



FALL 2019 AND
WINTER 2020

SWIMMING

Certification and Specialty

RECREATION EGUIDE

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Leadership and Instructor Awards

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.

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
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Oct 11	10	10-14 years	\$74.75	1498103
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Jan 10	10	10-14 years	\$74.75	1507676
Canterbury	613-247-4865	Sat.	11:15 am-12:25 pm	Nov 2	8	10-14 years	\$74.75	1482699
Canterbury	613-247-4865	Sat.	11:40 am-12:30 pm	Jan 11	10	10-14 years	\$74.75	1483815
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 22	9	10-14 years	\$74.75	1510148
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 12	9	10-14 years	\$74.75	1510147
Deborah Anne Kirwan Pool	613-247-4820	Sun.	11:45 am-12:45 pm	Sep 22	9	10-14 years	\$74.75	1509223
Deborah Anne Kirwan Pool	613-247-4820	Sun.	11:45 am-12:45 pm	Jan 12	9	10-14 years	\$74.75	1509224
François Dupuis	613-580-8080	Sat.	noon-12:45 pm	Sep 7	13	10-14 years	\$74.75	1503958
François Dupuis	613-580-8080	Wed.	7:45-8:30 pm	Sep 11	13	10-14 years	\$74.75	1503943
François Dupuis	613-580-8080	Fri.	4-4:45 pm	Sep 13	13	10-14 years	\$74.75	1503952
François Dupuis	613-580-8080	Sat.	noon-1 pm	Jan 4	9	10-14 years	\$74.75	1504117
François Dupuis	613-580-8080	Wed.	7:45-8:45 pm	Jan 8	9	10-14 years	\$74.75	1504103
François Dupuis	613-580-8080	Fri.	4-5 pm	Jan 10	9	10-14 years	\$74.75	1504111
Kanata Leisure Centre	613-580-9677	Thu.	5:30-6:15 pm	Sep 19	12	10-14 years	\$74.75	1494238
Kanata Leisure Centre	613-580-9677	Thu.	5-6 pm	Jan 16	9	10-14 years	\$74.75	1504202

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
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Sep 15	9	10-14 years	\$74.75	1485738
Minto-Barrhaven	613-727-2683	Mon.	6:45-7:45 pm	Sep 16	9	10-14 years	\$74.75	1485732
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Sep 20	9	10-14 years	\$74.75	1485736
Minto-Barrhaven	613-727-2683	Mon.	6:30-7:30 pm	Jan 6	9	10-14 years	\$74.75	1487017
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Jan 12	9	10-14 years	\$74.75	1487030
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Jan 17	9	10-14 years	\$74.75	1487037
Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Sep 24	13	10-14 years	\$74.75	1509418
Nepean Sportsplex	613-580-2828	Sat.	3-4 pm	Sep 28	11	10-14 years	\$74.75	1509419
Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jan 7	10	10-14 years	\$74.75	1509422
Nepean Sportsplex	613-580-2828	Sat.	3-4 pm	Jan 11	9	10-14 years	\$74.75	1509423
Pinecrest	613-580-9676	Sun.	6-7 pm	Sep 15	9	10-14 years	\$74.75	1503733
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 20	9	10-14 years	\$74.75	1504097
Pinecrest	613-580-9676	Wed.	5:30-6:30 pm	Oct 16	9	10-14 years	\$74.75	1503745
Pinecrest	613-580-9676	Wed.	5:30-6:30 pm	Jan 8	9	10-14 years	\$74.75	1504243
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Jan 10	9	10-14 years	\$74.75	1507601
Plant	613-232-3000	Sun.	5:30-7 pm	Sep 15	6	10-14 years	\$74.75	1503029
Ray Friel	613-580-4765	Sat.	9:15-10 am	Sep 7	12	10-14 years	\$74.75	1500610
Ray Friel	613-580-4765	Thu.	5-6 pm	Sep 12	9	10-14 years	\$74.75	1500615
Ray Friel	613-580-4765	Thu.	5-6:30 pm	Jan 9	6	10-14 years	\$74.75	1500835
Ray Friel	613-580-4765	Sat.	9-10:30 am	Jan 11	6	10-14 years	\$74.75	1500832
Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Sep 21	9	10-14 years	\$74.75	1492403

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
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Sep 22	9	10-14 years	\$74.75	1492412
Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jan 4	9	10-14 years	\$74.75	1494372
Richcraft-Kanata	613-580-9696	Sun.	8:30-9:30 am	Jan 5	9	10-14 years	\$74.75	1494378
Sawmill Creek Pool	613-521-4092	Thu.	5-6 pm	Sep 19	13	10-14 years	\$74.75	1500696
Sawmill Creek Pool	613-521-4092	Thu.	5-6 pm	Jan 16	9	10-14 years	\$74.75	1500711
Splash Wave Pool	613-748-4222	Sun.	9-10 am	Sep 22	9	10-14 years	\$74.75	1509537
Splash Wave Pool	613-748-4222	Sun.	9-10 am	Jan 12	9	10-14 years	\$74.75	1509535
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Sep 10	9	10-14 years	\$74.75	1488834
Walter Baker	613-580-2788	Sun.	10-11 am	Sep 15	9	10-14 years	\$74.75	1488837
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Jan 7	9	10-14 years	\$74.75	1489342
Walter Baker	613-580-2788	Sun.	10-11 am	Jan 12	9	10-14 years	\$74.75	1489345

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	Fri.	7-8:30 pm	Sep 27	10	10-14 years	\$101.25	1487647
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Sep 29	10	10-14 years	\$101.25	1487651
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8:30 pm	Jan 17	10	10-14 years	\$101.25	1490739
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Jan 19	10	10-14 years	\$101.25	1490743

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	Fri.	6:30-9:30 pm	Sep 27	10	13-14 years	\$128.25	1487657
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Sep 27	10	15+ years	\$145	1487665
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Sep 29	10	13-14 years	\$128.25	1487660
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Sep 29	10	15+ years	\$145	1487667
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Jan 17	10	13-14 years	\$128.25	1490750
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Jan 17	10	15+ years	\$145	1490767
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Jan 19	10	13-14 years	\$128.25	1490755
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Jan 19	10	15+ years	\$145	1490769
Brewer Pool	613-247-4938	Wed.	5:30-8:30 pm	Oct 9	10	13-14 years	\$128.25	1498115
Brewer Pool	613-247-4938	Wed.	5:30-8:30 pm	Oct 9	10	15+ years	\$145	1498116
Brewer Pool	613-247-4938	Wed.	5:30-8:30 pm	Jan 8	10	13-14 years	\$128.25	1507631
Brewer Pool	613-247-4938	Wed.	5:30-8:30 pm	Jan 8	10	15+ years	\$145	1507639
Canterbury	613-247-4865	Fri.	6:30-10:15 pm	Nov 1	8	13-14 years	\$128.25	1482697
Canterbury	613-247-4865	Fri.	6:30-10:15 pm	Nov 1	8	15+ years	\$145	1482698
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 10	10	13-14 years	\$128.25	1484755
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 10	10	15+ years	\$145	1484759
CARDELREC Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 21	10	13-14 years	\$128.25	1510155
CARDELREC Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 21	10	15+ years	\$145	1510157
CARDELREC Goulbourn	613-580-2532	Sun.	11 am-2 pm	Sep 22	10	13-14 years	\$128.25	1510156
CARDELREC Goulbourn	613-580-2532	Sun.	11 am-2 pm	Sep 22	10	15+ years	\$145	1510158
CARDELREC Goulbourn	613-580-2532	Sat.	4-7 pm	Jan 11	10	13-14 years	\$128.25	1510153
CARDELREC Goulbourn	613-580-2532	Sat.	4-7 pm	Jan 11	10	15+ years	\$145	1510159

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
CARDELREC Goulbourn	613-580-2532	Sun.	11 am-2 pm	Jan 12	10	13-14 years	\$128.25	1510154
CARDELREC Goulbourn	613-580-2532	Sun.	11 am-2 pm	Jan 12	10	15+ years	\$145	1510160
Champagne Fitness Centre	613-244-4402	Sun.	2-6 pm	Sep 8	9	13-14 years	\$128.25	1488347
Champagne Fitness Centre	613-244-4402	Sun.	2-6 pm	Sep 8	9	15+ years	\$145	1488349
François Dupuis	613-580-8080	Wed.	5-9 pm	Sep 11	8	13-14 years	\$128.25	1503973
François Dupuis	613-580-8080	Wed.	5-9 pm	Sep 11	8	15+ years	\$145	1503982
François Dupuis	613-580-8080	Wed.	5-8 pm	Jan 8	10	13-14 years	\$128.25	1504124
François Dupuis	613-580-8080	Wed.	5-8 pm	Jan 8	10	15+ years	\$145	1504133
Kanata Leisure Centre	613-580-9677	Tue.	4:45-7:15 pm	Sep 17	13	13-14 years	\$128.25	1494231
Kanata Leisure Centre	613-580-9677	Tue.	4:45-7:15 pm	Sep 17	13	15+ years	\$145	1494234
Kanata Leisure Centre	613-580-9677	Thu.	4:30-7:15 pm	Sep 19	12	13-14 years	\$128.25	1494226
Kanata Leisure Centre	613-580-9677	Thu.	4:30-7:15 pm	Sep 19	12	15+ years	\$145	1494233
Kanata Leisure Centre	613-580-9677	Tue.	4:30-7:45 pm	Jan 14	9	13-14 years	\$128.25	1504171
Kanata Leisure Centre	613-580-9677	Tue.	4:30-7:45 pm	Jan 14	9	15+ years	\$145	1504191
Kanata Leisure Centre	613-580-9677	Thu.	4:30-7:45 pm	Jan 16	9	13-14 years	\$128.25	1504174
Kanata Leisure Centre	613-580-9677	Thu.	4:30-7:45 pm	Jan 16	9	15+ years	\$145	1504184
Minto-Barrhaven	613-727-2683	Tue.	5:30-8:30 pm	Sep 17	10	13-14 years	\$128.25	1485711
Minto-Barrhaven	613-727-2683	Tue.	5:30-8:30 pm	Sep 17	10	15+ years	\$145	1485718
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Sep 20	10	13-14 years	\$128.25	1485713
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Sep 20	10	15+ years	\$145	1485723
Minto-Barrhaven	613-727-2683	Tue.	5:30-8:30 pm	Jan 7	10	13-14 years	\$128.25	1486999
Minto-Barrhaven	613-727-2683	Tue.	5:30-8:30 pm	Jan 7	10	15+ years	\$145	1487006

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
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Jan 10	10	13-14 years	\$128.25	1487001
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Jan 10	10	15+ years	\$145	1487008
Minto-Barrhaven	613-727-2683	Mon.-Sat.	8 am-1 pm	Mar 16	6	13-14 years	\$128.25	1487005
Minto-Barrhaven	613-727-2683	Mon.-Sat.	8 am-1 pm	Mar 16	6	15+ years	\$145	1487011
Nepean Sportsplex	613-580-2828	Sat.	5-8 pm	Sep 28	11	13-14 years	\$128.25	1509424
Nepean Sportsplex	613-580-2828	Sat.	5-8 pm	Sep 28	11	15+ years	\$145	1509429
Nepean Sportsplex	613-580-2828	Sat.	5-8:30 pm	Jan 11	9	13-14 years	\$128.25	1509426
Nepean Sportsplex	613-580-2828	Sat.	5-8:30 pm	Jan 11	9	15+ years	\$145	1509430
Pinecrest	613-580-9676	Sat.	3-6 pm	Sep 14	10	13-14 years	\$128.25	1503860
Pinecrest	613-580-9676	Sat.	3-6 pm	Sep 14	10	15+ years	\$145	1503896
Pinecrest	613-580-9676	Sat.	3-6 pm	Jan 4	10	13-14 years	\$128.25	1504254
Pinecrest	613-580-9676	Sat.	3-6 pm	Jan 4	10	15+ years	\$145	1504259
Plant	613-232-3000	Sun.	4-8 pm	Sep 15	7	13-14 years	\$128.25	1503040
Plant	613-232-3000	Sun.	4-8 pm	Sep 15	7	15+ years	\$145	1503047
Ray Friel	613-580-4765	Tue.	5-8 pm	Sep 17	10	13-14 years	\$128.25	1500623
Ray Friel	613-580-4765	Tue.	5-8 pm	Sep 17	10	15+ years	\$145	1500627
Sawmill Creek Pool	613-521-4092	Sun.	3-5:30 pm	Sep 15	13	13-14 years	\$128.25	1500721
Sawmill Creek Pool	613-521-4092	Sun.	3-5:30 pm	Sep 15	13	15+ years	\$145	1500749
Sawmill Creek Pool	613-521-4092	Sun.	3-6:30 pm	Jan 12	8	13-14 years	\$128.25	1500732
Sawmill Creek Pool	613-521-4092	Sun.	3-6:30 pm	Jan 12	8	15+ years	\$145	1500754
Splash Wave Pool	613-748-4222	Sun.	9 am-12:15 pm	Sep 29	9	13-14 years	\$128.25	1509549

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
Splash Wave Pool	613-748-4222	Sun.	9 am-12:15 pm	Sep 29	9	15+ years	\$145	1509552
Splash Wave Pool	613-748-4222	Sun.	9 am-12:15 pm	Jan 12	9	13-14 years	\$128.25	1509551
Splash Wave Pool	613-748-4222	Sun.	9 am-12:15 pm	Jan 12	9	15+ years	\$145	1509554
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Sep 29	10	13-14 years	\$128.25	1493728
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Sep 29	10	15+ years	\$145	1493739
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Jan 19	10	13-14 years	\$128.25	1504777
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Jan 19	10	15+ years	\$145	1504780
Walter Baker	613-580-2788	Thu.	5:30-8:30 pm	Sep 12	10	13-14 years	\$128.25	1488853
Walter Baker	613-580-2788	Thu.	5:30-8:30 pm	Sep 12	10	15+ years	\$145	1488886
Walter Baker	613-580-2788	Sun.	4-7 pm	Sep 15	10	13-14 years	\$128.25	1488866
Walter Baker	613-580-2788	Sun.	4-7 pm	Sep 15	10	15+ years	\$145	1488921
Walter Baker	613-580-2788	Thu.	5:30-8:45 pm	Jan 9	9	13-14 years	\$128.25	1489356
Walter Baker	613-580-2788	Thu.	5:30-8:45 pm	Jan 9	9	15+ years	\$145	1489400
Walter Baker	613-580-2788	Sun.	4-7:15 pm	Jan 12	9	13-14 years	\$128.25	1489395
Walter Baker	613-580-2788	Sun.	4-7:15 pm	Jan 12	9	15+ years	\$145	1489401

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid. More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Fri.	6:30-10:15 pm	Nov 1	8	12-14 years	\$97	1482695
Canterbury	613-247-4865	Fri.	6:30-10:15 pm	Nov 1	8	15+ years	\$109.75	1482696
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 10	10	12-14 years	\$97	1484732
Canterbury	613-247-4865	Fri.	6:30-9:30 pm	Jan 10	10	15+ years	\$109.75	1484734
François Dupuis	613-580-8080	Wed.	5-9 pm	Nov 6	7	12-14 years	\$97	1503994
François Dupuis	613-580-8080	Wed.	5-9 pm	Nov 6	7	15+ years	\$109.75	1504005
Plant	613-232-3000	Sun.	4-8 pm	Sep 15	7	15+ years	\$109.75	1503072
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Sep 29	10	12-14 years	\$97	1493744
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Sep 29	10	15+ years	\$109.75	1493750
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Jan 19	10	12-14 years	\$97	1504761
St-Laurent Complex	613-742-6767	Sun.	5-6 pm	Jan 19	10	15+ years	\$109.75	1504773
Walter Baker	613-580-2788	Sat.	4-7 pm	Sep 14	9	14 years	\$97	1488944
Walter Baker	613-580-2788	Sat.	4-7 pm	Sep 14	9	15+ years	\$109.75	1488976
Walter Baker	613-580-2788	Sat.	4-7 pm	Jan 11	9	12-14 years	\$97	1489407
Walter Baker	613-580-2788	Sat.	4-7 pm	Jan 11	9	15+ years	\$109.75	1489413

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

Prerequisites: Bronze Medallion and Emergency First Aid. Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Sep 27	10	12-14 years	\$141.50	1487675
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Sep 27	10	15+ years	\$160	1487684
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Sep 29	10	12-14 years	\$141.50	1487679
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Sep 29	10	15+ years	\$160	1487686
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Jan 17	10	12-14 years	\$141.50	1490775
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Jan 17	10	15+ years	\$160	1490803
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Jan 19	10	12-14 years	\$141.50	1490779
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Jan 19	10	15+ years	\$160	1490810
Brewer Pool	613-247-4938	Tue.	5:15-8:30 pm	Oct 8	10	12-14 years	\$141.50	1498117
Brewer Pool	613-247-4938	Tue.	5:15-8:30 pm	Oct 8	10	15+ years	\$160	1498119
Brewer Pool	613-247-4938	Tue.	5:15-8:30 pm	Jan 7	10	12-14 years	\$141.50	1507614
Brewer Pool	613-247-4938	Tue.	5:15-8:30 pm	Jan 7	10	15+ years	\$160	1507624
CARDELREC Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 21	11	12-14 years	\$141.50	1510149
CARDELREC Goulbourn	613-580-2532	Sat.	4-7 pm	Sep 21	11	15+ years	\$160	1510151
CARDELREC Goulbourn	613-580-2532	Sat.	4-7:30 pm	Jan 11	10	12-14 years	\$141.50	1510150
CARDELREC Goulbourn	613-580-2532	Sat.	4-7:30 pm	Jan 11	10	15+ years	\$160	1510152
Champagne Fitness Centre	613-244-4402	Sun.	2-6 pm	Sep 8	9	12-14 years	\$141.50	1488350
Champagne Fitness Centre	613-244-4402	Sun.	2-6 pm	Sep 8	9	15+ years	\$160	1488351
Kanata Leisure Centre	613-580-9677	Sat.	3-5:45 pm	Sep 14	13	12-14 years	\$141.50	1494215
Kanata Leisure Centre	613-580-9677	Sat.	3-5:45 pm	Sep 14	13	15+ years	\$160	1494218
Kanata Leisure Centre	613-580-9677	Mon.	5:15-8 pm	Sep 16	13	12-14 years	\$141.50	1494214

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

Prerequisites: Bronze Medallion and Emergency First Aid. Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure Centre	613-580-9677	Mon.	5:15-8 pm	Sep 16	13	15+ years	\$160	1494217
Kanata Leisure Centre	613-580-9677	Sat.	3-6:45 pm	Jan 11	9	12-14 years	\$141.50	1504148
Kanata Leisure Centre	613-580-9677	Sat.	3-6:45 pm	Jan 11	9	15+ years	\$160	1504162
Kanata Leisure Centre	613-580-9677	Mon.	4:15-8:30 pm	Jan 13	8	12-14 years	\$141.50	1504138
Kanata Leisure Centre	613-580-9677	Mon.	4:15-8:30 pm	Jan 13	8	15+ years	\$160	1504156
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Sep 16	9	12-14 years	\$141.50	1485702
Minto-Barrhaven	613-727-2683	Mon.	4:30-8:30 pm	Sep 16	9	15+ years	\$160	1485705
Minto-Barrhaven	613-727-2683	Mon.	5-9 pm	Jan 6	9	12-14 years	\$141.50	1486983
Minto-Barrhaven	613-727-2683	Mon.	5-9 pm	Jan 6	9	15+ years	\$160	1486989
Minto-Barrhaven	613-727-2683	Mon.-Sat.	8 am-2 pm	Mar 16	6	12-14 years	\$141.50	1486986
Minto-Barrhaven	613-727-2683	Mon.-Sat.	8 am-2 pm	Mar 16	6	15+ years	\$160	1486992
Nepean Sportsplex	613-580-2828	Fri.	5:30-8:15 pm	Sep 27	13	12-14 years	\$141.50	1509431
Nepean Sportsplex	613-580-2828	Fri.	5:30-8:15 pm	Sep 27	13	15+ years	\$160	1509442
Nepean Sportsplex	613-580-2828	Fri.	5-9 pm	Jan10	9	12-14 years	\$141.50	1509435
Nepean Sportsplex	613-580-2828	Fri.	5-9 pm	Jan10	9	15+ years	\$160	1509439
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Sep 14	10	12-14 years	\$141.50	1503942
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Sep 14	10	15+ years	\$160	1503959
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Jan 4	10	12-14 years	\$141.50	1504266
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Jan 4	10	15+ years	\$160	1504275
Ray Friel	613-580-4765	Sat.	9 am-12:30 pm	Sep 14	10	12-14 years	\$141.50	1500637
Ray Friel	613-580-4765	Sat.	9 am-12:30 pm	Sep 14	10	15+ years	\$160	1500653

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

Prerequisites: Bronze Medallion and Emergency First Aid. Combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Sun.	3-5:30 pm	Sep 15	13	12-14 years	\$141.50	1500763
Sawmill Creek Pool	613-521-4092	Sun.	3-5:30 pm	Sep 15	13	15+ years	\$160	1500848
Sawmill Creek Pool	613-521-4092	Sun.	3-6:30 pm	Jan 12	8	12-14 years	\$141.50	1500770
Sawmill Creek Pool	613-521-4092	Sun.	3-6:30 pm	Jan 12	8	15+ years	\$160	1500859
Splash Wave Pool	613-748-4222	Sun.	10:30 am-2:15 pm	Sep 29	9	12-14 years	\$141.50	1509558
Splash Wave Pool	613-748-4222	Sun.	10:30 am-2:15 pm	Sep 29	9	15+ years	\$160	1509562
Splash Wave Pool	613-748-4222	Sun.	10:30 am-2:15 pm	Jan 12	9	12-14 years	\$141.50	1509559
Splash Wave Pool	613-748-4222	Sun.	10:30 am-2:15 pm	Jan 12	9	15+ years	\$160	1509561

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	Sep 21	2	12-14 years	\$122.50	1487786
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Sep 21	2	15+ years	\$138.50	1487792
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 11	2	12-14 years	\$122.50	1490912
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jan 11	2	15+ years	\$138.50	1490915
Canterbury	613-247-4865	Sat.	9 am-5 pm	Sep 14	2	12-14 years	\$122.50	1483148
Canterbury	613-247-4865	Sat.	9 am-5 pm	Sep 14	2	15+ years	\$138.50	1483150
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jan 18	2	12-14 years	\$122.50	1486587
Canterbury	613-247-4865	Sat.	9 am-5 pm	Jan 18	2	15+ years	\$138.50	1486590

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
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Oct 5	2	12-14 years	\$122.50	1488243
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Oct 5	2	15+ years	\$138.50	1488252
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Mar 7	2	12-14 years	\$122.50	1488250
Jules Morin Park	Ext. 44426	Sat.-Sun.	9 am-5:30 pm	Mar 7	2	15+ years	\$138.50	1488253
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Sep 21	2	12-14 years	\$122.50	1500707
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Sep 21	2	15+ years	\$138.50	1500697
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jan 18	2	12-14 years	\$122.50	1506377
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Jan 18	2	15+ years	\$138.50	1506390
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 14	2	12-14 years	\$122.50	1485749
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Sep 14	2	15+ years	\$138.50	1485755
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 19	2	12-14 years	\$122.50	1485750
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Oct 19	2	15+ years	\$138.50	1485756
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 9	2	12-14 years	\$122.50	1485751
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Nov 9	2	15+ years	\$138.50	1485757
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jan 11	2	12-14 years	\$122.50	1487053
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jan 11	2	15+ years	\$138.50	1487066
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 22	2	12-14 years	\$122.50	1487058
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Feb 22	2	15+ years	\$138.50	1487070
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Nov 23	2	12-14 years	\$122.50	1509453
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Nov 23	2	15+ years	\$138.50	1509458
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jan 25	2	12-14 years	\$122.50	1509456

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
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	Jan 25	2	15+ years	\$138.50	1509461
Pinecrest	613-580-9676	Thu.-Fri.	9 am-5 pm	Dec 19	2	12-14 years	\$122.50	1504028
Pinecrest	613-580-9676	Thu.-Fri.	9 am-5 pm	Dec 19	2	15+ years	\$138.50	1504035
Pinecrest	613-580-9676	Thu.-Fri.	9 am-5 pm	Feb 13	2	12-14 years	\$122.50	1504628
Pinecrest	613-580-9676	Thu.-Fri.	9 am-5 pm	Feb 13	2	15+ years	\$138.50	1504636
Ray Friel	613-580-4765	Sat.-Sun.	8:30 am-4:30 pm	Oct 26	2	12-14 years	\$122.50	1500669
Ray Friel	613-580-4765	Sat.-Sun.	8:30 am-4:30 pm	Oct 26	2	15+ years	\$138.50	1500672
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Feb 29	2	12-14 years	\$122.50	1500845
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Feb 29	2	15+ years	\$138.50	1500849
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Dec 7	2	12-14 years	\$122.50	1488814
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Dec 7	2	15+ years	\$138.50	1488812
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Feb 29	2	12-14 years	\$122.50	1488845
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	Feb 29	2	15+ years	\$138.50	1488842
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	9 am-5 pm	Nov 9	2	12-14 years	\$122.50	1500893
Sawmill Creek Pool	613-521-4092	Sat.-Sun.	9 am-5 pm	Nov 9	2	15+ years	\$138.50	1500885
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Dec 7	2	12-14 years	\$122.50	1509574
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Dec 7	2	15+ years	\$138.50	1509572
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Feb 22	2	12-14 years	\$122.50	1509575
Splash Wave Pool	613-748-4222	Sat.-Sun.	9 am-5 pm	Feb 22	2	15+ years	\$138.50	1509573
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Nov 23	2	12-14 years	\$122.50	1493761
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Nov 23	2	15+ years	\$138.50	1493778

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
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Feb 1	2	12-14 years	\$122.50	1512346
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Feb 1	2	15+ years	\$138.50	1504848
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Oct 19	2	12-14 years	\$122.50	1489202
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Oct 19	2	15+ years	\$138.50	1489214
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Dec 21	2	12-14 years	\$122.50	1489209
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Dec 21	2	15+ years	\$138.50	1489227
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Mar 7	2	12-14 years	\$122.50	1489452
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Mar 7	2	15+ years	\$138.50	1489453

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 proof of certification. 100% attendance is required. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Nov 16	1	12-14 years	\$80	1487793
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Nov 16	1	15+ years	\$90.50	1487797
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Feb 22	1	12-14 years	\$80	1490921
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Feb 22	1	15+ years	\$90.50	1490924
Canterbury	613-247-4865	Sat.	9 am-5 pm	Feb 29	1	12-14 years	\$80	1486591
Canterbury	613-247-4865	Sat.	9 am-5 pm	Feb 29	1	15+ years	\$90.50	1486593
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Nov 9	1	12-14 years	\$80	1488255
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Nov 9	1	15+ years	\$90.50	1488264
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Jan 4	1	12-14 years	\$80	1488257

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 proof of certification. 100% attendance is required. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.	9 am-5:30 pm	Jan 4	1	15+ years	\$90.50	1488266
Kanata Leisure Centre	613-580-9677	Sun.	8 am-4 pm	Sep 29	1	12-14 years	\$80	1500716
Kanata Leisure Centre	613-580-9677	Sun.	8 am-4 pm	Sep 29	1	15+ years	\$90.50	1500723
Kanata Leisure Centre	613-580-9677	Sun.	8 am-4 pm	Jan 26	1	12-14 years	\$80	1506385
Kanata Leisure Centre	613-580-9677	Sun.	8 am-4 pm	Jan 26	1	15+ years	\$90.50	1506402
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 7	1	12-14 years	\$80	1485763
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Sep 7	1	15+ years	\$90.50	1485768
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 5	1	12-14 years	\$80	1485764
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Oct 5	1	15+ years	\$90.50	1485769
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 30	1	12-14 years	\$80	1485765
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Nov 30	1	15+ years	\$90.50	1485770
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Dec 21	1	12-14 years	\$80	1485766
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Dec 21	1	15+ years	\$90.50	1485771
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 18	1	12-14 years	\$80	1487086
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jan 18	1	15+ years	\$90.50	1487091
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Mar 14	1	12-14 years	\$80	1487088
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Mar 14	1	15+ years	\$90.50	1487094
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Oct 19	1	15+ years	\$90.50	1509463
Pinecrest	613-580-9676	Mon.	9 am-5 pm	Dec 30	1	12-14 years	\$80	1504045
Pinecrest	613-580-9676	Mon.	9 am-5 pm	Dec 30	1	15+ years	\$90.50	1504056
Pinecrest	613-580-9676	Fri.	9 am-5 pm	Feb 7	1	12-14 years	\$80	1504647

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 proof of certification. 100% attendance is required. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Fri.	9 am-5 pm	Feb 7	1	15+ years	\$90.50	1504654
Plant	613-232-3000	Tue.	5-9 pm	Sep 10	2	12-14 years	\$80	1503219
Plant	613-232-3000	Tue.	5-9 pm	Sep 10	2	15+ years	\$90.50	1503200
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Dec 1	1	12-14 years	\$80	1500675
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Dec 1	1	15+ years	\$90.50	1500677
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Dec 1	1	12-14 years	\$80	1488809
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Dec 1	1	15+ years	\$90.50	1488808
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Feb 23	1	12-14 years	\$80	1488851
Richcraft-Kanata	613-580-9696	Sun.	9 am-5 pm	Feb 23	1	15+ years	\$90.50	1488848
Sawmill Creek Pool	613-521-4092	Sun.	9 am-5 pm	Sep 22	1	15+ years	\$90.50	1500898
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Sep 14	1	15+ years	\$90.50	1509583
Splash Wave Pool	613-748-4222	Sat.	9 am-5 pm	Mar 7	1	15+ years	\$90.50	1509584
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Jan 18	1	12-14 years	\$80	1504825
St-Laurent Complex	613-742-6767	Sat.	9 am-5 pm	Jan 18	1	15+ years	\$90.50	1504815
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 22	1	12-14 years	\$80	1489235
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Sep 22	1	15+ years	\$90.50	1489270
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 8	1	12-14 years	\$80	1489454
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 8	1	15+ years	\$90.50	1489455

Lifesaving and EFA Instructor

Prerequisite: 16 years of age by the last day of the course, and Bronze Cross. Progressively evaluated so 100% attendance is required. The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Manuals required at additional cost.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.-Sat.	5:30-9:30 pm	Jan 10	4	16+ years	\$124	1490884
Minto-Barrhaven	613-727-2683	Fri.	4:45-9 pm	Nov 22	5	16+ years	\$124	1485785
Minto-Barrhaven	613-727-2683	Fri.	4:30-8 pm	Jan 24	6	16+ years	\$124	1487225
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Nov 1	4	16+ years	\$124	1488801
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Feb 21	4	16+ years	\$124	1488833
Sawmill Creek Pool	613-521-4092	Fri., Sun.	5-8 pm	Oct 25	3	16+ years	\$124	1500930
Sawmill Creek Pool	613-521-4092	Fri.-Sun.	5-10 pm	Feb 7	3	16+ years	\$124	1500971
St-Laurent Complex	613-742-6767	Sat., Fri.	12:30-8:30 pm	Oct 26	3	16+ years	\$124	1509695
St-Laurent Complex	613-742-6767	Sat., Fri.	12:30-8:30 pm	Feb 22	3	16+ years	\$124	1509697
Walter Baker	613-580-2788	Sun.	9 am-2:30 pm	Oct 20	4	16+ years	\$124	1489279
Walter Baker	613-580-2788	Sun.	9 am-2:30 pm	Feb 2	4	16+ years	\$124	1489492

LS Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10 am-2 pm	Oct 19	1	15+ years	\$37	1487782
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	Jan 25	1	15+ years	\$37	1490908
Canterbury	613-247-4865	Sat.	9 am-1 pm	Nov 2	1	15+ years	\$37	1482692
Canterbury	613-247-4865	Sat.	9 am-1 pm	Dec 14	1	15+ years	\$37	1482693

LS Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sat.	9 am-1 pm	Feb 8	1	15+ years	\$37	1484726
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Nov 5	1	15+ years	\$37	1488269
Jules Morin Park	Ext. 44426	Tue.	5-9 pm	Feb 25	1	15+ years	\$37	1488281
Kanata Leisure Centre	613-580-9677	Sun.	10 am-2 pm	Oct 6	1	15+ years	\$37	1494261
Kanata Leisure Centre	613-580-9677	Sun.	10 am-2 pm	Feb 2	1	15+ years	\$37	1504063
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Sep 8	1	15+ years	\$37	1485773
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Oct 6	1	15+ years	\$37	1485775
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Nov 24	1	15+ years	\$37	1485777
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Jan 5	1	15+ years	\$37	1487190
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Feb 2	1	15+ years	\$37	1487191
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Mar 1	1	15+ years	\$37	1487192
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Oct 8	1	15+ years	\$37	1509465
Pinecrest	613-580-9676	Mon.	5-9 pm	Sep 9	1	15+ years	\$37	1504066
Pinecrest	613-580-9676	Fri.	8:30 am-12:30 pm	Dec 27	1	15+ years	\$37	1504069
Pinecrest	613-580-9676	Mon.	5-9 pm	Feb 10	1	15+ years	\$37	1504663
Plant	613-232-3000	Mon.	5:30-9:30 pm	Sep 23	1	15+ years	\$37	1503176
Plant	613-232-3000	Mon.	5:30-9:30 pm	Oct 21	1	15+ years	\$37	1503178
Ray Friel	613-580-4765	Wed.	5-9 pm	Oct 2	1	15+ years	\$37	1500682
Ray Friel	613-580-4765	Wed.	5-9 pm	Nov 27	1	15+ years	\$37	1500680
Ray Friel	613-580-4765	Wed.	5-9 pm	Jan 29	1	15+ years	\$37	1500855
Ray Friel	613-580-4765	Wed.	5-9 pm	Mar 4	1	15+ years	\$37	1500857

LS Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sat.	1-5 pm	Nov 9	1	15+ years	\$37	1488798
Richcraft-Kanata	613-580-9696	Sat.	1-5 pm	Jan 25	1	15+ years	\$37	1488828
Sawmill Creek Pool	613-521-4092	Sat.	9 am-1 pm	Oct 26	1	15+ years	\$37	1500906
Sawmill Creek Pool	613-521-4092	Sat.	9 am-1 pm	Nov 23	1	15+ years	\$37	1500910
Sawmill Creek Pool	613-521-4092	Sat.	9 am-1 pm	Jan 4	1	15+ years	\$37	1500917
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Sep 18	1	15+ years	\$37	1509578
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Dec 11	1	15+ years	\$37	1509579
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Feb 19	1	15+ years	\$37	1509580
St-Laurent Complex	613-742-6767	Sat.	9 am-1 pm	Feb 22	1	15+ years	\$37	1504835
Walter Baker	613-580-2788	Fri.	6-10 pm	Sep 20	1	15+ years	\$37	1489095
Walter Baker	613-580-2788	Fri.	6-10 pm	Oct 18	1	15+ years	\$37	1489096
Walter Baker	613-580-2788	Fri.	6-10 pm	Nov 15	1	15+ years	\$37	1489097
Walter Baker	613-580-2788	Fri.	6-10 pm	Dec 13	1	15+ years	\$37	1489099
Walter Baker	613-580-2788	Fri.	6-10 pm	Jan 17	1	15+ years	\$37	1489446
Walter Baker	613-580-2788	Fri.	6-10 pm	Feb 14	1	15+ years	\$37	1489447

LS Aquatic Supervisor (AS)

Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification; and 100 hours experience as a lifeguard and/or instructor. AS 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. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Tue., Sat.	5-9 pm	Feb 4	2	16+ years	\$100.75	1488300
Pinecrest	613-580-9676	Mon.	4:30-9:30 pm	Sep 30	2	16+ years	\$100.75	1504078

LS Examiners

Prerequisite: Instructor certification in the award(s) the instructor wishes to be appointed to examine. Initial step in obtaining Lifesaving Society examiner status. Experienced Lifesaving Instructors must participate in this clinic and then complete co-exams with a certified examiner. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Sat.	2-8 pm	Sep 28	1	16+ years	\$33.75	1488240
Pinecrest	613-580-9676	Sun.	2-8 pm	Dec 8	1	16+ years	\$33.75	1504010

National Lifeguard (NL)

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol, Premergency Inc. recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Manual required at additional cost.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Sep 29	10	16+ years	\$160	1487724
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Jan 19	10	16+ years	\$160	1490856
Brewer Pool	613-247-4938	Sun.	8:30 am-1 pm	Oct 13	10	16+ years	\$160	1498120
Brewer Pool	613-247-4938	Sun.	8:15 am-1 pm	Jan12	9	16+ years	\$160	1507735
Canterbury	613-247-4865	Sun.	1:30-6:30 pm	Jan 12	10	16+ years	\$160	1484765

National Lifeguard (NL)

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol, Premergency Inc. recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Manual required at additional cost.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CARDELREC Goulbourn	613-580-2532	Sat.	2:30-7:30 pm	Sep 28	9	16+ years	\$160	1510144
CARDELREC Goulbourn	613-580-2532	Sat.	2:30-7:30 pm	Jan 11	9	16+ years	\$160	1510145
Champagne Fitness Centre	613-244-4402	Sat.	2-6 pm	Sep 14	11	16+ years	\$160	1488339
Kanata Leisure	613-580-9677	Sun.	4:30-8:15 pm	Sep 15	13	16+ years	\$160	1494255
Kanata Leisure	613-580-9677	Sun.	3:15-8:30 pm	Jan 12	9	16+ years	\$160	1504309
Minto-Barrhaven	613-727-2683	Mon.	4:30-9:30 pm	Sep 16	9	16+ years	\$160	1485692
Minto-Barrhaven	613-727-2683	Mon.	4-9:15 pm	Jan 6	9	16+ years	\$160	1486965
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Sep 25	13	16+ years	\$160	1509444
Nepean Sportsplex	613-580-2828	Wed.	5-10 pm	Jan 8	10	16+ years	\$160	1509448
Pinecrest	613-580-9676	Sun.	4:30-9 pm	Sep 15	10	16+ years	\$160	1504119
Pinecrest	613-580-9676	Sun.	4:30-9 pm	Jan 5	10	16+ years	\$160	1504678
Ray Friel	613-580-4765	Sat.	12:30-5:30 pm	Sep 14	10	16+ years	\$160	1500663
Richcraft-Kanata	613-580-9696	Mon.	5:30-10 pm	Sep 23	10	16+ years	\$160	1488805
Sawmill Creek Pool	613-521-4092	Thu.	5-8 pm	Sep 19	13	16+ years	\$160	1500784
Sawmill Creek Pool	613-521-4092	Thu.	5-10 pm	Jan 16	9	16+ years	\$160	1500834
Splash Wave Pool	613-748-4222	Sat.	noon-8 pm	Oct 5	6	16+ years	\$160	1509566
Splash Wave Pool	613-748-4222	Sat.	noon-8 pm	Jan 18	6	16+ years	\$160	1509565
St-Laurent Complex	613-742-6767	Sat.	4:30-6 pm	Oct 19	10	16+ years	\$160	1493754
St-Laurent Complex	613-742-6767	Sat.	4:30-9:30 pm	Jan 18	9	16+ years	\$160	1512347
Walter Baker	613-580-2788	Sun.	3-8 pm	Sep 15	9	16+ years	\$160	1488993
Walter Baker	613-580-2788	Sun.	3-8 pm	Jan 12	9	16+ years	\$160	1489421

National Lifeguard and Airway Management

Prerequisites: 16 years of age by last day of course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol, Premergency Inc. recognized). National award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Airway Management certification included. Required additional 2-hour assignment. Manual fee extra. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	Ext. 44426	Sat.-Mon, Thu-Sat.	12:30-8 pm	Dec 28	7	16+ years	\$184.75	1488329
Splash Wave Pool	613-748-4222	Sun.	1:30-7 pm	Sep 29	9	16+ years	\$184.75	1509563
Splash Wave Pool	613-748-4222	Sun.	1:30-7 pm	Jan 12	9	16+ years	\$184.75	1509564

National Lifeguard Instructor

Prerequisites: National Lifeguard certification (any option), Lifesaving Instructor certification, and Advanced Instructor certification. After successful completion of the NL Instructor course, participants are certified to teach all options of the National Lifeguard certification. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Ext. 44426	Tue., Sat.	5-9 pm	Dec 17	3	16+ years	\$138	1488344

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. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	noon-5 pm	Sep 28	1	16+ years	\$73	1487771
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-2 pm	Mar 7	1	16+ years	\$73	1490901
Canterbury	613-247-4865	Sun.	2:30-7:30 pm	Nov 17	1	16+ years	\$73	1483801
Kanata Leisure Centre	613-580-9677	Fri.	4-9 pm	Oct 11	1	16+ years	\$73	1494259
Kanata Leisure Centre	613-580-9677	Fri.	4-9 pm	Feb 14	1	16+ years	\$73	1504316

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. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	Ext. 44426	Sun.	4-9 pm	Sep 29	1	16+ years	\$73	1488294
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Sep 7	1	16+ years	\$73	1485693
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Oct 19	1	16+ years	\$73	1485694
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Nov 16	1	16+ years	\$73	1485695
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Dec 14	1	16+ years	\$73	1485696
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Jan 4	1	16+ years	\$73	1486974
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Feb 1	1	16+ years	\$73	1486976
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Mar 7	1	16+ years	\$73	1486978
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Jan 5	1	16+ years	\$73	1509468
Pinecrest	613-580-9676	Tue.	4:30-9:30 pm	Sep 10	1	16+ years	\$73	1504127
Pinecrest	613-580-9676	Thu.	1-6 pm	Jan 2	1	16+ years	\$73	1504217
Pinecrest	613-580-9676	Wed.	4:30-9:30 pm	Mar 11	1	16+ years	\$73	1504223
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Dec 9	1	16+ years	\$73	1488806
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Jan 13	1	16+ years	\$73	1488836
Richcraft-Kanata	613-580-9696	Mon.	5-10 pm	Mar 2	1	16+ years	\$73	1488839
Sawmill Creek Pool	613-521-4092	Sun.	3-8 pm	Oct 20	1	16+ years	\$73	1500864
Sawmill Creek Pool	613-521-4092	Sun.	3-8 pm	Jan 19	1	16+ years	\$73	1500877
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Nov 30	1	16+ years	\$73	1509576
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Jan 18	1	16+ years	\$73	1509577
St-Laurent Complex	613-742-6767	Sat.	4:30-9:30 pm	Oct 26	1	16+ years	\$73	1493758
St-Laurent Complex	613-742-6767	Sat.	4:30-9:30 pm	Dec 7	1	16+ years	\$73	1493759

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. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Fri.	5:30-10:30 pm	Sep 27	1	16+ years	\$73	1489080
Walter Baker	613-580-2788	Fri.	5:30-10:30 pm	Nov 22	1	16+ years	\$73	1489082
Walter Baker	613-580-2788	Sat.	5:30-10:30 pm	Jan 25	1	16+ years	\$73	1489429

Red Cross Leadership Transfer (WSI)

This course is open to participants that have already taken the Lifesaving Society Swim Instructor course, and are looking to transfer this certification to the Red Cross Water Safety instructor certification. Proof of completion of LS Swim Instructor course required. Manual required at additional cost.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Tue., Thu.	7-9 pm	Sep 17	2	15+ years	\$43	1494758

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform strokes and skills to the equivalent of Red Cross Swim Kids 10, and Bronze Cross (not required to be current). Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course fee. 100% attendance is required.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	noon-2 pm	Nov 9	4	15+ years	\$219.75	1487746
Canterbury	613-247-4865	Fri.	5:30-7:30 pm	Nov 22	4	15+ years	\$219.75	1482903
Canterbury	613-247-4865	Fri.	5:30-7:30 pm	Jan 10	4	15+ years	\$219.75	1486576
CARDELREC Goulbourn	613-580-2532	Sat.	2-4 pm	Sep 21	4	15+ years	\$219.75	1510162
CARDELREC Goulbourn	613-580-2532	Sat.	2-4 pm	Jan 11	4	15+ years	\$219.75	1510161

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform strokes and skills to the equivalent of Red Cross Swim Kids 10, and Bronze Cross (not required to be current). Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course fee. 100% attendance is required.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Sep 8	5	15+ years	\$219.75	1485778
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Sep 8	5	15+ years	\$219.75	1485780
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Jan 12	5	15+ years	\$219.75	1487196
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Jan 12	5	15+ years	\$219.75	1487197
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Sep16	4	15+ years	\$219.75	1509475
Nepean Sportsplex	613-580-2828	Mon.	5-9 pm	Jan 6	4	15+ years	\$219.75	1509477
Pinecrest	613-580-9676	Wed.	6:30-8:30 pm	Sep 4	5	15+ years	\$219.75	1504142
Pinecrest	613-580-9676	Wed.	6:30-8:30 pm	Nov 20	5	15+ years	\$219.75	1504154
Pinecrest	613-580-9676	Wed.	6-8:30 pm	Feb 19	4	15+ years	\$219.75	1504689
Ray Friel	613-580-4765	Sun.	2-6 pm	Sep 15	4	15+ years	\$219.75	1500689
Ray Friel	613-580-4765	Sun.	2-6 pm	Nov 3	4	15+ years	\$219.75	1500692
Ray Friel	613-580-4765	Sun.	2-6 pm	Jan 26	4	15+ years	\$219.75	1500865
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Sep 25	4	15+ years	\$219.75	1488795
Richcraft-Kanata	613-580-9696	Wed.	6-10 pm	Jan 15	4	15+ years	\$219.75	1488818
Sawmill Creek Pool	613-521-4092	Sun.	3:30-5:30 pm	Sep 22	4	15+ years	\$219.75	1501007
Sawmill Creek Pool	613-521-4092	Sun.	3:30-5:30 pm	Jan 5	4	15+ years	\$219.75	1500983
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Sep 11	4	15+ years	\$219.75	1509567
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Oct 16	4	15+ years	\$219.75	1509568
Splash Wave Pool	613-748-4222	Wed.	5-9 pm	Jan 8	4	15+ years	\$219.75	1509569
St-Laurent Complex	613-742-6767	Sat.	4:30-8:30 pm	Sep 21	4	15+ years	\$219.75	1509692

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform strokes and skills to the equivalent of Red Cross Swim Kids 10, and Bronze Cross (not required to be current). Prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course fee. 100% attendance is required.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Sat.	4:30-8:30 pm	Jan 11	4	15+ years	\$219.75	1509698
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Sep 11	5	15+ years	\$219.75	1489288
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Nov 13	5	15+ years	\$219.75	1489299
Walter Baker	613-580-2788	Wed.	6:30-8:30 pm	Jan 8	5	15+ years	\$219.75	1489493

Red Cross Water Safety Instructor Part 2

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.-Sun.	5-10 pm	Jan 30	4	15+ years	\$196.25	1490892
Canterbury	613-247-4865	Mon.-Fri.	1:30-7:30 pm	Mar 16	5	15+ years	\$196.25	1486582
CARDELREC Goulbourn	613-580-2532	Sat.	9 am-4:30 pm	Nov 23	4	15+ years	\$196.25	1510163
CARDELREC Goulbourn	613-580-2532	Sat.	9 am-4:30 pm	Feb 15	4	15+ years	\$196.25	1510164
Minto-Barrhaven	613-727-2683	Sun.	3:30-8 pm	Oct 20	6	15+ years	\$196.25	1485783
Minto-Barrhaven	613-727-2683	Sat.	4-8:30 pm	Jan 4	6	15+ years	\$196.25	1487204
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Nov 13	6	15+ years	\$196.25	1509481
Nepean Sportsplex	613-580-2828	Wed.	4:30-9 pm	Jan 22	6	15+ years	\$196.25	1509483
Pincrest	613-580-9676	Wed.	5-9:30 pm	Oct 9	6	15+ years	\$196.25	1504167
Pincrest	613-580-9676	Wed.	5-9:30 pm	Jan 8	6	15+ years	\$196.25	1504696

Red Cross Water Safety Instructor Part 2

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

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Ray Friel	613-580-4765	Sat.-Sun.	9 am-4 pm	Dec 7	4	15+ years	\$196.25	1500706
Richcraft-Kanata	613-580-9696	Wed.	5:30-10 pm	Nov 13	6	15+ years	\$196.25	1488796
Richcraft-Kanata	613-580-9696	Fri.	5:30-10 pm	Jan 10	6	15+ years	\$196.25	1488822
Sawmill Creek Pool	613-521-4092	Sun.	10:30 am-6:30 pm	Nov 17	3	15+ years	\$196.25	1501022
Sawmill Creek Pool	613-521-4092	Sun.	10:30 am-6:30 pm	Feb 23	3	15+ years	\$196.25	1501036
Splash Wave Pool	613-748-4222	Sat.-Sun.	10 am-4:30 pm	Nov 30	4	15+ years	\$196.25	1509570
Splash Wave Pool	613-748-4222	Sat.-Sun.	10 am-4:30 pm	Feb 29	4	15+ years	\$196.25	1509571
St-Laurent Complex	613-742-6767	Fri.-Sat.	5-10 pm	Nov 22	4	15+ years	\$196.25	1509693
St-Laurent Complex	613-742-6767	Fri.-Sat.	5-10 pm	Mar 6	4	15+ years	\$196.25	1509699
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Nov 2	4	15+ years	\$196.25	1489306
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Feb 1	4	15+ years	\$196.25	1489552

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. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-2 pm	Oct 5	1	16+ years	\$73	1487758
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-2 pm	Feb 29	1	16+ years	\$73	1490895
Canterbury	613-247-4865	Sun.	2:30-7:30 pm	Nov 24	1	16+ years	\$73	1482905
Kanata Leisure Centre	613-580-9677	Sat.	1-6 pm	Sep 14	1	16+ years	\$73	1503886

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. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure Centre	613-580-9677	Sat.	1-6 pm	Mar 14	1	16+ years	\$73	1508085
Lowertown Pool	Ext. 44426	Sun.	4-9 pm	Sep 22	1	16+ years	\$73	1488308
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Sep 4	1	16+ years	\$73	1485786
Minto-Barrhaven	613-727-2683	Wed.	4-9 pm	Nov 13	1	16+ years	\$73	1485787
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	Jan 29	1	16+ years	\$73	1487231
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	Feb 26	1	16+ years	\$73	1487232
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Oct 24	1	16+ years	\$73	1509470
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Dec 12	1	16+ years	\$73	1509471
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Jan 9	1	16+ years	\$73	1509473
Pinecrest	613-580-9676	Wed.	4:30-9:30 pm	Sep 11	1	16+ years	\$73	1504193
Pinecrest	613-580-9676	Fri.	1-6 pm	Dec 27	1	16+ years	\$73	1504198
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Oct 30	1	16+ years	\$73	1488797
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Feb 26	1	16+ years	\$73	1488824
Sawmill Creek Pool	613-521-4092	Sun.	3-8 pm	Oct 27	1	16+ years	\$73	1501055
Sawmill Creek Pool	613-521-4092	Sun.	3-8 pm	Mar 1	1	16+ years	\$73	1501069
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Nov 23	1	16+ years	\$73	1509582
Splash Wave Pool	613-748-4222	Sat.	4-9 pm	Jan 25	1	16+ years	\$73	1509581
Walter Baker	613-580-2788	Sat.	1-6 pm	Oct 5	1	15+ years	\$73	1489326
Walter Baker	613-580-2788	Sat.	1-6 pm	Dec 7	1	15+ years	\$73	1489334
Walter Baker	613-580-2788	Sat.	1-6 pm	Mar 7	1	15+ years	\$73	1489554

Be a Water Watcher

**Keep children
in sight at all times**



ottawa.ca/watersafety



Junior Lifeguard

Visit us online at ottawa.ca/recreation or 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.

Junior Lifeguard Club (J.L.C.)

Join the J.L.C. and experience what lifeguarding is really like. The J.L.C. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment. Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute. Recommended 8-15 years of age.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Fri.	6:30-7:30 pm	Oct 11	10	8-14 years	\$93.75	1498104
Minto-Barrhaven	613-727-2683	Mon.	5:45-6:45 pm	Sep 9	14	8-14 years	\$131.25	1484136
Minto-Barrhaven	613-727-2683	Wed.	5:45-6:45 pm	Sep 11	15	8-14 years	\$140.50	1484138
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:30 pm	Sep 13	15	8-14 years	\$140.50	1484140
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:30 pm	Jan 10	10	8-14 years	\$93.75	1501772
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Sep 22	11	8-10 years	\$103.25	1492415
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Sep 22	11	11-14 years	\$103.25	1492416
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Jan 5	10	8-10 years	\$93.75	1494381
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Jan 5	10	11-14 years	\$93.75	1494382
Sawmill Creek Pool	613-521-4092	Tue.	5-6 pm	Jan 14	9	8-14 years	\$84.50	1495750

Competition

Aquathon

Continuous race involving swimming 650m followed by running 5k. Swim course is in a pool in an open swim format. Swimmers must be able to swim a minimum of 50m in deep water.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11:30 am-1 pm	Sep 14	4	12-14 years	\$90.50	1494008
Bob MacQuarrie-Orléans	613-580-9600	Sat.	11:30 am-1 pm	Sep 14	4	15-17 years	\$90.50	1494013

Powerswim

Introduction – Child

Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop. Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Sep 14	14	8-12 years	\$131.25	1486682
Bob MacQuarrie-Orléans	613-580-9600	Sun.	noon-1 pm	Sep 15	14	8-12 years	\$131.25	1486687
Bob MacQuarrie-Orléans	613-580-9600	Tue.	7-8 pm	Sep 17	14	8-12 years	\$131.25	1486678
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 19	14	8-12 years	\$131.25	1486680
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Jan 4	12	8-12 years	\$112.50	1491394
Bob MacQuarrie-Orléans	613-580-9600	Sun.	noon-1 pm	Jan 5	12	8-12 years	\$112.50	1491396
Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Jan 7	12	8-12 years	\$112.50	1491393
Canterbury	613-247-4865	Tue.	4-5 pm	Oct 29	8	8-12 years	\$75	1482736
Canterbury	613-247-4865	Thu.	5-6 pm	Oct 31	8	8-12 years	\$75	1483797
Canterbury	613-247-4865	Tue.	4-5 pm	Jan 7	10	8-12 years	\$93.75	1484725
Canterbury	613-247-4865	Thu.	4-5 pm	Jan 9	10	8-12 years	\$93.75	1484724
CARDELREC Goulbourn	613-580-2532	Thu.	7-8 pm	Sep 19	13	8-12 years	121.75	1485296

Introduction – Child

Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop. Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 22	12	8-12 years	\$112.50	1485292
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 12	9	8-12 years	\$84.50	1493053
CARDELREC Goulbourn	613-580-2532	Thu.	7-8 pm	Jan 16	10	8-12 years	\$93.75	1493055
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Sep 7	14	8-12 years	\$131.25	1482369
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jan 4	10	8-12 years	\$93.75	1483414
Kanata Leisure Centre	613-580-9677	Thu.	7-8 pm	Sep 19	12	8-12 years	\$112.50	1495069
Kanata Leisure Centre	613-580-9677	Thu.	7-8 pm	Jan 16	9	8-12 years	\$84.50	1505112
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	8-12 years	\$65.75	1502454
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	8-12 years	\$65.75	1502455
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	8-12 years	\$93.75	1505305
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Sep 8	14	8-12 years	\$131.25	1484068
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Sep 9	14	8-12 years	\$131.25	1484065
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Sep 12	14	8-12 years	\$131.25	1484067
Minto-Barrhaven	613-727-2683	Sun.	4-5 pm	Jan 5	10	8-12 years	\$93.75	1501291
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jan 9	10	8-12 years	\$93.75	1501277
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Sep 24	13	8-12 years	\$121.75	1494996
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Sep 29	11	8-12 years	\$103.25	1495003
Nepean Sportsplex	613-580-2828	Tue.	7:15-8:15 pm	Jan 7	10	8-12 years	\$93.75	1509373
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Jan 12	9	8-12 years	\$84.50	1509371
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Sep 16	13	8-12 years	\$121.75	1503479
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Sep 18	14	8-12 years	\$131.25	1503484

Introduction – Child

Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop. Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 20	14	8-12 years	\$131.25	1503487
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Jan 6	9	8-12 years	\$84.50	1507231
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jan 8	10	8-12 years	\$93.75	1507244
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Jan 10	10	8-12 years	\$93.75	1507253
Plant	613-232-3000	Sat.	4-5 pm	Sep 7	11	8-12 years	\$103.25	1502942
Plant	613-232-3000	Thu.	6:30-7:30 pm	Jan 9	7	8-12 years	\$65.75	1503347
Plant	613-232-3000	Sat.	4-5 pm	Jan 11	7	8-12 years	\$65.75	1503352
Plant	613-232-3000	Wed.	6-7 pm	Feb 26	7	8-12 years	\$65.75	1503343
Plant	613-232-3000	Sat.	4-5 pm	Feb 29	6	8-12 years	\$56.25	1503354
Ray Friel	613-580-4765	Thu.	5:15-6:15 pm	Sep 12	15	8-12 years	\$140.50	1508312
Ray Friel	613-580-4765	Thu.	5:30-6:30 pm	Jan 9	7	8-12 years	\$65.75	1504920
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Sep 23	12	8-12 years	\$112.50	1491375
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Sep 25	13	8-12 years	\$121.75	1491377
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Sep 27	13	8-12 years	\$121.75	1491378
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Jan 6	9	8-12 years	\$84.50	1494153
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Jan 8	10	8-12 years	\$93.75	1494157
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Jan 10	10	8-12 years	\$93.75	1494159
Sawmill Creek Pool	613-521-4092	Tue.	5-6 pm	Sep 17	14	8-12 years	\$131.25	1500254
Sawmill Creek Pool	613-521-4092	Fri.	4-5 pm	Jan 17	9	8-12 years	\$84.50	1495781
Splash Wave Pool	613-748-4222	Sat.	9-10 am	Sep 14	13	8-12 years	\$121.75	1511719
Splash Wave Pool	613-748-4222	Sat.	9-10 am	Jan 11	10	8-12 years	\$93.75	1511720

Introduction – Child

Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop. Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Tue.	5-6 pm	Sep 10	14	8-12 years	\$131.25	1491032
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Sep 14	13	8-12 years	\$121.75	1491030
Walter Baker	613-580-2788	Sun.	8:30-9:30 am	Sep 15	13	8-12 years	\$121.75	1491031
Walter Baker	613-580-2788	Tue.	5-6 pm	Jan 7	14	8-12 years	\$103.25	1496696
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Jan 11	11	8-12 years	\$103.25	1496694
Walter Baker	613-580-2788	Sun.	8:30-9:30 am	Jan 12	11	8-12 years	\$103.25	1496695

Introduction – Teen

Prerequisites: 13 years of age & Swim Kids 6 OR ability to swim 75m nonstop. Youth focused pre-competitive program developing freestyle & backstroke strokes & turns, and introducing whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	13-14 years	\$65.75	1502464
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	15-17 years	\$74.25	1502460
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	13-14 years	\$65.75	1502465
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	15-17 years	\$74.25	1502462
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	13-14 years	\$93.75	1505309
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	15-17 years	\$106	1505307
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Sep 16	13	13-14 years	\$121.75	1503503
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Sep 16	13	15-17 years	\$137.75	1503538
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Sep 18	14	13-14 years	\$131.25	1503516

Introduction – Teen

Prerequisites: 13 years of age & Swim Kids 6 OR ability to swim 75m nonstop. Youth focused pre-competitive program developing freestyle & backstroke strokes & turns, and introducing whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Sep 18	14	15-17 years	\$148.25	1503544
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 20	14	13-14 years	\$131.25	1503524
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 20	14	15-17 years	\$148.25	1503549
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Jan 6	9	13-14 years	\$84.50	1507282
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Jan 6	9	15-17 years	\$95.25	1507447
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jan 8	10	13-14 years	\$93.75	1507290
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Jan 8	10	15-17 years	\$106	1507454
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Jan 10	10	13-14 years	\$93.75	1507295
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Jan 10	10	15-17 years	\$106	1507459
Ray Friel	613-580-4765	Thu.	5:15-6:15 pm	Sep 12	15	13-14 years	\$140.50	1508316
Ray Friel	613-580-4765	Thu.	5:30-6:30 pm	Jan 9	7	13-14 years	\$65.75	1504926
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Sep 23	12	13-14 years	\$112.50	1491440
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Sep 25	13	13-14 years	\$121.75	1491444
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Sep 27	13	13-14 years	\$121.75	1491445
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Jan 6	9	13-14 years	\$84.50	1494198
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Jan 8	10	13-14 years	\$93.75	1494199
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Jan 10	10	13-14 years	\$93.75	1494201
Sawmill Creek Pool	613-521-4092	Tue.	5-6 pm	Sep 17	14	13-14 years	\$131.25	1500255
Sawmill Creek Pool	613-521-4092	Fri.	4-5 pm	Jan 17	9	13-14 years	\$84.50	1495783

Introduction – Adult

Prerequisites: 18 years & ability to swim 75m nonstop. Basic stroke technique for freestyle & backstroke. Pre-competitive program for adults that develops freestyle & backstroke strokes & turns, and introducing whip kick & dolphin kick. Build to an endurance swim of 200m nonstop & a workout total of 800-1000m.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Oct 29	8	18+ years	\$120.50	1482737
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Jan 7	10	18+ years	\$150.50	1484672
Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 9	10	18+ years	\$150.50	1502859
Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 6	7	18+ years	\$105.50	1503267
Plant	613-232-3000	Mon.	6:30-7:30 pm	Feb 24	7	18+ years	\$105.50	1503272

Intermediate – Child

Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor. Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Sep 14	14	8-12 years	\$131.25	1486668
Bob MacQuarrie-Orléans	613-580-9600	Sun.	noon-1 pm	Sep 15	14	8-12 years	\$131.25	1486672
Bob MacQuarrie-Orléans	613-580-9600	Tue.	7-8 pm	Sep 17	14	8-12 years	\$131.25	1486663
Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8 pm	Sep 19	14	8-12 years	\$131.25	1486666
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Jan 4	12	8-12 years	\$112.50	1491367
Bob MacQuarrie-Orléans	613-580-9600	Sun.	noon-1 pm	Jan 5	12	8-12 years	\$112.50	1491370
Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Jan 7	12	8-12 years	\$112.50	1491362
Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8 pm	Jan 9	12	8-12 years	\$112.50	1491365
Canterbury	613-247-4865	Tue.	4-5 pm	Oct 29	8	8-12 years	\$75	1482731
Canterbury	613-247-4865	Tue.	5-6 pm	Oct 29	8	8-12 years	\$75	1482732
Canterbury	613-247-4865	Thu.	4-5 pm	Oct 31	8	8-12 years	\$75	1482729

Intermediate – Child

Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor. Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	5-6 pm	Oct 31	8	8-12 years	\$75	1482730
Canterbury	613-247-4865	Tue.	4-5 pm	Jan 7	10	8-12 years	\$93.75	1484706
Canterbury	613-247-4865	Tue.	5-6 pm	Jan 7	10	8-12 years	\$93.75	1484703
Canterbury	613-247-4865	Thu.	4-5 pm	Jan 9	10	8-12 years	\$93.75	1484700
Canterbury	613-247-4865	Thu.	5-6 pm	Jan 9	10	8-12 years	\$93.75	1484701
CARDELREC Goulbourn	613-580-2532	Thu.	8-9 pm	Sep 19	13	8-12 years	\$121.75	1485283
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 22	12	8-12 years	\$112.50	1485282
CARDELREC Goulbourn	613-580-2532	Thu.	8-9 pm	Jan 9	10	8-12 years	\$93.75	1493046
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 12	9	8-12 years	\$84.50	1493037
François Dupuis	613-580-8080	Sat.	5-6 pm	Sep 7	14	8-12 years	\$131.25	1482366
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Sep 8	14	8-12 years	\$131.25	1482367
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Sep 12	15	8-12 years	\$140.50	1482368
François Dupuis	613-580-8080	Sat.	5-6 pm	Jan 4	10	8-12 years	\$93.75	1483410
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Jan 5	10	8-12 years	\$93.75	1483411
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Jan 9	10	8-12 years	\$93.75	1483413
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Sep 19	12	8-12 years	\$112.50	1495066
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Jan 16	9	8-12 years	\$84.50	1505114
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	8-12 years	\$65.75	1502439
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	8-12 years	\$65.75	1502441
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	8-12 years	\$93.75	1505301
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Sep 8	14	8-12 years	\$131.25	1484083
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Sep 9	14	8-12 years	\$131.25	1484077

Intermediate – Child

Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor. Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Sep 12	14	8-12 years	\$131.25	1484080
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Jan 5	10	8-12 years	\$93.75	1501343
Minto-Barrhaven	613-727-2683	Thu.	4:30-5:30 pm	Jan 9	10	8-12 years	\$93.75	1501334
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Sep 23	12	8-12 years	\$112.50	1495016
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Sep 29	11	8-12 years	\$103.25	1495022
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Jan 6	9	8-12 years	\$84.50	1509366
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Jan 12	9	8-12 years	\$84.50	1509365
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Sep 16	13	8-12 years	\$121.75	1503561
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Sep 18	14	8-12 years	\$131.25	1503565
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Sep 20	14	8-12 years	\$131.25	1503571
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Jan 6	9	8-12 years	\$84.50	1507358
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Jan 8	10	8-12 years	\$93.75	1507372
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Jan 10	10	8-12 years	\$93.75	1507382
Plant	613-232-3000	Sat.	5-6 pm	Sep 7	11	8-12 years	\$103.25	1502900
Plant	613-232-3000	Thu.	5:30-6:30 pm	Sep 12	11	8-12 years	\$103.25	1502902
Plant	613-232-3000	Thu.	6:30-7:30 pm	Jan 9	7	8-12 years	\$65.75	1503323
Plant	613-232-3000	Sat.	5-6 pm	Jan 11	7	8-12 years	\$65.75	1503328
Plant	613-232-3000	Sat.	5-6 pm	Feb 29	6	8-12 years	\$56.25	1503334
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Sep 23	12	8-12 years	\$112.50	1491380
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Sep 25	13	8-12 years	\$121.75	1491381
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Sep 27	13	8-12 years	\$121.75	1491384

Intermediate – Child

Prerequisites: 8 years of age & Powerswim Introduction or recommendation by Instructor. Pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Jan 6	9	8-12 years	\$84.50	1494163
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Jan 8	10	8-12 years	\$93.75	1494166
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Jan 10	10	8-12 years	\$93.75	1494167
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Sep 17	14	8-12 years	\$131.25	1500256
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Jan 14	9	8-12 years	\$84.50	1495788
Sawmill Creek Pool	613-521-4092	Fri.	4-5 pm	Jan 17	9	8-12 years	\$84.50	1495786
Splash Wave Pool	613-748-4222	Sat.	10-11 am	Sep 14	13	8-12 years	\$121.75	1511721
Splash Wave Pool	613-748-4222	Sat.	10-11 am	Jan 11	10	8-12 years	\$93.75	1511722
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Sep 16	13	8-12 years	\$121.75	1491021
St-Laurent Complex	613-742-6767	Thu.	6-7 pm	Sep 19	14	8-12 years	\$131.25	1493651
St-Laurent Complex	613-742-6767	Fri.	6-7 pm	Sep 20	14	8-12 years	\$131.25	1493657
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Jan 13	10	8-12 years	\$93.75	1503381
St-Laurent Complex	613-742-6767	Thu.	6-7 pm	Jan 16	11	8-12 years	\$103.25	1503393
St-Laurent Complex	613-742-6767	Fri.	6-7 pm	Jan 17	11	8-12 years	\$103.25	1503399
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 10	14	8-12 years	\$131.25	1491037
Walter Baker	613-580-2788	Thu.	6-7 pm	Sep 12	14	8-12 years	\$131.25	1491038
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Sep 14	13	8-12 years	\$121.75	1491034
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Sep 15	13	8-12 years	\$121.75	1491035
Walter Baker	613-580-2788	Tue.	6-7 pm	Jan 7	14	8-12 years	\$131.25	1496700
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jan 11	11	8-12 years	\$103.25	1496698
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Jan 12	11	8-12 years	\$103.25	1496699

Intermediate – Teen

Prerequisites: 13 years of age & Powerswim Introduction or recommendation by Instructor. Youth focused pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	13-14 years	\$65.75	1502449
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	15-17 years	\$74.25	1502444
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	13-14 years	\$65.75	1502450
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	15-17 years	\$74.25	1502446
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	13-14 years	\$93.75	1505304
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	15-17 years	\$106	1505302
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Sep 16	13	13-14 years	\$121.75	1503581
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Sep 16	13	15-17 years	\$137.75	1503607
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Sep 18	14	13-14 years	\$131.25	1503588
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Sep 18	14	15-17 years	\$148.25	1503623
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Sep 20	14	13-14 years	\$131.25	1503590
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Sep 20	14	15-17 years	\$148.25	1503627
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Jan 6	9	13-14 years	\$84.50	1507396
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Jan 6	9	15-17 years	\$95.25	1507314
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Jan 8	10	13-14 years	\$93.75	1507404
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Jan 8	10	15-17 years	\$106	1507322
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Jan 10	10	13-14 years	\$93.75	1507408
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Jan 10	10	15-17 years	\$106	1507329
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Sep 23	12	13-14 years	\$112.50	1491449
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Sep 25	13	13-14 years	\$121.75	1491454
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Sep 27	13	13-14 years	\$121.75	1491456

Intermediate – Teen

Prerequisites: 13 years of age & Powerswim Introduction or recommendation by Instructor. Youth focused pre-competitive program that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Jan 6	9	13-14 years	\$84.50	1494205
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Jan 8	10	13-14 years	\$93.75	1494208
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Jan 10	10	13-14 years	\$93.75	1494209
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Sep 17	14	13-14 years	\$131.25	1500257
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Jan 14	9	13-14 years	\$84.50	1495790
Sawmill Creek Pool	613-521-4092	Fri.	4-5 pm	Jan 17	9	13-14 years	\$84.50	1495789

Intermediate – Adult

Prerequisites: 18 years + & Powerswim Introduction or recommendation by Instructor. Pre-competitive program for adults that continues to develop endurance to 300m nonstop & workout total of 1000 to 1500m. Breast stroke & Butterfly strokes & turns are introduced.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Oct 29	8	18+ years	\$120.50	1482738
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Oct 31	8	18+ years	\$120.50	1482739
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Jan 7	10	18+ years	\$150.50	1484669
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Jan 9	10	18+ years	\$150.50	1484651
Plant	613-232-3000	Mon.	7:30-8:30 pm	Sep 9	10	18+ years	\$150.50	1502861
Plant	613-232-3000	Mon.	7:30-8:30 pm	Jan 6	7	18+ years	\$105.50	1503252
Plant	613-232-3000	Mon.	7:30-8:30 pm	Feb 24	7	18+ years	\$105.50	1503257

Advanced – Child

Prerequisites: 8 years of age & Powerswim Intermediate or recommendation by Instructor. Timed distances increase in this pre-competitive program, which includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	5-6 pm	Oct 29	8	8-12 years	\$75	1482727
Canterbury	613-247-4865	Thu.	4-5 pm	Oct 31	8	8-12 years	\$75	1482728
Canterbury	613-247-4865	Tue.	5-6 pm	Jan 7	10	8-12 years	\$93.75	1484695
Canterbury	613-247-4865	Thu.	5-6 pm	Jan 9	10	8-12 years	\$93.75	1484690
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Sep 22	12	8-12 years	\$112.50	1485280
CARDELREC Goulbourn	613-580-2532	Sun.	11:30 am-12:30 pm	Jan 12	9	8-12 years	\$84.50	1493027
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Sep 7	14	8-12 years	\$131.25	1482361
François Dupuis	613-580-8080	Sat.	4-5 pm	Sep 7	14	8-12 years	\$131.25	1482362
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Sep 8	14	8-12 years	\$131.25	1482364
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Sep 10	15	8-12 years	\$140.50	1482365
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Jan 4	10	8-12 years	\$93.75	1483405
François Dupuis	613-580-8080	Sat.	4-5 pm	Jan 4	10	8-12 years	\$93.75	1483407
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jan 5	10	8-12 years	\$93.75	1483408
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Jan 7	10	8-12 years	\$93.75	1483409
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Sep 19	12	8-12 years	\$112.50	1495065
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Jan 16	9	8-12 years	\$84.50	1505115
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	8-12 years	\$65.75	1502404
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	8-12 years	\$65.75	1502406
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	8-12 years	\$93.75	1505288
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Sep 8	14	8-12 years	\$131.25	1484105
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Sep 9	14	8-12 years	\$131.25	1484090

Advanced – Child

Prerequisites: 8 years of age & Powerswim Intermediate or recommendation by Instructor. Timed distances increase in this pre-competitive program, which includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Sep 12	14	8-12 years	\$131.25	1484099
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Jan 5	10	8-12 years	\$93.75	1501357
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Jan 9	10	8-12 years	\$93.75	1501354
Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Sep 25	13	8-12 years	\$121.75	1495031
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Sep 28	11	8-12 years	\$103.25	1495035
Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Jan 8	10	8-12 years	\$93.75	1509363
Nepean Sportsplex	613-580-2828	Sat.	6-7 pm	Jan 11	9	8-12 years	\$84.50	1509362
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 16	13	8-12 years	\$121.75	1503636
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Sep 18	14	8-12 years	\$131.25	1503649
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Sep 20	14	8-12 years	\$131.25	1503656
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Jan 6	9	8-12 years	\$84.50	1507505
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Jan 8	10	8-12 years	\$93.75	1507542
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Jan 10	10	8-12 years	\$93.75	1507543
Plant	613-232-3000	Sat.	5-6 pm	Sep 7	11	8-12 years	\$103.25	1502898
Plant	613-232-3000	Thu.	5:30-6:30 pm	Sep 12	11	8-12 years	\$103.25	1502895
Plant	613-232-3000	Sat.	5-6 pm	Jan 11	7	8-12 years	\$65.75	1503364
Plant	613-232-3000	Sat.	5-6 pm	Feb 29	6	8-12 years	\$56.25	1503361
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Sep 25	13	8-12 years	\$121.75	1491387
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Sep 27	13	8-12 years	\$121.75	1491389
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Jan 8	10	8-12 years	\$93.75	1494168
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Jan 10	10	8-12 years	\$93.75	1494169

Advanced – Child

Prerequisites: 8 years of age & Powerswim Intermediate or recommendation by Instructor. Timed distances increase in this pre-competitive program, which includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Sep 17	14	8-12 years	\$131.25	1500258
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Jan 14	9	8-12 years	\$84.50	1495764
Splash Wave Pool	613-748-4222	Sat.	11 am-noon	Sep 14	13	8-12 years	\$121.75	1511723
Splash Wave Pool	613-748-4222	Sat.	11 am-noon	Jan 11	10	8-12 years	\$93.75	1511724
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Sep 16	13	8-12 years	\$121.75	1493660
St-Laurent Complex	613-742-6767	Thu.	6-7 pm	Sep 19	14	8-12 years	\$131.25	1493664
St-Laurent Complex	613-742-6767	Fri.	5-6 pm	Sep 20	14	8-12 years	\$131.25	1493683
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Jan 13	10	8-12 years	\$93.75	1503410
St-Laurent Complex	613-742-6767	Thu.	6-7 pm	Jan 16	11	8-12 years	\$103.25	1503418
St-Laurent Complex	613-742-6767	Fri.	5-6 pm	Jan 17	11	8-12 years	\$103.25	1503425
Walter Baker	613-580-2788	Tue.	6-7 pm	Sep 10	14	8-12 years	\$131.25	1491042
Walter Baker	613-580-2788	Thu.	6-7 pm	Sep 12	14	8-12 years	\$131.25	1491043
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Sep 14	13	8-12 years	\$121.75	1491039
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Sep 15	13	8-12 years	\$121.75	1491040
Walter Baker	613-580-2788	Tue.	6-7 pm	Jan 7	14	8-12 years	\$131.25	1496704
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jan 11	11	8-12 years	\$103.25	1496702
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Jan 12	11	8-12 years	\$103.25	1496703

Advanced – Teen

Prerequisites: 13 years of age & Powerswim Intermediate or recommendation by Instructor. Timed distances increase in this pre-competitive program for youth, which includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	13-14 years	\$65.75	1502420
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Sep 13	7	15-17 years	\$74.25	1502412
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	13-14 years	\$65.75	1502421
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Nov 1	7	15-17 years	\$74.25	1502413
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	13-14 years	\$93.75	1505294
Lowertown Pool	Ext. 44426	Fri.	6-7 pm	Jan 10	10	15-17 years	\$106	1505293
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 16	13	13-14 years	\$121.75	1503663
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 16	13	15-17 years	\$137.75	1503691
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Sep 18	14	13-14 years	\$131.25	1503673
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Sep 18	14	15-17 years	\$148.25	1503699
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Sep 20	14	13-14 years	\$131.25	1503677
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Sep 20	14	15-17 years	\$148.25	1503703
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Jan 6	9	13-14 years	\$84.50	1507551
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Jan 6	9	15-17 years	\$95.25	1507574
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Jan 8	10	13-14 years	\$93.75	1507558
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Jan 8	10	15-17 years	\$106	1507582
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Jan 10	10	13-14 years	\$93.75	1507563
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Jan 10	10	15-17 years	\$106	1507585
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Sep 25	13	13-14 years	\$121.75	1491462
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Sep 27	13	13-14 years	\$121.75	1491463
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Jan 8	10	13-14 years	\$93.75	1494219

Advanced – Teen

Prerequisites: 13 years of age & Powerswim Intermediate or recommendation by Instructor. Timed distances increase in this pre-competitive program for youth, which includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Jan 10	10	13-14 years	\$93.75	1494221
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Sep 17	14	13-14 years	\$131.25	1500260
Sawmill Creek Pool	613-521-4092	Tue.	6-7 pm	Jan 14	9	13-14 years	\$84.50	1495777

Advanced – Adult

Prerequisites: 18 years + & Powerswim Intermediate or recommendation by Instructor. Timed distances increase in this adult focused program, which includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Oct 31	8	18+ years	\$120.50	1482740
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Jan 9	10	18+ years	\$150.50	1484641

Combo – Child

Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop. A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Wed.	7:30-8:30 pm	Oct 9	10	8-12 years	\$93.75	1498110
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Oct 11	10	8-12 years	\$93.75	1498099
Brewer Pool	613-247-4938	Wed.	7:30-8:30 pm	Jan 8	10	8-12 years	\$93.75	1507647
Brewer Pool	613-247-4938	Fri.	7:30-8:30 pm	Jan 10	10	8-12 years	\$93.75	1507680

Combo – Child

Prerequisites: 8 years of age & Swim Kids 6 OR ability to swim 75m nonstop. A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Sep 9	7	8-12 years	\$65.75	1502422
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Nov 4	7	8-12 years	\$65.75	1502424
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Jan 6	9	8-12 years	\$84.50	1505296

Combo – Teen

Prerequisites: 13 years of age & Powerswim Introduction or recommendation by Instructor. A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group. For extension numbers, call 613-580-2400, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Wed.	7:30-8:30 pm	Oct 9	10	13-14 years	\$93.75	1498113
Brewer Pool	613-247-4938	Wed.	7:30-8:30 pm	Oct 9	10	15-17 years	\$106	1498112
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Oct 11	10	13-14 years	\$93.75	1498102
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Oct 11	10	15-17 years	\$106	1498100
Brewer Pool	613-247-4938	Wed.	7:30-8:30 pm	Jan 8	10	13-14 years	\$93.75	1507667
Brewer Pool	613-247-4938	Wed.	7:30-8:30 pm	Jan 8	10	15-17 years	\$106	1507659
Brewer Pool	613-247-4938	Fri.	7:30-8:30 pm	Jan 10	10	13-14 years	\$93.75	1507686
Brewer Pool	613-247-4938	Fri.	7:30-8:30 pm	Jan 10	10	15-17 years	\$106	1507684
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Sep 9	7	13-14 years	\$65.75	1502434
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Sep 9	7	15-17 years	\$74.25	1502429
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Nov 4	7	13-14 years	\$65.75	1502435
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Nov 4	7	15-17 years	\$74.25	1502431
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Jan 6	9	13-14 years	\$84.50	1505299
Lowertown Pool	Ext. 44426	Mon.	5:30-6:30 pm	Jan 6	9	15-17 years	\$95.25	1505298

Combo – Adult

Prerequisites: 18 years & ability to swim 75m nonstop. A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Sep 14	14	18+ years	\$210.75	1491269
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:30-9:30 pm	Sep 16	13	18+ years	\$195.75	1491267
Bob MacQuarrie-Orléans	613-580-9600	Wed.	8-9 pm	Sep 18	14	18+ years	\$210.75	1491268
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Jan 4	12	18+ years	\$180.75	1491313
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:30-9:30 pm	Jan 6	11	18+ years	\$165.75	1491309
Bob MacQuarrie-Orléans	613-580-9600	Wed.	8-9 pm	Jan 8	12	18+ years	\$180.75	1491311
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Sep 11	15	18+ years	\$225.75	1484112
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Jan 8	10	18+ years	\$150.50	1501426
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Sep 16	13	18+ years	\$195.75	1503720
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Jan 6	9	18+ years	\$135.50	1507593
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Sep 17	14	18+ years	\$210.75	1512349
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Jan 14	11	18+ years	\$165.75	1512354
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Sep 19	14	18+ years	\$210.75	1512351
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Jan 16	11	18+ years	\$165.75	1512355
St-Laurent Complex	613-742-6767	Sat.	7-8 am	Sep 21	13	18+ years	\$195.75	1512353
St-Laurent Complex	613-742-6767	Sat.	7-8 am	Jan 18	11	18+ years	\$165.75	1512356
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Sep 10	14	18+ years	\$210.75	1491047
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Sep 12	14	18+ years	\$210.75	1491048
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Jan 7	14	18+ years	\$210.75	1496705
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Jan 9	14	18+ years	\$210.75	1496707