



Summer
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 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 metres 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
Brewer Pool	613-580-2090	Mon.-Fri.	9-11 am	Jul 18	5	10-14 years	\$82.25	1617551
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:45 pm	Jul 8	8	10-14 years	\$82.25	1618618
Pinecrest	613-580-9676	Mon.-Fri.	9:30-11:30 am	Aug 29	5	10-14 years	\$140.75	1623123
Plant	613-232-3000	Sun.	4:30-6 pm	Jul 10	7	10-14 years	\$82.25	1624603
Splash	613-748-4222	Sat.	9-11 am	Jul 9	5	10-14 years	\$82.25	1624617
St-Laurent Complex	613-742-6767	Mon.-Fri.	9-10:15 am	Jun 27	9	10-14 years	\$82.25	1623623
Walter Baker	613-580-2788	Wed.	4:45-6 pm	Jul 6	8	10-14 years	\$82.25	1619464

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
Bearbrook	613-824-8300	Mon.-Fri.	9-10:15 am	Jul 4	10	10-14 years	\$111.25	1624340

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
Bearbrook	613-824-8300	Mon.-Fri.	9-11:15 am	Jul 18	10	12-14 years	\$140.75	1624342
Bearbrook	613-824-8300	Mon.-Fri.	9-11:15 am	Jul 18	10	15+ years	\$159.25	1624344
Beaverbrook-Kanata	613-591-3061	Tue.-Fri.	8:30-11:30 am	Jul 19	8	13-14 years	\$140.75	1624195
Beaverbrook-Kanata	613-591-3061	Tue.-Fri.	8:30-11:30 am	Aug 2	8	13-14 years	\$140.75	1624198
Beaverbrook-Kanata	613-591-3061	Tue.-Fri.	8:30-11:30 am	Jul 19	8	15+ years	\$159.25	1624200
Beaverbrook-Kanata	613-591-3061	Tue.-Fri.	8:30-11:30 am	Aug 2	8	15+ years	\$159.25	1624208
Bob MacQuarrie-Orléans	613-580-9600	Mon.	4-8 pm	Jul 4	6	12-14 years	\$140.75	1620294
Bob MacQuarrie-Orléans	613-580-9600	Mon.	4-8 pm	Jul 4	6	15+ years	\$159.25	1620300
Brewer Pool	613-580-2090	Mon.-Fri.	9-11:30 am	Jul 4	10	11-14 years	\$140.75	1617549
Canterbury	613-247-4865	Sun.	4-7:30 pm	Jul 10	7	13-14 years	\$140.75	1620363
Canterbury	613-247-4865	Sun.	4-7:30 pm	Jul 10	7	15+ years	\$159.25	1620366
CardelRec (Goulbourn)	613-580-2532	Mon., Wed.	5-8 pm	Jun 27	8	10-14 years	\$140.75	1621282
CardelRec (Goulbourn)	613-580-2532	Mon.-Fri.	9:30 am-Noon	Jul 4	10	10-14 years	\$140.75	1621281
CardelRec (Goulbourn)	613-580-2532	Mon., Wed.	5-8 pm	Jun 27	8	15+ years	\$159.25	1621284
CardelRec (Goulbourn)	613-580-2532	Mon.-Fri.	9:30 am-Noon	Jul 4	10	15+ years	\$159.25	1621283
General Burns	613-225-7970	Mon.-Fri.	9-11:30 am	Jul 4	10	13-14 years	\$140.75	1622629
General Burns	613-225-7970	Mon.-Fri.	9-11:30 am	Jul 4	10	15+ years	\$159.25	1622630

Certification

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	9-11:45 am	Jul 5	9	13-14 years	\$140.75	1625528
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	9-11:45 am	Aug 2	9	13-14 years	\$140.75	1625529
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	9-11:45 am	Jul 5	9	15+ years	\$159.25	1624800
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	9-11:45 am	Aug 2	9	15+ years	\$159.25	1624802
Katimavik	613-580-2424	Tue.-Fri.	9 am-2 pm	Jul 5	4	13-14 years	\$140.75	1625530
Katimavik	613-580-2424	Tue.-Fri.	9 am-2 pm	Aug 2	4	13-14 years	\$140.75	1625531
Katimavik	613-580-2424	Tue.-Fri.	9 am-2 pm	Jul 5	4	15+ years	\$159.25	1625536
Katimavik	613-580-2424	Tue.-Fri.	9 am-2 pm	Aug 2	4	15+ years	\$159.25	1625538
Lowertown Pool	ext. 44426	Mon., Wed.	5-8 pm	Jun 27	8	13-14 years	\$140.75	1623005
Lowertown Pool	ext. 44426	Mon., Wed.	5-8 pm	Jun 27	8	15+ years	\$159.25	1623006
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2 pm	Jul 18	10	13-14 years	\$140.75	1618614
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-4:30 pm	Aug 15	5	13-14 years	\$140.75	1618615
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2 pm	Jul 18	10	15+ years	\$159.25	1618611
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-4:30 pm	Aug 15	5	15+ years	\$159.25	1618612
Nepean Sportsplex	613-580-2828	Tue., Thu.	3:30-6:30 pm	Jul 5	8	13-14 years	\$140.75	1625334
Nepean Sportsplex	613-580-2828	Tue., Thu.	3:30-6:30 pm	Jul 5	8	15+ years	\$159.25	1625335
Pinecrest	613-580-9676	Mon.-Fri.	9:30 am-Noon	Jul 4	10	13-14 years	\$140.75	1623102
Pinecrest	613-580-9676	Tue.-Fri., Mon.	9:15 am-Noon	Aug 2	9	13-14 years	\$140.75	1623089
Pinecrest	613-580-9676	Mon.-Fri.	9:30 am-Noon	Jul 4	10	15+ years	\$140.75	1623109
Pinecrest	613-580-9676	Tue.-Fri., Mon.	9:15 am-Noon	Aug 2	9	15+ years	\$140.75	1623110
Plant	613-232-3000	Sun.	5-8:30 pm	Jul 10	7	13-14 years	\$140.75	1624625
Plant	613-232-3000	Sun.	5-8:30 pm	Jul 10	7	15+ years	\$159.25	1624628
Ray Friel	613-580-4765	Mon.-Fri.	9-11:30 am	Jul 4	10	11-14 years	\$140.75	1619760
Ray Friel	613-580-4765	Mon.-Fri.	9-11:30 am	Jul 4	10	15+ years	\$159.25	1619763

Certification

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Splash	613-748-4222	Mon.-Fri.	9-11:30 am	Jul 4	10	13-14 years	\$140.75	1625501
Splash	613-748-4222	Mon.-Fri.	9-11:30 am	Jul 4	10	15+ years	\$159.25	1625502
St-Laurent Complex	613-742-6767	Mon.-Fri.	9 am-Noon	Jul 25	9	13-14 years	\$140.75	1623629
St-Laurent Complex	613-742-6767	Mon.-Fri.	9 am-Noon	Jul 25	9	15+ years	\$159.25	1623631
Walter Baker	613-580-2788	Wed.	4-7 pm	Jul 6	8	13-14 years	\$140.75	1619273
Walter Baker	613-580-2788	Wed.	4-7 pm	Jul 6	8	15+ years	\$159.25	1619278

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
Beaverbrook-Kanata	613-591-3061	Mon.-Fri.	8:30-11:30 am	Jul 4	9	12-14 years	\$106.25	1624216
Beaverbrook-Kanata	613-591-3061	Mon.-Fri.	8:30-11:30 am	Jul 4	9	15+ years	\$120.25	1624227
Brewer Pool	613-580-2090	Mon.-Fri.	9-11:30 am	Jul 25	10	12-14 years	\$106.25	1617552
Brewer Pool	613-580-2090	Mon.-Fri.	9-11:30 am	Jul 25	10	15+ years	\$120.25	1617553
Canterbury	613-247-4865	Sun.	4-7:30 pm	Jul 10	7	12-14 years	\$106.25	1620360
Canterbury	613-247-4865	Sun.	4-7:30 pm	Jul 10	7	15+ years	\$120.25	1620361
CardelRec (Goulbourn)	613-580-2532	Mon.-Fri.	9:30 am-Noon	Jul 18	10	10-14 years	\$106.25	1621285
CardelRec (Goulbourn)	613-580-2532	Mon., Wed.	5-8:30 pm	Jul 25	7	10-14 years	\$106.25	1621286
CardelRec (Goulbourn)	613-580-2532	Mon., Wed.	5-8:30 pm	Jul 25	7	15+ years	\$120.25	1621288
Lowertown Pool	ext. 44426	Mon., Wed.	5-8:30pm	Jul 25	7	12-14 years	\$106.25	1623009
Lowertown Pool	ext. 44426	Mon., Wed.	5-8:30pm	Jul 25	7	15+ years	\$120.25	1623012
Pinecrest	613-580-9676	Mon.-Fri.	9:30 am-Noon	Jul 18	10	12-14 years	\$140.75	1623119
Pinecrest	613-580-9676	Mon.-Fri.	9:30 am-Noon	Aug 15	10	12-14 years	\$140.75	1623117
Plant	613-232-3000	Sun.	5-8:30 pm	Jul 10	7	12-14 years	\$106.25	1624633

Certification

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	5-8:30 pm	Jul 10	7	15+ years	\$120.25	1624634
St-Laurent Complex	613-742-6767	Mon.-Fri.	9 am-Noon	Aug 8	10	12-14 years	\$106.25	1623638
St-Laurent Complex	613-742-6767	Mon.-Fri.	9 am-Noon	Aug 8	10	15+ years	\$120.25	1623645
Walter Baker	613-580-2788	Wed.	4-7 pm	Jul 6	8	12-14 years	\$106.25	1619357
Walter Baker	613-580-2788	Wed.	4-7 pm	Jul 6	8	15+ years	\$120.25	1619360

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
Bearbrook	613-824-8300	Tue.-Fri., Mon.	9 am-12:45 pm	Aug 2	9	12-14 years	\$155.25	1624349
Bearbrook	613-824-8300	Tue.-Fri., Mon.	9 am-12:45 pm	Aug 2	9	15+ years	\$175.50	1624352
Bob MacQuarrie-Orléans	613-580-9600	Wed.	4-8:30 pm	Jul 6	7	12-14 years	\$155.25	1620341
Bob MacQuarrie-Orléans	613-580-9600	Wed.	4-8:30 pm	Jul 6	7	15+ years	\$175.50	1620345
General Burns	613-225-7970	Mon.-Fri.	9 am-12:30 pm	Jul 18	10	12-14 years	\$155.25	1622631
General Burns	613-225-7970	Mon.-Fri.	9 am-12:30 pm	Jul 18	10	15+ years	\$175.50	1622632
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	8-11:45 am	Jul 5	9	12-14 years	\$155.25	1625517
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	8-11:45 am	Aug 2	9	12-14 years	\$155.25	1625519
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	8-11:45 am	Jul 5	9	15+ years	\$175.50	1625524
Kanata Leisure	613-580-9677	Tue.-Fri., Mon.	8-11:45 am	Aug 2	9	15+ years	\$175.50	1625525
Katimavik	613-580-2424	Mon.-Fri.	9 am-4 pm	Jul 11	5	12-14 years	\$155.25	1625522
Katimavik	613-580-2424	Mon.-Fri.	9 am-4 pm	Aug 8	5	12-14 years	\$155.25	1625523
Katimavik	613-580-2424	Mon.-Fri.	9 am-4 pm	Jul 11	5	15+ years	\$175.50	1625526
Katimavik	613-580-2424	Mon.-Fri.	9 am-4 pm	Aug 8	5	15+ years	\$175.50	1625527

Certification

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-2 pm	Jul 4	10	12-14 years	\$155.25	1618609
Minto-Barrhaven	613-727-2683	Tue.-Fri., Mon.	10:30 am-2:30 pm	Aug 2	9	12-14 years	\$155.25	1618610
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-2 pm	Jul 4	10	15+ years	\$175.50	1618607
Mint-Barrhaven	613-727-2683	Tue.-Fri., Mon.	10:30 am-2:30 pm	Aug 2	9	15+ years	\$175.50	1618608
Nepean Sportsplex	613-580-2828	Tue., Thu.	3:30-7:45 pm	Jul 5	8	12-14 years	\$155.25	1625336
Nepean Sportsplex	613-580-2828	Tue., Thu.	3:30-7:45 pm	Jul 5	8	15+ years	\$175.50	1625337
Ray Friel	613-580-4765	Mon.-Fri.	9:30 am-1 pm	Jul 18	10	12-14 years	\$155.25	1619765
Ray Friel	613-580-4765	Mon.-Fri.	9:30 am-1 pm	Jul 18	10	15+ years	\$175.50	1619768
Splash	613-748-4222	Mon.-Fri.	9 am-12:30 pm	Jul 18	10	12-14 years	\$155.25	1625503
Splash	613-748-4222	Mon.-Fri.	9 am-12:30 pm	Jul 18	10	15+ years	\$175.50	1625504

Junior Waterfront Lifeguard Club Certification Camp

Calling all future lifeguards! Join us on the beach training in the sport of lifesaving as you work towards earning your Standard First Aid and CPR 'C', Bronze Star, Bronze Medallion and Bronze Cross. Finish off this camp with a lifeguard competition.

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Britannia Park	613-580-2595	Mon.-Fri.	8 am-5pm	Jul 4	10	10-14 years	\$512.75	1617677
Britannia Park	613-580-2595	Mon.-Fri.	8 am-5pm	Jul 18	10	10-14 years	\$512.75	1617678
Britannia Park	613-580-2595	Tue.-Fri., Mon.	8 am-5pm	Aug 2	9	10-14 years	\$461.50	1617679
Britannia Park	613-580-2595	Mon.-Fri.	8 am-5pm	Jul 4	10	15+ years	\$579.50	1617680
Britannia Park	613-580-2595	Mon.-Fri.	8 am-5pm	Jul 18	10	15+ years	\$579.50	1617681
Britannia Park	613-580-2595	Tue.-Fri., Mon.	8 am-5pm	Aug 2	9	15+ years	\$521.50	1617682

Certification

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	Jul 23	2	12-14 years	\$134.50	1620648
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jul 23	2	15+ years	\$152	1620652
Brewer Pool	613-580-2090	Sat.-Sun.	9 am-5 pm	Aug 6	2	12-14 years	\$134.50	1617555
Brewer Pool	613-580-2090	Sat.-Sun.	9 am-5 pm	Aug 6	2	15+ years	\$152	1617554
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5 pm	Aug 13	2	12-14 years	\$134.50	1622955
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5 pm	Aug 13	2	15+ years	\$152	1622956
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jul 16	2	12-14 years	\$134.50	1624813
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jul 16	2	12-14 years	\$152	1624814
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 23	2	12-14 years	\$134.50	1618621
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jul 23	2	15+ years	\$152	1618620
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Aug 27	2	12-14 years	\$134.50	1625513
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Aug 27	2	15+ years	\$152	1625515
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Aug 13	2	12-14 years	\$134.50	1623682
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Aug 13	2	15+ years	\$152	1623679
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 20	2	12-14 years	\$134.50	1622688
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 20	2	15+ years	\$152	1622698

Certification

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	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Aug 6	1	12-14 years	\$87.75	1620655
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Aug 6	1	15+ years	\$99.25	1620656
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Jul 9	1	12-14 years	\$87.75	1622953
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Jul 9	1	15+ years	\$99.25	1622952
Kanata Leisure	613-580-9677	Sat.	8 am-4 pm	Aug 27	1	15+ years	\$87.75	1624818
Kanata Leisure	613-580-9677	Sat.	8 am-4 pm	Aug 27	1	15+ years	\$99.25	1624819
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 20	1	12-14 years	\$87.75	1618624
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Aug 20	1	15+ years	\$99.25	1618623
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Aug 14	1	12-14 years	\$87.75	1624635
Plant	613-232-3000	Sun.	8:30 am-4:30 pm	Aug 14	1	15+ years	\$99.25	1624640
Splash	613-748-4222	Sun.	9 am-5 pm	Jul 10	1	12-14 years	\$87.75	1625516
Splash	613-748-4222	Sun.	9 am-5 pm	Jul 10	1	15+ years	\$99.25	1625518
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Jul 23	1	12-14 years	\$87.75	1623678
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Jul 23	1	15+ years	\$99.25	1623669
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 24	1	12-14 years	\$87.75	1622700
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 24	1	15+ years	\$99.25	1622954

Certification

Lifesaving 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. 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	Sat.	9 am-1 pm	Jul 16	1	15+ years	\$41	1620703
Brewer Pool	613-580-2090	Wed.	4:30-8:30 pm	Aug 17	1	15+ years	\$41	1617547
Jules Morin Park	613-580-2424	Wed.	5-9 pm	Jul 27	1	15+ years	\$41	1622950
Jules Morin Park	613-580-2424	Thu.	5-9 pm	Aug 25	1	15+ years	\$41	1622951
Kanata Leisure	613-580-9677	Sat.	8 am-Noon	Aug 6	1	15+ years	\$41	1624820
Kanata Leisure	613-580-9677	Sun.	8 am-Noon	Aug 28	1	15+ years	\$41	1624822
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Jul 16	1	15+ years	\$41	1618626
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Aug 13	1	15+ years	\$41	1618627
Splash	613-748-4222	Sat.	9 am-1 pm	Aug 13	1	15+ years	\$41	1625521
St-Laurent Complex	613-742-6767	Sat.	8 am-Noon	Jul 9	1	15+ years	\$41	1623663
Walter Baker	613-580-2788	Sat.	9 am-1 pm	Jul 16	1	15+ years	\$41	1622702

Standard First Aid Instructor

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

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Wed., Sun.	4-9 pm	Aug 17	3	16+ years	\$164.25	1622962

Certification

Lifesaving and Emergency First Aid Instructor

Progressively evaluated so 100% attendance is required.

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	3:15-8:30 pm	Aug 5	4	15+ years	\$136	1620700
Kanata	613-580-9677	Mon.-Fri.	8 am-Noon	Aug 15	5	16+ years	\$136	1625506
St-Laurent Complex	613-742-6767	Fri.-Sun.	5-9 pm	Jul 15	3	16+ years	\$136	1623667

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. Prerequisite: Teaching experience in at least one stream (Bronze, First Aid or National Lifeguard) and/ or Lifesaving Instructor or First Aid Instructor. 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. Prerequisite: Teaching experience in at least one stream (Bronze, First Aid or National Lifeguard) and/ or Lifesaving Instructor or First Aid Instructor.

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Mon., Wed.	5-8 pm	Jul 18	2	16+ years	\$37.25	1622957

Certification

National Lifeguard

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. 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
Bearbrook	613-824-8300	Mon.-Fri.	8:30 am-1 pm	Aug 15	10	15+ years	\$175.25	1624434
Bob MacQuarrie-Orléans	613-580-9600	Mon.,Wed.	3:30-8:30 pm	Jul 4	9	15+ years	\$175.25	1620351
Brewer Pool	613-580-2090	Mon.-Fri.	9 am-5:30 pm	Aug 8	5	15+ years	\$175.25	1617548
General	613-225-7970	Tue.-Fri., Mon.	9 am-2:30 pm	Aug 2	9	15+ years	\$175.25	1622633
Lowertown Pool	ext. 44426	Mon., Wed.	4-8 pm	Jul 4	12	15+ years	\$175.25	1623021
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-3 pm	Aug 22	10	15+ years	\$175.25	1618605
Nepean Sportsplex	613-580-2828	Mon.-Fri.	10:15 am-3pm	Jul 4	10	15+ years	\$175.25	1625338
Nepean Sportsplex	613-580-2828	Mon.-Fri.	10:15 am-3pm	Jul 18	10	15+ years	\$175.25	1625339
Ray Friel	613-580-4765	Mon.-Fri.	9:30 am-2:30 pm	Aug 15	10	15+ years	\$175.25	1619770
Richcraft-Kanata	613-580-9696	Mon.,Wed.	4-9:15 pm	Jun 27	9	15+ years	\$175.25	1624239
Splash	613-748-4222	Mon.-Fri.	9 am-1:30 pm	Aug 8	10	15+ years	\$175.25	1625505

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	Fri.	5-10 pm	Jul 22	1	16+ years	\$80.50	1620645
Brewer Pool	613-580-2090	Tue.	1-6 pm	Jun 28	1	16+ years	\$80.50	1617545
Brewer Pool	613-580-2090	Fri.	1-6 pm	Aug 19	1	16+ years	\$80.50	1617546
Kanata Leisure	613-580-9677	Sun.	1-6 pm	Aug 28	1	16+ years	\$80.50	1625514
Lowertown Pool	ext. 44426	Sun.	4-9 pm	Aug 21	1	16+ years	\$80.50	1623061
Minto-Barrhaven	613-727-2683	Thu.	4:30-9:30 pm	Sep 1	1	16+ years	\$80.50	1618606
Splash	613-748-4222	Sun.	9 am-2 pm	Jul 3	1	16+ years	\$80.50	1625520
Walter Baker	613-580-2788	Sat.	4-9 pm	Aug 27	1	16+ years	\$80.50	1622710

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 National award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Airway Management certification included. Required additional two-hour assignment. Manual fee extra.

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Mon.-Fri.	4-9 pm	Jul 18	10	15+ years	\$202.25	1625507
Kanata Leisure	613-580-9677	Mon.-Fri.	4-9 pm	Aug 15	10	15+ years	\$202.25	1625508
Katimavik	613-580-2424	Mon.-Fri.	8 am-1 pm	Jul 18	10	15+ years	\$202.25	1625510
Katimavik	613-580-2424	Mon.-Fri.	8 am-1 pm	Aug 15	10	15+ years	\$202.25	1625511

Certification

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	Day	Time	Start	Classes	Age	Cost	Barcode
Beaverbrook-Kanata	613-591-3061	Mon.	8:30-10:30 am	Jul 11	4	15+ years	\$240.50	1624250
Bob MacQuarrie-Orléans	613-580-9600	Fri.	5-7 pm	Jul 8	4	15+ years	\$240.50	1620667
Canterbury	613-247-4865	Tue., Thu.	4:30-6:30 pm	Jul 5	4	15+ years	\$240.50	1620370
CardelRec (Goulbourn)	613-580-2532	Sat.	9:30-11:30 am	Jul 9	4	15+ years	\$240.50	1621277
Kanata Leisure	613-580-9677	Tue.	6-8 pm	Jul 5	4	15+ years	\$240.50	1624804
Kanata Leisure	613-580-9677	Tue.	6-8 pm	Aug 2	4	15+ years	\$240.50	1624805
Katimavik	613-580-2424	Fri.	4-6 pm	Jul 8	4	15+ years	\$240.50	1625541
Katimavik	613-580-2424	Wed.	4-6 pm	Jul 20	4	15+ years	\$240.50	1625542
Minto-Barrhaven	613-727-2683	Tue.	6:30-8:30 pm	Jul 5	4	15+ years	\$240.50	1618628
Splash	613-748-4222	Sun.	9-11 am	Jul 3	4	15+ years	\$240.50	1625509
St-Laurent Complex	613-742-6767	Sat.	4-6 pm	Jul 2	4	15+ years	\$240.50	1623657
Walter Baker	613-580-2788	Sun.	9 am-1 pm	Jul 10	2	15+ years	\$240.50	1619465

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	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Wed.,Fri.	4-8:30 pm	Aug 10	6	15+ years	\$215	1620698
Canterbury	613-247-4865	Mon., Wed.	4:15-7:30 pm	Jul 4	8	15+ years	\$215	1620373
CardelRec (Goulbourn)	613-580-2532	Sat.	9:30 am-2 pm	Jul 9	6	15+ years	\$215	1621274
CardelRec (Goulbourn)	613-580-2532	Mon.-Fri.	9:15 am-Noon	Aug 8	10	15+ years	\$215	1621272
Kanata Leisure	613-580-9677	Tue.-Fri.	8 am-2:30 pm	Jul 5	4	15+ years	\$215	1624807
Kanata Leisure	613-580-9677	Tue.-Fri.	8 am-2:30 pm	Aug 2	4	15+ years	\$215	1624808
Katimavik	613-580-2424	Mon.-Fri.	9 am-3 pm	Aug 15	5	15+ years	\$215	1625543
Katimavik	613-580-2424	Mon.-Fri.	9 am-3 pm	Aug 22	5	15+ years	\$215	1625544
Minto-Barrhaven	613-727-2683	Mon.-Fri.	9:15 am-2:30 pm	Aug 29	5	15+ years	\$215	1618630
Richcraft-Kanata	613-580-9696	Wed.,Mon.	4-8:30 pm	Jul 27	6	15+ years	\$215	1624260
Splash	613-748-4222	Sat.-Sun.	9 am-3:30 pm	Aug 20	4	15+ years	\$215	1625512
St-Laurent Complex	613-742-6767	Sat.	Noon-7 pm	Jul 30	4	15+ years	\$215	1623660
Walter Baker	613-580-2788	Sun.	8:30 am-3 pm	Aug 7	4	15+ years	\$215	1619468

Specialty

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	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook	613-824-8300	Mon.-Fri.	10:30-11:30 am	Jul 4	10	8-12 years	\$102.50	1624141
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Jul 9	7	8-12 years	\$71.75	1621874
Bob MacQuarrie-Orléans	613-580-9600	Tue.	5:30-6:30 pm	Jul 5	8	13-14 years	\$82	1620754
Canterbury	613-247-4865	Mon., Wed.	6:30-7:30 pm	Jul 4	8	8-12 years	\$82	1619745
Canterbury	613-247-4865	Wed., Mon.	6:30-7:30 pm	Aug 3	7	8-12 years	\$71.75	1619748
General Burns	613-225-7970	Fri.	5-6 pm	Jul 8	7	8-12 years	\$71.75	1622626
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 5	8	8-12 years	\$82	1618011
Minto-Barrhaven	613-727-2683	Thu.	5:15-6:15 pm	Jul 7	8	8-12 years	\$82	1618013
Minto-Barrhaven	613-727-2683	Sat.	8:45-9:45 am	Jul 9	7	8-12 years	\$71.75	1618014
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 2	8	8-12 years	\$82	1618012
Nepean Sportsplex	613-580-2828	Mon., Wed.	7-8 pm	Jul 4	8	8-12 years	\$82	1624025
Plant	613-232-3000	Wed.	6-7 pm	Jul 6	8	8-12 years	\$82	1620896
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 4	10	8-12 years	\$102.50	1623106
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jul 4	8	8-12 years	\$82	1623100
Richcraft-Kanata	613-580-9696	Tue.,Thu.	4-5 pm	Jul 5	8	8-12 years	\$82	1623099
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Jul 9	6	8-12 years	\$61.50	1623091
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Jul 10	6	8-12 years	\$61.50	1623094
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Jul 10	6	8-12 years	\$61.50	1623095
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 18	10	8-12 years	\$102.50	1623107
Richcraft-Kanata	613-580-9696	Tue.-Fri., Mon.	9:30-10:30 am	Aug 2	9	8-12 years	\$92.25	1623108

Specialty

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Tue.,Thu.	4-5 pm	Aug 2	6	8-12 years	\$61.50	1623096
Richcraft-Kanata	613-580-9696	Wed.,Mon.	6-7 pm	Aug 3	5	8-12 years	\$51.25	1623104
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Aug 15	5	8-12 years	\$51.25	1623105
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 4	10	13-14 years	\$102.50	1623134
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jul 4	8	13-14 years	\$82	1623124
Richcraft-Kanata	613-580-9696	Tue.,Thu.	4-5 pm	Jul 5	8	13-14 years	\$82	1623120
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Jul 9	6	13-14 years	\$61.50	1623112
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Jul 10	6	13-14 years	\$61.50	1623113
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Jul 10	6	13-14 years	\$61.50	1623116
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 18	10	13-14 years	\$102.50	1623136
Richcraft-Kanata	613-580-9696	Tue.-Fri., Mon.	9:30-10:30 am	Aug 2	9	13-14 years	\$92.25	1623141
Richcraft-Kanata	613-580-9696	Tue.,Thu.	4-5 pm	Aug 2	6	13-14 years	\$61.50	1623118
Richcraft-Kanata	613-580-9696	Wed.,Mon.	6-7 pm	Aug 3	5	13-14 years	\$51.25	1623126
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Aug 15	5	13-14 years	\$51.25	1623132

Specialty

Powerswim Intermediate

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and butterfly strokes and turns are introduced. Prerequisites: 8 years of age and Powerswim Introduction or recommendation by instructor.

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	10:30-11:30 am	Jul 4	10	8-12 years	\$102.50	1624143
Bob MacQuarrie-Orléans	613-580-9600	Tue.	5:30-6:30 pm	Jul 5	8	8-12 years	\$82	1625615
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Jul 9	7	8-12 years	\$71.75	1621878
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jul 7	8	13-14 years	\$82	1627217
Canterbury	613-247-4865	Mon., Wed.	6:30-7:30 pm	Jul 4	8	8-12 years	\$82	1619753
Canterbury	613-247-4865	Wed., Mon.	6:30-7:30 pm	Aug 3	7	8-12 years	\$71.75	1619755
General Burns	613-225-7970	Fri.	5-6 pm	Jul 8	7	8-12 years	\$71.75	1622624
Minto-Barrhaven	613-727-2683	Thu.	6:15-7:15 pm	Jul 7	8	8-12 years	\$82	1618017
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Jul 9	7	8-12 years	\$71.75	1618018
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 19	8	8-12 years	\$82	1618015
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 2	8	8-12 years	\$82	1618016
Nepean Sportsplex	613-580-2828	Mon., Wed.	4-5 pm	Jul 4	8	8-12 years	\$82	1624023
Plant	613-232-3000	Thu.	5-6 pm	Jul 7	8	8-12 years	\$82	1620893
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 4	10	8-12 years	\$102.50	1623185
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jul 4	8	8-12 years	\$82	1623178
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Jul 5	8	8-12 years	\$82	1623174
Richcraft-Kanata	613-580-9696	Fri.	4-5 pm	Jul 8	7	8-12 years	\$71.75	1623193
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Jul 9	6	8-12 years	\$61.50	1623156
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Jul 10	6	8-12 years	\$61.50	1623161
Richcraft-Kanata	613-580-9696	Sun.	4-5 pm	Jul 10	6	8-12 years	\$61.50	1623162
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Jul 10	6	8-12 years	\$61.50	1623167

Specialty

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 18	10	8-12 years	\$102.50	1623186
Richcraft-Kanata	613-580-9696	Tue.-Fri., Mon.	9:30-10:30 am	Aug 2	9	8-12 years	\$92.25	1623187
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Aug 2	6	8-12 years	\$61.50	1623172
Richcraft-Kanata	613-580-9696	Wed.,Mon.	6-7 pm	Aug 3	5	8-12 years	\$51.25	1623181
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Aug 15	5	8-12 years	\$51.25	1623184
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 4	10	13-14 years	\$102.50	1623234
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jul 4	8	13-14 years	\$82	1623223
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Jul 5	8	13-14 years	\$82	1623219
Richcraft-Kanata	613-580-9696	Fri.	4-5 pm	Jul 8	7	13-14 years	\$71.75	1623244
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Jul 9	6	13-14 years	\$61.50	1623204
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Jul 10	6	13-14 years	\$61.50	1623207
Richcraft-Kanata	613-580-9696	Sun.	4-5 pm	Jul 10	6	13-14 years	\$61.50	1623209
Richcraft-Kanata	613-580-9696	Sun.	6-7 pm	Jul 10	6	13-14 years	\$61.50	1623211
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Jul 18	10	13-14 years	\$102.50	1623236
Richcraft-Kanata	613-580-9696	Tue.-Fri., Mon.	9:30-10:30 am	Aug 2	9	13-14 years	\$92.25	1623241
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Aug 2	6	13-14 years	\$61.50	1623216
Richcraft-Kanata	613-580-9696	Wed.,Mon.	6-7 pm	Aug 3	5	13-14 years	\$51.25	1623226
Richcraft-Kanata	613-580-9696	Mon.-Fri.	9:30-10:30 am	Aug 15	5	13-14 years	\$51.25	1623232
Splash	613-748-4222	Wed.	5-6 pm	Jul 6	8	8-12 years	\$82	1624332
Splash	613-748-4222	Wed.	6-7 pm	Jul 6	8	13-14 years	\$82	1624338

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	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jul 7	8	13-14 years	\$82	1621021
Canterbury	613-247-4865	Mon., Wed.	6:30-7:30 pm	Jul 4	8	8-12 years	\$82	1619757
Canterbury	613-247-4865	Wed., Mon.	6:30-7:30 pm	Aug 3	7	8-12 years	\$71.75	1619758
General Burns	613-225-7970	Fri.	5-6 pm	Jul 8	7	8-12 years	\$71.75	1622622
Minto-Barrhaven	613-727-2683	Thu.	7:15-8:15 pm	Jul 7	8	8-12 years	\$82	1618021
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Jul 9	7	8-12 years	\$71.75	1618022
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 19	8	8-12 years	\$82	1618019
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 16	8	8-12 years	\$82	1618020
Nepean Sportsplex	613-580-2828	Mon., Wed.	4-5 pm	Jul 4	8	8-12 years	\$82	1624024
Plant	613-232-3000	Wed.	7-8 pm	Jul 6	8	8-12 years	\$82	1620890
Richcraft-Kanata	613-580-9696	Mon.-Fri.	Noon-1 pm	Jul 4	10	8-12 years	\$102.50	1623268
Richcraft-Kanata	613-580-9696	Mon.,Wed.	5-6 pm	Jul 4	8	8-12 years	\$82	1623261
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Jul 5	8	8-12 years	\$82	1623259
Richcraft-Kanata	613-580-9696	Fri.	4-5 pm	Jul 8	7	8-12 years	\$71.75	1623275
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Jul 9	6	8-12 years	\$61.50	1623250
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Jul 10	6	8-12 years	\$61.50	1623253
Richcraft-Kanata	613-580-9696	Sun.	4-5 pm	Jul 10	6	8-12 years	\$61.50	1623255
Richcraft-Kanata	613-580-9696	Mon.-Fri.	Noon-1 pm	Jul 18	10	8-12 years	\$102.50	1623269
Richcraft-Kanata	613-580-9696	Tue.-Fri., Mon.	Noon-1 pm	Aug 2	9	8-12 years	\$92.25	1623272
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Aug 2	6	8-12 years	\$61.50	1623258
Richcraft-Kanata	613-580-9696	Wed.,Mon.	5-6 pm	Aug 3	5	8-12 years	\$51.25	1623264

Specialty

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Mon.-Fri.	Noon-1 pm	Aug 15	5	8-12 years	\$51.25	1623267
Richcraft-Kanata	613-580-9696	Mon.-Fri.	Noon-1 pm	Jul 4	10	13-14 years	\$102.50	1623296
Richcraft-Kanata	613-580-9696	Mon.,Wed.	5-6 pm	Jul 4	8	13-14 years	\$82	1623293
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Jul 5	8	13-14 years	\$82	1623292
Richcraft-Kanata	613-580-9696	Fri.	Noon-1 pm	Jul 8	7	13-14 years	\$71.75	1623301
Richcraft-Kanata	613-580-9696	Sat.	8:30-9:30 am	Jul 9	6	13-14 years	\$61.50	1623280
Richcraft-Kanata	613-580-9696	Sun.	10:30-11:30 am	Jul 10	6	13-14 years	\$61.50	1623283
Richcraft-Kanata	613-580-9696	Sun.	4-5 pm	Jul 10	6	13-14 years	\$61.50	1623288
Richcraft-Kanata	613-580-9696	Mon.-Fri.	Noon-1 pm	Jul 18	10	13-14 years	\$102.50	1623297
Richcraft-Kanata	613-580-9696	Tue.-Fri., Mon.	Noon-1 pm	Aug 2	9	13-14 years	\$92.25	1623299
Richcraft-Kanata	613-580-9696	Tue.,Thu.	6-7 pm	Aug 2	6	13-14 years	\$61.50	1623291
Richcraft-Kanata	613-580-9696	Wed.,Mon.	5-6 pm	Aug 3	5	13-14 years	\$51.25	1623294
Richcraft-Kanata	613-580-9696	Mon.-Fri.	Noon-1 pm	Aug 15	5	13-14 years	\$51.25	1623295

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.

Location	Phone	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-580-2090	Thu.	4-5 pm	Jul 7	7	13-14 years	\$71.75	1617558
CardelRec (Goulbourn)	613-580-2532	Mon.	7:30-8:30 pm	Jun 27	7	13-14 years	\$71.75	1617815
CardelRec (Goulbourn)	613-580-2532	Wed.	5-6 pm	Jun 29	8	13-14 years	\$82	1617816
CardelRec (Goulbourn)	613-580-2532	Mon.	7:30-8:30 pm	Jun 27	7	15-17 years	\$81	1617813
CardelRec (Goulbourn)	613-580-2532	Wed.	5-6 pm	Jun 29	8	15-17 years	\$92.50	1617814
CardelRec (Goulbourn)	613-580-2532	Mon.	7:30-8:30 pm	Jun 27	7	18-99 years	\$115.25	1617809
Lowertown Pool	ext. 44426	Sun.	9-10 am	Jul 10	6	13-14 years	\$61.50	1624427
Lowertown Pool	ext. 44426	Sun., Sat.	9-10 am	Jul 10	6	8-12 years	\$61.50	1624419
Lowertown Pool	ext. 44426	Sun.	9-10 am	Jul 10	6	15-17 years	\$69.50	1624429
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 7	8	13-14 years	\$82	1618023
Minto-Barrhaven	613-727-2683	Thu.	8-9 pm	Jul 7	8	15-17 years	\$92.50	1618024
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jul 5	8	18-99 years	\$131.75	1618025