



Winter 2020 | Swimming

Certification and Specialty

Recreation eGuide

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Leadership and Instructor Awards

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.

Bronze Star

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.	6:30-7:30 pm	Jan 9	9	10-14 years	\$80.50	1587880
Kanata Leisure Centre	613-580-9677	Tue.	4-5 pm	Jan 12	9	10-14 years	\$80.50	1586711
Lowertown Pool	613-580-2424 ext. 44426	Sun.	9:15-10:15 am	Jan 10	9	10-14 years	\$80.50	1586973
Minto - Barrhaven	613-727-2683	Thu.	5:15-6:15 pm	Jan 14	9	10-14 years	\$80.50	1586796
Nepean Sportsplex	613-580-2828	Thu.	6:30-7:30 pm	Jan 14	9	10-14 years	\$80.50	1587660
Plant Recreation Centre	613-232-3000	Sun.	5:30-7 pm	Jan 10	7	10-14 years	\$80.50	1587487
Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Jan 10	9	10-14 years	\$80.50	1586629
St-Laurent Complex	613-742-6767	Mon.	5:45-7 pm	Jan 11	8	10-14 years	\$80.50	1585903
Walter Baker	613-580-2788	Sat.	3:30-4:30 pm	Jan 9	9	10-14 years	\$80.50	1586634
Walter Baker	613-580-2788	Sun.	3:30-4:30 pm	Jan 10	9	10-14 years	\$80.50	1586635

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	6:30-8 pm	Jan 5	9	10-14 years	\$109	1585348

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Ray Friel	613-580-4765	Sat.	9:30-11 am	Jan 9	9	10-14 years	\$109	1586342

Bronze Medallion and Emergency First Aid with CPR-B

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sun.	5:15-8:30 pm	Jan 10	9	13-14 years	\$137.75	1585534
Bob MacQuarrie - Orléans	613-580-9600	Sun.	5:15-8:30 pm	Jan 10	9	15+ years	\$155.75	1585535
Canterbury	613-247-4865	Fri.	6:45-10 pm	Jan 15	9	13-14 years	\$137.75	1587091
Canterbury	613-247-4865	Fri.	6:45-10 pm	Jan 15	9	15+ years	\$155.75	1587092
CardelRec Goulbourn	613-580-2532	Sun.	9:30 am-12:45 pm	Jan 10	9	15+ years	\$155.75	1586288
Deborah Anne Kirwan	613-247-4820	Sun.	4:45-8 pm	Jan 10	9	13-14 years	\$137.75	1587200
Deborah Anne Kirwan	613-247-4820	Sun.	4:45-8 pm	Jan 10	9	15+ years	\$155.75	1587201
François Dupuis	613-580-8080	Wed.	4-7:15 pm	Jan 13	9	13-14 years	\$137.75	1585579
François Dupuis	613-580-8080	Wed.	4-7:15 pm	Jan 13	9	15+ years	\$155.75	1585583
Kanata Leisure Centre	613-580-9677	Sat.	2:30-6 pm	Jan 9	9	13-14 years	\$137.75	1587467
Kanata Leisure Centre	613-580-9677	Thu.	4-7:30 pm	Jan 14	9	13-14 years	\$137.75	1587468
Kanata Leisure Centre	613-580-9677	Sat.	2:30-6 pm	Jan 9	9	15+ years	\$155.75	1587469
Kanata Leisure Centre	613-580-9677	Thu.	4-7:30 pm	Jan 14	9	15+ years	\$155.75	1587470
Lowertown Pool	613-580-2424 ext. 44426	Mon.	5-8:30 pm	Jan 4	9	13-14 years	\$137.75	1586974

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
Lowertown Pool	613-580-2424 ext. 44426	Mon.	5-8:30 pm	Jan 4	9	15+ years	\$155.75	1586975
Minto - Barrhaven	613-727-2683	Sun.	9 am-12:30 pm	Jan 10	9	13-14 years	\$137.75	1586793
Minto - Barrhaven	613-727-2683	Sun.	9 am-12:30 pm	Jan 10	9	15+ years	\$155.75	1586795
Nepean Sportsplex	613-580-2828	Thu.	6:30-9:30 pm	Jan 7	10	13-14 years	\$137.75	1587658
Nepean Sportsplex	613-580-2828	Thu.	6:30-9:30 pm	Jan 7	10	15+ years	\$155.75	1587659
Pinecrest	613-580-9676	Sat.	2:30-5:45 pm	Jan 9	9	13-14 years	\$137.75	1584918
Pinecrest	613-580-9676	Sat.	2:30-5:45 pm	Jan 9	9	15+ years	\$155.75	1584935
Plant	613-232-3000	Sun.	4-8 pm	Jan 10	8	13-14 years	\$137.75	1587488
Plant	613-232-3000	Sun.	4-8 pm	Jan 10	8	15+ years	\$155.75	1587489
Ray Friel	613-580-4765	Tue.	5-8 pm	Jan 5	9	13-14 years	\$137.75	1586343
Ray Friel	613-580-4765	Fri.	6:15-9:15 pm	Jan 15	9	13-14 years	\$137.75	1586344
Ray Friel	613-580-4765	Tue.	5-8 pm	Jan 5	9	15+ years	\$155.75	1586345
Ray Friel	613-580-4765	Fri.	6:15-9:15 pm	Jan 15	9	15+ years	\$137.75	1586346
Splash Wave Pool	613-748-4222	Sun.	8:30-11 am	Jan 10	9	13-14 years	\$235.75	1587796
Splash Wave Pool	613-748-4222	Sun.	8:30-11 am	Jan 10	9	15+ years	\$155.75	1587797
St-Laurent Complex	613-742-6767	Sun.	8:30 am-Noon	Jan 10	9	13-14 years	\$137.75	1585904
St-Laurent Complex	613-742-6767	Sun.	8:30 am-Noon	Jan 10	9	15+ years	\$155.75	1585911
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 9	10	13-14 years	\$137.75	1586638
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Jan 10	10	13-14 years	\$137.25	1586639
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 9	10	15+ years	\$155.75	1586640
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Jan 10	10	15+ years	\$155.75	1586683

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:45-10 pm	Jan 15	9	12-14 years	\$104	1587089
Canterbury	613-247-4865	Fri.	6:45-10 pm	Jan 15	9	15+ years	\$117.75	1587090
Kanata Leisure Centre	613-580-9677	Sat.	2:30-5:45 pm	Jan 9	9	12-14 years	\$104	1587464
Kanata Leisure Centre	613-580-9677	Mon.	4-7:45 pm	Jan 11	8	12-14 years	\$104	1587463
Kanata Leisure Centre	613-580-9677	Sat.	2:30-5:45 pm	Jan 9	9	15+ years	\$117.75	1587466
Kanata Leisure Centre	613-580-9677	Mon.	4-7:45 pm	Jan 11	8	15+ years	\$117.75	1587465
Lowertown Pool	613-580-2424 ext. 44426	Mon.	5-8:15 pm	Jan 4	9	12-14 years	\$104	1586976
Lowertown Pool	613-580-2424 ext. 44426	Mon.	5-8:15 pm	Jan 4	9	15+ years	\$117.75	1586977
Pinecrest	613-580-9676	Sat.	2-5 pm	Jan 9	9	12-14 years	\$104	1584872
Pinecrest	613-580-9676	Sat.	2-5 pm	Jan 9	9	15+ years	\$117.75	1584888
Plant	613-232-3000	Sun.	4-8 pm	Jan 10	7	15+ years	\$117.75	1587491
Plant	613-232-3000	Sun.	4-8 pm	Jan 10	7	12-14 years	\$104	1587490
Sawmill	613-521-4092	Sun.	3-6:30 pm	Jan 10	9	12-14 years	\$104	1584378
Sawmill	613-521-4092	Sun.	3-6:30 pm	Jan 10	9	15+ years	\$117.75	1584379
St-Laurent Complex	613-742-6767	Sun.	8:30 am-Noon	Jan 10	8	12-14 years	\$104	1585929
St-Laurent Complex	613-742-6767	Sun.	8:30 am-Noon	Jan 10	8	15+ years	\$117.75	1586000
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 9	10	12-14 years	\$104	1586710
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 9	10	15+ years	\$117.75	1586746

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

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.,Thu., Sat.	4-8 pm	Mar 9	9	12-14 years	\$152	1585544
Bob MacQuarrie - Orléans	613-580-9600	Tue.,Thu., Sat.	4-8 pm	Mar 9	9	15+ years	\$172	1585546
CardelRec Goulbourn	613-580-2532	Sun.	9:30 am-1:15 pm	Jan 10	9	12-14 years	\$152	1586285
CardelRec Goulbourn	613-580-2532	Sun.	9:30 am-1:15 pm	Jan 10	9	15+ years	\$172	1586286
François Dupuis	613-580-8080	Fri.	4-8 pm	Jan 15	9	12-14 years	\$152	1585584
François Dupuis	613-580-8080	Fri.	4-8 pm	Jan 15	9	15+ years	\$172	1585585
Minto - Barrhaven	613-727-2683	Mon.	5-9 pm	Jan 4	9	12-14 years	\$152	1586789
Minto - Barrhaven	613-727-2683	Mon.	5-9 pm	Jan 4	9	15+ years	\$172	1586791
Nepean Sportsplex	613-580-2828	Wed.	5:30-9 pm	Jan 6	10	12-14 years	\$152	1587656
Nepean Sportsplex	613-580-2828	Wed.	5:30-9 pm	Jan 6	10	15+ years	\$172	1587657
Ray Friel	613-580-4765	Fri.	6:15-9:30 pm	Jan 8	10	12-14 years	\$152	1586347
Ray Friel	613-580-4765	Fri.	6:15-9:30 pm	Jan 8	10	15+ years	\$172	1586348
Splash Wave Pool	613-748-4222	Sun.	4:30-8:30 pm	Jan 10	9	12-14 years	\$152	1587794
Splash Wave Pool	613-748-4222	Sun.	4:30-8:30 pm	Jan 10	9	15+ years	\$172	1587795

Bronze Fast-Track

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Wed.	5-10 pm	Feb 3	6	14 years	\$174	1586755

Bronze Fast-Track

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Wed.	5-10 pm	Feb 3	6	15+ years	\$196.75	1586759

Standard First Aid with CPR-C/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	Jan 23	2	12-14 years	\$131.75	1586179
Bob MacQuarrie - Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 23	2	15+ years	\$149	1586183
Canterbury	613-247-4865	Sun.	9 am-5 pm	Jan 31	2	12-14 years	\$131.75	1587093
Canterbury	613-247-4865	Sun.	9 am-5 pm	Jan 31	2	15+ years	\$149	1587094
CardelRec Goulbourn	613-580-2532	Sun.	9 am-5 pm	Jan 17	2	12-14 years	\$131.75	1586281
CardelRec Goulbourn	613-580-2532	Sun.	9 am-5 pm	Jan 17	2	15+ years	\$149	1586280
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jan 16	2	12-14 years	\$131.75	1587303
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jan 16	2	15+ years	\$149	1587302
Minto - Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 6	2	12-14 years	\$131.75	1586803
Minto - Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 6	2	15+ years	\$149	1586799
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jan 21	2	12-14 years	\$131.75	1586642
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Feb 25	2	12-14 years	\$131.75	1586643
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jan 21	2	15+ years	\$149	1586644
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Feb 25	2	15+ years	\$149	1586645

Standard First Aid with CPR-C/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
Richcraft - Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Feb 27	2	12-14 years	\$131.75	1586784
Richcraft - Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Feb 27	2	15+ years	\$149	1586781
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Feb 13	2	12-14 years	\$131.75	1585242
Sawmill	613-521-4092	Sat.-Sun.	9 am-5 pm	Feb 13	2	15+ years	\$149	1585240
St-Laurent Complex	613-742-6767	Sat.-Sun.	8:30 am-4:30 pm	Mar 6	2	12-14 years	\$131.75	1586035
St-Laurent Complex	613-742-6767	Sat.-Sun.	8:30 am-4:30 pm	Mar 6	2	15+ years	\$149	1586043
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jan 9	2	12-14 years	\$131.75	1586863
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Feb 20	2	12-14 years	\$131.75	1586875
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jan 9	2	15+ years	\$149	1586859
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Feb 20	2	15+ years	\$149	1586872

Standard First Aid with CPR-C/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	Feb 27	1	12-14 years	\$86	1586185
Bob MacQuarrie - Orléans	613-580-9600	Sat.	9 am-5 pm	Feb 27	1	15+ years	\$97.25	1586187
CardelRec Goulbourn	613-580-2532	Sun.	9 am-5 pm	Mar 21	1	12-14 years	\$86	1586283
CardelRec Goulbourn	613-580-2532	Sun.	9 am-5 pm	Mar 21	1	15+ years	\$97.25	1586282
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Jan 10	1	15+ years	\$97.25	1587304
Minto - Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 23	1	12-14 years	\$86	1586805

Standard First Aid with CPR-C/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
Minto - Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 23	1	15+ years	\$97.25	1586804
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jan 29	1	12-14 years	\$86	1586646
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Mar 5	1	12-14 years	\$86	1586647
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jan 29	1	15+ years	\$97.25	1586648
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Mar 5	1	15+ years	\$97.25	1586649
Richcraft - Kanata	613-580-9696	Sat.	9 am-5 pm	Feb 6	1	12-14 years	\$86	1586779
Richcraft - Kanata	613-580-9696	Sat.	9 am-5 pm	Feb 6	1	15+ years	\$97.25	1586778
Splash Wave Pool	613-748-4222	Sun.	9 am-5 pm	Jan 17	1	15+ years	\$97.25	1587800
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jan 17	1	12-14 years	\$86	1586816
Walter Baker	613-580-2788	Sun.	9am-5 pm	Jan 17	1	15+ years	\$97.25	1586815

Lifesaving 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 ext. 44426	Tue., Sat.	5-9 pm	Feb 23	3	16+ years	\$161	1586990

Lifesaving and Emergency First Aid Instructor

Progressively evaluated so 100% attendance is required.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Wed.	5-10 pm	Jan 6	4	15+ years	\$133.25	1586762
Sawmill	613-521-4092	Tue., Mon.	4-7 pm	Feb 16	7	15+ years	\$133.25	1584332
St-Laurent Complex	613-742-6767	Fri. Sat.	5-10 pm 12:30-8:30 pm	Feb 5	3	15+ years	\$133.25	1586016
Walter Baker	613-580-2788	Sun.	9 am-2:30 pm	Jan 17	4	15+ years	\$133.25	1586750

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.	10 am-2 pm	Mar 6	1	15+ years	\$40	1586156
Canterbury	613-247-4865	Sun.	9 am-1 pm	Feb 21	1	15+ years	\$40	1587095
CardelRec Goulbourn	613-580-2532	Sun.	1:30-5:30 pm	Feb 7	1	15+ years	\$40	1586284
Kanata Leisure	613-580-9677	Sun.	10 am-2 pm	Mar 7	1	15+ years	\$40	1587461
Minto - Barrhaven	613-727-2683	Sat.	9 am-1 pm	Jan 9	1	15+ years	\$40	1587617
Minto - Barrhaven	613-727-2683	Sat.	9 am-1 pm	Mar 6	1	15+ years	\$40	1586806
Pinecrest	613-580-9676	Mon.	5-9 pm	Jan 25	1	15+ years	\$40	1584863
Pinecrest	613-580-9676	Mon.	5-9 pm	Mar 1	1	15+ years	\$40	1584864
Plant	613-232-3000	Sun.	3:30-7:30 pm	Jan 17	1	15+ years	\$40	1587492
Richcraft - Kanata	613-580-9696	Sat.	2-6 pm	Jan 16	1	15+ years	\$40	1586776
Sawmill	613-521-4092	Sat.	9 am-1 pm	Jan 30	1	15+ years	\$40	1584368

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash Wave Pool	613-748-4222	Wed.	4-9 pm	Jan13	1	15+ years	\$40	1587791
Splash Wave Pool	613-748-4222	Wed.	4-9 pm	Mar3	1	15+ years	\$40	1587792
St-Laurent Complex	613-742-6767	Sat.	8:30 am-12:30 pm	Jan 30	1	15+ years	\$40	1586052
St-Laurent Complex	613-742-6767	Sat.	8:30 am-12:30 pm	Feb 20	1	15+ years	\$40	1586053
Walter Baker	613-580-2788	Fri.	6-10 pm	Jan 15	1	15+ years	\$40	1586693
Walter Baker	613-580-2788	Fri.	6-10 pm	Feb 12	1	15+ years	\$40	1586708
Walter Baker	613-580-2788	Fri.	6-10 pm	Mar 5	1	15+ years	\$40	1586709

National Lifeguard (NL)

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sun.	6-10 pm	Jan 10	10	15+ years	\$171.75	1586123
CardelRec Goulbourn	613-580-2532	Sat.	4-9 pm	Jan 9	9	15+ years	\$171.75	1584780
Kanata Leisure	613-580-9677	Sun.	2-7:15 pm	Jan 10	9	15+ years	\$171.25	1587475
Kanata Leisure	613-580-9677	Tue.	4-9:15 pm	Jan 12	9	15+ years	\$171.25	1587476
Lowertown	613-580-2424 ext. 44426	Sat.	4:30-9:30 pm	Jan 9	9	15+ years	\$171.25	1586978

National Lifeguard (NL)

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	613-580-2424 ext. 44426	Sun.	4:30-9:30 pm	Jan 10	9	15+ years	\$171.75	1586979
Minto - Barrhaven	613-727-2683	Mon.	4-9 pm	Jan 4	9	15+ years	\$171.75	1586788
Minto - Barrhaven	613-727-2683	Sun.	8 am-1 pm	Jan 10	9	15+ years	\$171.75	1586786
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Jan6	10	15+ years	\$171.75	1587655
Pinecrest	613-580-9676	Sun.	3-7:30 pm	Jan 3	10	15+ years	\$171.75	1586631
Ray Friel	613-580-4765	Sat.	4-9 pm	Jan 9	9	15+ years	\$171.75	1586349
Richcraft - Kanata	613-580-9696	Fri.-Sat.	5:30-10 pm	Jan 8	10	15+ years	\$171.75	1586765
Sawmill	613-521-4092	Mon., Wed.	4-9 pm	Jan 11	10	15+ years	\$171.75	1584331
Splash Wave Pool	613-748-4222	Sat.	Noon-8 pm	Jan 9	6	15+ years	\$171.75	1587793
Walter Baker	613-580-2788	Wed.	5-9 pm	Jan 6	9	15+ years	\$171.75	1586748
Walter Baker	613-580-2788	Sun.	3-8 pm	Jan 10	9	15+ years	\$171.75	1586747

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sun.	9 am-2 pm	Mar 21	1	16+ years	\$78.75	1586190
CardelRec Goulbourn	613-580-2532	Sat.	4-9 pm	Feb 20	1	16+ years	\$78.75	1584781

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424 ext. 44426	Tue., Sat.	5-9 pm	Mar 16	3	16+ years	\$141.50	1588513
Kanata Leisure	613-580-9677	Fri.	4-9 pm	Mar 12	1	16+ years	\$78.75	1587477
Lowertown	613-580-2424 ext. 44426	Tue.	3-8 pm	Jan 5	1	16+ years	\$78.75	1586980
Minto - Barrhaven	613-727-2683	Wed.	4-9 pm	Jan 6	1	16+ years	\$78.75	1586832
Pinecrest	613-580-9676	Thu.	4-9 pm	Jan 7	1	16+ years	\$78.75	1586632
Pinecrest	613-580-9676	Sun.	2-7 pm	Mar 14	1	16+ years	\$78.75	1586641
Ray Friel	613-580-4765	Sat.	4-9 pm	Feb 6	1	16+ years	\$78.75	1586373
Richcraft - Kanata	613-580-9696	Sat.	4-9 pm	Jan 9	1	16+ years	\$78.75	1586767
Walter Baker	613-580-2788	Wed.	5:30-10:30 pm	Jan 13	1	16+ years	\$78.75	1586847
Walter Baker	613-580-2788	Wed.	5:30-10:30 pm	Mar 3	1	16+ years	\$78.75	1586867

Red Cross Water Safety Instructor Part 1

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sun.	5:30-7:30 pm	Feb 14	4	15+ years	\$235.75	1586192
CardelRec Goulbourn	613-580-2532	Sat.	4-6 pm	Jan 16	4	15+ years	\$235.75	1584777
Minto - Barrhaven	613-727-2683	Sun.	8-10 am	Jan 10	4	15+ years	\$235.75	1586807

Red Cross Water Safety Instructor Part 1

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto - Barrhaven	613-727-2683	Sun.	10 am-Noon	Jan 10	4	15+ years	\$235.75	1586808
Nepean Sportsplex	613-580-2828	Tue.	7:30-9:30 pm	Jan 5	4	15+ years	\$235.75	1587661
Nepean Sportsplex	613-580-2828	Tue.	7:30-9:30 pm	Feb 2	4	15+ years	\$235.75	1587662
Pinecrest	613-580-9676	Sun.	9:30-11:30 am	Jan 3	4	15+ years	\$235.75	1587629
Ray Friel	613-580-4765	Sat.	4-6 pm	Jan 9	4	15+ years	\$235.75	1586371
Richcraft - Kanata	613-580-9696	Sun.	4:30-6:30 pm	Jan 10	4	15+ years	\$235.75	1586768
Sawmill	613-521-4092	Wed.	6-8 pm	Jan 13	4	15+ years	\$235.75	1584333
Splash Wave Pool	613-748-4222	Wed.	6:30-8:30 pm	Jan 6	4	15+ years	\$235.75	1587798
St-Laurent Complex	613-742-6767	Sat.	4:30-6:30 pm	Jan 9	4	15+ years	\$235.75	1586022
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Jan 6	4	15+ years	\$235.75	1586636
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Feb 3	4	15+ years	\$235.75	1586637

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 work-book 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	Sun.,Sat.	9 am-2:15 pm	Mar 14	5	15+ years	\$210.75	1586193

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 work-book 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
CardelRec Goulbourn	613-580-2532	Sun.	8 am-1 pm	Jan 24	5	15+ years	\$210.75	1584778
Minto - Barrhaven	613-727-2683	Mon.	4:15-8:45 pm	Jan 4	6	15+ years	\$210.75	1586809
Pinecrest	613-580-9676	Sun.	8:30 am-1:45 pm	Jan 31	5	15+ years	\$210.75	1587630
Ray Friel	613-580-4765	Thu.	4:30-8:45 pm	Jan 14	6	15+ years	\$210.75	1586372
Richcraft - Kanata	613-580-9696	Sun.	3-8:30 pm	Feb 7	5	15+ years	\$210.75	1586770
Sawmill	613-521-4092	Wed.	4-9 pm	Feb 10	5	15+ years	\$210.75	1584334
Splash Wave Pool	613-748-4222	Sat.	Noon-6:30 pm	Feb 13	4	15+ years	\$210.75	1587799
St-Laurent Complex	613-742-6767	Fri. Sat.	5-10 pm 12:30-8:30 pm	Feb 26	4	15+ years	\$210.75	1586029
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Jan 30	4	15+ years	\$210.75	1586749

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.	9 am-2 pm	Mar 13	1	16+ years	\$78.75	1586191
CardelRec Goulbourn	613-580-2532	Sat.	4-9 pm	Jan 9	1	16+ years	\$78.75	1584779
Deborah Anne Kirwan	613-247-4820	Sat.	2:45-7:45 pm	Feb 13	1	16+ years	\$78.75	1587199
Kanata Leisure	613-580-9677	Sat.	1-6 pm	Mar 13	1	16+ years	\$78.75	1587462
Pinecrest	613-580-9676	Wed.	4-9 pm	Jan 6	1	16+ years	\$78.75	1587631

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Sat.	2-7 pm	Mar 13	1	16+ years	\$78.75	1587632
Ray Friel	613-580-4765	Sun.	3-8 pm	Feb 21	1	16+ years	\$78.75	1586374
Richcraft - Kanata	613-580-9696	Sat.	4-9 pm	Feb 20	1	16+ years	\$78.75	1586773
Walter Baker	613-580-2788	Sat.	1-6 pm	Jan 16	1	16+ years	\$78.75	1586854
Walter Baker	613-580-2788	Sat.	1-6 pm	Mar 6	1	16+ years	\$78.75	1586868

Advanced Instructor Examiner

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. 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.

Aquatic Supervisor Training (AST)

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424 ext. 44426	Sat.-Sun.	10 am-3:30 pm	Jan 30	2	16+ years	\$108.50	1587171

Examiner

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424 ext. 44426	Tue.	4-10 pm	Mar 2	1	16+ years	\$36.50	1586991

Powerswim

Introduction – Child

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.	4:30-5:30 pm	Jan 11	8	8-12 years	\$141.75	1585090
François Dupuis	613-580-8080	Wed.	5:30-6:30 pm	Jan 13	9	8-12 years	\$159.50	1585557
Kanata Leisure	613-580-9677	Sat.	5-6 pm	Jan 9	9	8-12 years	\$159.50	1587254
Kanata Leisure	613-580-9677	Thu.	6:30-7:30 pm	Jan 14	9	8-12 years	\$159.50	1587255
Minto - Barrhaven	613-727-2683	Sat.	8:15-9:15 am	Jan 9	9	8-12 years	\$159.50	1585696
Minto - Barrhaven	613-727-2683	Tue.	4-5 pm	Jan 12	9	8-12 years	\$159.50	1585695
Nepean Sportsplex	613-580-2828	Tue.	5-6 pm	Jan12	9	8-12 years	\$159.50	1587646
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jan 13	9	8-12 years	\$159.50	1586553
Plant	613-232-3000	Sat.	4-5 pm	Jan 9	9	8-12 years	\$159.50	1586698
Plant	613-232-3000	Wed.	5-6 pm	Jan 13	9	8-12 years	\$159.50	1586699
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Jan 5	10	8-12 years	\$177.25	1586602
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 9	9	8-12 years	\$159.50	1586599
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 10	9	8-12 years	\$159.50	1586600
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 10	9	8-12 years	\$159.50	1586601
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 14	9	8-12 years	\$159.50	1584355
Sawmill	613-521-4092	Thu.	7-8pm	Jan 14	9	8-12 years	\$159.50	1587359
Walter Baker	613-580-2788	Sun.	10-11am	Jan 10	9	8-12 years	\$159.50	1585815

Introduction – Teen

Youth focused pre-competitive program developing freestyle and backstroke strokes and turns and introduction of whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 13 years of age and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.	4:30-5:30 pm	Jan 11	8	13-14 years	\$141.75	1585091
François Dupuis	613-580-8080	Wed.	5:30-6:30 pm	Jan 13	9	13-14 years	\$159.50	1585558
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jan 13	9	13-14 years	\$159.50	1586554
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jan 13	9	15-17 years	\$180.25	1586555
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Jan 5	10	13-14 years	\$177.25	1586606
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 9	9	13-14 years	\$159.50	1586603
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 10	9	13-14 years	\$159.50	1586604
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 10	9	13-14 years	\$159.50	1586605
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 14	9	13-14 years	\$159.50	1584356
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 14	9	13-14 years	\$159.50	1587360

Intermediate – Child

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	7-8 pm	Jan 5	9	8-12 years	\$159.50	1585521
Bob MacQuarrie - Orléans	613-580-9600	Thu.	6:30-7:30 pm	Jan 7	9	8-12 years	\$159.50	1585522
François Dupuis	613-580-8080	Mon.	5:30-6:30 pm	Jan 11	8	8-12 years	\$141.75	1585092
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Jan 13	9	8-12 years	\$159.50	1585562

Intermediate – Child

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Sat.	5-6 pm	Jan 9	9	8-12 years	\$159.50	1587256
Kanata Leisure	613-580-9677	Thu.	6:30-7:30 pm	Jan 14	9	8-12 years	\$159.50	1587257
Minto - Barrhaven	613-727-2683	Wed.	4:15-5:15 pm	Jan 13	9	8-12 years	\$159.50	1585697
Minto - Barrhaven	613-727-2683	Thu.	4-5 pm	Jan 14	9	8-12 years	\$159.50	1585698
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan12	9	8-12 years	\$159.50	1587644
Nepean Sportsplex	613-580-2828	Thu.	5-6 pm	Jan14	9	8-12 years	\$159.50	1587645
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Jan 11	8	8-12 years	\$141.75	1585425
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Jan 13	9	8-12 years	\$159.50	1585440
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Jan 15	9	8-12 years	\$159.50	1585447
Plant	613-232-3000	Sat.	4-5 pm	Jan 9	9	8-12 years	\$159.50	1586696
Plant	613-232-3000	Thu.	5-6 pm	Jan 14	9	8-12 years	\$159.50	1586697
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Jan 5	10	8-12 years	\$177.25	1586610
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Jan 8	10	8-12 years	\$177.25	1586611
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 9	9	8-12 years	\$159.50	1586607
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 10	9	8-12 years	\$159.50	1586608
Richcraft - Kanata	613-580-9696	Sun.	6-7 pm	Jan 10	9	8-12 years	\$159.50	1586609
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 14	9	8-12 years	\$159.50	1584357
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 14	9	8-12 years	\$159.50	1587361
Walter Baker	613-580-2788	Tue.	5-6 pm	Jan 12	9	8-12 years	\$159.50	1585438

Intermediate – Teen

Youth focused 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:** 13 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	7-8 pm	Jan 5	9	13-14 years	\$159.50	1585517
Bob MacQuarrie - Orléans	613-580-9600	Thu.	6-7 pm	Jan 7	9	13-14 years	\$159.50	1585519
François Dupuis	613-580-8080	Mon.	5:30-6:30 pm	Jan 11	8	13-14 years	\$141.75	1585093
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Jan 13	9	13-14 years	\$159.50	1585565
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Jan 11	8	13-14 years	\$141.75	1585467
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Jan 13	9	13-14 years	\$159.50	1585473
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Jan 15	9	13-14 years	\$159.50	1585487
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Jan 11	8	15-17 years	\$160.25	1585499
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Jan 13	9	15-17 years	\$180.25	1585508
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Jan 15	9	15-17 years	\$180.25	1585511
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Jan 5	10	13-14 years	\$177.25	1586617
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Jan 8	10	13-14 years	\$177.25	1586618
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 9	9	13-14 years	\$159.50	1586614
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 10	9	13-14 years	\$159.50	1586615
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 10	9	13-14 years	\$159.50	1586616
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 14	9	13-14 years	\$159.50	1584358
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 14	9	13-14 years	\$159.50	1587362

Intermediate – Adult

Pre-competitive program for adults that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 18+ years and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sat.	5-6 pm	Jan 9	9	18+ years	\$264.25	1587493

Advanced – Child

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Jan 11	8	8-12 years	\$141.75	1585096
François Dupuis	613-580-8080	Wed.	4:30-5:30 pm	Jan 13	9	8-12 years	\$159.50	1585567
Kanata Leisure	613-580-9677	Sat.	5-6 pm	Jan 9	9	8-12 years	\$159.50	1587252
Kanata Leisure	613-580-9677	Thu.	6:30-7:30 pm	Jan 14	9	8-12 years	\$159.50	1587253
Minto - Barrhaven	613-727-2683	Sun.	5-6 pm	Jan 10	9	8-12 years	\$159.50	1585700
Minto - Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Jan 13	9	8-12 years	\$159.50	1585699
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jan14	9	8-12 years	\$159.50	1587643
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Jan 11	8	8-12 years	\$141.75	1585520
Pinecrest	613-580-9676	Fri.	7-8 pm	Jan 15	9	8-12 years	\$159.50	1585523
Plant	613-232-3000	Sat.	5-6 pm	Jan 9	9	8-12 years	\$159.50	1586694
Plant	613-232-3000	Thu.	6-7 pm	Jan 14	9	8-12 years	\$159.50	1586695
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Jan 5	10	8-12 years	\$177.25	1586621
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Jan 7	10	8-12 years	\$177.25	1586622

Advanced – Child

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Jan 8	10	8-12 years	\$177.25	1586623
Richcraft - Kanata	613-580-9696	Sat.	9:45-10:45 am	Jan 9	9	8-12 years	\$159.50	1586619
Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Jan 10	9	8-12 years	\$159.50	1586620
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 14	9	8-12 years	\$159.50	1584360
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 14	9	8-12 years	\$159.50	1587363
Walter Baker	613-580-2788	Tue.	5-6 pm	Jan 12	9	8-12 years	\$159.50	1585432

Advanced – Teen

Timed distances increase in this pre-competitive program for youth and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined, and Individual Medley and Relays are introduced. Times distances increase. **Prerequisites:** 13 years of age and Powerswim Intermediate or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Jan 11	8	13-14 years	\$141.75	1585100
François Dupuis	613-580-8080	Wed.	4:30-5:30 pm	Jan 13	9	13-14 years	\$159.50	1585568
Pincrest	613-580-9676	Mon.	6:15-7:15 pm	Jan 11	8	13-14 years	\$141.75	1585525
Pincrest	613-580-9676	Fri.	7-8 pm	Jan 15	9	13-14 years	\$159.50	1585528
Pincrest	613-580-9676	Mon.	6:15-7:15 pm	Jan 11	8	15-17 years	\$160.25	1585536
Pincrest	613-580-9676	Fri.	7-8 pm	Jan 15	9	15-17 years	\$180.25	1585540
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Jan 5	10	13-14 years	\$177.25	1586626
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Jan 7	10	13-14 years	\$177.25	1586627

Advanced – Teen

Timed distances increase in this pre-competitive program for youth and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined, and Individual Medley and Relays are introduced. Times distances increase. **Prerequisites:** 13 years of age and Powerswim Intermediate or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Jan 8	10	13-14 years	\$177.25	1586628
Richcraft - Kanata	613-580-9696	Sat.	9:45-10:45 am	Jan 9	9	13-14 years	\$159.50	1586624
Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Jan 10	9	13-14 years	\$159.50	1586625
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 14	9	13-14 years	\$159.50	1584361
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 14	9	13-14 years	\$159.50	1587364

Combo – Child – Low ratio

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. **Prerequisites:** 8 years of age and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jan 9	9	8-12 years	\$159.50	1585596
Lowertown Pool	613-580-2424 ext. 44426	Sun.	10:15-11:15 am	Jan 10	9	8-12 years	\$159.50	1586981
Lowertown Pool	613-580-2424 ext. 44426	Wed.	5:45-6:45 pm	Jan 13	9	8-12 years	\$159.50	1586982
Lowertown Pool	613-580-2424 ext. 44426	Fri.	5:45-6:45 pm	Jan 15	9	8-12 years	\$159.50	1586983
Ray Friel	613-580-4765	Tue.	6-7pm	Jan 5	9	8-12 years	\$159.50	1586213
Ray Friel	613-580-4765	Thu.	6-7pm	Jan 7	9	8-12 years	\$159.50	1586212

Combo – Teen – Low ratio

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. **Prerequisites:** 13 years of age and Powerswim Introduction or recommendation by instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec Goulbourn	613-580-2532	Mon.	6:45-7:45 pm	Jan 4	9	13-14 years	\$159.50	1584581
CardelRec Goulbourn	613-580-2532	Wed.	6-7 pm	Jan 6	10	13-14 years	\$177.25	1584582
CardelRec Goulbourn	613-580-2532	Sat.	11:15 am-12:15 pm	Jan 9	9	13-14 years	\$159.50	1584583
CardelRec Goulbourn	613-580-2532	Sun.	4-5 pm	Jan 10	9	13-14 years	\$159.50	1584584
CardelRec Goulbourn	613-580-2532	Sun.	7:45-8:45 pm	Jan 10	9	13-14 years	\$159.50	1584586
CardelRec Goulbourn	613-580-2532	Mon.	6:45-7:45 pm	Jan 4	9	15-17 years	\$180.25	1584587
CardelRec Goulbourn	613-580-2532	Wed.	6-7 pm	Jan 6	10	15-17 years	\$200.25	1584588
CardelRec Goulbourn	613-580-2532	Sat.	11:15 am-12:15 pm	Jan 9	9	15-17 years	\$180.25	1584589
CardelRec Goulbourn	613-580-2532	Sun.	4-5 pm	Jan 10	9	15-17 years	\$180.25	1584590
CardelRec Goulbourn	613-580-2532	Sun.	7:45-8:45 pm	Jan 10	9	15-17 years	\$180.25	1584591
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jan 9	9	13-14 years	\$159.50	1585597
Lowertown Pool	613-580-2424 ext. 44426	Sun.	10:15-11:15 am	Jan 10	9	13-14 years	\$159.50	1586984
Lowertown Pool	613-580-2424 ext. 44426	Wed.	5:45-6:45 pm	Jan 13	9	13-14 years	\$159.50	1586985
Lowertown Pool	613-580-2424 ext. 44426	Fri.	5:45-6:45 pm	Jan 15	9	13-14 years	\$159.50	1586986
Lowertown Pool	613-580-2424 ext. 44426	Sun.	10:15-11:15 am	Jan 10	9	15-17 years	\$180.25	1586987
Lowertown Pool	613-580-2424 ext. 44426	Wed.	5:45-6:45 pm	Jan 13	9	15-17 years	\$180.25	1586988
Lowertown Pool	613-580-2424 ext. 44426	Fri.	5:45-6:45 pm	Jan 15	9	15-17 years	\$180.25	1586989
Ray Friel	613-580-4765	Tue.	6-7 pm	Jan 5	9	13-14 years	\$159.50	1586209

Combo – Teen – Low ratio

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. **Prerequisites:** 13 years of age and Powerswim Introduction or recommendation by instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Ray Friel	613-580-4765	Thu.	7-8 pm	Jan 7	9	13-14 years	\$159.50	1586211
Ray Friel Recreation Complex	613-580-4765	Thu.	7-8 pm	Jan 7	9	15-17 years	\$180.25	1586210
St-Laurent Complex	613-742-6767	Sun.	4-5 pm	Jan 10	9	13-14 years	\$159.50	1585884
St-Laurent Complex	613-742-6767	Sun.	4-5 pm	Jan 10	9	15-17 years	\$180.25	1585888

Combo – Adult – Low ratio

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. **Prerequisites:** 18 years and ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Mon.	8:45-9:45 pm	Jan 4	9	18+ years	\$106.25	1587606
Bob MacQuarrie - Orléans	613-580-9600	Wed.	8-9 pm	Jan 6	9	18+ years	\$106.25	1587607
Bob MacQuarrie - Orléans	613-580-9600	Sat.	6:45-7:45 am	Jan 9	9	18+ years	\$106.25	1587608
Minto - Barrhaven	613-727-2683	Wed.	8-9 pm	Jan 13	9	18+ years	\$264.25	1585701
St-Laurent Complex	613-742-6767	Sat.	9-10 am	Jan 9	9	18+ years	\$264.25	1585895
St-Laurent Complex	613-742-6767	Sun.	4-5 pm	Jan 10	9	18+ years	\$264.25	1585898
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Jan 14	9	18+ years	\$264.25	1585422