

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5 pm	May 15	2	12-14 years	\$131.75	1592499
Jules Morin Park	613-580-2424	Sat.-Sun.	9 am-5pm	May 15	2	15+ years	\$149	1592496
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 29	2	12-14 years	\$131.75	1592036
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 29	2	15+ years	\$149	1592038
Pinecrest	613-580-9676	Fri.	5-9 pm	Apr 9	4	12-14 years	\$131.75	1592120
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	May 13	2	12-14 years	\$131.75	1592091
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jun 17	2	12-14 years	\$131.75	1592092
Pinecrest	613-580-9676	Fri.	5-9 pm	Apr 9	4	15+ years	\$149	1592124
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	May 13	2	15+ years	\$149	1592094
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	Jun 17	2	15+ years	\$149	1592095
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	May 29	2	12-14 years	\$131.75	1592085
Richcraft-Kanata	613-580-9696	Sat.-Sun.	9 am-5 pm	May 29	2	15+ years	\$149	1592078

Standard First Aid with CPR and AED Recertification

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Apr 24	1	12-14 years	\$86	1591895
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Apr 24	1	15+ years	\$97.25	1591896
CardelRec (Goulbourn)	613-580-2532	Sun.	8 am-5 pm	Jun 6	1	12-14 years	\$86	1591280
CardelRec (Goulbourn)	613-580-2532	Sun.	8 am-5 pm	Jun 6	1	15+ years	\$97.25	1591279
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 24	1	12-14 years	\$86	1592044
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 24	1	15+ years	\$97.25	1592042
Pinecrest	613-580-9676	Thu.	8:30 am-4:30 pm	May 20	1	12-14 years	\$86	1592097

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Thu.	8:30 am-4:30 pm	Jun 24	1	12-14 years	\$86	1592100
Pinecrest	613-580-9676	Thu.	8:30 am-4:30 pm	May 20	1	15+ years	\$97.25	1592104
Pinecrest	613-580-9676	Thu.	8:30 am-4:30 pm	Jun 24	1	15+ years	\$97.25	1592105
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	May 15	1	12-14 years	\$86	1592083
Richcraft-Kanata	613-580-9696	Sat.	9 am-5 pm	May 15	1	15+ years	\$97.25	1592089

National Lifeguard

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-10 pm	Apr 11	10	15+ years	\$171.75	1591890
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9:30 pm	Apr 24	8	15+ years	\$171.75	1591258
Lowertown	613-580-2424	Sat.-Sun.	4:30-9:30 pm	May 8	9	15+ years	\$171.75	1592529
Minto-Barrhaven	613-727-2683	Mon.	4-9 pm	Apr 12	9	15+ years	\$171.75	1592018
Minto-Barrhaven	613-727-2683	Sun.	8 am-1 pm	Apr 18	9	15+ years	\$171.75	1592019
Nepean Sportsplex	613-580-2828	Wed.	5-10 pm	Apr 7	9	15+ years	\$171.75	1592387
Pinecrest	613-580-9676	Sun.	3-8 pm	Apr 11	9	15+ years	\$171.75	1592086
Richcraft-Kanata	613-580-9696	Fri.	5:30-10 pm	Apr 16	10	15+ years	\$171.75	1592073
Sawmill Creek	613-521-4092	Wed.	4-9 pm	Apr 7	9	15+ years	\$171.75	1589847

National Lifeguard Recertification

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-2 pm	Jun 12	1	16+ years	\$78.75	1591892

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9 pm	Apr 24	1	16+ years	\$78.75	1591264
Minto-Barrhaven	613-727-2683	Mon.	4-9 pm	Jun 21	1	16+ years	\$78.75	1592061
Pinecrest	613-580-9676	Sun.	4-9 pm	Apr 25	1	16+ years	\$78.75	1592090
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Apr 9	1	16+ years	\$78.75	1592075
Richcraft-Kanata	613-580-9696	Fri.	5-10 pm	Jun 25	1	16+ years	\$78.75	1592077
Sawmill Creek	613-521-4092	Mon.	4-9 pm	May 31	1	16+ years	\$78.75	1589856

Airway Management

Prerequisite: Standard First Aid (the Lifesaving Society has posted a list of agencies on their website which are approved for the SFA prerequisite certification). Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-1 pm	May 15	1	15+ years	\$40	1591891
CardelRec (Goulbourn)	613-580-2532	Sun.	1:30-5:30 pm	May 9	1	15+ years	\$40	1591268
Jules Morin Park	613-580-2424	Tue.	5-9 pm	Apr27	1	15+ years	\$40	1592482
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	May 8	1	15+ years	\$40	1592048
Minto-Barrhaven	613-727-2683	Sat.	9 am-1 pm	Jun 19	1	15+ years	\$40	1592049
Pinecrest	613-580-9676	Mon.	5-9 pm	Apr 12	1	15+ years	\$40	1592062
Pinecrest	613-580-9676	Mon.	5-9 pm	May 17	1	15+ years	\$40	1592063
Pinecrest	613-580-9676	Mon.	5-9 pm	Jun 14	1	15+ years	\$40	1592064
Richcraft-Kanata	613-580-9696	Sat.	1-5 pm	Apr 24	1	15+ years	\$40	1592067
Sawmill Creek	613-521-4092	Tue.	5-9 pm	Apr 13	1	15+ years	\$40	1589852
Sawmill Creek	613-521-4092	Tue.	5-9 pm	May 18	1	15+ years	\$40	1589853

Certification

Red Cross Water Safety Instructor Part 1

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-8 pm	Jun 3	4	15+ years	\$235.75	1591900
CardelRec (Goulbourn)	613-580-2532	Sun.	10a m-Noon	Apr 11	4	15+ years	\$235.75	1591282
Minto-Barrhaven	613-727-2683	Sun.	8-10 am	Apr 18	4	15+ years	\$235.75	1592053
Minto-Barrhaven	613-727-2683	Sun.	10 am-Noon	Apr 18	4	15+ years	\$235.75	1592054
Minto-Barrhaven	613-727-2683	Sun.	8-10 am	May 30	4	15+ years	\$235.75	1592055
Minto-Barrhaven	613-727-2683	Sun.	10 am-Noon	May 30	4	15+ years	\$235.75	1592057
Pinecrest	613-580-9676	Sun.	9:30-11:30 am	Apr 11	4	15+ years	\$235.75	1592106
Pinecrest	613-580-9676	Sun.	9:30-11:30 am	May 16	4	15+ years	\$235.75	1592107
Richcraft-Kanata	613-580-9696	Sun.	4:30-6:30 pm	Apr 11	4	15+ years	\$235.75	1592039
Sawmill Creek	613-521-4092	Wed.	6-8 pm	Apr 7	4	15+ years	\$235.75	1589849
Sawmill Creek	613-521-4092	Sun.	4-6 pm	May 9	4	15+ years	\$235.75	1589848
St-Laurent Complex	613-742-6767	Sat.	4:30-6:30 pm	Apr 10	4	15+ years	\$235.75	1592542

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 number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-3:30 pm	Jun 19	4	15+ years	\$210.75	1591901
CardelRec (Goulbourn)	613-580-2532	Sun.	8 am-1 pm	May 16	5	15+ years	\$210.75	1591285

Certification

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.	4:15-8:45 pm	Apr 12	6	15+ years	\$210.75	1592060
Nepean Sportsplex	613-580-2828	Tue.	5-7:30 pm	Apr 6	6	15+ years	\$210.75	1592926
Pinecrest	613-580-9676	Sun.	2:45-8 pm	May 2	5	15+ years	\$210.75	1592113
Richcraft-Kanata	613-580-9696	Sun.	4-8:30 pm	May 16	6	15+ years	\$210.75	1592046
Sawmill Creek	613-521-4092	Mon.	4:30-9 pm	Apr 12	6	15+ years	\$210.75	1589850

Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge. Candidate will be evaluated on their strokes at the Red Cross Swim kids 10 level. Red Cross Professional Development Modules must be completed online prior to attending the recertification.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-2 pm	Jun 13	1	16+ years	\$78.75	1591893
CardelRec (Goulbourn)	613-580-2532	Sat.	4-9 pm	May 8	1	16+ years	\$78.75	1591290
Pinecrest	613-580-9676	Sun.	2:45-7:45 pm	Apr 18	1	16+ years	\$78.75	1592118
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Apr 14	1	16+ years	\$78.75	1592058
Richcraft-Kanata	613-580-9696	Wed.	5-10 pm	Jun 16	1	16+ years	\$78.75	1592059

Advanced Instructor and Examiner

Aquatic Supervisor Training

Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification; and 100 hours experience as a lifeguard and/or instructor. AST provides candidates with the knowledge that prepares them for the responsibilities associated with being aquatic supervisors, head guards and head instructors. Participants will learn provincial regulations, legal responsibilities, facility management, supervisory and communication skills and risk management. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Sat.-Sun.	10 am-3:30 pm	May 1	2	16+ years	\$108.50	1592485

Certification

Examiners

The Examiner course is the first step in the three-step process to be certified as an Examiner for the Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Sun.	2:30-8:30 pm	Jun 27	1	16+ years	\$36.50	1592924
Sawmill Creek	613-521-4092	Tue., Thu.	5-8 pm	Apr 27	2	15+ years	\$36.50	1589854

Lifesaving and Emergency First Aid Instructor

Progressively evaluated so 100% attendance is required.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-2 pm	Jun 19	4	15+ years	\$133.25	1591902
Minto-Barrhaven	613-727-2683	Mon.-Fri.	9 am-1:15 pm	Apr 12	5	15+ years	\$133.25	1592789
Sawmill Creek	613-521-4092	Wed.	4:30-9 pm	May 5	5	15+ years	\$133.25	1589855

National Lifeguard Instructor

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Tue., Sat.	5-9 pm	Jun 15	3	16+ years	\$148.25	1592925

Standard First Aid Instructor

Prepares candidates to teach up to and including Standard First Aid. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	613-580-2424	Tue., Sat.	5-8 pm	Jun 1	3	16+ years	\$161	1592492

Specialty

Powerswim

Introduction – Child – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Sat.	11:45 am-12:45 pm	Apr 10	9	8-12 years	\$159.50	1591506
Canterbury	613-247-4865	Tue.	4:15-5:15 pm	Apr 6	11	8-12 years	\$195	1591492
François Dupuis	613-580-8080	Sat.	10-11 am	Apr 10	10	8-12 years	\$177.25	1592612
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Apr 11	10	8-12 years	\$177.25	1592611
François Dupuis	613-580-8080	Mon.	5:30-6:30 pm	Apr 12	10	8-12 years	\$177.25	1592610
Minto - Barrhaven	613-727-2683	Tue.	6-7 pm	Apr 13	10	8-12 years	\$177.25	1591995
Minto - Barrhaven	613-727-2683	Sat.	8:15-9:15 am	Apr 17	9	8-12 years	\$159.50	1591996
Minto - Barrhaven	613-727-2683	Sun.	3:15-4:15 pm	Apr 18	9	8-12 years	\$159.50	1591997
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Apr6	8	8-12 years	\$141.75	1592388
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Apr 7	10	8-12 years	\$177.25	1591826
Plant	613-232-3000	Wed.	5-6 pm	Apr 7	12	8-12 years	\$212.75	1590312
Plant	613-232-3000	Sat.	4-5 pm	Apr 10	10	8-12 years	\$177.25	1590311
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Apr 6	12	8-12 years	\$212.75	1591232
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Apr 10	11	8-12 years	\$195	1591226
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Apr 11	11	8-12 years	\$195	1591228
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Apr 11	11	8-12 years	\$195	1591229
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	8-12 years	\$159.50	1589866
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	8-12 years	\$159.50	1589865

Specialty

Introduction – Teen – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Apr 7	10	13-14 years	\$177.25	1591831
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Apr 7	10	15-17 years	\$200.25	1591855
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Apr 6	12	13-14 years	\$212.75	1591238
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Apr 10	11	13-14 years	\$195	1591233
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Apr 11	11	13-14 years	\$195	1591235
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Apr 11	11	13-14 years	\$195	1591236
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	13-14 years	\$159.50	1589868
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	13-14 years	\$159.50	1589867
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	8-12 years	\$159.50	1589866
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	8-12 years	\$159.50	1589865

Intermediate – Child – Low ratio

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 8 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Thu.	6:30-7:30 pm	Apr 8	9	8-12 years	\$159.50	1591500
Bob MacQuarrie - Orléans	613-580-9600	Sat.	9-10 am	Apr 10	9	8-12 years	\$159.50	1591504
Bob MacQuarrie - Orléans	613-580-9600	Sun.	11:45 am-12:45 pm	Apr 11	9	8-12 years	\$159.50	1591505
Canterbury	613-247-4865	Tue.	4:15-5:15 pm	Apr 6	11	8-12 years	\$195	1591502
François Dupuis	613-580-8080	Wed.	6:30-7:30 pm	Apr 7	11	8-12 years	\$195	1592609

Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Apr 12	10	8-12 years	\$177.25	1592608
Minto - Barrhaven	613-727-2683	Wed.	6:45-7:45 pm	Apr 14	10	8-12 years	\$177.25	1591998
Minto - Barrhaven	613-727-2683	Sat.	9:15-10:15 am	Apr 17	9	8-12 years	\$159.50	1592000
Minto - Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Apr 18	9	8-12 years	\$159.50	1592001
Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Apr 6	8	8-12 years	\$141.75	1592389
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Apr 8	8	8-12 years	\$141.75	1592390
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Apr 9	8	8-12 years	\$141.75	1592391
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Apr 7	10	8-12 years	\$177.25	1591159
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Apr 9	10	8-12 years	\$177.25	1591163
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Apr 12	8	8-12 years	\$141.75	1591156
Plant	613-232-3000	Thu.	5-6 pm	Apr 8	12	8-12 years	\$212.75	1590310
Plant	613-232-3000	Sat.	4-5 pm	Apr 10	10	8-12 years	\$177.25	1590309
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Apr 6	12	8-12 years	\$212.75	1591243
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Apr 9	12	8-12 years	\$212.75	1591245
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Apr 10	11	8-12 years	\$195	1591240
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Apr 11	11	8-12 years	\$195	1591241
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Apr 11	11	8-12 years	\$195	1591242
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	8-12 years	\$159.50	1589862
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	8-12 years	\$159.50	1589861

Specialty

Intermediate – Teen – Low ratio

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breaststroke and Butterfly strokes and turns are introduced. **Prerequisites:** 13 years of age and Powerswim Introduction or recommendation by Instructor. Due to physical distancing requirements, no physical manipulation will be completed by swim instructors.

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Tue.	7-8 pm	Apr 6	9	13-14 years	\$159.50	1591477
Bob MacQuarrie - Orléans	613-580-9600	Sun.	9-10 am	Apr 11	9	13-14 years	\$159.50	1591478
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Apr 7	10	13-14 years	\$177.25	1591844
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Apr 9	10	13-14 years	\$177.25	1591847
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Apr 12	8	13-14 years	\$141.75	1591839
Pinecrest	613-580-9676	Wed.	6:15-7:15 pm	Apr 7	10	15-17 years	\$200.25	1591219
Pinecrest	613-580-9676	Fri.	6:45-7:45 pm	Apr 9	10	15-17 years	\$200.25	1591220
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Apr 12	8	15-17 years	\$160.25	1591196
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Apr 6	12	13-14 years	\$212.75	1591254
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Apr 9	12	13-14 years	\$212.75	1591255
Richcraft - Kanata	613-580-9696	Sat.	8:45-9:45 am	Apr 10	11	13-14 years	\$195	1591248
Richcraft - Kanata	613-580-9696	Sun.	11:15 am-12:15 pm	Apr 11	11	13-14 years	\$195	1591251
Richcraft - Kanata	613-580-9696	Sun.	5:45-6:45 pm	Apr 11	11	13-14 years	\$195	1591252
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	13-14 years	\$159.50	1589864
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	13-14 years	\$159.50	1589863

Specialty

Intermediate – Adult – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sat.	5-6 pm	Apr 10	10	18+ years	\$293.50	1590422

Advanced – Child – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	5:15-6:15 pm	Apr 6	11	8-12 years	\$195	1591507
François Dupuis	613-580-8080	Mon.	6:30-7:30 pm	Apr 12	10	8-12 years	\$177.25	1592607
Minto - Barrhaven	613-727-2683	Thu.	6-7 pm	Apr 15	10	8-12 years	\$177.25	1592003
Minto - Barrhaven	613-727-2683	Sat.	10:15-11:15 am	Apr 17	9	8-12 years	\$159.50	1592004
Minto - Barrhaven	613-727-2683	Sun.	5:15-6:15 pm	Apr 18	9	8-12 years	\$159.50	1592005
Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Apr 8	8	8-12 years	\$141.75	1592392
Nepean Sportsplex	613-580-2828	Fri.	7-8 pm	Apr 9	8	8-12 years	\$141.75	1592393
Pinecrest	613-580-9676	Fri.	7-8 pm	Apr 9	10	8-12 years	\$177.25	1591237
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Apr 12	8	8-12 years	\$141.75	1591234
Plant	613-232-3000	Thu.	6-7 pm	Apr 8	12	8-12 years	\$212.75	1590308
Plant	613-232-3000	Sat.	5-6 pm	Apr 10	10	8-12 years	\$177.25	1590307
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Apr 6	12	8-12 years	\$212.75	1591261
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Apr 8	12	8-12 years	\$212.75	1591262
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Apr 9	12	8-12 years	\$212.75	1591263

Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft - Kanata	613-580-9696	Sat.	9:45-10:45 am	Apr 10	11	8-12 years	\$195	1591257
Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Apr 11	11	8-12 years	\$195	1591259
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	8-12 years	\$159.50	1589870
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	8-12 years	\$159.50	1589869

Advanced – Teen – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Fri.	7-8 pm	Apr 9	10	13-14 years	\$177.25	1591247
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Apr 12	8	13-14 years	\$141.75	1591244
Pinecrest	613-580-9676	Fri.	7-8 pm	Apr 9	10	15-17 years	\$200.25	1591253
Pinecrest	613-580-9676	Mon.	6:15-7:15 pm	Apr 12	8	15-17 years	\$160.25	1591249
Richcraft - Kanata	613-580-9696	Tue.	6-7 pm	Apr 6	12	13-14 years	\$212.75	1591273
Richcraft - Kanata	613-580-9696	Thu.	6-7 pm	Apr 8	12	13-14 years	\$212.75	1591274
Richcraft - Kanata	613-580-9696	Fri.	8-9 pm	Apr 9	12	13-14 years	\$212.75	1591276
Richcraft - Kanata	613-580-9696	Sat.	9:45-10:45 am	Apr 10	11	13-14 years	\$195	1591267
Richcraft - Kanata	613-580-9696	Sun.	12:15-1:15 pm	Apr 11	11	13-14 years	\$195	1591270
Sawmill Creek Pool	613-521-4092	Thu.	6-7 pm	Apr 8	9	13-14 years	\$159.50	1589872
Sawmill Creek Pool	613-521-4092	Thu.	7-8 pm	Apr 8	9	13-14 years	\$159.50	1589871

Specialty

Combo – Child – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Apr 7	6	8-12 years	\$106.50	1592190
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Apr 9	6	8-12 years	\$106.50	1592191
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Apr 11	6	8-12 years	\$106.50	1592193
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	May 19	6	8-12 years	\$106.50	1592195
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	May 21	6	8-12 years	\$106.50	1592196
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	May 23	6	8-12 years	\$106.50	1592194

Combo – Teen – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
CardelRec (Goulbourn)	613-580-2532	Sat.	11:30 am-12:30 pm	Apr 24	8	13-14 years	\$141.75	1590925
CardelRec (Goulbourn)	613-580-2532	Sun.	6:15-7:15 pm	Apr 25	8	13-14 years	\$141.75	1590926
CardelRec (Goulbourn)	613-580-2532	Sat.	11:30 am-12:30 pm	Apr 24	8	15-17 years	\$160.25	1590927
CardelRec (Goulbourn)	613-580-2532	Sun.	6:15-7:15 pm	Apr 25	8	15-17 years	\$160.25	1590931
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Apr 7	6	13-14 years	\$106.50	1592200
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Apr 9	6	13-14 years	\$106.50	1592202
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Apr 11	6	13-14 years	\$106.50	1592204
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	May 19	6	13-14 years	\$106.50	1592201
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	May 21	6	13-14 years	\$106.50	1592203
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	May 23	6	13-14 years	\$106.50	1592205

Specialty

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	Apr 7	6	15-17 years	\$120.25	1592208
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	Apr 9	6	15-17 years	\$120.25	1592210
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	Apr 11	6	15-17 years	\$120.25	1592206
Lowertown Pool	613-580-2424	Wed.	5:45-6:45 pm	May 19	6	15-17 years	\$120.25	1592209
Lowertown Pool	613-580-2424	Fri.	5:45-6:45 pm	May 21	6	15-17 years	\$120.25	1592211
Lowertown Pool	613-580-2424	Sun.	10:15-11:15 am	May 23	6	15-17 years	\$120.25	1592207

Combo – Adult – Low ratio

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Minto - Barrhaven	613-727-2683	Wed.	8-9 pm	Apr 14	10	18+ years	\$293.50	1592006

Combo – Adult

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

Location	Phone number	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie - Orléans	613-580-9600	Wed.	8:15-9:15 pm	Apr 7	9	18+ years	\$106.25	1590672
Bob MacQuarrie - Orléans	613-580-9600	Sat.	6:45-7:45 am	Apr 10	9	18+ years	\$106.25	1590673
Bob MacQuarrie - Orléans	613-580-9600	Mon.	8:45-9:45 pm	Apr 12	9	18+ years	\$106.25	1590671
St-Laurent	613-742-6767	Sat.	9-9:30 am	Apr 10	9	18+ years	\$264.25	1592477