



Winter 2022

# Swimming Certification and Specialty

Recreation eGuide

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# Certification

## Leadership and Instructor Awards

Visit us online at [ottawa.ca/recreation](http://ottawa.ca/recreation).

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 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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9-11:30 am	Jan 9	4	10-14 years	\$80.50	<a href="#">1604706</a>
CardelRec (Goulbourn)	613-580-2532	Thu.	6:45-7:55 pm	Jan 13	9	10-14 years	\$80.50	<a href="#">1604287</a>
Minto-Barrhaven	613-727-2683	Sat.	10:45-11:55 am	Jan 8	9	10-14 years	\$80.50	<a href="#">1605613</a>
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:40 pm	Jan 14	9	10-14 years	\$80.50	<a href="#">1605611</a>
Pinecrest	613-580-9676	Sun.	9-10 am	Jan 9	9	10-14 years	\$80.50	<a href="#">1607113</a>
Pinecrest	613-580-9676	Sun.	10-11 am	Jan 9	9	10-14 years	\$80.50	<a href="#">1607114</a>
Plant	613-232-3000	Sun.	5-7 pm	Jan 9	6	10-14 years	\$80.50	<a href="#">1606589</a>
Plant	613-232-3000	Sun.	5-7 pm	Feb 20	6	10-14 years	\$80.50	<a href="#">1606590</a>
Richcraft-Kanata	613-580-9696	Sun.	12:15-1:15 pm	Jan 9	9	10-14 years	\$80.50	<a href="#">1606893</a>
St-Laurent	613-742-6767	Sun.	8-9:15 am	Jan 9	8	10-14 years	\$80.50	<a href="#">1605788</a>

# Certification

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

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Ray Friel	613-580-4765	Sun., Sat.	10:30-11:30 am	Jan 8	9	10-14 year	\$109	<a href="#">1609115</a>
Lowertown Pool	613-580-2424	Sun.	9-10:15 am	Jan 9	9	10-14 years	\$109	<a href="#">1605608</a>

## Bronze Medallion and Emergency First Aid with CPR-B

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-8:15 pm	Jan 9	9	12-14 years	\$137.75	<a href="#">1604715</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-8:15 pm	Jan 9	9	15+ years	\$155.75	<a href="#">1604719</a>
Canterbury	613-247-4865	Fri.	6:45-9:30 pm	Jan 14	9	13-14 years	\$137.75	<a href="#">1607516</a>
Canterbury	613-247-4865	Fri.	6:45-9:30 pm	Jan 14	9	15+ years	\$155.75	<a href="#">1607517</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9am-12:30 pm	Jan 16	7	13-14 years	\$137.75	<a href="#">1603930</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9am-12:30 pm	Jan 16	7	15+ years	\$155.75	<a href="#">1603931</a>
Deborah Anne Kirwan	613-247-4820	Sat.	4:45-7:45 pm	Jan 8	9	13-14 years	\$137.75	<a href="#">1603867</a>
Deborah Anne Kirwan	613-247-4820	Sat.	4:45-7:45 pm	Jan 8	9	15+ years	\$155.75	<a href="#">1603868</a>
Lowertown Pool	613-580-2424	Mon.	5:15-8:15 pm	Jan 10	8	13-14 years	\$137.75	<a href="#">1605614</a>
Lowertown Pool	613-580-2424	Mon.	5:15-8:15 pm	Jan 10	8	15+ years	\$155.75	<a href="#">1605617</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-noon	Jan 9	9	13-14 years	\$137.75	<a href="#">1605603</a>
Minto-Barrhaven	613-727-2683	Sun.	9 am-noon	Jan 9	9	15+ years	\$155.75	<a href="#">1605606</a>
Nepean Sportsplex	613-580-2828	Thu.	5-8:30 pm	Jan 13	7	13-14 years	\$137.75	<a href="#">1606997</a>
Nepean Sportsplex	613-580-2828	Thu.	5-8:30 pm	Jan 13	7	15+ years	\$155.75	<a href="#">1607000</a>

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Pinecrest	613-580-9676	Sat.	2:45-4:45 pm	Jan 8	9	13-14 years	\$137.75	<a href="#">1607109</a>
Pinecrest	613-580-9676	Sun.	9-11:45 am	Jan 9	9	13-14 years	\$137.75	<a href="#">1607112</a>
Pinecrest	613-580-9676	Sat.	2:45-6:15 pm	Jan 8	9	15+ years	\$155.75	<a href="#">1607110</a>
Pinecrest	613-580-9676	Sun.	9-11:45 am	Jan 9	9	15+ years	\$155.75	<a href="#">1607111</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Jan 9	6	13-14 years	\$137.75	<a href="#">1606597</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Feb 20	6	13-14 years	\$137.75	<a href="#">1606600</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Jan 9	6	15+ years	\$155.75	<a href="#">1606602</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Feb 20	6	15+ years	\$155.75	<a href="#">1606604</a>
Ray Friel	613-580-4765	Tue.	5:15-7:45 pm	Jan 11	9	13-14 years	\$137.75	<a href="#">1606386</a>
Ray Friel	613-580-4765	Tue.	5:15-7:45 pm	Jan 11	9	15+ years	\$155.75	<a href="#">1606400</a>
Sawmill	613-521-4092	Sun.	4-6:30 pm	Jan 9	10	13-14 years	\$137.75	<a href="#">1606531</a>
Sawmill	613-521-4092	Sun.	4-6:30 pm	Jan 9	10	15+ years	\$155.75	<a href="#">1606533</a>
Splash Wave Pool	613-748-4222	Sun.	9 am-noon	Jan 9	8	13-14 years	\$137.75	<a href="#">1606644</a>
Splash Wave Pool	613-748-4222	Sun.	9 am-noon	Jan 9	8	15+ years	\$155.75	<a href="#">1606645</a>
St-Laurent	613-742-6767	Sun.	9 am-noon	Jan 9	8	15+ years	\$155.75	<a href="#">1605826</a>
St-Laurent	613-742-6767	Sun.	9 am-noon	Jan 9	8	13-14 years	\$137.75	<a href="#">1605760</a>
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 8	8	13-14 years	\$137.75	<a href="#">1604179</a>
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Jan 9	8	13-14 years	\$137.75	<a href="#">1604180</a>
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 8	8	15+ years	\$155.75	<a href="#">1604181</a>
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Jan 9	8	15+ years	\$155.75	<a href="#">1604182</a>

# Certification

## Bronze Cross

**Prerequisites:** Bronze Medallion and Emergency First Aid (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.	6:45-9:30 pm	Jan 14	9	12-14 years	\$104	<a href="#">1607511</a>
Canterbury	613-247-4865	Fri.	6:45-9:30 pm	Jan 14	9	15+ years	\$117.75	<a href="#">1607514</a>
Deborah Anne Kirwan	613-247-4820	Sun.	4:45-7:45 pm	Jan 9	9	12-14 years	\$104	<a href="#">1603869</a>
Deborah Anne Kirwan	613-247-4820	Sun.	4:45-7:45 pm	Jan 9	9	15+ years	\$117.75	<a href="#">1603870</a>
Lowertown Pool	613-580-2424	Mon.	5:15-8:15 pm	Jan 10	8	12-14 years	\$104	<a href="#">1605619</a>
Lowertown Pool	613-580-2424	Mon.	5:15-8:15 pm	Jan 10	8	15+ years	\$117.75	<a href="#">1605621</a>
Pinecrest	613-580-9676	Sat.	2:45-4:45 pm	Jan 8	9	12-14 years	\$104	<a href="#">1607107</a>
Pinecrest	613-580-9676	Sat.	2:45-4:45 pm	Jan 8	9	15+ years	\$117.75	<a href="#">1607108</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Jan 9	6	12-14 years	\$104	<a href="#">1606607</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Feb 20	6	12-14 years	\$104	<a href="#">1606608</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Jan 9	6	15+ years	\$117.75	<a href="#">1606609</a>
Plant	613-232-3000	Sun.	4-8:15 pm	Feb 20	6	15+ years	\$117.75	<a href="#">1606610</a>
St-Laurent	613-742-6767	Sun.	9-noon	Jan 9	8	12-14 years	\$104	<a href="#">1605837</a>
St-Laurent	613-742-6767	Sun.	9-noon	Jan 9	8	15+ years	\$117.75	<a href="#">1605842</a>
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 8	8	12-14 years	\$104	<a href="#">1604183</a>
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Jan 9	8	12-14 years	\$104	<a href="#">1604184</a>
Walter Baker	613-580-2788	Sat.	3:30-6:30 pm	Jan 8	8	15+ years	\$117.75	<a href="#">1604186</a>
Walter Baker	613-580-2788	Sun.	3:30-6:30 pm	Jan 9	8	15+ years	\$117.75	<a href="#">1604187</a>

# Certification

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

**Prerequisites:** Bronze Medallion and Emergency First Aid (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	Sun.	5:30-9:15 pm	Jan 9	9	12-14 years	\$152	<a href="#">1604720</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9:15 pm	Jan 9	9	15+ years	\$172	<a href="#">1604721</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-8:15 pm	Jan 15	8	12-14 years	\$152	<a href="#">1603932</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-8:15 pm	Jan 15	8	15+ years	\$172	<a href="#">1603933</a>
Minto-Barrhaven	613-727-2683	Mon.	4:15-8:30 pm	Jan 10	8	12-14 years	\$152	<a href="#">1605600</a>
Minto-Barrhaven	613-727-2683	Mon.-Sat.	8 am-2 pm	Mar 14	6	12-14 years	\$152	<a href="#">1608583</a>
Minto-Barrhaven	613-727-2683	Mon.	4:15-8:30 pm	Jan 10	8	15+ years	\$172	<a href="#">1605601</a>
Minto-Barrhaven	613-727-2683	Mon.-Sat.	8 am-2 pm	Mar 14	6	15+ years	\$172	<a href="#">1608584</a>
Nepean Sportsplex	613-580-2828	Wed.	4:45-8:45 pm	Jan 12	7	12-14 years	\$152	<a href="#">1606988</a>
Nepean Sportsplex	613-580-2828	Wed.	4:45-8:45 pm	Jan 12	7	15+ years	\$172	<a href="#">1606991</a>
Ray Friel	613-580-4765	Sat.	5:15-9 pm	Jan 8	9	12-14 years	\$152	<a href="#">1606340</a>
Ray Friel	613-580-4765	Sat.	5:15-9 pm	Jan 8	9	15+ years	\$172	<a href="#">1606370</a>
Sawmill	613-521-4092	Sun.	3-6:30 pm	Jan 9	10	12-14 years	\$152	<a href="#">1606537</a>
Sawmill	613-521-4092	Sun.	3-6:30 pm	Jan 9	10	15+ years	\$172	<a href="#">1606539</a>
Splash Wave Pool	613-748-4222	Sun.	4:30-8:45 pm	Jan 9	8	12-14 years	\$152	<a href="#">1606646</a>



# Certification

## 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 (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	Jan 19	6	14 years	\$174	<a href="#">1607560</a>
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Jan 19	6	15+ years	\$196.75	<a href="#">1607559</a>

## 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 15	2	12-14 years	\$131.75	<a href="#">1604746</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 15	2	15+ years	\$149	<a href="#">1604748</a>
Canterbury	613-247-4865	Sun.	9 am-5 pm	Jan 2	2	12-14 years	\$131.75	<a href="#">1607519</a>
Canterbury	613-247-4865	Sun.	9 am-5 pm	Jan 2	2	15+ years	\$149	<a href="#">1607520</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Jan 16	2	12-14 years	\$131.75	<a href="#">1604279</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Feb 27	2	12-14 years	\$131.75	<a href="#">1604281</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Jan 16	2	15+ years	\$149	<a href="#">1604280</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Feb 27	2	15+ years	\$149	<a href="#">1604282</a>
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5 pm	Feb 26	2	12-14 years	\$131.75	<a href="#">1605651</a>
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5 pm	Feb 26	2	15+ years	\$149	<a href="#">1605649</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 26	2	12-14 years	\$131.75	<a href="#">1607252</a>
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 26	2	15+ years	\$149	<a href="#">1607251</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jan 6	2	12-14 years	\$131.75	<a href="#">1607464</a>

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Pinecrest	613-580-9676	Fri.	5-9 pm	Jan 14	4	12-14 years	\$131.75	<a href="#">1607465</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Feb 11	4	12-14 years	\$131.75	<a href="#">1607466</a>
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jan 6	2	15+ years	\$149	<a href="#">1607461</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Jan 14	4	15+ years	\$149	<a href="#">1607462</a>
Pinecrest	613-580-9676	Fri.	5-9 pm	Feb 11	4	15+ years	\$149	<a href="#">1607463</a>
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	Jan 8	2	12-14 years	\$131.75	<a href="#">1607600</a>
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	Jan 8	2	15+ years	\$149	<a href="#">1607582</a>
Sawmill	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Jan 22	2	12-14 years	\$131.75	<a href="#">1606560</a>
Sawmill	613-521-4092	Sat.-Sun.	8:30 am-4:30 pm	Jan 22	2	15+ years	\$149	<a href="#">1606558</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jan 15	2	12-14 years	\$131.75	<a href="#">1604166</a>
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jan 15	2	15+ years	\$149	<a href="#">1604165</a>

## Standard First Aid and CPR/AED Recertification

**Prerequisite:** Lifesaving Society Standard First Aid certificate within 36 months of the certification date A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Jan 8	1	12-14 years	\$86	<a href="#">1604752</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Mar 5	1	12-14 years	\$86	<a href="#">1604753</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Jan 8	1	15+ years	\$97.25	<a href="#">1604750</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Mar 5	1	15+ years	\$97.25	<a href="#">1604751</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Feb 13	1	12-14 years	\$86	<a href="#">1604283</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9 am-5 pm	Feb 13	1	15+ years	\$97.25	<a href="#">1604284</a>
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Jan 15	1	12-14 years	\$86	<a href="#">1605647</a>
Jules Morin Park	613-580-2424	Sat.	9 am-5 pm	Jan 15	1	15+ years	\$97.25	<a href="#">1605645</a>



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Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 22	1	12-14 years	\$86	<a href="#">1607250</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 22	1	15+ years	\$97.25	<a href="#">1607249</a>
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Mar 11	1	15+ years	\$97.25	<a href="#">1607460</a>
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	Jan 29	1	12-14 years	\$86	<a href="#">1607604</a>
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	Jan 29	1	15+ years	\$97.25	<a href="#">1607602</a>
Sawmill	613-521-4092	Sat.	8:30am-4:30 pm	Feb 26	1	12-14 years	\$86	<a href="#">1606562</a>
Sawmill	613-521-4092	Sat.	8:30am-4:30 pm	Feb 26	1	15+ years	\$97.25	<a href="#">1606564</a>
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Jan 22	1	12-14 years	\$86	<a href="#">1605884</a>
St-Laurent	613-742-6767	Sun.	9 am-5 pm	Feb 27	1	12-14 years	\$86	<a href="#">1605887</a>
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Jan 22	1	15+ years	\$97.25	<a href="#">1605877</a>
St-Laurent	613-742-6767	Sun.	9 am-5 pm	Feb 27	1	15+ years	\$97.25	<a href="#">1605880</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Feb 13	1	12-14 years	\$86	<a href="#">1604169</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 6	1	12-14 years	\$86	<a href="#">1604174</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Feb 13	1	15+ years	\$97.25	<a href="#">1604167</a>
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 6	1	15+ years	\$97.25	<a href="#">1604172</a>

## 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	Sun.	5-10 pm	Mar 13	4	15+ years	\$133.25	<a href="#">1604768</a>
Sawmill	613-521-4092	Wed.	4-9 pm	Jan 5	4	15+ years	\$133.25	<a href="#">1606555</a>
Walter Baker	613-580-2788	Sun.	9 am-2 pm	Jan 9	4	15+ years	\$133.25	<a href="#">1604198</a>

# Certification

## Airway Management

**Prerequisite:** Standard First Aid (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.	9 am-1 pm	Jan 22	1	15+ years	\$40	<a href="#">1604744</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	Apr 2	1	15+ years	\$40	<a href="#">1604745</a>
CardelRec (Goulbourn)	613-580-2532	Fri.	5-9 pm	Jan 28	1	15+ years	\$40	<a href="#">1604285</a>
CardelRec (Goulbourn)	613-580-2532	Fri.	5-9 pm	Feb 25	1	15+ years	\$40	1604286
Jules Morin Park	613-580-2424	Tue.	5-9 pm	Jan 4	1	15+ years	\$40	<a href="#">1605642</a>
Jules Morin Park	613-580-2424	Thu.	5-9 pm	Mar3	1	15+ years	\$40	<a href="#">1605643</a>
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Mar 5	1	15+ years	\$40	<a href="#">1607253</a>
Pinecrest	613-580-9676	Mon.	5-9 pm	Jan 31	1	15+ years	\$40	<a href="#">1607467</a>
Pinecrest	613-580-9676	Mon.	5-9pm	Mar 7	1	15+ years	\$40	<a href="#">1607468</a>
Plant	613-232-3000	Thu.	1:30-5:30 pm	Jan 6	1	15+ years	\$40	<a href="#">1607248</a>
Plant	613-232-3000	Fri.	4:30-8:30 pm	Feb 11	1	15+ years	\$40	<a href="#">1607255</a>
Richcraft-Kanata	613-580-9696	Sat.	2-6 pm	Jan 22	1	15+ years	\$40	<a href="#">1607581</a>
Sawmill	613-521-4092	Tue.	4:30-8:30 pm	Jan 11	1	15+ years	\$40	<a href="#">1606549</a>
Sawmill	613-521-4092	Tue.	4:30-8:30 pm	Feb 8	1	15+ years	\$40	<a href="#">1606550</a>
Sawmill	613-521-4092	Tue.	4:30-8:30 pm	Mar 8	1	15+ years	\$40	<a href="#">1606552</a>
St-Laurent	613-742-6767	Sat.	8 am-Noon	Jan 15	1	15+ years	\$40	<a href="#">1605871</a>
St-Laurent	613-742-6767	Sat.	8 am-Noon	Feb 5	1	15+ years	\$40	<a href="#">1605873</a>
St-Laurent	613-742-6767	Sat.	8 am-Noon	Mar 5	1	15+ years	\$40	<a href="#">1605875</a>
Walter Baker	613-580-2788	Fri.	5-9 pm	Jan 7	1	15+ years	\$40	<a href="#">1604176</a>
Walter Baker	613-580-2788	Fri.	5-9 pm	Feb 4	1	15+ years	\$40	<a href="#">1604177</a>

# 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-10 pm	Jan 9	10	15+ years	\$171.75	<a href="#">1604737</a>
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9:30 pm	Jan 15	8	15+ years	\$171.75	<a href="#">1603935</a>
Lowertown Pool	613-580-2424	Sat.	4:30-9:30 pm	Jan 8	9	15+ years	\$171.75	<a href="#">1605624</a>
Lowertown Pool	613-580-2424	Sun.	4:30-9:30 pm	Jan 9	9	15+ years	\$171.75	<a href="#">1605625</a>
Minto-Barrhaven	613-727-2683	Sun.	8 am-1 pm	Jan 9	9	15+ years	\$171.75	<a href="#">1605598</a>
Minto-Barrhaven	613-727-2683	Mon.	4-9:30 pm	Jan 10	8	15+ years	\$171.75	<a href="#">1605599</a>
Nepean Sportsplex	613-580-2828	Wed.	5-9:30 pm	Jan 5	10	15+ years	\$171.75	<a href="#">1607003</a>
Pinecrest	613-580-9676	Sun.	3-8 pm	Jan 9	9	15+ years	\$171.75	<a href="#">1607119</a>
Ray Friel	613-580-4765	Sat.	4-9 pm	Jan 8	9	15+ years	\$171.75	<a href="#">1606411</a>
Richcraft-Kanata	613-580-9696	Sun.	4-9 pm	Jan 9	9	15+ years	\$171.75	<a href="#">1607563</a>
Sawmill	613-521-4092	Mon.	4-9 pm	Jan 3	9	15+ years	\$171.75	<a href="#">1606540</a>
Sawmill	613-521-4092	Wed.	4:15-8:45 pm	Jan 5	10	15+ years	\$171.75	<a href="#">1606541</a>
Splash Wave Pool	613-748-4222	Sat.	3-8 pm	Jan 8	9	15+ years	\$171.75	<a href="#">1606611</a>
Walter Baker	613-580-2788	Tue.	4:30-9:30 pm	Jan 11	9	15+ years	\$171.75	<a href="#">1604188</a>

# Certification

## National Lifeguard Recertification

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	Jan 8	1	16+ years	\$78.75	<a href="#">1604755</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	Jan 29	1	16+ years	\$78.75	<a href="#">1604757</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	8 am-1 pm	Mar 13	1	16+ years	\$78.75	<a href="#">1603936</a>
Lowertown Pool	613-580-2424	Wed.	4:30-8:30 pm	Jan 5	1	16+ years	\$78.75	<a href="#">1605639</a>
Nepean Sportsplex	613-580-2828	Tue.	4:30-9:30 pm	Feb 22	1	16+ years	\$78.75	<a href="#">1607008</a>
Nepean Sportsplex	613-580-2828	Tue.	4:30-9:30 pm	Mar 1	1	16+ years	\$78.75	<a href="#">1607009</a>
Pinecrest	613-580-9676	Thu.	noon-5 pm	Jan 6	1	16+ years	\$78.75	<a href="#">1607459</a>
Richcraft-Kanata	613-580-9696	Wed.	5-9 pm	Jan 12	1	16+ years	\$78.75	<a href="#">1607564</a>
Richcraft-Kanata	613-580-9696	Wed.	5-9 pm	Mar 2	1	16+ years	\$78.75	<a href="#">1607565</a>
Sawmill	613-521-4092	Sat.	8 am-1 pm	Mar 12	1	16+ years	\$78.75	<a href="#">1606543</a>
Walter Baker	613-580-2788	Sun.	3:30-7:30 pm	Jan 23	1	16+ years	\$78.75	<a href="#">1604189</a>
Walter Baker	613-580-2788	Sun.	3:30-7:30 pm	Feb 27	1	16+ years	\$78.75	<a href="#">1604190</a>

## Red Cross Water Safety Instructor Part 1

**Prerequisites:** 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross-not required to be current. Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. Eight hours minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to watch virtual information session along with the candidate, which will be sent out prior to the first day of the course. 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
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-8 pm	Jan 9	4	15+ years	\$235.75	<a href="#">1604765</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-8 pm	Mar 13	4	15+ years	\$235.75	<a href="#">1604766</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	9-11 am	Jan 16	4	15+ years	\$235.75	<a href="#">1603942</a>

# Certification

Minto-Barrhaven	613-727-2683	Sun.	8-10 am	Jan 9	4	15+ years	\$235.75	<a href="#">1607242</a>
Minto-Barrhaven	613-727-2683	Sun.	10 am-Noon	Jan 9	4	15+ years	\$235.75	<a href="#">1607244</a>
Minto-Barrhaven	613-727-2683	Sun.	8-10 am	Feb 6	4	15+ years	\$235.75	<a href="#">1607243</a>
Minto-Barrhaven	613-727-2683	Sun.	10 am-Noon	Feb 6	4	15+ years	\$235.75	<a href="#">1607245</a>
Nepean Sportsplex	613-580-2828	Tue.	7:30-9:30pm	Jan 18	4	15+ years	\$235.75	<a href="#">1607010</a>
Pinecrest	613-580-9676	Sun.	4-6 pm	Jan 9	4	15+ years	\$235.75	<a href="#">1607436</a>
Richcraft-Kanata	613-580-9696	Fri.	5-7 pm	Jan 7	4	15+ years	\$235.75	<a href="#">1607569</a>
Richcraft-Kanata	613-580-9696	Fri.	7:30-9:30 pm	Jan 7	4	15+ years	\$235.75	<a href="#">1607571</a>
Sawmill	613-521-4092	Mon.	6-8 pm	Jan 3	4	15+ years	\$235.75	<a href="#">1606567</a>
Sawmill	613-521-4092	Mon.	6-8 pm	Jan 31	4	15+ years	\$235.75	<a href="#">1606570</a>
Splash Wave Pool	613-748-4222	Wed.	6:30-8:30pm	Jan 12	4	15+ years	\$235.75	<a href="#">1606612</a>
St-Laurent	613-742-6767	Sat.	4-6 pm	Jan 8	4	15+ years	\$235.75	<a href="#">1605852</a>
Walter Baker	613-580-2788	Sat.	4-6:45 pm	Jan 8	3	15+ years	\$235.75	<a href="#">1604196</a>

## Red Cross Water Safety Instructor Part 2

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-3:30 pm	Jan 22	4	15+ years	\$210.75	<a href="#">1604767</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	8 am-2:30 pm	Feb 13	4	15+ years	\$210.75	<a href="#">1603952</a>
Minto-Barrhaven	613-727-2683	Mon.	4:15-8:45 pm	Jan 17	6	15+ years	\$210.75	<a href="#">1607246</a>
Nepean Sportsplex	613-580-2828	Sun.	3:30-7:30pm	Jan 9	7	15+ years	\$210.75	<a href="#">1607011</a>
Pinecrest	613-580-9676	Sun.	3-8:15 pm	Feb 6	5	15+ years	\$210.75	<a href="#">1607437</a>

# Certification

Ray Friel	613-580-4765	Thu.	4:30-7:45 pm	Jan 13	8	15+ years	\$210.75	<a href="#">1606437</a>
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Feb 4	6	15+ years	\$210.75	<a href="#">1607572</a>
Sawmill	613-521-4092	Wed.	4:30-9 pm	Feb 2	6	15+ years	\$210.75	<a href="#">1606575</a>
Splash Wave Pool	613-748-4222	Sat.	9 am-12:15pm	Jan 15	8	15+ years	\$210.75	<a href="#">1606619</a>
St-Laurent	613-742-6767	Sat.	2-8:30 pm	Feb 5	4	15+ years	\$210.75	<a href="#">1605859</a>
Walter Baker	613-580-2788	Sat.	3:30-8 pm	Jan 29	6	15+ years	\$210.75	<a href="#">1604197</a>

## Red Cross Water Safety Instructor Recertification

Required clinic to maintain Red Cross Water Safety Instructor 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-1:15 pm	Jan 15	1	15+ years	\$78.75	<a href="#">1604763</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	3:30 pm-9:15 pm	Mar 27	1	15+ years	\$78.75	<a href="#">1604764</a>
CardelRec (Goulbourn)	613-580-2532	Sun.	8 am-1 pm	Jan 9	1	16+ years	\$78.75	<a href="#">1603938</a>
Lowertown Pool	613-580-2424	Mon.	4:15-8:30 pm	Jan 3	1	16+ years	\$75	<a href="#">1605637</a>
Minto-Barrhaven	613-727-2683	Mon.	4:15-9:15 pm	Mar 7	1	16+ years	\$75	<a href="#">1607247</a>
Nepean Sportsplex	613-580-2828	Tue.	5:30-9:45 pm	Jan 4	1	16+ years	\$75	<a href="#">1607015</a>
Nepean Sportsplex	613-580-2828	Tue.	5:30-9:45 pm	Jan 11	1	16+ years	\$75	<a href="#">1607018</a>
Nepean Sportsplex	613-580-2828	Tue.	5:30-9:45 pm	Feb 15	1	16+ years	\$75	<a href="#">1607020</a>
Pinecrest	613-580-9676	Tue.	noon-4:15 pm	Jan 4	1	16+ years	\$75	<a href="#">1607458</a>
Richcraft-Kanata	613-580-9696	Wed.	5-9:15 pm	Jan 5	1	16+ years	\$78.75	<a href="#">1607577</a>
Richcraft-Kanata	613-580-9696	Wed.	5-9:15 pm	Mar 9	1	16+ years	\$78.75	<a href="#">1607578</a>
Sawmill	613-521-4092	Sun.	8 am-1 pm	Mar 13	1	16+ years	\$78.75	<a href="#">1606579</a>
Walter Baker	613-580-2788	Sun.	3:30-7:45 pm	Jan 30	1	16+ years	\$75	<a href="#">1604194</a>
Walter Baker	613-580-2788	Sun.	3:30-7:45 pm	Mar 6	1	16+ years	\$75	<a href="#">1604195</a>



# Certification

## Advanced Instructor and Examiner

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

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Sat.-Sun.	10 am-3:30 pm	Jan 8	2	16+ years	\$103.50	<a href="#">1605653</a>

## 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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill	613-521-4092	Tue.	6-9 pm	Jan 25	2	16+ years	\$36.50	<a href="#">1606582</a>

# Certification

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## 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	Tue., Sat.	5-9 pm	Jan 25	3	16+ years	\$153.75	<a href="#">1606998</a>

## National Lifeguard Instructor

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Tue., Sat.	5-9 pm	Mar 15	3	16+ years	\$141.50	<a href="#">1607001</a>

# Specialty

## Powerswim

### Introduction – Child – Low ratio

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. Prerequisites: 8 years of age and Swim Kids 6 OR ability to swim 75m nonstop. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Feb 5	9	8-12 years	\$159.50	<a href="#">1604631</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11 am-Noon	Feb 6	9	8-12 years	\$159.50	<a href="#">1604632</a>
Canterbury	613-247-4865	Thu.	5:15-6:15 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1607505</a>
Minto-Barrhaven	613-727-2683	Sat.	8:15-9:15 am	Jan 8	9	8-12 years	\$159.50	<a href="#">1605524</a>
Minto-Barrhaven	613-727-2683	Sun.	3:15-4:15 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1605525</a>
Minto-Barrhaven	613-727-2683	Tue.	6-7 pm	Jan 11	9	8-12 years	\$159.50	<a href="#">1605519</a>
Minto-Barrhaven	613-727-2683	Thu.	5-6 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1605520</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan 4	10	8-12 years	\$177.25	<a href="#">1606292</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jan 6	10	8-12 years	\$177.25	<a href="#">1606294</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Jan 10	8	8-12 years	\$141.75	<a href="#">1607350</a>
Pinecrest	613-580-9676	Wed.	5-6 pm	Jan 12	9	8-12 years	\$159.50	<a href="#">1607351</a>
Plant	613-232-3000	Sat.	4-5 pm	Jan 8	7	8-12 years	\$124	<a href="#">1603889</a>
Plant	613-232-3000	Wed.	5-6 pm	Jan 12	7	8-12 years	\$124	<a href="#">1603890</a>
Plant	613-232-3000	Sat.	4-5 pm	Feb 26	6	8-12 years	\$106.50	<a href="#">1604121</a>
Plant	613-232-3000	Wed.	5-6 pm	Mar 2	6	8-12 years	\$106.50	<a href="#">1604122</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Jan 4	10	8-12 years	\$177.25	<a href="#">1606868</a>
Richcraft-Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 8	9	8-12 years	\$159.50	<a href="#">1606865</a>
Richcraft-Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1606866</a>

# Specialty

Richcraft-Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1606867</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1606463</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1606465</a>

## Introduction – Teen – Low ratio

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
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan 4	10	13-14 years	\$177.25	<a href="#">1606302</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jan 6	10	13-14 years	\$177.25	<a href="#">1606306</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Jan 10	8	13-14 years	\$141.75	<a href="#">1607354</a>
Pinecrest	613-580-9676	Wed.	5-6 pm	Jan 12	9	13-14 years	\$159.50	<a href="#">1607355</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Jan 4	10	13-14 years	\$177.25	<a href="#">1606872</a>
Richcraft-Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 8	9	13-14 years	\$159.50	<a href="#">1606869</a>
Richcraft-Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 9	9	13-14 years	\$159.50	<a href="#">1606870</a>
Richcraft-Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 9	9	13-14 years	\$159.50	<a href="#">1606871</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	13-14 years	\$159.50	<a href="#">1606466</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	13-14 years	\$159.50	<a href="#">1606468</a>
Sawmill	613-521-4092	Thu.	6-7pm	Jan 13	9	15-17 years	\$180.25	<a href="#">1606471</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	15-17 years	\$180.25	<a href="#">1606472</a>

# Specialty

## Intermediate – Child – Low ratio

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	Thu.	6:30-7:30 pm	Feb 3	9	8-12 years	\$159.50	<a href="#">1604714</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Feb 5	9	8-12 years	\$159.50	<a href="#">1604634</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11 am-noon	Feb 6	9	8-12 years	\$159.50	<a href="#">1604636</a>
Canterbury	613-247-4865	Thu.	5:15-6:15 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1607506</a>
Minto-Barrhaven	613-727-2683	Sat.	9:15-10:15 am	Jan 8	9	8-12 years	\$159.50	<a href="#">1605538</a>
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1605540</a>
Minto-Barrhaven	613-727-2683	Tue.	5-6 pm	Jan 11	9	8-12 years	\$159.50	<a href="#">1605532</a>
Minto-Barrhaven	613-727-2683	Wed.	6:45-7:45 pm	Jan 12	9	8-12 years	\$159.50	<a href="#">1605535</a>
Minto-Barrhaven	613-727-2683	Thu.	4-5 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1605536</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan 4	10	8-12 years	\$177.25	<a href="#">1606314</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jan 6	10	8-12 years	\$177.25	<a href="#">1606318</a>
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Jan 7	9	8-12 years	\$159.50	<a href="#">1606162</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Jan 10	8	8-12 years	\$141.75	<a href="#">1607358</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Jan 12	9	8-12 years	\$159.50	<a href="#">1607357</a>
Pinecrest	613-580-9676	Fri.	5:45-6:45 pm	Jan 14	9	8-12 years	\$159.50	<a href="#">1607356</a>
Plant	613-232-3000	Sat.	4-5 pm	Jan 8	7	8-12 years	\$124	<a href="#">1603887</a>
Plant	613-232-3000	Thu.	5-6 pm	Jan 13	7	8-12 years	\$124	<a href="#">1603888</a>
Plant	613-232-3000	Sat.	4-5 pm	Feb 26	6	8-12 years	\$106.50	<a href="#">1604117</a>
Plant	613-232-3000	Thu.	5-6 pm	Mar 3	6	8-12 years	\$106.50	<a href="#">1604118</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Jan 4	10	8-12 years	\$177.25	<a href="#">1606876</a>

# Specialty

Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Jan 7	10	8-12 years	\$177.25	1606877
Richcraft-Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 8	9	8-12 years	\$159.50	<a href="#">1606873</a>
Richcraft-Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1606874</a>
Richcraft-Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1606875</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1606474</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1606475</a>
Walter Baker Sports Centre	613-580-2788	Tue.	5-6 pm	Jan 11	9	8-12 years	\$159.50	<a href="#">1603553</a>

## Intermediate – Teen – Low ratio

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	Feb 1	9	13-14 years	\$159.50	<a href="#">1604612</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Feb 5	9	13-14 years	\$159.50	<a href="#">1604614</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Feb 6	9	13-14 years	\$159.50	<a href="#">1604616</a>
Bob MacQuarrie-Orléans	613-580-9600	Tue.	7-8 pm	Feb 1	9	15-17 years	\$180.25	<a href="#">1604627</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Feb 5	9	15-17 years	\$180.25	<a href="#">1604628</a>
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Feb 6	9	15-17 years	\$180.25	<a href="#">1604629</a>
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan 4	10	13-14 years	\$177.25	<a href="#">1606332</a>
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jan 6	10	13-14 years	\$177.25	<a href="#">1606334</a>
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Jan 7	9	13-14 years	\$159.50	<a href="#">1606181</a>
Pinecrest	613-580-9676	Mon.	5:15-6:15 pm	Jan 10	8	13-14 years	\$141.75	<a href="#">1607362</a>
Pinecrest	613-580-9676	Wed.	5:15-6:15 pm	Jan 12	9	13-14 years	\$159.50	<a href="#">1607361</a>
Pinecrest	613-580-9676	Fri.	5:45-6:45 pm	Jan 14	9	13-14 years	\$159.50	<a href="#">1607360</a>



# Specialty

Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Jan 4	10	13-14 years	\$177.25	<a href="#">1606881</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Jan 7	10	13-14 years	\$177.25	<a href="#">1606882</a>
Richcraft-Kanata	613-580-9696	Sat.	8:45-9:45 am	Jan 8	9	13-14 years	\$159.50	<a href="#">1606878</a>
Richcraft-Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Jan 9	9	13-14 years	\$159.50	<a href="#">1606879</a>
Richcraft-Kanata	613-580-9696	Sun.	5:45-6:45 pm	Jan 9	9	13-14 years	\$159.50	<a href="#">1606880</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	13-14 years	\$159.50	<a href="#">1606477</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	13-14 years	\$159.50	<a href="#">1606478</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	15-17 years	\$180.25	<a href="#">1606485</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	15-17 years	\$180.25	<a href="#">1606486</a>

## Advanced – Child – Low ratio

Timed distances increase in this pre-competitive program level and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. Prerequisites: 8 years of age and Powerswim Intermediate or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1607507</a>
Minto-Barrhaven	613-727-2683	Sat.	10:15-11:15 am	Jan 8	9	8-12 years	\$159.50	<a href="#">1605545</a>
Minto-Barrhaven	613-727-2683	Sun.	5:15-6:15 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1605546</a>
Minto-Barrhaven	613-727-2683	Tue.	4-5 pm	Jan 11	9	8-12 years	\$159.50	<a href="#">1605543</a>
Minto-Barrhaven	613-727-2683	Thu.	6-7 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1605544</a>
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Jan 7	9	8-12 years	\$159.50	<a href="#">1606202</a>
Pinecrest	613-580-9676	Wed.	6-7 pm	Jan 12	9	8-12 years	\$159.50	<a href="#">1607346</a>
Pinecrest	613-580-9676	Fri.	6-7 pm	Jan 14	9	8-12 years	\$159.50	<a href="#">1607331</a>
Plant	613-232-3000	Sat.	5-6 pm	Jan 8	7	8-12 years	\$124	<a href="#">1603885</a>
Plant	613-232-3000	Thu.	6-7 pm	Jan 13	7	8-12 years	\$124	<a href="#">1603886</a>

# Specialty

Plant	613-232-3000	Sat.	5-6 pm	Feb 26	6	8-12 years	\$106.50	<a href="#">1604114</a>
Plant	613-232-3000	Thu.	6-7 pm	Mar 3	6	8-12 years	\$106.50	<a href="#">1604115</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Jan 4	10	8-12 years	\$177.25	<a href="#">1606885</a>
Richcraft-Kanata	613-580-9696	Thu.	6-7 pm	Jan 6	10	8-12 years	\$177.25	<a href="#">1606886</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Jan 7	10	8-12 years	\$177.25	<a href="#">1606887</a>
Richcraft-Kanata	613-580-9696	Sat.	9:45-10:45 am	Jan 8	9	8-12 years	\$159.50	<a href="#">1606883</a>
Richcraft-Kanata	613-580-9696	Sun.	12:15-1:15 pm	Jan 9	9	8-12 years	\$159.50	<a href="#">1606884</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1606493</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	8-12 years	\$159.50	<a href="#">1606497</a>
Walter Baker Sports Centre	613-580-2788	Tue.	5-6 pm	Jan 11	9	8-12 years	\$159.50	<a href="#">1603555</a>

## Advanced – Teen – Low ratio

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
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Jan 7	9	13-14 years	\$159.50	<a href="#">1606205</a>
Pinecrest	613-580-9676	Wed.	6-7 pm	Jan 12	9	13-14 years	\$159.50	<a href="#">1607348</a>
Pinecrest	613-580-9676	Fri.	6-7 pm	Jan 14	9	13-14 years	\$159.50	<a href="#">1607347</a>
Richcraft-Kanata	613-580-9696	Tue.	6-7 pm	Jan 4	10	13-14 years	\$177.25	<a href="#">1606890</a>
Richcraft-Kanata	613-580-9696	Thu.	6-7 pm	Jan 6	10	13-14 years	\$177.25	<a href="#">1606891</a>
Richcraft-Kanata	613-580-9696	Fri.	8-9 pm	Jan 7	10	13-14 years	\$177.25	<a href="#">1606892</a>
Richcraft-Kanata	613-580-9696	Sat.	9:45-10:45 am	Jan 8	9	13-14 years	\$159.50	<a href="#">1606888</a>
Richcraft-Kanata	613-580-9696	Sun.	12:15-1:15 pm	Jan 9	9	13-14 years	\$159.50	<a href="#">1606889</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	13-14 years	\$159.50	<a href="#">1606504</a>

# Specialty

Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	13-14 years	\$159.50	<a href="#">1606505</a>
Sawmill	613-521-4092	Thu.	6-7 pm	Jan 13	9	15-17 years	\$180.25	<a href="#">1606512</a>
Sawmill	613-521-4092	Thu.	7-8 pm	Jan 13	9	15-17 years	\$180.25	<a href="#">1606514</a>

## 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
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Jan 9	9	8-12 years	\$159.50	<a href="#">1605678</a>
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Jan 12	9	8-12 years	\$159.50	<a href="#">1605679</a>
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Jan 14	9	8-12 years	\$159.50	<a href="#">1605680</a>

## 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	Sat.	11:30 am-12:30 pm	Jan 15	8	13-14 years	\$141.75	1604351
CardelRec (Goulbourn)	613-580-2532	Sun.	6:15-7:15 pm	Jan 16	8	13-14 years	\$141.75	1604352
CardelRec (Goulbourn)	613-580-2532	Sat.	11:30 am-12:30 pm	Jan 15	8	15-17 years	\$160.25	1604353
CardelRec (Goulbourn)	613-580-2532	Sun.	6:15-7:15 pm	Jan 16	8	15-17 years	\$160.25	1604354
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Jan 9	9	13-14 years	\$159.50	<a href="#">1605683</a>
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Jan 12	9	13-14 years	\$159.50	<a href="#">1605682</a>
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Jan 14	9	13-14 years	\$159.50	<a href="#">1605681</a>
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Jan 9	9	15-17 years	\$180.25	<a href="#">1605684</a>

# Specialty

Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Jan 12	9	15-17 years	\$180.25	<a href="#">1605685</a>
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Jan 14	9	15-17 years	\$180.25	<a href="#">1605686</a>

## 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
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Jan 12	9	18+ years	\$264.25	<a href="#">1605547</a>
Walter Baker	613-580-2788	Thu.	8:45-9:45 am	Jan 13	9	18+ years	\$264.25	<a href="#">1603545</a>

## Team – Low ratio

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:45-9:45 pm	Jan 31	8	18+ years	\$109.75	<a href="#">1607060</a>
Bob MacQuarrie-Orléans	613-580-9600	Wed.	8:15-9:15 pm	Feb 2	9	18+ years	\$123.50	<a href="#">1607061</a>
Bob MacQuarrie-Orléans	613-580-9600	Sat.	6:45-7:45 am	Feb 5	9	18+ years	\$123.50	<a href="#">1607062</a>