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Nov 6	7	13-14 years	\$71.75	<a href="#">1629696</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Sep 11	7	15-17 years	\$81	<a href="#">1629705</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Nov 6	7	15-17 years	\$81	<a href="#">1629703</a>
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Sep 14	14	18+ years	\$230.25	<a href="#">1629820</a>
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Sep 15	14	18+ years	\$230.25	<a href="#">1631735</a>

# Specialty

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## Powerswim Team

A coach-led workout that offers technical analysis on swimming strokes and endurance. Sessions will practice speed, power, and the different elements that makeup a great swimmer. Prerequisites: 18 years and ability to swim 75m nonstop.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8-9 pm	Sep 26	11	18+ years	\$176	<a href="#">1632245</a>
Bob MacQuarrie-Orléans	613-580-9600	Wed.	8-9 pm	Sep 28	12	18+ years	\$192	<a href="#">1632248</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Oct 1	11	18+ years	\$176	<a href="#">1632246</a>