



Summer 2021

Swimming Certification and Specialty

Recreation eGuide

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Certification

Leadership and Instructor Awards

Bronze Star

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook	613-824-8300	Mon.-Fri.	9-10 am	Jun 28	9	10-14 years	\$80.50	1593867
Lowertown Pool	613-580-2424	Fri.	6:15-7:30 pm	Jul 9	8	10-14 years	\$80.50	1596598
Plant	613-232-3000	Sun.	5-6:30 pm	Jul 11	7	10-14 years	\$80.50	1595829
Richcraft - Kanata	613-580-9696	Fri.	6-7 pm	Jul 2	9	10-14 years	\$80.50	1596159
Sawmill Creek	613-521-4092	Mon.-Fri.	9:30-10:45 am	Jun 28	9	10-14 years	\$80.50	1593091
Sawmill Creek	613-521-4092	Mon.-Fri.	9:30-10:30 am	Aug 23	10	10-14 years	\$80.50	1593092

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
Bearbrook	613-824-8300	Mon.-Fri.	9 am-Noon	Jul 12	10	13-14 years	\$137.75	1593902
Beaverbrook - Kanata	613-591-3061	Mon.-Fri.	9 am-12:15 pm	Jun 28	9	13-14 years	\$137.75	1596572
Bearbrook	613-824-8300	Mon.-Fri.	9 am-Noon	Jul 12	10	15+ years	\$155.75	1593904
Beaverbrook - Kanata	613-591-3061	Tue.-Fri.	8:30 am-12:15 pm	Jul 27	8	13-14 years	\$137.75	1596573
Beaverbrook - Kanata	613-591-3061	Mon.-Fri.	9 am-12:15 pm	Jun 28	9	15+ years	\$155.75	1596563
Beaverbrook - Kanata	613-591-3061	Tue.-Fri.	8:30 am-12:15 pm	Jul 27	8	15+ years	\$155.75	1596568
CardelRec (Goulbourn)	613-580-2532	Mon., Wed.	5-8 pm	Jun 28	10	13-14 years	\$137.75	1596536
CardelRec (Goulbourn)	613-580-2532	Mon., Wed.	5-8 pm	Jun 28	10	15+ years	\$155.75	1596537

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Tue.,Thu.	3-6:30 pm	Jun 29	9	13-14 years	\$137.75	1593922
François Dupuis	613-580-8080	Tue.,Thu.	3-6:30 pm	Jun 29	9	15+ years	\$155.75	1593923
General Burns	613-225-7970	Mon.-Fri.	9 am-12:15 pm	Jul 5	10	13-14 years	\$137.75	1597295
General Burns	613-225-7970	Mon.-Fri.	9 am-12:15 pm	Jul 5	10	15+ years	\$155.75	1597296
Lowertown Pool	613-580-2424	Mon.-Fri.	9 am-Noon	Jul 5	10	13-14 years	\$137.75	1596582
Lowertown Pool	613-580-2424	Tue.-Fri., Mon.	9 am-12:15 pm	Aug 3	9	13-14 years	\$137.75	1596583
Lowertown Pool	613-580-2424	Mon.-Fri.	9 am-Noon	Jul 5	10	15+ years	\$155.75	1596586
Lowertown Pool	613-580-2424	Tue.-Fri., Mon.	9 am-12:15 pm	Aug 3	9	15+ years	\$155.75	1596587
Minto - Barrhaven	613-727-2683	Tue.-Fri.	9:45 am-1:30 pm	Jul 6	8	13-14 years	\$137.75	1594550
Minto - Barrhaven	613-727-2683	Tue.-Fri.	9:45 am-1:30 pm	Jul 6	8	15+ years	\$155.75	1594551
Nepean Sportsplex	613-580-2828	Tue., Thu.	6-9 pm	Jun 1	9	13-14 years	\$137.75	1596859
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-6:45 pm	Jul 5	9	13-14 years	\$137.75	1596863
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-7:15 pm	Jul 26	8	13-14 years	\$137.75	1596869
Nepean Sportsplex	613-580-2828	Tue., Thu.	6-9:45 pm	Jun 1	9	15+ years	\$155.75	1596881
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-6:45 pm	Jul 5	9	15+ years	\$155.75	1596882
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-7:15 pm	Jul 26	8	15+ years	\$155.75	1596884
Pinecrest	613-580-9676	Mon.-Sat.	9:30 am-Noon	Jul 5	11	13-14 years	\$137.50	1597151
Pinecrest	613-580-9676	Mon.-Sat.	9:30 am-Noon	Aug 16	11	13-14 years	\$137.50	1597152
Pinecrest	613-580-9676	Mon.-Sat.	9:30 am-Noon	Jul 5	11	15+ years	\$155.75	1597153
Pinecrest	613-580-9676	Mon.-Sat.	9:30 am-Noon	Aug 16	11	15+ years	\$155.75	1597154
Plant	613-232-3000	Sun.	4-8:30 pm	Jul 11	7	13-14 years	\$137.75	1595806
Plant	613-232-3000	Sun.	4-8:30 pm	Jul 11	7	15+ years	\$155.75	1595816
Sawmill Creek	613-521-4092	Sat.	8:30 am-12:30 pm	Jul 3	8	13-14 years	\$137.75	1593080
Sawmill Creek	613-521-4092	Sat.	8:30 am-12:30 pm	Jul 3	8	15+ years	\$155.75	1593081

Certification

Bronze Cross

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Beaverbrook - Kanata	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Aug 9	10	12-14 years	\$104	1596576
Beaverbrook - Kanata	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Aug 9	10	15+ years	\$117.75	1596575
Pinecrest	613-580-9676	Mon.-Sat.	9:30 am-Noon	Jul 19	11	12-14 years	\$104	1597155
Pinecrest	613-580-9676	Tue.-Sat.,Mon.	9:30 am-Noon	Aug 3	10	12-14 years	\$104	1597156
Pinecrest	613-580-9676	Mon.-Sat.	9:30 am-Noon	Jul 19	11	15+ years	\$117.75	1597157
Pinecrest	613-580-9676	Tue.-Sat.,Mon.	9:30 am-Noon	Aug 3	10	15+ years	\$117.75	1597158
Plant	613-232-3000	Sun.	4-8 pm	Jul 11	7	12-14 years	\$104	1595792
Plant	613-232-3000	Sun.	4-8 pm	Jul 11	7	15+ years	\$117.75	1595800
Sawmill Creek	613-521-4092	Sat.	8:30 am-Noon	Jul 3	8	12-14 years	\$104	1593082
Sawmill Creek	613-521-4092	Sat.	8:30 am-Noon	Jul 3	8	15+ years	\$117.75	1593083

Certification

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

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook	613-824-8300	Mon.-Fri.	9 am-12:45 pm	Jul 26	9	12-14 years	\$152	1593906
Bearbrook	613-824-8300	Mon.-Fri.	9 am-12:45 pm	Jul 26	9	15+ years	\$172	1593907
François Dupuis	613-580-8080	Tue.,Thu.	3-6:45 pm	Aug 3	10	12-14 years	\$152	1593920
François Dupuis	613-580-8080	Tue.,Thu.	3-6:45 pm	Aug 3	10	15+ years	\$172	1593921
General Burns	613-225-7970	Mon.-Fri.	9 am-12:30 pm	Jul 19	10	12-14 years	\$152	1597297
Lowertown Pool	613-580-2424	Mon.-Fri.	9 am-Noon	Jul 19	10	12-14 years	\$104	1596584
Lowertown Pool	613-580-2424	Mon.-Fri.	9 am-Noon	Aug 16	10	12-14 years	\$104	1596585
Lowertown Pool	613-580-2424	Mon.-Fri.	9 am-Noon	Jul 19	10	15+ years	\$117.75	1596588
Lowertown Pool	613-580-2424	Mon.-Fri.	9 am-Noon	Aug 16	10	15+ years	\$117.75	1596589
Minto - Barrhaven	613-727-2683	Tue.-Fri.	9:15 am-1:30 pm	Jul 20	8	12-14 years	\$152	1594548
Minto - Barrhaven	613-727-2683	Tue.-Fri.	9:15 am-1:30 pm	Jul 20	8	15+ years	\$172	1594549
Nepean Sportsplex	613-580-2828	Tue., Thu.	6-9:45 pm	Jun 1	9	12-14 years	\$152	1596886
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-7:15 pm	Jul 5	9	12-14 years	\$152	1596887
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-7:45 pm	Jul 26	8	12-14 years	\$152	1596888
Nepean Sportsplex	613-580-2828	Tue., Thu.	6-9:45 pm	Jun 1	9	15+ years	\$172	1596889
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-7:15 pm	Jul 5	9	15+ years	\$172	1596890
Nepean Sportsplex	613-580-2828	Mon.-Fri.	9 am-12:30 pm	Jul 19	10	15+ years	\$172	1597298
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-7:45 pm	Jul 26	8	15+ years	\$172	1596891

Certification

Standard First Aid with 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.	9 am-5 pm	Jul 3	1	15+ years	\$97.25	1596253
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Aug 21	1	15+ years	\$97.25	1596593
Minto - Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 7	1	15+ years	\$97.25	1594554

Standard First Aid with CPR-C and AED

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.-Sun.	9 am-5 pm	Jul 17	2	15+ years	\$149	1596255
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5 pm	Aug 28	2	15+ years	\$149	1596595
Minto - Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 10	2	15+ years	\$149	1594552
Sawmill Creek	613-521-4092	Mon.-Tue.	9 am-5 pm	Jun 28	2	15+ years	\$149	1593089

Standard First Aid with CPR-C and AED Recertification

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.	9 am-5 pm	Jul 3	1	12-14 years	\$86	1596252
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Aug 21	1	12-14 years	\$86	1596594
Minto - Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 10	2	12-14 years	\$131.75	1594553
Minto - Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 7	1	12-14 years	\$86	1594555

Certification

National Lifeguard

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook	613-824-8300	Mon.-Fri.	9 am-1:30 pm	Aug 9	10	15+ years	\$171.75	1593908
Beaverbrook - Kanata	613-591-3061	Mon.-Fri.	8 am-12:30 pm	Jul 12	11	15+ years	\$171.75	1596580
Lowertown Pool	613-580-2424	Sat.-Sun.	2-8 pm	Jul 3	8	15+ years	\$171.75	1596590
Lowertown Pool	613-580-2424	Sat.-Sun.	2-8 pm	Aug 7	8	15+ years	\$171.75	1596591
Minto - Barrhaven	613-727-2683	Tue.-Fri., Mon.	8:30 am-1:30 pm	Aug 3	9	15+ years	\$171.75	1594547
Nepean Sportsplex	613-580-2828	Sun.	2-3:30 pm	Jul 4	8	15+ years	\$171.75	1596985
Nepean Sportsplex	613-580-2828	Mon.-Fri.	9 am-2 pm	Aug 9	10	15+ years	\$171.75	1597299
Sawmill Creek	613-521-4092	Mon., Wed.	5:30-8:30 pm	Jul 5	15	15+ years	\$171.75	1593084

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.	4-9 pm	Aug 8	1	16+ years	\$78.75	1596257
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Jul 11	1	16+ years	\$75	1597799
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Jul 25	1	16+ years	\$75	1597800
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Aug 8	1	16+ years	\$75	1597801
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Aug 22	1	16+ years	\$75	1597802
Sawmill Creek	613-521-4092	Sat.	4:30-9:30 pm	Aug 28	1	16+ years	\$78.75	1593087

Certification

Airway Management

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.	10 am-2 pm	Jul 24	1	15+ years	\$40	1596256
Jules Morin Park	613-580-2424	Tue.	5-9 pm	Jul 6	1	15+ years	\$40	1596592
Minto - Barrhaven	613-727-2683	Sun.	9 am-1 pm	Jul 18	1	15+ years	\$40	1594556
Minto - Barrhaven	613-727-2683	Sun.	9 am-1 pm	Aug 15	1	15+ years	\$40	1594557
Sawmill Creek	613-521-4092	Tue.	5-9 pm	Aug 31	1	15+ years	\$40	1593171

Red Cross Water Safety Instructor Part 1

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	Sun.	4-6 pm	Jul 4	4	15+ years	\$235.75	1596249
Nepean Sportsplex	613-580-2828	Sun.	3-5 pm	Jul 4	4	15+ years	\$235.75	1596978
Nepean Sportsplex	613-580-2828	Sun.	3-5 pm	Aug 8	4	15+ years	\$235.75	1596979
Pinecrest	613-580-9676	Tue., Thu.	5:45-7:45 pm	Jul 6	4	15+ years	\$235.75	1597149
Richcraft - Kanata	613-580-9696	Wed.	8-10 pm	Aug 11	4	15+ years	\$235.75	1596755
Sawmill Creek	613-521-4092	Mon.	6-8 pm	Jul 5	4	15+ years	\$235.75	1593085

Certification

Red Cross Water Safety Instructor Part 2

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.-Sun.	3:30-10 pm	Aug 21	4	15+ years	\$210.75	1596250
Minto - Barrhaven	613-727-2683	Sat.	8 am-12:30 pm	Jul 3	6	15+ years	\$210.75	1594560
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-6:30 pm	Jul 5	9	15+ years	\$210.75	1596982
Nepean Sportsplex	613-580-2828	Mon., Wed., Fri.	3:30-6:45 pm	Jul 26	8	15+ years	\$210.75	1596984
Pinecrest	613-580-9676	Tue., Thu.	4:30-7:45 pm	Aug 3	8	15+ years	\$210.75	1597150
Richcraft - Kanata	613-580-9696	Wed.	5:30-10 pm	Jun 30	6	15+ years	\$210.75	1596756
Sawmill Creek	613-521-4092	Wed.	5:30-8:15 pm	Jun 30	10	15+ years	\$210.75	1593086

Red Cross Water Safety Instructor Recertification

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sun.	4-9 pm	Aug 15	1	16+ years	\$78.75	1596251
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Jul 4	1	16+ years	\$75	1597803
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Jul 18	1	16+ years	\$75	1597804
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Aug 15	1	16+ years	\$75	1597805
Nepean Sportsplex	613-580-2828	Sun.	8 am-1 pm	Aug 29	1	16+ years	\$75	1597806
Sawmill Creek	613-521-4092	Mon.	5-8:15 pm	Aug 30	1	16+ years	\$78.75	1593088

Certification

Advanced Instructor and Examiner

Examiners

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Tue.	4-7 pm	Aug 24	2	16+ years	\$36.50	1596597

Lifesaving and Emergency First Aid Instructor

Progressively evaluated so 100% attendance is required.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Sun.	2-3:30 pm	Jul 4	4	15+ years	\$133.25	1596988
Nepean Sportsplex	613-580-2828	Sun.	2-3:30 pm	Aug 8	4	15+ years	\$133.25	1596989

Specialty

Powerswim

Advanced – Low ratio

Timed distances increase in this pre-competitive program level & includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual medley and relays are introduced. Times distances increase. Prerequisites: 8 years of age 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
Entrance Outdoor Pool	613-829-2705	Mon.	1-2 pm	Jun 7	4	18+ years	\$117.50	1597300
Entrance Outdoor Pool	613-829-2705	Tue.	1-2 pm	Jun 8	4	18+ years	\$117.50	1597301
Entrance Outdoor Pool	613-829-2705	Wed.	1-2 pm	Jun 9	4	18+ years	\$117.50	1597302
Entrance Outdoor Pool	613-829-2705	Thu.	1-2 pm	Jun 10	3	18+ years	\$88.25	1597304
Entrance Outdoor Pool	613-829-2705	Fri.	1-2 pm	Jun 11	4	18+ years	\$117.50	1597303
General Burns	613-225-7970	Mon., Wed.	4-5 pm	Jun 7	8	8-12 years	\$141.75	1597176
General Burns	613-225-7970	Mon., Wed.	4-5 pm	Jun 7	8	13-14 years	\$141.75	1597177

Intermediate – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
General Burns	613-225-7970	Mon., Wed.	4-5 pm	Jun 7	8	8-12 years	\$141.75	1597180
General Burns	613-225-7970	Mon., Wed.	5-6 pm	Jun 7	8	8-12 years	\$141.75	1597181
General Burns	613-225-7970	Mon., Wed.	4-5 pm	Jun 7	8	13-14 years	\$141.75	1597182
General Burns	613-225-7970	Mon., Wed.	5-6 pm	Jun 7	8	13-14 years	\$141.75	1597183

Specialty

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 non-stop and a workout total of 800-1000m. Prerequisites: 8 years of age and Swim Kids 6 OR ability to swim 75m non-stop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
General Burns	613-225-7970	Mon., Wed.	5-6 pm	Jun 7	8	8-12 years	\$141.75	1597178
General Burns	613-225-7970	Mon., Wed.	5-6 pm	Jun 7	8	13-14 years	\$141.75	1597179