



Winter 2022

# Swimming lessons

Pools A to M

## Table of contents

Red Cross Swim Kids Program .....	2
Bob MacQuarrie Recreation Complex-Orléans ..	5
Canterbury Recreation Complex .....	8
CardelRec Recreation Complex Goulbourn .....	10
Deborah Anne Kirwan Pool .....	13
Jack Purcell Community Centre .....	15
Lowertown Pool .....	16
Minto Recreation Complex-Barrhaven .....	18



[Facilities](#)

[Safety measures](#)

# Red Cross Swim Kids Program

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## Private Preschool Swim Lessons

**Parented (3-5 years of age):** One-to-one lessons designed for swimmers working at the Preschool Swim Level to overcome a fear of water or master a skill. Parent or Guardian must accompany swimmers in the water. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors.

## Private Lessons Swim Kids 1-4

**Parented (6-12 years of age):** One-to-one lessons designed for swimmers working at the Swim Kids 1-4 Level to overcome a fear of water or master a skill. Parent or Guardian must accompany swimmers in the water. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors.

## Private Lessons Swim Kids 5-10

**(6-12 years of age):** One-to-one lessons designed for swimmers working at the Swim Kids 5-10 Level to overcome a fear of water or master a skill. Parent or Guardian must come prepared to enter should the swimmer need assistance. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors.

## Parented Preschool – Children (3-5 years)

**Sea Otter – Low ratio:** Parents and swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Salamander – Low ratio:** Parents and swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Sunfish – Low ratio:** Parents and swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Crocodile – Low ratio:** Parents and swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Whale – Low ratio:** Parents and swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

## Children (6-12 years) – Parented

**Swim Kids 1 – Low ratio:** Parents and swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow-water entries and exits, and swim 5 metres. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Swim Kids 2 – Low ratio:** Parents and swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Swim Kids 3 – Low ratio:** Parents and swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

**Swim Kids 4 – Low ratio:** Parents and swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

## Children (6-12 years)

**Swim Kids 5:** Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors. Lesson will be 30 minutes.

**Swim Kids 6:** Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive and swim 75 metres continuously. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30 minutes.

# Red Cross Swim Kids Program

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**Swim Kids 7:** Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30 minutes.

**Swim Kids 8:** Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breaststroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30 minutes.

**Swim Kids 9:** Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breaststroke (25m), learn sidestroke kick, perform headfirst surface dive, and swim 400 metres continuously. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30 minutes.

**Swim Kids 10:** Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breaststroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30 minutes.



## Private Lessons

The City of Ottawa offers affordable private swimming lessons for children, youth and adults.

Visit [JoinOttawa](#) for listing of private lessons at a facility near you.





# Bob MacQuarrie Recreation Complex-Orléans – 613-580-9600

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

This facility is equipped with a universal changeroom.

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.

## Preschool

### Starfish – Low ratio (4-12 months) – Parented

Mon.	4:30 pm	Jan 31	9	\$119.50	<a href="#">1608111</a>
Tue.	5 pm	Feb 1	9	\$134.50	<a href="#">1603251</a>
Wed.	10:30 am	Feb 2	9	\$134.50	<a href="#">1603250</a>
Wed.	4:30 pm	Feb 2	9	\$134.50	<a href="#">1603252</a>
Thu.	5 pm	Feb 3	9	\$134.50	<a href="#">1603253</a>
Fri.	5:15 pm	Feb 4	9	\$134.50	<a href="#">1603254</a>
Sat.	10 am	Feb 5	9	\$134.50	<a href="#">1603255</a>
Sun.	1 pm	Feb 6	9	\$134.50	<a href="#">1603256</a>

### Duck – Low ratio (1-2 years) – Parented

Mon.	4 pm	Jan 31	8	\$119.50	<a href="#">1603258</a>
Tue.	4:30 pm	Feb 1	9	\$134.50	<a href="#">1603259</a>
Wed.	10:30 am	Feb 2	9	\$134.50	<a href="#">1603257</a>
Wed.	5 pm	Feb 2	9	\$134.50	<a href="#">1603260</a>
Thu.	5 pm	Feb 3	9	\$134.50	<a href="#">1603261</a>
Fri.	4:15 pm	Feb 4	9	\$134.50	<a href="#">1603262</a>
Sat.	1 pm	Feb 5	9	\$134.50	<a href="#">1603263</a>
Sun.	11 am	Feb 6	9	\$134.50	<a href="#">1603264</a>

### Sea Turtle – Low ratio (2-3 years) – Parented

Mon.	5 pm	Jan 31	8	\$119.50	<a href="#">1608112</a>
Tue.	5:30 pm	Feb 1	9	\$134.50	<a href="#">1603265</a>
Wed.	5 pm	Feb 2	9	\$134.50	<a href="#">1604483</a>
Thu.	5 pm	Feb 3	9	\$134.50	<a href="#">1603266</a>
Fri.	4:45 pm	Feb 4	9	\$134.50	<a href="#">1603267</a>
Sat.	11:30 am	Feb 5	9	\$134.50	<a href="#">1603268</a>
Sun.	9:30 am	Feb 6	9	\$134.50	<a href="#">1603269</a>

### Sea Otter – Low ratio (level 1) – Parented

Mon.	4:30 pm	Jan 31	8	\$119.50	<a href="#">1603273</a>
Tue.	4 pm	Feb 1	9	\$134.50	<a href="#">1603274</a>
Tue.	5:30 pm	Feb 1	9	\$134.50	<a href="#">1603275</a>
Tue.	6 pm	Feb 1	9	\$134.50	<a href="#">1603276</a>
Wed.	4:30 pm	Feb 2	9	\$134.50	<a href="#">1603279</a>
Thu.	4 pm	Feb 3	9	\$134.50	<a href="#">1603280</a>
Thu.	6 pm	Feb 3	9	\$134.50	<a href="#">1603281</a>
Fri.	10:30 am	Feb 4	9	\$134.50	<a href="#">1603271</a>
Fri.	4:45 pm	Feb 4	9	\$134.50	<a href="#">1603284</a>
Fri.	5:15 pm	Feb 4	9	\$134.50	<a href="#">1603282</a>
Sat.	8:30 am	Feb 5	9	\$134.50	<a href="#">1603285</a>
Sat.	10 am	Feb 5	9	\$134.50	<a href="#">1603287</a>
Sat.	Noon	Feb 5	9	\$134.50	<a href="#">1603288</a>
Sun.	9 am	Feb 6	9	\$134.50	<a href="#">1608192</a>
Sun.	10 am	Feb 6	9	\$134.50	<a href="#">1603290</a>
Sun.	11:30 am	Feb 6	9	\$134.50	<a href="#">1603291</a>
Sun.	1 pm	Feb 6	9	\$134.50	<a href="#">1603293</a>

### Salamander – Low ratio (level 2) – Parented

Mon.	4:30 pm	Jan 31	8	\$119.50	<a href="#">1603294</a>
Tue.	5:30 pm	Feb 1	9	\$134.50	<a href="#">1604500</a>
Tue.	6 pm	Feb 1	9	\$134.50	<a href="#">1604504</a>
Tue.	6:30 pm	Feb 1	9	\$134.50	<a href="#">1604502</a>
Wed.	4:30 pm	Feb 2	9	\$134.50	<a href="#">1604506</a>
Thu.	4 pm	Feb 3	9	\$134.50	<a href="#">1604508</a>
Thu.	6:30 pm	Feb 3	9	\$134.50	<a href="#">1604520</a>

Fri.	4:45 pm	Feb 4	9	\$134.50	<a href="#">1604521</a>
Sat.	10 am	Feb 5	9	\$134.50	<a href="#">1604525</a>
Sat.	Noon	Feb 5	9	\$134.50	<a href="#">1604545</a>
Sun.	10 am	Feb 6	9	\$134.50	<a href="#">1604528</a>
Sun.	1 pm	Feb 6	9	\$134.50	<a href="#">1604531</a>

### Sunfish – Low ratio (level 3) – Parented

Tue.	7 pm	Feb 1	9	\$134.50	<a href="#">1604507</a>
Wed.	5 pm	Feb 2	9	\$134.50	<a href="#">1604511</a>
Thu.	7 pm	Feb 3	9	\$134.50	<a href="#">1604513</a>
Fri.	5:45 pm	Feb 4	9	\$134.50	<a href="#">1604514</a>
Sat.	8:30 am	Feb 5	9	\$134.50	<a href="#">1604516</a>
Sat.	11 am	Feb 5	9	\$134.50	<a href="#">1604517</a>
Sun.	9 am	Feb 6	9	\$134.50	<a href="#">1604518</a>
Sun.	11:30 am	Feb 6	9	\$134.50	<a href="#">1604519</a>

### Crocodile – Low ratio (level 4) – Parented

Tue.	4:30 pm	Feb 1	9	\$134.50	<a href="#">1604522</a>
Tue.	7:30 pm	Feb 1	9	\$134.50	<a href="#">1604523</a>
Wed.	6 pm	Feb 2	9	\$134.50	<a href="#">1604524</a>
Thu.	4:30 pm	Feb 3	9	\$134.50	<a href="#">1604526</a>
Fri.	6:15 pm	Feb 4	9	\$134.50	<a href="#">1604529</a>
Sat.	9 am	Feb 5	9	\$134.50	<a href="#">1604530</a>
Sun.	Noon	Feb 6	9	\$134.50	<a href="#">1604532</a>

### Whale – Low ratio (level 5) – Parented

Tue.	4 pm	Feb 1	9	\$134.50	<a href="#">1604533</a>
Tue.	7:30 pm	Feb 1	9	\$134.50	<a href="#">1604554</a>
Wed.	6 pm	Feb 2	9	\$134.50	<a href="#">1604535</a>
Thu.	4:30 pm	Feb 3	9	\$134.50	<a href="#">1604536</a>
Sat.	9 am	Feb 5	9	\$134.50	<a href="#">1604538</a>
Sun.	Noon	Feb 6	9	\$134.50	<a href="#">1604539</a>

























# Lowertown Pool – 613-580-2424 ext. 4426

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

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

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## Preschool

### Starfish – Low ratio (4-12 months) – Parented

Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1606932</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1606933</a>

### Duck – Low ratio (1-2 years) – Parented

Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1606936</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1606935</a>

### Sea Turtle – Low ratio (2-3 years) – Parented

Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1606937</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1606938</a>

### Sea Otter – Low ratio (level 1) – Parented

Sat.	10:30 am	Jan 8	9	\$134.50	<a href="#">1606554</a>
Tue.	5:15 pm	Jan 11	9	\$134.50	<a href="#">1606556</a>

### Salamander – Low ratio (level 2) – Parented

Sun.	5 pm	Jan 9	9	\$134.50	<a href="#">1606559</a>
Tue.	6:15 pm	Jan 11	9	\$134.50	<a href="#">1606561</a>

### Sunfish – Low ratio (level 3) – Parented

Thu.	6 pm	Jan 13	9	\$134.50	<a href="#">1606563</a>
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### Crocodile – Low ratio (level 4) – Parented

Sat.	9:15 am	Jan 8	9	\$134.50	<a href="#">1606566</a>
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### Whale – Low ratio (level 5) – Parented

Sat.	9:15 am	Jan 8	9	\$134.50	<a href="#">1606572</a>
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## Children

### Swim Kids Level 1 – Low ratio – Parented

Tue.	4:45 pm	Jan 11	9	\$134.50	<a href="#">1606921</a>
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### Swim Kids Level 2 – Low ratio – Parented

Thu.	4:30 pm	Jan 13	9	\$134.50	<a href="#">1606923</a>
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### Swim Kids Level 3 – Low ratio – Parented

Tue.	5:30 pm	Jan 11	9	\$134.50	<a href="#">1606924</a>
Thu.	5:45 pm	Jan 13	9	\$134.50	<a href="#">1606925</a>

### Swim Kids Level 5 – Low ratio

Sat.	9:45 am	Jan 8	9	\$146.50	<a href="#">1606970</a>
Thu.	6 pm	Jan 13	9	\$146.50	<a href="#">1606972</a>

### Swim Kids Level 6 – Low ratio

Tue.	6 pm	Jan 11	9	\$146.50	<a href="#">1606975</a>
Thu.	6 pm	Jan 13	9	\$146.50	<a href="#">1606976</a>

### Swim Kids Level 7 – Low ratio

Tue.	6 pm	Jan 11	9	\$146.50	<a href="#">1606977</a>
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### Swim Kids Level 8 – Low ratio

Tue.	4:30 pm	Jan 11	9	\$159.50	<a href="#">1606985</a>
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### Swim Kids Level 9 – Low ratio

Tue.	4:30 pm	Jan 11	9	\$159.50	<a href="#">1606986</a>
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### Swim Kids Level 10 – Low ratio

Tue.	4:30 pm	Jan 11	9	\$159.50	<a href="#">1606987</a>
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# Minto Recreation Complex – Barrhaven – 613-727-2683

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

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## Preschool

### Starfish – Low ratio (4-12 months) – Parented

Sat.	11:30 am	Jan 8	9	\$134.50	<a href="#">1605033</a>
Sun.	3:45 pm	Jan 9	9	\$134.50	<a href="#">1608666</a>
Sun.	6:15 pm	Jan 9	9	\$134.50	<a href="#">1605036</a>
Tue.	9:30 am	Jan 11	9	\$134.50	<a href="#">1605028</a>
Tue.	5:15 pm	Jan 11	9	\$134.50	<a href="#">1605029</a>
Thu.	9:30 am	Jan 13	9	\$134.50	<a href="#">1605030</a>
Thu.	4:45 pm	Jan 13	9	\$134.50	<a href="#">1605031</a>
Thu.	5 pm	Jan 13	9	\$134.50	<a href="#">1608665</a>
Fri.	4 pm	Jan 14	9	\$134.50	<a href="#">1605032</a>

### Duck – Low ratio (1-2 years) – Parented

Sat.	9 am	Jan 8	9	\$134.50	<a href="#">1605043</a>
Sat.	11 am	Jan 8	9	\$134.50	<a href="#">1608668</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1605045</a>
Tue.	9:30 am	Jan 11	9	\$134.50	<a href="#">1605037</a>
Tue.	4:15 pm	Jan 11	9	\$134.50	<a href="#">1605038</a>
Wed.	4:30 pm	Jan 12	9	\$134.50	<a href="#">1605039</a>
Thu.	9:30 am	Jan 13	9	\$134.50	<a href="#">1605040</a>
Thu.	4 pm	Jan 13	9	\$134.50	<a href="#">1605041</a>
Thu.	6:15 pm	Jan 13	9	\$134.50	<a href="#">1608667</a>
Fri.	5 pm	Jan 14	9	\$134.50	<a href="#">1605042</a>

### Sea Turtle – Low ratio (2-3 years) – Parented

Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1605066</a>
Sat.	10:30 am	Jan 8	9	\$134.50	<a href="#">1605067</a>
Sun.	3:15 pm	Jan 9	9	\$134.50	<a href="#">1608671</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1605068</a>
Sun.	5:30 pm	Jan 9	9	\$134.50	<a href="#">1605069</a>
Tue.	1 pm	Jan 11	9	\$134.50	<a href="#">1605057</a>
Tue.	4 pm	Jan 11	9	\$134.50	<a href="#">1605058</a>
Tue.	5:30 pm	Jan 11	9	\$134.50	<a href="#">1608669</a>
Wed.	5:45 pm	Jan 12	9	\$134.50	<a href="#">1605060</a>
Thu.	1 pm	Jan 13	9	\$134.50	<a href="#">1605062</a>
Thu.	4:15 pm	Jan 13	9	\$134.50	<a href="#">1605063</a>
Thu.	5:45 pm	Jan 13	9	\$134.50	<a href="#">1608670</a>
Fri.	5:30 pm	Jan 14	9	\$134.50	<a href="#">1605064</a>

### Sea Otter – Low ratio (level 1) – Parented

Sat.	8:15 am	Jan 8	9	\$134.50	<a href="#">1608615</a>
Sat.	10 am	Jan 8	9	\$134.50	<a href="#">1605082</a>
Sun.	3:45 pm	Jan 9	9	\$134.50	<a href="#">1605083</a>
Sun.	4:15 pm	Jan 9	9	\$134.50	<a href="#">1608616</a>
Sun.	5:30 pm	Jan 9	9	\$134.50	<a href="#">1605085</a>
Sun.	6 pm	Jan 9	9	\$134.50	<a href="#">1608618</a>
Tue.	9:30 am	Jan 11	9	\$134.50	<a href="#">1605071</a>
Tue.	12:30 pm	Jan 11	9	\$134.50	<a href="#">1605072</a>
Tue.	3:45 pm	Jan 11	9	\$134.50	<a href="#">1605073</a>
Tue.	4:30 pm	Jan 11	9	\$134.50	<a href="#">1605074</a>
Tue.	6 pm	Jan 11	9	\$134.50	<a href="#">1608610</a>
Tue.	6:45 pm	Jan 11	9	\$134.50	<a href="#">1605075</a>
Wed.	4:15 pm	Jan 12	9	\$134.50	<a href="#">1605076</a>
Wed.	5:45 pm	Jan 12	9	\$134.50	<a href="#">1608612</a>
Thu.	10 am	Jan 13	9	\$134.50	<a href="#">1605077</a>
Thu.	3:45 pm	Jan 13	9	\$134.50	<a href="#">1605078</a>
Thu.	4:30 pm	Jan 13	9	\$134.50	<a href="#">1608613</a>
Thu.	5:15 pm	Jan 13	9	\$134.50	<a href="#">1605079</a>
Thu.	6 pm	Jan 13	9	\$134.50	<a href="#">1608672</a>
Fri.	4:15 pm	Jan 14	9	\$134.50	<a href="#">1605080</a>
Fri.	4:45 pm	Jan 14	9	\$134.50	<a href="#">1608614</a>
Fri.	5 pm	Jan 14	9	\$134.50	<a href="#">1605081</a>

### Salamander – Low ratio (level 2) – Parented

Sat.	8:30 am	Jan 8	9	\$134.50	<a href="#">1605099</a>
Sat.	8:45 am	Jan 8	9	\$134.50	<a href="#">1608623</a>
Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1605101</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1605103</a>
Sun.	6:30 pm	Jan 9	9	\$134.50	<a href="#">1608624</a>
Tue.	10 am	Jan 11	9	\$134.50	<a href="#">1605088</a>
Tue.	4 pm	Jan 11	9	\$134.50	<a href="#">1605090</a>
Tue.	6:15 pm	Jan 11	9	\$134.50	<a href="#">1605091</a>
Tue.	6:30 pm	Jan 11	9	\$134.50	<a href="#">1608619</a>
Wed.	3:45 pm	Jan 12	9	\$134.50	<a href="#">1605092</a>
Wed.	6:15 pm	Jan 12	9	\$134.50	<a href="#">1608620</a>
Thu.	9:30 am	Jan 13	9	\$134.50	<a href="#">1605093</a>
Thu.	12:30 pm	Jan 13	9	\$134.50	<a href="#">1605094</a>
Thu.	4 pm	Jan 13	9	\$134.50	<a href="#">1608621</a>
Thu.	4:30 pm	Jan 13	9	\$134.50	<a href="#">1605095</a>
Thu.	5:15 pm	Jan 13	9	\$134.50	<a href="#">1605096</a>
Thu.	7 pm	Jan 13	9	\$134.50	<a href="#">1605097</a>
Fri.	3:45 pm	Jan 14	9	\$134.50	<a href="#">1605098</a>
Fri.	4:15 pm	Jan 14	9	\$134.50	<a href="#">1608622</a>

### Sunfish – Low ratio (level 3) – Parented

Sat.	8:15 am	Jan 8	9	\$134.50	<a href="#">1605125</a>
Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1608628</a>
Sat.	10 am	Jan 8	9	\$134.50	<a href="#">1605126</a>
Sun.	3:15 pm	Jan 9	9	\$134.50	<a href="#">1605129</a>
Sun.	5 pm	Jan 9	9	\$134.50	<a href="#">1605131</a>
Tue.	10 am	Jan 11	9	\$134.50	<a href="#">1605106</a>
Tue.	4 pm	Jan 11	9	\$134.50	<a href="#">1608625</a>
Tue.	5:45 pm	Jan 11	9	\$134.50	<a href="#">1605107</a>
Wed.	6:45 pm	Jan 12	9	\$134.50	<a href="#">1608626</a>
Wed.	7 pm	Jan 12	9	\$134.50	<a href="#">1605119</a>
Thu.	10 am	Jan 13	9	\$134.50	<a href="#">1605120</a>
Thu.	6:30 pm	Jan 13	9	\$134.50	<a href="#">1605122</a>
Fri.	5:30 pm	Jan 14	9	\$134.50	<a href="#">1605124</a>
Fri.	5:45 pm	Jan 14	9	\$134.50	<a href="#">1608627</a>

# Minto Recreation Complex – Barrhaven – 613-727-2683

## Crocodile – Low ratio (level 4) – Parented

Sat.	10 am	Jan 8	9	\$134.50	<a href="#">1608632</a>
Sat.	11:15 am	Jan 8	9	\$134.50	<a href="#">1605140</a>
Sun.	4:45 pm	Jan 9	9	\$134.50	<a href="#">1608633</a>
Sun.	6:30 pm	Jan 9	9	\$134.50	<a href="#">1605143</a>
Tue.	5 pm	Jan 11	9	\$134.50	<a href="#">1608664</a>
Tue.	5:15 pm	Jan 11	9	\$134.50	<a href="#">1605134</a>
Wed.	4 pm	Jan 12	9	\$134.50	<a href="#">1605135</a>
Wed.	7:15 pm	Jan 12	9	\$134.50	<a href="#">1608629</a>
Thu.	5:45 pm	Jan 13	9	\$134.50	<a href="#">1605136</a>
Thu.	6:30 pm	Jan 13	9	\$134.50	<a href="#">1608630</a>
Fri.	3:45 pm	Jan 14	9	\$134.50	<a href="#">1605139</a>
Fri.	6:15 pm	Jan 14	9	\$134.50	<a href="#">1608631</a>

## Whale – Low ratio (level 5) – Parented

Sat.	8:15 am	Jan 8	9	\$134.50	<a href="#">1605149</a>
Sat.	10:30 am	Jan 8	9	\$134.50	<a href="#">1608662</a>
Sun.	3:30 pm	Jan 9	9	\$134.50	<a href="#">1605150</a>
Sun.	3:45 pm	Jan 9	9	\$134.50	<a href="#">1608663</a>
Tue.	4:30 pm	Jan 11	9	\$134.50	<a href="#">1608661</a>
Tue.	5:15 pm	Jan 11	9	\$134.50	<a href="#">1605145</a>
Wed.	6:45 pm	Jan 12	9	\$134.50	<a href="#">1605146</a>
Thu.	4:30 pm	Jan 13	9	\$134.50	<a href="#">1605147</a>
Fri.	5 pm	Jan 14	9	\$134.50	<a href="#">1605148</a>

## Children

### Swim Kids Level 1 – Low ratio – Parented

Sat.	8:45 am	Jan 8	9	\$134.50	<a href="#">1605300</a>
Sat.	11:30 am	Jan 8	9	\$134.50	<a href="#">1608589</a>
Sun.	3:15 pm	Jan 9	9	\$134.50	<a href="#">1608590</a>
Sun.	3:45 pm	Jan 9	9	\$134.50	<a href="#">1605301</a>
Tue.	4:45 pm	Jan 11	9	\$134.50	<a href="#">1605294</a>
Tue.	5:30 pm	Jan 11	9	\$134.50	<a href="#">1608585</a>
Wed.	4 pm	Jan 12	9	\$134.50	<a href="#">1608586</a>
Wed.	6:30 pm	Jan 12	9	\$134.50	<a href="#">1605295</a>

Thu.	4 pm	Jan 13	9	\$134.50	<a href="#">1605296</a>
Thu.	4:30 pm	Jan 13	9	\$134.50	<a href="#">1608587</a>
Fri.	4:15 pm	Jan 14	9	\$134.50	<a href="#">1605298</a>
Fri.	4:30 pm	Jan 14	9	\$134.50	<a href="#">1608588</a>
Fri.	5:30 pm	Jan 14	9	\$134.50	<a href="#">1605299</a>

### Swim Kids Level 2 – Low ratio – Parented

Sat.	9:30 am	Jan 8	9	\$134.50	<a href="#">1605307</a>
Sat.	11 am	Jan 8	9	\$134.50	<a href="#">1608595</a>
Sun.	5 pm	Jan 9	9	\$134.50	<a href="#">1605308</a>
Sun.	5:30 pm	Jan 9	9	\$134.50	<a href="#">1608597</a>
Tue.	4:30 pm	Jan 11	9	\$134.50	<a href="#">1605302</a>
Tue.	5 pm	Jan 11	9	\$134.50	<a href="#">1608591</a>
Tue.	6:30 pm	Jan 11	9	\$134.50	<a href="#">1605303</a>
Wed.	4:30 pm	Jan 12	9	\$134.50	<a href="#">1608592</a>
Wed.	5:15 pm	Jan 12	9	\$134.50	<a href="#">1605304</a>
Thu.	5:15 pm	Jan 13	9	\$134.50	<a href="#">1605305</a>
Thu.	5:30 pm	Jan 13	9	\$134.50	<a href="#">1608593</a>
Fri.	4 pm	Jan 14	9	\$134.50	<a href="#">1608594</a>
Fri.	4:30 pm	Jan 14	9	\$134.50	<a href="#">1605306</a>

### Swim Kids Level 3 – Low ratio – Parented

Sat.	10:30 am	Jan 8	9	\$134.50	<a href="#">1608602</a>
Sat.	10:45 am	Jan 8	9	\$134.50	<a href="#">1605313</a>
Sun.	5 pm	Jan 9	9	\$134.50	<a href="#">1608603</a>
Sun.	6 pm	Jan 9	9	\$134.50	<a href="#">1605314</a>
Tue.	4:30 pm	Jan 11	9	\$134.50	<a href="#">1608598</a>
Tue.	7 pm	Jan 11	9	\$134.50	<a href="#">1605309</a>
Wed.	5 pm	Jan 12	9	\$134.50	<a href="#">1608599</a>
Wed.	6:15 pm	Jan 12	9	\$134.50	<a href="#">1605310</a>
Thu.	4 pm	Jan 13	9	\$134.50	<a href="#">1608600</a>
Thu.	5:45 pm	Jan 13	9	\$134.50	<a href="#">1605311</a>
Fri.	5:15 pm	Jan 14	9	\$134.50	<a href="#">1608601</a>
Fri.	6 pm	Jan 14	9	\$134.50	<a href="#">1605312</a>

## Swim Kids Level 4 – Low ratio – Parented

Sat.	8 am	Jan 8	9	\$134.50	<a href="#">1605319</a>
Sat.	11:15 am	Jan 8	9	\$134.50	<a href="#">1605320</a>
Sat.	11:30 am	Jan 8	9	\$134.50	<a href="#">1608608</a>
Sun.	3:15 pm	Jan 9	9	\$134.50	<a href="#">1605321</a>
Sun.	4:30 pm	Jan 9	9	\$134.50	<a href="#">1608609</a>
Tue.	4 pm	Jan 11	9	\$134.50	<a href="#">1608604</a>
Tue.	7:15 pm	Jan 11	9	\$134.50	<a href="#">1605315</a>
Wed.	7:15 pm	Jan 12	9	\$134.50	<a href="#">1605316</a>
Wed.	7:30 pm	Jan 12	9	\$134.50	<a href="#">1608605</a>
Thu.	5 pm	Jan 13	9	\$134.50	<a href="#">1608606</a>
Thu.	6 pm	Jan 13	9	\$134.50	<a href="#">1605317</a>
Thu.	6:30 pm	Jan 13	9	\$134.50	<a href="#">1605318</a>
Fri.	5 pm	Jan 14	9	\$134.50	<a href="#">1608607</a>

## Swim Kids Level 5 – Low ratio

Sat.	8 am	Jan 8	9	\$146.50	<a href="#">1605331</a>
Sat.	11:15 am	Jan 8	9	\$146.50	<a href="#">1605332</a>
Sun.	3:30 pm	Jan 9	9	\$146.50	<a href="#">1605334</a>
Sun.	6 pm	Jan 9	9	\$146.50	<a href="#">1605335</a>
Tue.	6 pm	Jan 11	9	\$146.50	<a href="#">1605327</a>
Thu.	6:15 pm	Jan 13	9	\$146.50	<a href="#">1605328</a>
Fri.	4:45 pm	Jan 14	9	\$146.50	<a href="#">1605329</a>
Fri.	6 pm	Jan 14	9	\$146.50	<a href="#">1605330</a>

## Swim Kids Level 5

Sat.	9:45 am	Jan 8	9	\$82.25	<a href="#">1608774</a>
Tue.	7 pm	Jan 11	9	\$82.25	<a href="#">1608773</a>

## Swim Kids Level 6 – Low ratio

Sat.	9:45 am	Jan 8	9	\$146.50	<a href="#">1605340</a>
Sun.	4:45 pm	Jan 9	9	\$146.50	<a href="#">1605341</a>
Tue.	6:45 pm	Jan 11	9	\$146.50	<a href="#">1605336</a>
Wed.	7 pm	Jan 12	9	\$146.50	<a href="#">1605337</a>
Thu.	7 pm	Jan 13	9	\$146.50	<a href="#">1605338</a>
Fri.	4 pm	Jan 14	9	\$146.50	<a href="#">1605339</a>

# Minto Recreation Complex – Barrhaven – 613-727-2683

## Swim Kids Level 6

Sat. 8:45 am Jan 8 9 \$82.25 [1608776](#)  
Fri. 5:30 pm Jan 14 9 \$82.25 [1608775](#)

## Swim Kids Level 7 – Low ratio

Sat. 10:30 am Jan 8 9 \$146.50 [1605347](#)  
Sun. 5:30 pm Jan 9 9 \$146.50 [1605348](#)  
Tue. 7 pm Jan 11 9 \$146.50 [1605343](#)  
Wed. 6 pm Jan 12 9 \$146.50 [1605344](#)  
Fri. 5:30 pm Jan 14 9 \$146.50 [1605345](#)  
Fri. 6 pm Jan 14 9 \$146.50 [1605346](#)

## Swim Kids Level 7

Sat. 8 am Jan 8 9 \$82.25 [1608778](#)  
Thu. 6:45 pm Jan 13 9 \$82.25 [1608777](#)

## Swim Kids Level 8 – Low ratio

Sat. 8:15 am Jan 8 9 \$159.50 [1605352](#)  
Sun. 3:30 pm Jan 9 9 \$159.50 [1605353](#)  
Tue. 4 pm Jan 11 9 \$159.50 [1605349](#)  
Wed. 6 pm Jan 12 9 \$159.50 [1605350](#)  
Thu. 6:45 pm Jan 13 9 \$159.50 [1605351](#)

## Swim Kids Level 8

Sun. 5:30 pm Jan 9 9 \$90.50 [1608780](#)  
Wed. 6:30 pm Jan 12 9 \$90.50 [1608779](#)

## Swim Kids Level 9 – Low ratio

Sat. 9:15 am Jan 8 9 \$159.50 [1605357](#)  
Sun. 4:30 pm Jan 9 9 \$159.50 [1605358](#)  
Tue. 6:30 pm Jan 11 9 \$159.50 [1605354](#)  
Wed. 5 pm Jan 12 9 \$159.50 [1605355](#)  
Thu. 5 pm Jan 13 9 \$159.50 [1605356](#)

## Swim Kids Level 9

Sun. 6:30 pm Jan 9 9 \$90.50 [1608782](#)  
Wed. 5:30 pm Jan 12 9 \$90.50 [1608781](#)

## Swim Kids Level 10 – Low ratio

Sat. 10:15 am Jan 8 9 \$159.50 [1605366](#)  
Sun. 5:45 pm Jan 9 9 \$159.50 [1605368](#)  
Tue. 5 pm Jan 11 9 \$159.50 [1605361](#)  
Wed. 4 pm Jan 12 9 \$159.50 [1605362](#)  
Thu. 6:30 pm Jan 13 9 \$159.50 [1605363](#)  
Fri. 4:30 pm Jan 14 9 \$159.50 [1605364](#)

## Swim Kids Level 10

Tue. 6 pm Jan 11 9 \$90.50 [1608771](#)  
Wed. 4:15 pm Jan 12 9 \$90.50 [1608772](#)

## Swim Basics 1 – Low ratio

Sun. 7 pm Jan 9 9 \$137 [1605582](#)

## Swim Basics 2 – Low ratio

Sun. 6:45 pm Jan 9 9 \$137 [1605588](#)

## Swim Strokes – Low ratio

Sun. 6:45 pm Jan 9 9 \$182.75 [1605594](#)

## Youth

### Swim Basics 1 – Low ratio

Sun. 7 pm Jan 9 9 \$154.75 [1605583](#)

### Swim Basics 2 – Low ratio

Sun. 6:45 pm Jan 9 9 \$154.75 [1605592](#)

### Swim Strokes – Low ratio

Sun. 6:45 pm Jan 9 9 \$206.50 [1605595](#)

## Adult

### Swim Basics 1 – Low ratio

Sun. 7 pm Jan 9 9 \$198.25 [1605574](#)

### Swim Basics 2 – Low ratio

Sun. 6:45 pm Jan 9 9 \$198.25 [1605578](#)