



Spring  
2022

# Swimming Certification and Specialty

Recreation eGuide

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# Certification

Schedules and fees may be subject to change.  
Fees include HST.

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

Instructional programs are advertised in the language in which they are offered.

## 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	Tue.	6-8 pm	Apr 5	5	10-14 years	\$82.25	<a href="#">1609975</a>
CardelRec (Goulbourn)	613-580-2532	Thu.	7:30-8:20 pm	Mar 31	12	10-14 years	\$82.25	<a href="#">1610131</a>
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Apr 22	9	10-14 years	\$82.25	<a href="#">1610655</a>
Minto-Barrhaven	613-727-2683	Sun.	3:45-4:45 pm	Apr 24	9	10-14 years	\$82.25	<a href="#">1610656</a>
Pinecrest	613-580-9676	Sun.	9-11 am	Mar 27	5	10-14 years	\$82.25	<a href="#">1615289</a>
Pinecrest	613-580-9676	Sun.	9-11 am	May 8	5	10-14 years	\$82.25	<a href="#">1615292</a>
Plant	613-232-3000	Sun.	5:30-7 pm	Apr 24	8	10-14 years	\$82.25	<a href="#">1615799</a>
Richcraft-Kanata	613-580-9696	Sat.	4-5 pm	Mar 26	9	10-14 years	\$82.25	<a href="#">1615441</a>
Richcraft-Kanata	613-580-9696	Sun.	12:30-1:30 pm	Mar 27	9	10-14 years	\$82.25	<a href="#">1615445</a>
Sawmill Creek Pool	613-521-4092	Sat.	9:45-11 am	Mar 26	9	10-14 years	\$82.25	<a href="#">1613109</a>
St-Laurent Complex	613-742-6767	Sun.	8-9:15 am	Mar 20	8	10-14 years	\$82.25	<a href="#">1613783</a>

# Certification

## Bronze Star and Basic First Aid with CPR-A

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	ext. 44426	Sun.	9-10:15 am	Apr 3	11	10-14 years	\$111.25	<a href="#">1614269</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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:30 pm	Apr 24	7	12-14 years	\$140.75	<a href="#">1609979</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:30 pm	Apr 24	7	15+ years	\$159.25	<a href="#">1609980</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6:30 pm	Mar 26	10	12-14 years	\$140.75	<a href="#">1610125</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6:30 pm	Mar 26	10	15+ years	\$159.25	<a href="#">1610126</a>
Deborah Anne Kirwan Pool	613-247-4820	Sat.	4:45-7:30 pm	Mar 26	9	13-14 years	\$140.75	<a href="#">1615024</a>
Deborah Anne Kirwan Pool	613-247-4820	Sat.	4:45-7:30 pm	Mar 26	9	15+ years	\$159.25	<a href="#">1615032</a>
Lowertown Pool	ext. 44426	Mon.	5:15-8:15 pm	Apr 4	8	13-14 years	\$140.75	<a href="#">1614681</a>
Lowertown Pool	ext. 44426	Mon.	5:15-8:15 pm	Apr 4	8	15+ years	\$159.25	<a href="#">1614133</a>
Minto-Barrhaven	613-727-2683	Fri.	4-7 pm	Apr 22	9	13-14 years	\$140.75	<a href="#">1610641</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-Noon	Apr 24	9	13-14 years	\$140.75	<a href="#">1610644</a>
Minto-Barrhaven	613-727-2683	Fri.	4-7 pm	Apr 22	9	15+ years	\$159.25	<a href="#">1610647</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-Noon	Apr 24	9	15+ years	\$159.25	<a href="#">1610650</a>
Nepean Sportsplex	613-580-2828	Thu.	5-8:30 pm	Apr 7	8	13-14 years	\$137.75	<a href="#">1617334</a>
Nepean Sportsplex	613-580-2828	Thu.	5-8:30 pm	Apr 7	8	15+ years	\$155.75	<a href="#">1617335</a>
Pinecrest	613-580-9676	Sat.	12-6 pm	Mar 26	5	13-14 years	\$140.75	<a href="#">1615280</a>
Pinecrest	613-580-9676	Sat.	12-6 pm	May 7	5	13-14 years	\$140.75	<a href="#">1615281</a>

# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Sat.	12-6 pm	Mar 26	5	15+ years	\$159.25	<a href="#">1615283</a>
Pinecrest	613-580-9676	Sat.	12-6 pm	May 7	5	15+ years	\$159.25	<a href="#">1615284</a>
Plant	613-232-3000	Sun.	5-8 pm	Apr 24	8	13-14 years	\$140.75	<a href="#">1615805</a>
Plant	613-232-3000	Sun.	5-8 pm	Apr 24	8	15+ years	\$159.25	<a href="#">1615808</a>
Ray Friel	613-580-4765	Sat.	6-8:30 pm	Mar 26	9	13-14 years	\$140.75	<a href="#">1614028</a>
Ray Friel	613-580-4765	Sat.	6-8:30 pm	Mar 26	9	15+ years	\$159.25	<a href="#">1614029</a>
Sawmill Creek Pool	613-521-4092	Sun.	4-6:30 pm	Mar 27	9	13-14 years	\$140.75	<a href="#">1613106</a>
Sawmill Creek Pool	613-521-4092	Sun.	4-6:30 pm	Mar 27	9	15+ years	\$159.25	<a href="#">1613108</a>
Splash	613-748-4222	Sun.	5-8 pm	Apr 24	8	13-14 years	\$140.75	<a href="#">1616708</a>
Splash	613-748-4222	Sun.	5-8 pm	Apr 24	8	15+ years	\$159.25	<a href="#">1616709</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Mar 20	8	13-14 years	\$140.75	<a href="#">1613788</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Mar 20	8	15+ years	\$159.25	<a href="#">1613789</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Mar 26	7	13-14 years	\$140.75	<a href="#">1611137</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Mar 27	7	13-14 years	\$140.75	<a href="#">1611138</a>
Walter Baker	613-580-2788	Sat.	3:30-7 pm	Mar 26	7	15+ years	\$159.25	<a href="#">1611142</a>
Walter Baker	613-580-2788	Sun.	3:30-7 pm	Mar 27	7	15+ years	\$159.25	<a href="#">1611144</a>

## Bronze Cross

**Prerequisites:** Bronze Medallion and Emergency First Aid More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Deborah Anne Kirwan Pool	613-247-4820	Sun.	4:45-7:30 pm	Mar 27	9	12-14 years	\$106.25	<a href="#">1614996</a>
Deborah Anne Kirwan Pool	613-247-4820	Sun.	4:45-7:30 pm	Mar 27	9	15+ years	\$120.25	<a href="#">1615004</a>
Lowertown Pool	ext. 44426	Mon.	5:15-8:15 pm	Apr 4	8	12-14 years	\$106.25	<a href="#">1614109</a>

# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	ext. 44426	Mon.	5:15-8:15 pm	Apr 4	8	15+ years	\$120.25	<a href="#">1614112</a>
Pinecrest	613-580-9676	Sat.	12:45-5:30 pm	Mar 26	5	12-14 years	\$106.25	<a href="#">1615215</a>
Pinecrest	613-580-9676	Sat.	12:45-5:30 pm	May 7	5	12-14 years	\$106.25	<a href="#">1615218</a>
Pinecrest	613-580-9676	Sat.	12:45-5:30 pm	Mar 26	5	15+ years	\$120.25	<a href="#">1615220</a>
Pinecrest	613-580-9676	Sat.	12:45-5:30 pm	May 7	5	15+ years	\$120.25	<a href="#">1615221</a>
Plant	613-232-3000	Sun.	5-8 pm	Apr 24	8	12-14 years	\$106.25	<a href="#">1615812</a>
Plant	613-232-3000	Sun.	5-8 pm	Apr 24	8	15+ years	\$120.25	<a href="#">1615814</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Mar 20	8	12-14 years	\$106.25	<a href="#">1613791</a>
St-Laurent Complex	613-742-6767	Sun.	9 am-Noon	Mar 20	8	15+ years	\$120.25	<a href="#">1613794</a>
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Mar 26	7	12-14 years	\$106.25	<a href="#">1611121</a>
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Mar 27	7	12-14 years	\$106.25	<a href="#">1611136</a>
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Mar 26	7	15+ years	\$120.25	<a href="#">1611139</a>
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Mar 27	7	15+ years	\$120.25	<a href="#">1611140</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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:45 pm	Apr 24	9	12-14 years	\$155.25	<a href="#">1610002</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-8:45 pm	Apr 24	9	15+ years	\$175.50	<a href="#">1610004</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-7 pm	Mar 26	11	12-14 years	\$155.25	<a href="#">1610127</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-7 pm	Mar 26	11	15+ years	\$175.50	<a href="#">1610128</a>
Minto-Barrhaven	613-727-2683	Sun.	3-7:45 pm	Apr 24	9	12-14 years	\$155.25	<a href="#">1610626</a>
Minto-Barrhaven	613-727-2683	Mon.	4:45-8:30 pm	Apr 25	9	12-14 years	\$155.25	<a href="#">1610625</a>

# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sun.	3-7:45 pm	Apr 24	9	15+ years	\$175.50	<a href="#">1610632</a>
Minto-Barrhaven	613-727-2683	Mon.	4:45-8:30 pm	Apr 25	9	15+ years	\$175.50	<a href="#">1610630</a>
Nepean Sportsplex	613-580-2828	Wed.	4:45-8:45 pm	Apr 6	9	12-14 years	\$152	<a href="#">1617332</a>
Nepean Sportsplex	613-580-2828	Wed.	4:45-8:45 pm	Apr 6	9	15+ years	\$172	<a href="#">1617333</a>
Ray Friel	613-580-4765	Sat.	5:15-9 pm	Mar 26	9	12-14 years	\$155.25	<a href="#">1614030</a>
Ray Friel	613-580-4765	Sat.	5:15-9 pm	Mar 26	9	15+ years	\$175.50	<a href="#">1614032</a>
Sawmill Creek Pool	613-521-4092	Sun.	3-6:30 pm	Mar 27	9	12-14 years	\$155.25	<a href="#">1613099</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-1:30 pm	Jun 11	6	12-14 years	\$155.25	<a href="#">1613102</a>
Sawmill Creek Pool	613-521-4092	Sun.	3-6:30 pm	Mar 27	9	15+ years	\$175.50	<a href="#">1613103</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-1:30 pm	Jun 11	6	15+ years	\$175.50	<a href="#">1613104</a>
Splash	613-748-4222	Sun.	5-9:15 pm	Apr 24	8	12-14 years	\$155.25	<a href="#">1616710</a>
Splash	613-748-4222	Sun.	5-9:15 pm	Apr 24	8	15+ years	\$175.50	<a href="#">1616711</a>

## 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	Apr 23	2	12-14 years	\$134.50	<a href="#">1610010</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jun 4	2	12-14 years	\$134.50	<a href="#">1610011</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Apr 23	2	15+ years	\$152	<a href="#">1610016</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jun 4	2	15+ years	\$152	<a href="#">1610017</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	9 am-5 pm	Apr 30	2	15+ years	\$152	<a href="#">1610123</a>
François Dupuis	613-580-8080	Sat.-Sun.	10 am-6 pm	Mar 26	2	12-14 years	\$134.50	<a href="#">1616128</a>
François Dupuis	613-580-8080	Sat.-Sun.	10 am-6 pm	May 14	2	12-14 years	\$134.50	<a href="#">1616129</a>

# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.-Sun.	10 am-6 pm	Mar 26	2	15+ years	\$152	<a href="#">1616126</a>
François Dupuis	613-580-8080	Sat.-Sun.	10 am-6 pm	May 14	2	15+ years	\$152	<a href="#">1616127</a>
Jules Morin Park	ext. 44426	Sat.-Sun.	9 am-5 pm	May 14	2	12-14 years	\$134.50	<a href="#">1614750</a>
Jules Morin Park	ext. 44426	Sat.-Sun.	9 am-5 pm	May 14	2	15+ years	\$152	<a href="#">1614748</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 9	2	12-14 years	\$134.50	<a href="#">1610663</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 14	2	12-14 years	\$134.50	<a href="#">1610664</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 11	2	12-14 years	\$134.50	<a href="#">1610665</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 9	2	15+ years	\$152	<a href="#">1610658</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 14	2	15+ years	\$152	<a href="#">1610659</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 11	2	15+ years	\$152	<a href="#">1610661</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Apr 22	4	12-14 years	\$134.50	<a href="#">1616238</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	May 20	4	12-14 years	\$134.50	<a href="#">1616239</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jun 2	2	12-14 years	\$134.50	<a href="#">1616243</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Apr 22	4	15+ years	\$152	<a href="#">1616236</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	May 20	4	15+ years	\$152	<a href="#">1616237</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jun 2	2	15+ years	\$152	<a href="#">1616242</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	May 28	2	12-14 years	\$134.50	<a href="#">1616414</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	May 28	2	15+ years	\$152	<a href="#">1616413</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Apr 9	2	12-14 years	\$134.50	<a href="#">1613119</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Apr 9	2	15+ years	\$152	<a href="#">1613121</a>
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Jun 18	2	12-14 years	\$134.50	<a href="#">1616748</a>
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Jun 18	2	15+ years	\$152	<a href="#">1616749</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Apr 23	2	12-14 years	\$134.50	<a href="#">1611185</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jun 4	2	12-14 years	\$134.50	<a href="#">1611186</a>



# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Apr 23	2	15+ years	\$152	<a href="#">1611171</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jun 4	2	15+ years	\$152	<a href="#">1611182</a>

## 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	Apr 9	1	12-14 years	\$87.75	<a href="#">1610018</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Jun 26	1	12-14 years	\$87.75	<a href="#">1610019</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Apr 9	1	15+ years	\$99.25	<a href="#">1610020</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-5 pm	Jun 26	1	15+ years	\$99.25	<a href="#">1610021</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	9 am-5 pm	Jun 4	1	12-14 years	\$87.75	<a href="#">1610120</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	9 am-5 pm	Jun 4	1	15+ years	\$99.25	<a href="#">1610121</a>
François Dupuis	613-580-8080	Sun.	10 am-6 pm	Apr 24	1	12-14 years	\$87.75	<a href="#">1616133</a>
François Dupuis	613-580-8080	Sun.	10 am-6 pm	Jun 26	1	12-14 years	\$87.75	<a href="#">1616134</a>
François Dupuis	613-580-8080	Sun.	10 am-6 pm	Apr 24	1	15+ years	\$99.25	<a href="#">1616131</a>
François Dupuis	613-580-8080	Sun.	10 am-6 pm	Jun 26	1	15+ years	\$99.25	<a href="#">1616132</a>
Jules Morin Park	ext. 44426	Sat.	9 am-5 pm	May 28	1	12-14 years	\$87.75	<a href="#">1614747</a>
Jules Morin Park	ext. 44426	Sat.	9 am-5 pm	May 28	1	15+ years	\$99.25	<a href="#">1614746</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 30	1	12-14 years	\$87.75	<a href="#">1610669</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 28	1	12-14 years	\$87.75	<a href="#">1610670</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 25	1	12-14 years	\$87.75	<a href="#">1610671</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 30	1	15+ years	\$99.25	<a href="#">1610666</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 28	1	15+ years	\$99.25	<a href="#">1610667</a>



# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 25	1	15+ years	\$99.25	<a href="#">1610668</a>
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jun 10	1	15+ years	\$99.25	<a href="#">1616244</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	Apr 9	1	12-14 years	\$87.75	<a href="#">1616402</a>
Richcraft-Kanata	613-580-9696	Sat.	8 am-4 pm	Apr 9	1	15+ years	\$99.25	<a href="#">1616400</a>
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	May 14	1	12-14 years	\$87.75	<a href="#">1613122</a>
Sawmill Creek Pool	613-521-4092	Sat.	8:30 am-4:30 pm	May 14	1	15+ years	\$99.25	<a href="#">1613124</a>
Splash	613-748-4222	Sat.	9 am-5 pm	Apr 9	1	12-14 years	\$87.75	<a href="#">1616750</a>
Splash	613-748-4222	Sat.	9 am-5 pm	Apr 9	1	15+ years	\$99.25	<a href="#">1616751</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Mar 19	1	12-14 years	\$87.75	<a href="#">1613835</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	May 7	1	12-14 years	\$87.75	<a href="#">1613839</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Mar 19	1	15+ years	\$99.25	<a href="#">1613833</a>
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	May 7	1	15+ years	\$99.25	<a href="#">1613840</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 27	1	12-14 years	\$87.75	<a href="#">1611189</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 8	1	12-14 years	\$87.75	<a href="#">1611187</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 27	1	15+ years	\$99.25	<a href="#">1611191</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 8	1	15+ years	\$99.25	<a href="#">1611190</a>

## Lifesaving Airway Management

**Prerequisite:** Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Wed.	4:30-8:30 pm	Apr 27	1	15+ years	\$41	<a href="#">1610045</a>
Bob MacQuarrie-Orléans	613-580-9600	Thu.	5-9 pm	May 26	1	15+ years	\$41	<a href="#">1610046</a>
François Dupuis	613-580-8080	Fri.	5-9 pm	Apr 1	1	15+ years	\$41	<a href="#">1616135</a>

# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Fri.	5-9 pm	May 6	1	15+ years	\$41	<a href="#">1616136</a>
François Dupuis	613-580-8080	Fri.	5-9 pm	Jun 3	1	15+ years	\$41	<a href="#">1616137</a>
Jules Morin Park	ext. 44426	Tue.	5-9 pm	Apr 5	1	15+ years	\$41	<a href="#">1614146</a>
Jules Morin Park	ext. 44426	Tue.	5-9 pm	Jun 7	1	15+ years	\$41	<a href="#">1614147</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Apr 2	1	15+ years	\$41	<a href="#">1610672</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	May 7	1	15+ years	\$41	<a href="#">1610673</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Jun 4	1	15+ years	\$41	<a href="#">1610674</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	Apr 25	1	15+ years	\$41	<a href="#">1616234</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	Jun 6	1	15+ years	\$41	<a href="#">1616235</a>
Plant	613-232-3000	Thu.	4:30-8:30 pm	May 12	1	15+ years	\$41	<a href="#">1615821</a>
Plant	613-232-3000	Thu.	4:30-8:30 pm	Jun 9	1	15+ years	\$41	<a href="#">1615823</a>
Richcraft-Kanata	613-580-9696	Sat.	Noon-4 pm	Jun 11	1	15+ years	\$41	<a href="#">1616120</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Mar 29	1	15+ years	\$41	<a href="#">1613093</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Apr 26	1	15+ years	\$41	<a href="#">1613094</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	May 24	1	15+ years	\$41	<a href="#">1613095</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:30-8:30 pm	Jun 7	1	15+ years	\$41	<a href="#">1613096</a>
Splash	613-748-4222	Sat.	9 am-1 pm	May 14	1	15+ years	\$41	<a href="#">1616754</a>
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Mar 26	1	15+ years	\$41	<a href="#">1613827</a>
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Apr 23	1	15+ years	\$41	<a href="#">1613829</a>
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	May 28	1	15+ years	\$41	<a href="#">1613830</a>

# Certification

## 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
Jules Morin Park	ext. 44426	Tue., Sat.	5-9 pm	Apr 26	3	16+ years	\$164.25	<a href="#">1614743</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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	ext. 44426	Sat.-Sun.	10 am-3:30 pm	Jun 25	2	16+ years	\$110.75	<a href="#">1614155</a>
Sawmill Creek Pool	613-521-4092	Tue.	4:15-9:15 pm	Apr 5	2	16+ years	\$110.75	<a href="#">1613097</a>

## Lifesaving Examiners

**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.	6-9 pm	May 3	2	16+ years	\$37.25	<a href="#">1613111</a>

# Certification

## National Lifeguard (NLS)

**Prerequisites:** 15 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol, Premergency Inc. recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. 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	Apr 24	10	15+ years	\$175.25	<a href="#">1610009</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-8:30 pm	Mar 26	10	15+ years	\$175.25	<a href="#">1610118</a>
Lowertown Pool	ext. 44426	Sat.	4:30-9:30 pm	Apr 2	10	16+ years	\$175.25	<a href="#">1614160</a>
Lowertown Pool	ext. 44426	Sun.	4:30-9:30 pm	Apr 3	10	16+ years	\$175.25	<a href="#">1614164</a>
Minto-Barrhaven	613-727-2683	Sun.	8 am-1 pm	Apr 24	9	16+ years	\$175.25	<a href="#">1610611</a>
Minto-Barrhaven	613-727-2683	Mon.	4-9 pm	Apr 25	9	16+ years	\$175.25	<a href="#">1610609</a>
Nepean Sportsplex	613-580-2828	Sun.	4-9 pm	Mar 27	9	15+ years	\$171.75	<a href="#">1617326</a>
Pinecrest	613-580-9676	Sun.	1:45-7 pm	Mar 27	9	15+ years	\$175.25	<a href="#">1615318</a>
Ray Friel	613-580-4765	Sat.	5-9 pm	Mar 26	9	16+ years	\$175.25	<a href="#">1614022</a>
Ray Friel	613-580-4765	Sun.	1:30-9:30 pm	Mar 27	6	16+ years	\$175.25	<a href="#">1614024</a>
Ray Friel	613-580-4765	Sun.	1:30-9:30 pm	May 1	6	16+ years	\$175.25	<a href="#">1614026</a>
Richcraft-Kanata	613-580-9696	Sun.	4-9 pm	Mar 27	9	16+ years	\$175.25	<a href="#">1616121</a>
Sawmill Creek Pool	613-521-4092	Wed.	4:15-8:45 pm	Mar 23	10	16+ years	\$175.25	<a href="#">1613113</a>
Splash	613-748-4222	Sat.	3-8 pm	Apr 23	9	15+ years	\$175.25	<a href="#">1616745</a>
Walter Baker	613-580-2788	Tue.	4:30-9:30 pm	Mar 29	9	16+ years	\$175.25	<a href="#">1611154</a>

## Lifesaving and EFA Instructor

Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-2 pm	Jun 11	4	15+ years	\$136	<a href="#">1610043</a>
Sawmill Creek Pool	613-521-4092	Wed.	4-9 pm	Mar 23	4	16+ years	\$136	<a href="#">1613112</a>

# Certification

## 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	Sun.	5:15-10:15 pm	Jun 19	1	16+ years	\$80.50	<a href="#">1610024</a>
Lowertown Pool	ext. 44426	Sun.	4:30-9:30 pm	Jun 26	1	16+ years	\$80.50	<a href="#">1614688</a>
Minto-Barrhaven	613-727-2683	Sun.	8 am-1 pm	Apr 17	1	16+ years	\$80.50	<a href="#">1610620</a>
Nepean Sportsplex	613-580-2828	Sun.	5:30-9:30 pm	May 22	1	16+ years	\$78.75	<a href="#">1617328</a>
Nepean Sportsplex	613-580-2828	Sun.	5:30-9:30 pm	May 29	1	16+ years	\$78.75	<a href="#">1617329</a>
Pinecrest	613-580-9676	Sun.	4-9 pm	Jun 12	1	16+ years	\$80.50	<a href="#">1616240</a>
Ray Friel	613-580-4765	Sat.	5-10 pm	Apr 30	1	16+ years	\$80.50	<a href="#">1614038</a>
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Apr 29	1	16+ years	\$80.50	<a href="#">1616122</a>
Sawmill Creek Pool	613-521-4092	Mon.	4:15-9:15 pm	Jun 6	1	16+ years	\$80.50	<a href="#">1613114</a>
Sawmill Creek Pool	613-521-4092	Mon.	4:15-9:15 pm	Jun 20	1	16+ years	\$80.50	<a href="#">1613115</a>
Splash	613-748-4222	Sat.	5-10 pm	Jun 11	1	16+ years	\$80.50	<a href="#">1616752</a>
Walter Baker	613-580-2788	Sat.	3:30-8:30 pm	Apr 9	1	16+ years	\$80.50	<a href="#">1611192</a>
Walter Baker	613-580-2788	Sat.	3:30-8:30 pm	May 28	1	16+ years	\$80.50	<a href="#">1611195</a>

## National Lifeguard Waterfront

**Prerequisites:** Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol, and NLS pool option for the National Lifeguarding Service Award.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Mooney's Bay Park	613-580-2424	Thu.-Sun.	4-9 pm	Jun 23	4	15+ years	\$175.25	<a href="#">1609196</a>

# Certification

## NLS Recertification Waterfront

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Mooney's Bay Park	613-580-2424	Wed.	4:30-9 pm	Jun 29	1	15+ years	\$78.75	<a href="#">1609197</a>

## National Lifeguard Instructor

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	ext. 44426	Tue., Sat.	5-9 pm	May 31	3	16+ years	\$151.25	<a href="#">1614739</a>
Sawmill Creek Pool	613-521-4092	Fri.-Sun.	4:30-9 pm	Jun 10	3	16+ years	\$151.25	<a href="#">1613118</a>

## Red Cross Water Safety Instructor Part 1

**Prerequisites:** 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross-not required to be current. Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours- minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course fee. 100% attendance is required.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11 am-1 pm	Apr 23	4	15+ years	\$240.50	<a href="#">1610035</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-6 pm	Mar 26	4	15+ years	\$240.50	<a href="#">1610115</a>
Lowertown Pool	ext. 44426	Mon.	5:15-8:15 pm	Jun 13	2	16+ years	\$37.25	<a href="#">1617347</a>
Minto-Barrhaven	613-727-2683	Sun.	8-10 am	Apr 24	4	15+ years	\$240.50	<a href="#">1610675</a>
Minto-Barrhaven	613-727-2683	Sun.	10 am-Noon	Apr 24	4	15+ years	\$240.50	<a href="#">1610676</a>
Nepean Sportsplex	613-580-2828	Tue.	7:30-9:30 pm	Apr 5	4	15+ years	\$235.75	<a href="#">1617323</a>
Pinecrest	613-580-9676	Sun.	5-7 pm	Mar 27	4	15+ years	\$240.50	<a href="#">1616245</a>
Ray Friel	613-580-4765	Sat.	5-6 pm	Mar 26	4	15+ years	\$240.50	<a href="#">1614033</a>

# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Fri.	5-7 pm	Mar 25	4	15+ years	\$240.50	<a href="#">1616115</a>
Richcraft-Kanata	613-580-9696	Fri.	7:30-9:30 pm	Mar 25	4	15+ years	\$240.50	<a href="#">1616116</a>
Sawmill Creek Pool	613-521-4092	Wed.	6-8 pm	Apr 20	4	15+ years	\$240.50	<a href="#">1613125</a>
Splash	613-748-4222	Wed.	6:30-8:30 pm	Apr 6	4	15+ years	\$240.50	<a href="#">1616746</a>
St-Laurent Complex	613-742-6767	Sat.	4-6 pm	Mar 19	4	15+ years	\$240.50	<a href="#">1614213</a>
Walter Baker	613-580-2788	Sat.	4-6:45 pm	Mar 26	3	15+ years	\$240.50	<a href="#">1611160</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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	12:30-7 pm	Jun 11	4	15+ years	\$215	<a href="#">1610040</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-1:30 pm	May 8	6	15+ years	\$215	<a href="#">1610116</a>
Lowertown Pool	ext. 44426	Sun.	3-9:30 pm	May 29	4	15+ years	\$215	<a href="#">1614684</a>
Minto-Barrhaven	613-727-2683	Mon.	5:15-9 pm	Apr 25	7	15+ years	\$215	<a href="#">1610678</a>
Nepean Sportsplex	613-580-2828	Sun.	3:30-7:30 pm	Mar 27	7	15+ years	\$210.75	<a href="#">1617324</a>
Pinecrest	613-580-9676	Sun.	1:45-7 pm	May 1	5	15+ years	\$215	<a href="#">1616246</a>
Ray Friel	613-580-4765	Sat.	2:30-9 pm	Apr 30	4	15+ years	\$215	<a href="#">1614035</a>
Richcraft-Kanata	613-580-9696	Fri.	5-9:30 pm	May 13	6	15+ years	\$215	<a href="#">1616117</a>
Sawmill Creek Pool	613-521-4092	Wed.	4-9 pm	May 18	6	15+ years	\$215	<a href="#">1613128</a>
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	8:30 am-1:30 pm	Jun 11	6	15+ years	\$215	<a href="#">1613131</a>
Splash	613-748-4222	Sat.	9 am-2:15 pm	Mar 26	5	15+ years	\$215	<a href="#">1616747</a>



# Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Sat.	2-8:30 pm	Apr 23	4	15+ years	\$215	<a href="#">1614218</a>
Walter Baker	613-580-2788	Sat.	3:30-8:30 pm	Apr 23	6	15+ years	\$215	<a href="#">1611165</a>

## Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. 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	Sat.	9 am-1:15 pm	May 21	1	15+ years	\$80.50	<a href="#">1610032</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9 pm	Apr 30	1	16+ years	\$80.50	<a href="#">1610117</a>
Lowertown Pool	ext. 44426	Sat.	4:30-9:30 pm	Jun 5	1	16+ years	\$80.50	<a href="#">1614686</a>
Minto-Barrhaven	613-727-2683	Sun.	8 am-1 pm	Apr 17	1	16+ years	\$80.50	<a href="#">1610677</a>
Pinecrest	613-580-9676	Sun.	4-9 pm	Jun 12	1	16+ years	\$80.50	<a href="#">1616241</a>
Splash	613-748-4222	Sun.	9 am-1:15 pm	Apr 10	1	16+ years	\$80.50	<a href="#">1616753</a>
Walter Baker	613-580-2788	Sat.	5-9:15 pm	Apr 2	1	16+ years	\$80.50	<a href="#">1614039</a>
Walter Baker	613-580-2788	Sun.	3:30-8:30 pm	Apr 3	1	16+ years	\$80.50	<a href="#">1611196</a>
Walter Baker	613-580-2788	Sun.	3:30-8:30 pm	Jun 12	1	16+ years	\$80.50	<a href="#">1611197</a>

# Specialty

## 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	ext. 44426	Wed.	6:45-7:45 pm	Apr 6	6	8-14 years	\$69.50	<a href="#">1614193</a>
Lowertown Pool	ext. 44426	Wed.	6:45-7:45 pm	Apr 6	6	8-14 years	\$61.50	<a href="#">1614190</a>

## Powerswim Introduction

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.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Apr 9	11	8-12 years	\$112.75	<a href="#">1612208</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	10-11 am	Apr 10	11	8-12 years	\$112.75	<a href="#">1612214</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	8-12 years	\$61.50	<a href="#">1614165</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	8-12 years	\$51.25	<a href="#">1614169</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	8-12 years	\$61.50	<a href="#">1614167</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	6	8-12 years	\$61.50	<a href="#">1614168</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	13-14 years	\$61.50	<a href="#">1614172</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	13-14 years	\$51.25	<a href="#">1614175</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	13-14 years	\$61.50	<a href="#">1614173</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	6	13-14 years	\$61.50	<a href="#">1614174</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	15-17 years	\$69.50	<a href="#">1614176</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	15-17 years	\$58	<a href="#">1614180</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	15-17 years	\$69.50	<a href="#">1614177</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	6	15-17 years	\$69.50	<a href="#">1614178</a>

# Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Apr 21	10	8-12 years	\$102.50	<a href="#">1611896</a>
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Apr 24	9	8-12 years	\$92.25	<a href="#">1611897</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Mar 22	12	8-12 years	\$123	<a href="#">1616473</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Mar 24	12	8-12 years	\$123	<a href="#">1616474</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Mar 22	12	13-14 years	\$123	<a href="#">1616480</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Mar 24	12	13-14 years	\$123	<a href="#">1616481</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Mar 21	10	8-12 years	\$102.50	<a href="#">1615460</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Mar 23	12	8-12 years	\$123	<a href="#">1615461</a>
Pinecrest	613-580-9676	Fri.	5:15-6:15 pm	Mar 25	11	8-12 years	\$112.75	<a href="#">1615459</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Mar 21	10	13-14 years	\$102.50	<a href="#">1615629</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Mar 23	12	13-14 years	\$123	<a href="#">1615630</a>
Pinecrest	613-580-9676	Fri.	5:15-6:15 pm	Mar 25	11	13-14 years	\$112.75	<a href="#">1615628</a>
Plant	613-232-3000	Sat.	4-5 pm	Apr 23	8	8-12 years	\$82	<a href="#">1612137</a>
Plant	613-232-3000	Wed.	5-6 pm	Apr 27	9	8-12 years	\$92.25	<a href="#">1612140</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	8-12 years	\$92.25	<a href="#">1612900</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	8-12 years	\$92.25	<a href="#">1612905</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	8-12 years	\$51.25	<a href="#">1612909</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	8-12 years	\$51.25	<a href="#">1612910</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	13-14 years	\$92.25	<a href="#">1612913</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	13-14 years	\$92.25	<a href="#">1612914</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	13-14 years	\$51.25	<a href="#">1612916</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	13-14 years	\$51.25	<a href="#">1612917</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	15-17 years	\$104.25	<a href="#">1612920</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	15-17 years	\$104.25	<a href="#">1612922</a>

# Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	15-17 years	\$58	<a href="#">1612923</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	15-17 years	\$58	<a href="#">1612925</a>
Walter Baker	613-580-2788	Sun.	10-11 am	Mar 27	10	8-12 years	\$102.50	<a href="#">1611135</a>

## Powerswim Introduction – 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
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Mar 22	14	8-12 years	\$253	<a href="#">1615339</a>
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Mar 26	12	8-12 years	\$217	<a href="#">1615336</a>
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Mar 27	12	8-12 years	\$217	<a href="#">1615338</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Mar 22	14	13-14 years	\$253	<a href="#">1615348</a>
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Mar 26	12	13-14 years	\$217	<a href="#">1615341</a>
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Mar 27	12	13-14 years	\$217	<a href="#">1615343</a>

## Powerswim Intermediate

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.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6:30-7:30 pm	Apr 7	12	8-12 years	\$123	<a href="#">1612179</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11:30 am-12:30 pm	Apr 9	11	8-12 years	\$112.75	<a href="#">1612182</a>
Bob MacQuarrie-Orléans	613-580-9600	Tue.	5:30-6:30 pm	Apr 5	12	13-14 years	\$123	<a href="#">1612136</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Apr 9	11	13-14 years	\$112.75	<a href="#">1612139</a>

# Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Apr 10	11	13-14 years	\$112.75	<a href="#">1612142</a>
Bob MacQuarrie-Orléans	613-580-9600	Tue.	5:30-6:30 pm	Apr 5	12	15-17 years	\$138.75	<a href="#">1612145</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Apr 9	11	15-17 years	\$127.25	<a href="#">1612148</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Apr 10	11	15-17 years	\$127.25	<a href="#">1612150</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	8-12 years	\$51.25	<a href="#">1615627</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	6	8-12 years	\$61.50	<a href="#">1615626</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	6	13-14 years	\$61.50	<a href="#">1615735</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	5	13-14 years	\$51.25	<a href="#">1615738</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	15-17 years	\$69.50	<a href="#">1614318</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	15-17 years	\$58	<a href="#">1615745</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	15-17 years	\$69.50	<a href="#">1614317</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	6	15-17 years	\$69.50	<a href="#">1615748</a>
Minto-Barrhaven	613-727-2683	Thu.	4-5 pm	Apr 21	10	8-12 years	\$102.50	<a href="#">1611899</a>
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Apr 24	9	8-12 years	\$92.25	<a href="#">1611900</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Mar 22	12	8-12 years	\$123	<a href="#">1616475</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Mar 24	12	8-12 years	\$123	<a href="#">1616476</a>
Nepean Sportsplex	613-580-2828	Fri.	6:30-7:30 pm	Mar 25	9	8-12 years	\$92.25	<a href="#">1616477</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Mar 22	12	13-14 years	\$123	<a href="#">1616482</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Mar 24	12	13-14 years	\$123	<a href="#">1616483</a>
Nepean Sportsplex	613-580-2828	Fri.	6:30-7:30 pm	Mar 25	9	13-14 years	\$92.25	<a href="#">1616484</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Mar 21	10	8-12 years	\$102.50	<a href="#">1615453</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Mar 23	12	8-12 years	\$123	<a href="#">1615455</a>
Pinecrest	613-580-9676	Fri.	5:15-6:15 pm	Mar 25	11	8-12 years	\$112.75	<a href="#">1615451</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Mar 21	10	13-14 years	\$102.50	<a href="#">1615632</a>

# Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Mar 23	12	13-14 years	\$123	<a href="#">1615633</a>
Pinecrest	613-580-9676	Fri.	5:15-6:15 pm	Mar 25	11	13-14 years	\$112.75	<a href="#">1615631</a>
Plant	613-232-3000	Sat.	4-5 pm	Apr 23	8	8-12 years	\$82	<a href="#">1612147</a>
Plant	613-232-3000	Thu.	5-6 pm	Apr 28	9	8-12 years	\$92.25	<a href="#">1612149</a>
Ray Friel	613-580-4765	Wed.	6:30-7:30 pm	Mar 30	9	18+ years	\$148	<a href="#">1614012</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	8-12 years	\$92.25	<a href="#">1613054</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	8-12 years	\$92.25	<a href="#">1613055</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	8-12 years	\$51.25	<a href="#">1613057</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	8-12 years	\$51.25	<a href="#">1613058</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	13-14 years	\$92.25	<a href="#">1613059</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	13-14 years	\$92.25	<a href="#">1613060</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	13-14 years	\$51.25	<a href="#">1613061</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	13-14 years	\$51.25	<a href="#">1613063</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	15-17 years	\$104.25	<a href="#">1613064</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	15-17 years	\$104.25	<a href="#">1613066</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	15-17 years	\$58	<a href="#">1613068</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	15-17 years	\$58	<a href="#">1613069</a>
Splash	613-748-4222	Sun.	9-10 am	Apr 3	11	8-12 years	\$112.75	<a href="#">1616613</a>
Splash	613-748-4222	Sat.	11 am-Noon	Apr 2	11	15-17 years	\$127.25	<a href="#">1616612</a>
Walter Baker	613-580-2788	Tue.	5-6 pm	Mar 22	12	8-12 years	\$123	<a href="#">1611130</a>

# Specialty

## Powerswim Intermediate – Low ratio

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
Richcraft-Kanata	613-580-9696	Mon.	4:45-5:45 pm	Mar 21	12	8-12 years	\$217	<a href="#">1615363</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Mar 22	14	8-12 years	\$253	<a href="#">1615365</a>
Richcraft-Kanata	613-580-9696	Thu.	4:45-5:45 pm	Mar 24	14	8-12 years	\$253	<a href="#">1616420</a>
Richcraft-Kanata	613-580-9696	Fri.	5:30-6:30 pm	Mar 25	13	8-12 years	\$235	<a href="#">1615387</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Mar 25	13	8-12 years	\$235	<a href="#">1615389</a>
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Mar 26	12	8-12 years	\$217	<a href="#">1615354</a>
Richcraft-Kanata	613-580-9696	Sat.	4:30-5:30 pm	Mar 26	12	8-12 years	\$217	<a href="#">1615357</a>
Richcraft-Kanata	613-580-9696	Sun.	12:30-1:30 pm	Mar 27	12	8-12 years	\$217	<a href="#">1615358</a>
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Mar 27	12	8-12 years	\$217	<a href="#">1615361</a>
Richcraft-Kanata	613-580-9696	Mon.	4:45-5:45 pm	Mar 21	12	13-14 years	\$217	<a href="#">1615404</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Mar 22	14	13-14 years	\$253	<a href="#">1615405</a>
Richcraft-Kanata	613-580-9696	Thu.	4:45-5:45 pm	Mar 24	14	13-14 years	\$253	<a href="#">1616421</a>
Richcraft-Kanata	613-580-9696	Fri.	5:30-6:30 pm	Mar 25	13	13-14 years	\$235	<a href="#">1615408</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Mar 25	13	13-14 years	\$235	<a href="#">1615409</a>
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Mar 26	12	13-14 years	\$217	<a href="#">1615394</a>
Richcraft-Kanata	613-580-9696	Sat.	4:30-5:30 pm	Mar 26	12	13-14 years	\$217	<a href="#">1615397</a>
Richcraft-Kanata	613-580-9696	Sun.	12:30-1:30 pm	Mar 27	12	13-14 years	\$217	<a href="#">1615399</a>
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Mar 27	12	13-14 years	\$217	<a href="#">1615401</a>



# Specialty

## Powerswim Advanced

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	8-12 years	\$61.50	<a href="#">1615342</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	8-12 years	\$51.25	<a href="#">1615344</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	8-12 years	\$61.50	<a href="#">1615340</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	6	8-12 years	\$61.50	<a href="#">1615347</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	13-14 years	\$61.50	<a href="#">1615331</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	13-14 years	\$51.25	<a href="#">1615332</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	13-14 years	\$61.50	<a href="#">1615323</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	5	13-14 years	\$51.25	<a href="#">1615333</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	Apr 6	6	15-17 years	\$69.50	<a href="#">1615476</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	Apr 8	5	15-17 years	\$58	<a href="#">1615480</a>
Lowertown Pool	ext. 44426	Wed.	5:45-6:45 pm	May 18	6	15-17 years	\$69.50	<a href="#">1615473</a>
Lowertown Pool	ext. 44426	Fri.	5:45-6:45 pm	May 20	5	15-17 years	\$58	<a href="#">1615482</a>
Minto-Barrhaven	613-727-2683	Thu.	7:15-8:15 pm	Apr 21	10	8-12 years	\$102.50	<a href="#">1611902</a>
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Apr 24	9	8-12 years	\$92.25	<a href="#">1611903</a>
Nepean Sportsplex	613-580-2828	Fri.	6:30-7:30 pm	Mar 25	9	8-12 years	\$92.25	<a href="#">1616478</a>
Nepean Sportsplex	613-580-2828	Fri.	6:30-7:30 pm	Mar 25	9	13-14 years	\$92.25	<a href="#">1616485</a>
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Mar 21	10	8-12 years	\$102.50	<a href="#">1615438</a>
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Mar 23	12	8-12 years	\$123	<a href="#">1615442</a>
Pinecrest	613-580-9676	Fri.	6:15-7:15 pm	Mar 25	11	8-12 years	\$112.75	<a href="#">1615429</a>
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Mar 21	10	13-14 years	\$102.50	<a href="#">1615475</a>
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Mar 23	12	13-14 years	\$123	<a href="#">1615477</a>

# Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Fri.	6:15-7:15 pm	Mar 25	11	13-14 years	\$112.75	<a href="#">1615469</a>
Plant	613-232-3000	Sat.	5-6 pm	Apr 23	8	8-12 years	\$82	<a href="#">1612143</a>
Plant	613-232-3000	Thu.	6-7 pm	Apr 28	9	8-12 years	\$92.25	<a href="#">1612144</a>
Ray Friel	613-580-4765	Fri.	6:30-7:30 pm	Mar 25	9	18+ years	\$148	<a href="#">1614009</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	8-12 years	\$92.25	<a href="#">1613075</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	8-12 years	\$92.25	<a href="#">1613076</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	8-12 years	\$51.25	<a href="#">1613077</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	8-12 years	\$51.25	<a href="#">1613078</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	13-14 years	\$92.25	<a href="#">1613080</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	13-14 years	\$92.25	<a href="#">1613081</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	13-14 years	\$51.25	<a href="#">1613082</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	13-14 years	\$51.25	<a href="#">1613083</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Mar 24	9	15-17 years	\$104.25	<a href="#">1613084</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Mar 24	9	15-17 years	\$104.25	<a href="#">1613085</a>
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	May 26	5	15-17 years	\$58	<a href="#">1613086</a>
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	May 26	5	15-17 years	\$58	<a href="#">1613087</a>
Walter Baker	613-580-2788	Tue.	5-6 pm	Mar 22	12	8-12 years	\$123	<a href="#">1611133</a>

# Specialty

## Powerswim Advanced – 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
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Mar 22	14	8-12 years	\$253	<a href="#">1615415</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Mar 25	13	8-12 years	\$235	<a href="#">1615419</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Mar 26	12	8-12 years	\$217	<a href="#">1615410</a>
Richcraft-Kanata	613-580-9696	Sat.	6-7 pm	Mar 26	12	8-12 years	\$217	<a href="#">1615411</a>
Richcraft-Kanata	613-580-9696	Sun.	11:30 am-12:30 pm	Mar 27	12	8-12 years	\$217	<a href="#">1615413</a>
Richcraft-Kanata	613-580-9696	Thu.	6-7 pm	Mar 24	14	13-14 years	\$253	<a href="#">1615433</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Mar 25	13	13-14 years	\$235	<a href="#">1615435</a>
Richcraft-Kanata	613-580-9696	Sat.	9:30-10:30 am	Mar 26	12	13-14 years	\$217	<a href="#">1615423</a>
Richcraft-Kanata	613-580-9696	Sat.	6-7 pm	Mar 26	12	13-14 years	\$217	<a href="#">1615427</a>
Richcraft-Kanata	613-580-9696	Sun.	11:30 am-12:30 pm	Mar 27	12	13-14 years	\$217	<a href="#">1615428</a>

## 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec (Goulbourn)	613-580-2532	Sat.	11 am-Noon	Mar 26	11	13-14 years	\$112.75	<a href="#">1611166</a>
CardelRec (Goulbourn)	613-580-2532	Tue.	7:30-8:30 pm	Mar 29	12	13-14 years	\$123	<a href="#">1611167</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	11 am-Noon	Mar 26	11	15-17 years	\$127.25	<a href="#">1611169</a>
CardelRec (Goulbourn)	613-580-2532	Tue.	7:30-8:30 pm	Mar 29	12	15-17 years	\$138.75	<a href="#">1611168</a>
CardelRec (Goulbourn)	613-580-2532	Thu.	7:30-8:30 pm	Mar 31	12	18+ years	\$197.50	<a href="#">1611056</a>
Lowertown Pool	ext. 44426	Sun.	10:15-11:15 am	Apr 3	6	8-12 years	\$61.50	<a href="#">1614702</a>

# Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	ext. 44426	Sun.	10:15-11:15 am	May 29	5	8-12 years	\$51.25	<a href="#">1614703</a>
Lowertown Pool	ext. 44426	Sun.	10:15-11:15 am	Apr 3	6	15-17 years	\$69.50	<a href="#">1614708</a>
Lowertown Pool	ext. 44426	Sun.	10:15-11:15 am	May 29	5	15-17 years	\$58	<a href="#">1614709</a>
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Apr 20	10	18+ years	\$164.50	<a href="#">1611904</a>
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Mar 22	12	18+ years	\$197.50	<a href="#">1611495</a>
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Mar 24	12	18+ years	\$197.50	<a href="#">1611119</a>

## 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:30-9:30 pm	Apr 4	10	18+ years	\$164.50	<a href="#">1610065</a>
Bob MacQuarrie-Orléans	613-580-9600	Wed.	8:15-9:15 pm	Apr 6	12	18+ years	\$197.50	<a href="#">1610062</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Apr 9	11	18+ years	\$181	<a href="#">1610063</a>