



Spring and summer 2020

Swimming

Certification and specialty

Recreation eGuide

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Leadership and instructor awards

Visit us [online](#) 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Fri.	5:45-6:30 pm	Mar 27	12	10-14 years	\$76.75	1540006
Canterbury	613-247-4865	Sat.	11:30 am-12:30 pm	Mar 28	9	10-14 years	\$76.75	1535493
CARDELREC (Goulbourn)	613-580-2532	Sun.	12:05-1 pm	Mar 29	11	10-14 years	\$76.75	1518981
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	11 am-Noon	Jun 29	9	10-14 years	\$76.75	1529538
CARDELREC (Goulbourn)	613-580-2532	Sun.	4:45-6 pm	Jul 5	7	10-14 years	\$76.75	1529525
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	11:05 am-Noon	Jul 13	10	10-14 years	\$76.75	1529535
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	11 am-Noon	Jul 27	9	10-14 years	\$76.75	1529541
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	11:05 am-Noon	Aug 10	10	10-14 years	\$76.75	1529533
François Dupuis	613-580-8080	Sat.	Noon-1 pm	Mar 28	9	10-14 years	\$76.75	1531676
François Dupuis	613-580-8080	Tue.	7:30-8:15 pm	Mar 31	12	10-14 years	\$76.75	1531658
François Dupuis	613-580-8080	Fri.	4-4:45 pm	Apr 3	12	10-14 years	\$76.75	1531666
François Dupuis	613-580-8080	Mon.-Fri.	11 am-Noon	Jun 29	9	10-14 years	\$76.75	1531915
François Dupuis	613-580-8080	Mon.-Fri.	11 am-Noon	Jul 13	10	10-14 years	\$76.75	1531920
François Dupuis	613-580-8080	Mon.-Fri.	11 am-Noon	Jul 27	9	10-14 years	\$76.75	1531925
François Dupuis	613-580-8080	Mon.-Fri.	11 am-Noon	Aug 10	10	10-14 years	\$76.75	1531928
Kanata Leisure	613-580-9677	Thu.	5:30-6:30 pm	Apr 23	9	10-14 years	\$76.75	1539683
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9-11 am	Jul 6	5	10-14 years	\$76.75	1526187

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9-11 am	Jul 27	5	10-14 years	\$76.75	1526186
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9-11 am	Aug 10	5	10-14 years	\$76.75	1526184
Lowertown	Extension 44426	Mon.	5-6:30 pm	Mar 23	6	10-14 years	\$76.75	1538138
Lowertown	Extension 44426	Mon.	5-6:30 pm	May 11	6	10-14 years	\$76.75	1538141
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:30 pm	Apr 17	9	10-14 years	\$76.75	1518622
Minto-Barrhaven	613-727-2683	Sun.	3:45-4:45 pm	Apr 19	9	10-14 years	\$76.75	1518623
Minto-Barrhaven	613-727-2683	Mon.	6:30-7:30 pm	Apr 20	9	10-14 years	\$76.75	1518621
Minto-Barrhaven	613-727-2683	Fri.	4:30-5:45 pm	Jul 3	8	10-14 years	\$76.75	1524686
Nepean Sportsplex	613-580-2828	Tue.	7:15-8:15pm	Mar 24	12	10-14 years	\$76.75	1534036
Nepean Sportsplex	613-580-2828	Thu.	6:30-7:30pm	Mar 26	12	10-14 years	\$76.75	1534042
Pinecrest	613-580-9676	Sun.	10:30-11:30 am	Mar 29	9	10-14 years	\$76.75	1540756
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Apr 8	9	10-14 years	\$76.75	1540760
Pinecrest	613-580-9676	Mon.-Fri.	3-4 pm	Jun 29	9	10-14 years	\$76.75	1542037
Pinecrest	613-580-9676	Tue.-Fri.,Mon.	3-4 pm	Aug 4	9	10-14 years	\$76.75	1542038
Plant	613-232-3000	Sun.	5:30-7am	May 3	6	10-14 years	\$76.75	1526523
Ray Friel	613-580-4765	Thu.	4:30-5:30 pm	Mar 26	9	10-14 years	\$76.75	1521787
Ray Friel	613-580-4765	Sat.	9-10 am	Mar 28	9	10-14 years	\$76.75	1521790
Ray Friel	613-580-4765	Sat.	9:30-10:45 am	Jul 4	8	10-14 years	\$76.75	1536150
Richcraft	613-580-9696	Sat.	4:15-5:15 pm	Mar 28	9	10-14 years	\$76.75	1531315
Richcraft	613-580-9696	Sun.	8:30-9 am	Mar 29	9	10-14 years	\$76.75	1531323
Richcraft	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Jun 29	9	10-14 years	\$76.75	1528281

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Jul 13	10	10-14 years	\$76.75	1528283
Richcraft	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Jul 27	9	10-14 years	\$76.75	1528282
Richcraft	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Aug 10	10	10-14 years	\$76.75	1528284
Richcraft	613-580-9696	Mon.-Fri.	11:15 am-12:15 pm	Aug 24	10	10-14 years	\$76.75	1528285
Sawmill Creek	613-521-4092	Thu.	5-6pm	Mar 26	9	10-14 years	\$76.75	1531799
Sawmill Creek	613-521-4092	Wed.	6-7:15 pm	Jul 8	8	10-14 years	\$76.75	1538062
Splash	613-748-4222	Sun.	9-10 am	Mar 29	9	10-14 years	\$76.75	1543042
St-Laurent	613-742-6767	Fri.	6-7 pm	Apr 3	9	10-14 years	\$76.75	1538691
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Jun 29	9	10-14 years	\$76.75	1532610
Walter Baker	613-580-2788	Tue.	6:45-7:45 pm	Jun 30	9	10-14 years	\$76.75	1532616
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Jul 13	9	10-14 years	\$76.75	1532611
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Jul 27	9	10-14 years	\$76.75	1532613
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Aug 10	9	10-14 years	\$76.75	1532614

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9-10:30 am	Jun 29	9	10-14 years	\$104	1530508
Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8:30 pm	Apr 3	10	10-14 years	\$104	1528674
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6:30-8 pm	Apr 5	10	10-14 years	\$104	1528687

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-Noon	Jul 13	10	13-14 years	\$131.50	1530509
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:15 pm	Jun 29	9	13-14 years	\$131.50	1531963
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Apr 3	10	13-14 years	\$131.50	1530415
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Apr 5	10	13-14 years	\$131.50	1530418
Brewer	613-580-2090	Wed.	11 am-2 pm	Mar 25	13	13-14 years	\$131.50	1539978
Brewer	613-580-2090	Mon.-Fri.	9 am-12:45 pm	Jun 29	9	13-14 years	\$131.50	1539782
Brewer	613-580-2090	Tue.-Fri., Mon.	9 am-12:45 pm	Aug 4	9	13-14 years	\$131.50	1539785
Canterbury	613-247-4865	Fri.	6:30-9:45 pm	Mar 27	11	13-14 years	\$131.50	1535464
Canterbury	613-247-4865	Thu., Tue.	4-7:30 pm	Jul 2	9	13-14 years	\$131.50	1533885
CARDELREC (Goulbourn)	613-580-2532	Sat.	4-7:30 pm	Mar 28	9	13-14 years	\$131.50	1518977
CARDELREC (Goulbourn)	613-580-2532	Sun.	11 am-12:45 pm	Mar 29	11	13-14 years	\$131.50	1518978
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Jun 29	9	13-14 years	\$99.50	1529509
CARDELREC (Goulbourn)	613-580-2532	Tue., Thu.	4:45-8:30 pm	Jun 30	8	13-14 years	\$99.50	1529507
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Jul 27	9	13-14 years	\$99.50	1529511
Champagne	613-244-4402	Sat.	2-6 pm	Mar 28	9	13-14 years	\$131.50	1519570
Entrance Outdoor	613-829-2705	Tue.-Fri., Mon.	9 am-12:45 pm	Jul 14	9	13-14 years	\$131.50	1533289
François Dupuis	613-580-8080	Wed.	4:30-9 pm	Apr 1	7	13-14 years	\$131.50	1531611
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-Noon	Jul 6	10	13-14 years	\$131.50	1538164
Genest Pool	613-742-6767	Mon.-Fri.	9-11:45 am	Jul 6	10	13-14 years	\$131.50	1538803
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	5-8 pm	Jul 13	10	13-14 years	\$131.50	1533412
Kanata Leisure	613-580-9677	Tue.	4:30-8 pm	Apr 21	9	13-14 years	\$131.50	1539669

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Thu.	4:30-8 pm	Apr 23	9	13-14 years	\$131.50	1539667
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9 am-12:15 pm	Jun 29	9	13-14 years	\$131.50	1526172
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9 am-12:15 pm	Jul 27	9	13-14 years	\$131.50	1526177
Minto-Barrhaven	613-727-2683	Tue.	6-9 pm	Apr 14	10	13-14 years	\$131.50	1518607
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Apr 17	10	13-14 years	\$131.50	1518608
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2:30 pm	Jul 13	10	13-14 years	\$131.50	1524668
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2:30 pm	Aug 10	10	13-14 years	\$131.50	1524671
Nepean Sportsplex	613-580-2828	Wed.	5-8:30 pm	Mar 25	9	13-14 years	\$131.50	1538127
Pinecrest	613-580-9676	Sat.	3-6 pm	Mar 21	10	13-14 years	\$131.50	1540762
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jun 29	10	13-14 years	\$131.50	1542033
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 27	10	13-14 years	\$131.50	1542034
Plant	613-232-3000	Sun.	4-8 pm	May 3	7	13-14 years	\$131.50	1526529
Ray Friel	613-580-4765	Tue.	5-8 pm	Mar 31	10	13-14 years	\$131.50	1521792
Ray Friel	613-580-4765	Mon.-Fri.	9 am-12:30 pm	Jun 29	9	13-14 years	\$131.50	1536156
Ray Friel	613-580-4765	Tue., Thu.	5-8 pm	Jun 30	10	13-14 years	\$131.50	1536164
Sawmill Creek	613-521-4092	Sun., Fri.	3-6:45 pm	Mar 29	8	13-14 years	\$131.50	1539768
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:15 pm	Jun 29	9	13-14 years	\$131.50	1537872
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:15 pm	Jul 27	9	13-14 years	\$131.50	1537929
Splash	613-748-4222	Sun.	8:30 am-Noon	Apr 5	9	13-14 years	\$131.50	1543043
Splash	613-748-4222	Mon.-Fri.	8:30-11:30 am	Jul 6	10	13-14 years	\$131.50	1543045
St-Laurent	613-742-6767	Sun.	3:30-7 pm	Apr 5	9	13-14 years	\$131.50	1538628

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-Noon	Jun 29	9	13-14 years	\$131.50	1532619
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-Noon	Jul 27	9	13-14 years	\$131.50	1532622
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 24	5	13-14 years	\$131.50	1532623

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu., Tue.	4-7:30 pm	Aug 6	8	12-14 years	\$99.50	1533903
CARDELREC (Goulbourn)	613-580-2532	Tue., Thu.	5:15-8:30 pm	Jul 28	8	12-14 years	\$99.50	1529455
François Dupuis	613-580-8080	Wed.	4:30-9:15 pm	May 20	6	12-14 years	\$99.50	1531637
Plant	613-232-3000	Sun.	4-8pm	May 3	7	12-14 years	\$99.50	1526534
St-Laurent	613-742-6767	Sun.	3:30-7 pm	Apr 5	9	12-14 years	\$99.50	1538670
Walter Baker	613-580-2788	Mon.-Fri.	9 am-Noon	Jul 13	9	12-14 years	\$99.50	1532627
Walter Baker	613-580-2788	Mon.-Fri.	9 am-Noon	Aug 10	9	12-14 years	\$99.50	1532628
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 24	5	12-14 years	\$99.50	1532629

Bronze Cross and Standard First Aid with CPR-C and 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:45 pm	Jul 27	9	12-14 years	\$145.25	1530511
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	12-14 years	\$145.25	1531992
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Apr 3	10	12-14 years	\$145.25	1530425
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Apr 5	10	12-14 years	\$145.25	1530427
Brewer	613-580-2090	Wed.	6-8:30 pm	Mar 25	13	12-14 years	\$145.25	1539965
Brewer	613-580-2090	Mon.-Fri.	9 am-1 pm	Jul 13	10	12-14 years	\$145.25	1539758
Brewer	613-580-2090	Mon.-Fri.	9 am-1 pm	Aug 17	10	12-14 years	\$145.25	1539761
Canterbury	613-247-4865	Fri.	6:30-9:45 pm	Mar 27	11	12-14 years	\$145.25	1535443
CARDELREC (Goulbourn)	613-580-2532	Sat.	4-7:30 pm	Mar 28	10	12-14 years	\$145.25	1518965
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Jul 13	10	12-14 years	\$148.25	1529481
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Aug 10	10	12-14 years	\$148.25	1529482
Champagne	613-244-4402	Sat.	2-6 pm	Mar 28	9	12-14 years	\$145.25	1519582
Champagne	613-244-4402	Sat.-Sun.	2-7 pm	Jul 4	6	12-14 years	\$145.25	1519700
Entrance Outdoor	613-829-2705	Mon.-Fri.	9 am-1:15 pm	Jul 27	8	12-14 years	\$145.25	1533327
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-12:30 pm	Jul 20	10	12-14 years	\$145.25	1539085
Genest Pool	613-742-6767	Mon.-Fri.	9 am-Noon	Jul 20	10	12-14 years	\$145.25	1538826
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	4:15-8 pm	Jun 29	9	12-14 years	\$145.25	1533391
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	4:15-8 pm	Jul 27	9	12-14 years	\$145.25	1533398
Kanata Leisure	613-580-9677	Sat.	3-7 pm	Apr 18	9	12-14 years	\$145.25	1539633
Kanata Leisure	613-580-9677	Mon.	4-8 pm	Apr 20	9	12-14 years	\$145.25	1539631
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	12-14 years	\$145.25	1526162

Bronze Cross and Standard First Aid with CPR-C and 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.	4:45-8:30 pm	Apr 20	9	12-14 years	\$145.25	1518580
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-2:30 pm	Jun 29	9	12-14 years	\$145.25	1524644
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-2:30 pm	Jul 27	9	12-14 years	\$145.25	1524646
Nepean Sportsplex	613-580-2828	Wed.	5-8:45 pm	Mar 25	9	12-14 years	\$145.25	1539084
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Mar 21	10	12-14 years	\$145.25	1540765
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 13	11	12-14 years	\$145.25	1542029
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Aug 10	11	12-14 years	\$145.25	1542030
Ray Friel	613-580-4765	Sat.	9 am-12:30 pm	Apr 4	10	12-14 years	\$145.25	1521804
Ray Friel	613-580-4765	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	12-14 years	\$145.25	1536205
Ray Friel	613-580-4765	Tue., Thu.	5-8:30 pm	Aug 4	10	12-14 years	\$145.25	1536211
Sawmill Creek	613-521-4092	Sun.	3-7:15 pm	Mar 29	8	12-14 years	\$145.25	1539800
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	12-14 years	\$145.25	1538008
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:30 pm	Aug 10	10	12-14 years	\$145.25	1538009
Splash	613-748-4222	Sun.	10 am-2 pm	Apr 5	9	12-14 years	\$145.25	1543048
Splash	613-748-4222	Mon.-Fri.	8:30 am-Noon	Jul 20	10	12-14 years	\$145.25	1543049

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	May 2	2	12-14 years	\$125.75	1530479
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jul 4	2	12-14 years	\$125.75	1530496
Canterbury	613-247-4865	Sat.	9 am-5 pm	Apr 18	2	12-14 years	\$125.75	1535507
Canterbury	613-247-4865	Sat.-Sun.	9 am-5 pm	Jul 4	2	12-14 years	\$125.75	1535537
Canterbury	613-247-4865	Sat.-Sun.	9 am-5 pm	Aug 29	2	12-14 years	\$125.75	1535543
CARDELREC (Goulbourn)	613-580-2532	Sun.	9 am-5:30 pm	May 31	2	12-14 years	\$125.75	1523047
Jules Morin Park	Extension 44426	Sat.	9 am-5:30 pm	Apr 18	2	12-14 years	\$125.75	1519624
Jules Morin Park	Extension 44426	Sat.-Sun.	9 am-5:30 pm	Jun 20	2	12-14 years	\$125.75	1519606
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Apr 25	2	12-14 years	\$125.75	1539922
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 4	2	12-14 years	\$122.50	1522795
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 2	2	12-14 years	\$122.50	1522799
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 27	2	12-14 years	\$122.50	1522804
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Aug 29	2	12-14 years	\$125.75	1524699
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5pm	May 23	2	12-14 years	\$125.75	1539097
Pincrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	May 7	2	12-14 years	\$125.75	1540775
Pincrest	613-580-9676	Wed.-Thu.	8:30 am-4:30 pm	Jun 17	2	12-14 years	\$125.75	1540776
Pincrest	613-580-9676	Sat.-Sun.	8:30 am-4:30 pm	Aug 22	2	12-14 years	\$125.75	1542183
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	May 9	2	12-14 years	\$125.75	1521839
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Aug 8	2	12-14 years	\$125.75	1536241
Richcraft	613-580-9696	Sat.-Sun.	9 am-5 pm	May 23	2	12-14 years	\$125.75	1531921
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	May 30	2	12-14 years	\$125.75	1532195

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Jul 25	2	12-14 years	\$125.75	1538104
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Apr 4	2	12-14 years	\$125.75	1543067
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Jul 25	2	12-14 years	\$125.75	1543066
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Apr 18	2	12-14 years	\$125.75	1538717
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Apr 11	2	12-14 years	\$122.50	1532586
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jun 6	2	12-14 years	\$122.50	1532588
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jul 11	2	12-14 years	\$125.75	1532640
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 8	2	12-14 years	\$125.75	1532641

Standard First Aid with CPR-C 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Apr 4	1	12-14 years	\$82	1530482
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Aug 8	1	12-14 years	\$82	1530501
Canterbury	613-247-4865	Sat.	9 am-5 pm	May 2	1	12-14 years	\$82	1535511
CARDELREC (Goulbourn)	613-580-2532	Sun.	9 am-5:30 pm	Apr 19	1	12-14 years	\$82	1523068
Jules Morin Park	Extension 44426	Sat.	9 am-5:30 pm	Jun 27	1	12-14 years	\$82	1519613
Jules Morin Park	Extension 44426	Sat.	9 am-5:30 pm	Aug 22	1	12-14 years	\$82	1519773
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Jun 14	1	12-14 years	\$82	1539929

Standard First Aid with CPR-C 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 25	1	12-14 years	\$82	1522824
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 23	1	12-14 years	\$82	1522826
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 20	1	12-14 years	\$82	1522829
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jul 25	1	12-14 years	\$82	1524707
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	May 1	1	12-14 years	\$82	1540783
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jun 19	1	12-14 years	\$82	1540784
Pinecrest	613-580-9676	Sun.	11 am-7 pm	Aug 16	1	12-14 years	\$82	1542132
Ray Friel	613-580-4765	Sat.	9 am-5 pm	Apr 18	1	12-14 years	\$82	1521853
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jun 14	1	12-14 years	\$82	1521855
Richcraft	613-580-9696	Sat.	9 am-5 pm	May 30	1	12-14 years	\$82	1531941
Sawmill Creek	613-521-4092	Sun.	9 am-5 pm	May 24	1	12-14 years	\$82	1532236
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Aug 15	1	12-14 years	\$82	1538150
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Apr 18	1	12-14 years	\$82	1538735
St-Laurent	613-742-6767	Sat.	9 am-5 pm	May 16	1	12-14 years	\$82	1538732
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 29	1	12-14 years	\$82	1532606
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 24	1	12-14 years	\$82	1532607
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 5	1	12-14 years	\$82	1532644

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-Noon	Jul 13	10	15+ years	\$148.75	1530510
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:15 pm	Jun 29	9	15+ years	\$148.75	1531976
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:30-9:30 pm	Apr 3	10	15+ years	\$148.75	1530420
Bob MacQuarrie-Orléans	613-580-9600	Sun.	6-9 pm	Apr 5	10	15+ years	\$148.75	1530422
Brewer	613-580-2090	Wed.	5:30-7:45 pm	Mar 25	13	15+ years	\$148.75	1539983
Brewer	613-580-2090	Mon.-Fri.	9 am-12:25 pm	Jun 29	9	15+ years	\$148.75	1539792
Brewer	613-580-2090	Tue.-Fri., Mon.	9 am-12:25 pm	Aug 4	9	15+ years	\$148.75	1539797
Canterbury	613-247-4865	Fri.	6:30-9:45 pm	Mar 27	11	15+ years	\$148.75	1535475
Canterbury	613-247-4865	Thu., Tue.	4-7:30 pm	Jul 2	9	15+ years	\$148.75	1533890
CARDELREC (Goulbourn)	613-580-2532	Sat.	4-7:30 pm	Mar 28	9	15+ years	\$148.75	1518979
CARDELREC (Goulbourn)	613-580-2532	Sun.	11 am-2 pm	Mar 29	11	15+ years	\$148.75	1518980
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Jun 29	9	15+ years	\$148.75	1529517
CARDELREC (Goulbourn)	613-580-2532	Tue., Thu.	4:45-8:30 pm	Jun 30	8	15+ years	\$148.75	1529514
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Jul 27	9	15+ years	\$148.75	1529520
Champagne	613-244-4402	Sat.	2-6 pm	Mar 28	9	15+ years	\$148.75	1519576
Entrance Outdoor	613-829-2705	Tue.-Fri., Mon.	9 am-12:45 pm	Jul 14	9	15+ years	\$148.75	1533305
François Dupuis	613-580-8080	Wed.	4:30-9 pm	Apr 1	7	15+ years	\$148.75	1531618
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-Noon	Jul 6	10	15+ years	\$148.75	1539082
Genest Pool	613-742-6767	Mon.-Fri.	9-11:45 am	Jul 6	10	15+ years	\$148.75	1538817
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	5-8 pm	Jul 13	10	15+ years	\$148.75	1533416

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Kanata Leisure	613-580-9677	Tue.	4:30-8 pm	Apr 21	9	15+ years	\$148.75	1539672
Kanata Leisure	613-580-9677	Thu.	4:30-8 pm	Apr 23	9	15+ years	\$148.75	1539671
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9 am-12:15 pm	Jun 29	9	15+ years	\$148.75	1526179
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9 am-12:15 pm	Jul 27	9	15+ years	\$148.75	1526181
Minto-Barrhaven	613-727-2683	Tue.	6-9 pm	Apr 14	10	15+ years	\$148.75	1518611
Minto-Barrhaven	613-727-2683	Fri.	5-8 pm	Apr 17	10	15+ years	\$148.75	1518612
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2:30 pm	Jul 13	10	15+ years	\$148.75	1524653
Minto-Barrhaven	613-727-2683	Mon.-Fri.	11:30 am-2:30 pm	Aug 10	10	15+ years	\$148.75	1524655
Nepean Sportsplex	613-580-2828	Wed.	5-8:30 pm	Mar 25	9	15+ years	\$148.75	1539081
Pinecrest	613-580-9676	Sat.	3-6 pm	Mar 21	10	15+ years	\$148.75	1540763
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jun 29	10	15+ years	\$148.75	1542035
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 27	10	15+ years	\$148.75	1542036
Plant	613-232-3000	Sun.	4-8 pm	May 3	7	15+ years	\$148.75	1526532
Ray Friel	613-580-4765	Tue.	5-8 pm	Mar 31	10	15+ years	\$148.75	1521798
Ray Friel	613-580-4765	Mon.-Fri.	9 am-12:30 pm	Jun 29	9	15+ years	\$148.75	1536181
Ray Friel	613-580-4765	Tue., Thu.	5-8 pm	Jun 30	10	15+ years	\$148.75	1536189
Sawmill Creek	613-521-4092	Sun.	3-6:45 pm	Mar 29	8	15+ years	\$148.75	1539791
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:15 pm	Jun 29	9	15+ years	\$148.75	1537943
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:15 pm	Jul 27	9	15+ years	\$148.75	1537953
Splash	613-748-4222	Sun.	8:30 am-Noon	Apr 5	9	15+ years	\$148.75	1543046

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash	613-748-4222	Mon.-Fri.	8:30-11:30 am	Jul 6	10	15+ years	\$148.75	1543047
St-Laurent	613-742-6767	Sun.	3:30-7 pm	Apr 5	9	15+ years	\$148.75	1538641
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-Noon	Jun 29	9	15+ years	\$148.75	1532624
Walter Baker	613-580-2788	Mon.-Fri.	8:45 am-Noon	Jul 27	9	15+ years	\$148.75	1532625
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 24	5	15+ years	\$148.75	1532626

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue., Thu.	4-7:30 pm	Aug 4	8	15+ years	\$112.50	1533910
CARDELREC (Goulbourn)	613-580-2532	Tue., Thu.	5:15-8:30 pm	Jul 28	8	15+ years	\$112.50	1529465
François Dupuis	613-580-8080	Wed.	4:30-9:15 pm	May 20	6	15+ years	\$112.50	1531645
Plant	613-232-3000	Sun.	4-8 pm	May 3	7	15+ years	\$112.50	1526537
St-Laurent	613-742-6767	Sun.	5:30-7 pm	Apr 5	9	15+ years	\$112.50	1538676
Walter Baker	613-580-2788	Mon.-Fri.	9 am-Noon	Jul 13	9	15+ years	\$112.50	1532630
Walter Baker	613-580-2788	Mon.-Fri.	9 am-Noon	Aug 10	9	15+ years	\$112.50	1532631

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 24	5	15+ years	\$112.50	1532632

Bronze Cross and Standard First Aid with CPR-C and 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-12:45 pm	Jul 27	9	15+ years	\$164.25	1530512
Beaverbrook Outdoor	613-591-3061	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	15+ years	\$164.25	1531983
Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-9:30 pm	Apr 3	10	15+ years	\$164.25	1530429
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5:30-9 pm	Apr 5	10	15+ years	\$164.25	1530431
Brewer	613-580-2090	Wed.	6-8:30 pm	Mar 25	13	15+ years	\$164.25	1539972
Brewer	613-580-2090	Mon.-Fri.	9 am-1 pm	Jul 13	10	15+ years	\$164.25	1539769
Brewer	613-580-2090	Mon.-Fri.	9 am-1 pm	Aug 17	10	15+ years	\$164.25	1539771
Canterbury	613-247-4865	Fri.	6:30-9:45 pm	Mar 27	11	15+ years	\$164.25	1535458
CARDELREC (Goulbourn)	613-580-2532	Sat.	4-7:30 pm	Mar 28	10	15+ years	\$164.25	1518975
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Jul 13	10	15+ years	\$164.25	1529488
CARDELREC (Goulbourn)	613-580-2532	Mon.-Fri.	8:30 am-Noon	Aug 10	10	15+ years	\$164.25	1529496
Champagne	613-244-4402	Sat.	2-6 pm	Mar 28	9	15+ years	\$164.25	1519586
Champagne	613-244-4402	Sat.-Sun.	2-7 pm	Jul 4	6	15+ years	\$164.25	1519706
Entrance Outdoor	613-829-2705	Mon.-Fri.	9 am-1:30 pm	Jul 27	8	15+ years	\$164.25	1533334
General Burns Outdoor	613-225-7970	Mon.-Fri.	9 am-12:30 pm	Jul 20	10	15+ years	\$164.25	1539087
Genest Pool	613-742-6767	Mon.-Fri.	9 am-Noon	Jul 20	10	15+ years	\$164.25	1538806

Bronze Cross and Standard First Aid with CPR-C and 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	4:15-8 pm	Jun 29	9	15+ years	\$164.25	1533405
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	4:15-8 pm	Jul 27	9	15+ years	\$164.25	1533408
Kanata Leisure	613-580-9677	Sat.	3-7 pm	Apr 18	9	15+ years	\$164.25	1539665
Kanata Leisure	613-580-9677	Mon.	4-8 pm	Apr 20	9	15+ years	\$164.25	1539661
Katimavik Outdoor	613-580-9677	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	15+ years	\$164.25	1526167
Minto-Barrhaven	613-727-2683	Mon.	4:45-8:30 pm	Apr 20	9	15+ years	\$164.25	1518588
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-2:30 pm	Jun 29	9	15+ years	\$164.25	1524634
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-2:30 pm	Jul 27	9	15+ years	\$164.25	1524636
Nepean Sportsplex	613-580-2828	Wed.	5-8:45 pm	Mar 25	9	15+ years	\$164.25	1539086
Pinecrest	613-580-9676	Sat.	2:45-6 pm	Mar 21	10	15+ years	\$164.25	1540768
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Jul 13	11	15+ years	\$164.25	1542031
Pinecrest	613-580-9676	Mon.-Fri.,Sun.	3-6 pm	Aug 10	11	15+ years	\$164.25	1542032
Ray Friel	613-580-4765	Sat.	9 am-12:30 pm	Apr 4	10	15+ years	\$164.25	1521811
Ray Friel	613-580-4765	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	15+ years	\$164.25	1536221
Ray Friel	613-580-4765	Tue., Thu.	5-8:30 pm	Aug 4	10	15+ years	\$164.25	1536224
Sawmill Creek	613-521-4092	Sun.	3-7:15 pm	Mar 29	8	15+ years	\$164.25	1539811
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:30 pm	Jul 13	10	15+ years	\$164.25	1538015
Sawmill Creek	613-521-4092	Mon.-Fri.	9 am-12:30 pm	Aug 10	10	15+ years	\$164.25	1538017
Splash	613-748-4222	Sun.	10 am-2 pm	Apr 5	9	15+ years	\$164.25	1543051
Splash	613-748-4222	Mon.-Fri.	8:30 am-Noon	Jul 20	10	15+ years	\$164.25	1543050

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	May 2	2	15+ years	\$142.25	1530481
Bob MacQuarrie-Orléans	613-580-9600	Sat.-Sun.	9 am-5 pm	Jul 4	2	15+ years	\$142.25	1530498
Canterbury	613-247-4865	Sat.	9 am-5 pm	Apr 18	2	15+ years	\$142.25	1535501
Canterbury	613-247-4865	Sat.-Sun.	9 am-5 pm	Jul 4	2	15+ years	\$142.25	1535533
Canterbury	613-247-4865	Sat.-Sun.	9 am-5 pm	Aug 29	2	15+ years	\$142.25	1535532
CARDELREC (Goulbourn)	613-580-2532	Sun.	9 am-5:30 pm	May 31	2	15+ years	\$142.25	1523036
Jules Morin Park	Extension 44426	Sat.	9 am-5:30 pm	Apr 18	2	15+ years	\$142.25	1519627
Jules Morin Park	Extension 44426	Sat.-Sun.	9 am-5:30 pm	Jun 20	2	15+ years	\$142.25	1519610
Kanata Leisure	613-580-9677	Sat.-Sun.	8 am-4 pm	Apr 25	2	15+ years	\$142.25	1539919
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Apr 4	2	15+ years	\$142.25	1522814
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	May 2	2	15+ years	\$142.25	1522816
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Jun 27	2	15+ years	\$142.25	1522817
Minto-Barrhaven	613-727-2683	Sat.-Sun.	9 am-5 pm	Aug 29	2	15+ years	\$142.25	1524693
Nepean Sportsplex	613-580-2828	Sat.-Sun.	9 am-5 pm	May 23	2	15+ years	\$142.25	1539098
Pinecrest	613-580-9676	Thu.-Fri.	8:30 am-4:30 pm	May 7	2	15+ years	\$142.25	1540779
Pinecrest	613-580-9676	Wed.-Thu.	8:30 am-4:30 pm	Jun 17	2	15+ years	\$142.25	1540780
Pinecrest	613-580-9676	Sat.-Sun.	8:30 am-4:30 pm	Aug 22	2	15+ years	\$142.25	1542181
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	May 9	2	15+ years	\$142.25	1521851
Ray Friel	613-580-4765	Sat.-Sun.	9 am-5 pm	Aug 8	2	15+ years	\$142.25	1536243
Richcraft	613-580-9696	Sat.-Sun.	9 am-5 pm	May 23	2	15+ years	\$142.25	1531913
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	May 30	2	15+ years	\$142.25	1532172
Sawmill Creek	613-521-4092	Sat.-Sun.	9 am-5 pm	Jul 25	2	15+ years	\$142.25	1538089

Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Apr 4	2	15+ years	\$142.25	1543064
Splash	613-748-4222	Sat.-Sun.	9 am-5 pm	Jul 25	2	15+ years	\$142.25	1543065
St-Laurent	613-742-6767	Sat.-Sun.	9 am-5 pm	Apr 18	2	15+ years	\$142.25	1538722
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Apr 11	2	15+ years	\$142.25	1532600
Walter Baker	613-580-2788	Sat.	9 am-5 pm	Jun 6	2	15+ years	\$142.25	1532603
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Jul 11	2	15+ years	\$142.25	1532642
Walter Baker	613-580-2788	Sat.-Sun.	9 am-5 pm	Aug 8	2	15+ years	\$142.25	1532643

Standard First Aid with CPR-C 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Apr 4	1	15+ years	\$92.75	1530483
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9 am-5 pm	Aug 8	1	15+ years	\$92.75	1530503
Canterbury	613-247-4865	Sat.	9 am-5 pm	May 2	1	15+ years	\$92.75	1535509
CARDELREC (Goulbourn)	613-580-2532	Sun.	9 am-5:30 pm	Apr 19	1	15+ years	\$92.75	1523057
Jules Morin Park	Extension 44426	Sat.	9 am-5:30 pm	Jun 27	1	15+ years	\$92.75	1519622
Jules Morin Park	Extension 44426	Sat.	9 am-5:30 pm	Aug 22	1	15+ years	\$92.75	1519784
Kanata Leisure	613-580-9677	Sun.	8 am-4 pm	Jun 14	1	15+ years	\$92.75	1539925
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Apr 25	1	15+ years	\$92.75	1522837
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	May 23	1	15+ years	\$92.75	1522839

Standard First Aid with CPR-C 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jun 20	1	15+ years	\$92.75	1522841
Minto-Barrhaven	613-727-2683	Sat.	9 am-5 pm	Jul 25	1	15+ years	\$92.75	1524703
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Apr 4	1	15+ years	\$92.75	1539088
Nepean Sportsplex	613-580-2828	Sat.	9 am-5 pm	Jun 6	1	15+ years	\$92.75	1539089
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	May 1	1	15+ years	\$92.75	1540785
Pinecrest	613-580-9676	Fri.	8:30 am-4:30 pm	Jun 19	1	15+ years	\$92.75	1540786
Pinecrest	613-580-9676	Sun.	11 am-7 pm	Aug 16	1	15+ years	\$92.75	1542131
Plant	613-232-3000	Tue.	4:30-8:30 pm	Jun 9	2	15+ years	\$92.75	1526558
Ray Friel	613-580-4765	Sat.	9 am-5 pm	Apr 18	1	15+ years	\$92.75	1521857
Ray Friel	613-580-4765	Sun.	9 am-5 pm	Jun 14	1	15+ years	\$92.75	1521858
Richcraft	613-580-9696	Sat.	9 am-5 pm	May 30	1	15+ years	\$92.75	1531934
Sawmill Creek	613-521-4092	Sun.	9 am-5 pm	May 24	1	15+ years	\$92.75	1532224
Sawmill Creek	613-521-4092	Sat.	9 am-5 pm	Aug 15	1	15+ years	\$92.75	1538118
Splash	613-748-4222	Sat.	9 am-5 pm	Jun 13	1	15+ years	\$92.75	1543069
Splash	613-748-4222	Sat.	9 am-5 pm	Jul 11	1	15+ years	\$92.75	1543068
St-Laurent	613-742-6767	Sat.	9 am-5 pm	Apr 18	1	15+ years	\$92.75	1538744
St-Laurent	613-742-6767	Sat.	9 am-5 pm	May 16	1	15+ years	\$92.75	1538741
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Mar 29	1	15+ years	\$92.75	1532608
Walter Baker	613-580-2788	Sun.	9 am-5 pm	May 24	1	15+ years	\$92.75	1532609
Walter Baker	613-580-2788	Sun.	9 am-5 pm	Jul 5	1	15+ years	\$92.75	1532645

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	9 am-1 pm	Apr 5	1	15+ years	\$38	1530475
Bob MacQuarrie-Orléans	613-580-9600	Sat.	10 am-2 pm	Jul 18	1	15+ years	\$38	1530492
Canterbury	613-247-4865	Sat.	9 am-1 pm	Jun 13	1	15+ years	\$38	1535513
CARDELREC (Goulbourn)	613-580-2532	Sun.	9 am-1 pm	May 3	1	15+ years	\$38	1542733
Jules Morin Park	Extension 44426	Tue.	5-9 pm	May 12	1	15+ years	\$38	1519596
Jules Morin Park	Extension 44426	Tue.	5-9 pm	Jun23	1	15+ years	\$38	1519597
Jules Morin Park	Extension 44426	Tue.	5-9 pm	Jul7	1	15+ years	\$38	1519714
Jules Morin Park	Extension 44426	Tue.	5-9 pm	Aug25	1	15+ years	\$38	1519717
Kanata Leisure	613-580-9677	Sun.	10 am-3 pm	Jun 7	1	15+ years	\$38	1539849
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Apr 26	1	15+ years	\$38	1522850
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	May 24	1	15+ years	\$38	1522851
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Jun 14	1	15+ years	\$38	1522853
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Jul 19	1	15+ years	\$38	1524712
Minto-Barrhaven	613-727-2683	Sun.	9 am-1 pm	Aug 16	1	15+ years	\$38	1524714
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Apr 7	1	15+ years	\$38	1539090
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	May 5	1	15+ years	\$38	1539091
Nepean Sportsplex	613-580-2828	Tue.	5-9 pm	Jun 2	1	15+ years	\$38	1539092
Pinecrest	613-580-9676	Mon.	5-9pm	Mar 23	1	15+ years	\$38	1540787
Pinecrest	613-580-9676	Mon.	5-9 pm	May 25	1	15+ years	\$38	1540788
Pinecrest	613-580-9676	Tue.	5-9 pm	Aug 11	1	15+ years	\$38	1542082
Plant	613-232-3000	Mon.	5:30-9:30 pm	Apr 27	1	15+ years	\$38	1526544
Plant	613-232-3000	Mon.	5:30-9:30 pm	Jun 22	1	15+ years	\$38	1526548

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Ray Friel	613-580-4765	Wed.	5-9 pm	Apr 29	1	15+ years	\$38	1521860
Ray Friel	613-580-4765	Wed.	5-9 pm	Jun 17	1	15+ years	\$38	1521861
Ray Friel	613-580-4765	Wed.	5-9 pm	Jul 29	1	15+ years	\$38	1536248
Ray Friel	613-580-4765	Wed.	5-9 pm	Sep 2	1	15+ years	\$38	1536250
Richcraft	613-580-9696	Sat.	1-5 pm	Apr 25	1	15+ years	\$38	1531871
Sawmill Creek	613-521-4092	Sat.	10 am-2 pm	May 23	1	15+ years	\$38	1532247
Sawmill Creek	613-521-4092	Sun.	10 am-2 pm	Aug 9	1	15+ years	\$38	1538237
Splash	613-748-4222	Wed.	5-9 pm	Apr 8	1	15+ years	\$38	1543062
Splash	613-748-4222	Wed.	5-9 pm	Jun 3	1	15+ years	\$38	1543063
Splash	613-748-4222	Wed.	5-9 pm	Jul 15	1	15+ years	\$38	1543060
Splash	613-748-4222	Wed.	5-9 pm	Aug 5	1	15+ years	\$38	1543061
St-Laurent	613-742-6767	Sat.	9 am-1 pm	Apr 25	1	15+ years	\$38	1538750
St-Laurent	613-742-6767	Sat.	9 am-1 pm	May 30	1	15+ years	\$38	1538754
Walter Baker	613-580-2788	Fri.	6-10 pm	Apr 24	1	15+ years	\$38	1532543
Walter Baker	613-580-2788	Fri.	6-10 pm	May 15	1	15+ years	\$38	1532497
Walter Baker	613-580-2788	Sat.	6-10 pm	Jul 11	1	15+ years	\$38	1532638
Walter Baker	613-580-2788	Sat.	6-10pm	Aug 8	1	15+ years	\$38	1532639

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	9 am-1:30 pm	Aug 10	10	16+ years	\$164	1530513
Beaverbrook Outdoor	613-591-3061	Mon.-Sat.	9 am-1:30 pm	Jul 27	10	16+ years	\$164	1532008
Brewer	613-580-2090	Sun.	9 am-1 pm	Mar 29	11	16+ years	\$165	1530900
Brewer	613-580-2090	Mon.-Fri.	8 am-6 pm	Jul 27	5	16+ years	\$164	1539807
Canterbury	613-247-4865	Sun.	2-6:30 pm	Mar 29	13	16+ years	\$164	1535437
CARDELREC (Goulbourn)	613-580-2532	Sat.	2-7:30 pm	Apr 18	9	16+ years	\$164	1520285
CARDELREC (Goulbourn)	613-580-2532	Sat.	9 am-4:30 pm	Jul 4	7	16+ years	\$164	1529474
Champagne	613-244-4402	Sun.	2-6:30 pm	Mar 22	11	16+ years	\$164	1519543
Champagne	613-244-4402	Sat.-Sun.	2-6 pm	Aug 8	8	16+ years	\$164	1519745
François Dupuis	613-580-8080	Sun.-Fri.	8:30 am-5 pm	Aug 23	6	16+ years	\$164	1536805
General Burns Outdoor	613-225-7970	Tue.-Fri., Mon.	9 am-2 pm	Aug 4	9	16+ years	\$164	1538097
Genest Pool	613-742-6767	Tue.-Fri., Mon.	9 am-1:15 pm	Aug 4	9	16+ years	\$164	1538833
Kanata Leisure	613-580-9677	Sun.	3-8:15 pm	Apr 19	9	16+ years	\$164	1539834
Minto-Barrhaven	613-727-2683	Mon.	4:30-9:30 pm	Apr 20	9	16+ years	\$164	1518562
Minto-Barrhaven	613-727-2683	Mon.-Fri.	10:30 am-3 pm	Aug 24	10	16+ years	\$164	1524589
Nepean Sportsplex	613-580-2828	Wed.	5-9:15 pm	Mar 25	11	16+ years	\$164	1538041
Pinecrest	613-580-9676	Sun.	4:30-9 pm	Mar 22	10	16+ years	\$164	1540789
Ray Friel	613-580-4765	Sat.	12:30-5:30 pm	Apr 4	10	16+ years	\$164	1521827
Ray Friel	613-580-4765	Tue.-Fri., Mon.	9 am-2:30 pm	Aug 4	9	16+ years	\$164	1536236
Richcraft	613-580-9696	Mon.	5:30-10 pm	Mar 30	10	16+ years	\$164	1531897

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Thu.	5-9 pm	Mar 26	10	16+ years	\$164	1531729
Splash	613-748-4222	Sat.	Noon-8 pm	Apr 18	6	16+ years	\$164	1543052
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Apr 18	8	16+ years	\$164	1538703
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jun 29	9	16+ years	\$164	1532633
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 27	9	16+ years	\$164	1532634
Walter Baker	613-580-2788	Sun.-Fri.	8 am-4 pm	Aug 23	6	16+ years	\$164	1532635

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	5-9:45 pm	Apr 5	10	16+ years	\$189.50	1530445
Splash	613-748-4222	Tue.	5-9 pm	Mar 31	12	16+ years	\$189.50	1543053
Splash	613-748-4222	Tue.-Fri., Mon.	10 am-3:30 pm	Aug 4	9	16+ years	\$189.50	1543054

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Beaverbrook Outdoor	613-591-3061	Sat.	8:30 am-1:30 pm	Aug 15	1	16+ years	\$75	1532020
Bob MacQuarrie-Orléans	613-580-9600	Sat.	Noon-5 pm	Apr 18	1	16+ years	\$75	1530486
Bob MacQuarrie-Orléans	613-580-9600	Tue.	3-8 pm	Jul 14	1	16+ years	\$75	1530489
Canterbury	613-247-4865	Sun.	8 am-1 pm	Jun 28	1	16+ years	\$75	1535439
Champagne	613-244-4402	Sat.	3-8 pm	Jun 13	1	16+ years	\$75	1519594
Champagne	613-244-4402	Sat.	3-8 pm	Jul 25	1	16+ years	\$75	1519724
Kanata Leisure	613-580-9677	Fri.	4-9 pm	Jun 12	1	16+ years	\$75	1539843
Lowertown	Extension 44426	Sun.	4-9 pm	Mar 29	1	16+ years	\$75	1519591
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	May 23	1	16+ years	\$75	1518563
Minto-Barrhaven	613-727-2683	Sat.	4:30-9:30 pm	Jun 20	1	16+ years	\$75	1518567
Minto-Barrhaven	613-727-2683	Tue.	4:30-9:30 pm	Sep 1	1	16+ years	\$75	1524592
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Mar 22	1	16+ years	\$75	1537885
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Apr 19	1	16+ years	\$75	1537901
Nepean Sportsplex	613-580-2828	Sun.	3-8 pm	Jun 14	1	16+ years	\$75	1537934
Pinecrest	613-580-9676	Sun.	4-9 pm	Apr 5	1	16+ years	\$75	1540790
Pinecrest	613-580-9676	Sun.	4-9 pm	May 10	1	16+ years	\$75	1540791
Richcraft	613-580-9696	Mon.	5-10 pm	Mar 23	1	16+ years	\$75	1531906
Richcraft	613-580-9696	Mon.	5-10 pm	Jun 22	1	16+ years	\$75	1531909
Sawmill Creek	613-521-4092	Sun.	3-8pm	May 24	1	16+ years	\$75	1539660
Splash	613-748-4222	Sat.	4-9 pm	Jun 6	1	16+ years	\$75	1543070
Splash	613-748-4222	Sat.	4-9 pm	Jul 18	1	16+ years	\$75	1543071

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	Apr 4	1	16+ years	\$75	1538710
St-Laurent	613-742-6767	Sat.	4:30-9:30 pm	May 2	1	16+ years	\$75	1538708
Walter Baker	613-580-2788	Fri.	5:30-10:30 pm	Apr 17	1	16+ years	\$75	1532482
Walter Baker	613-580-2788	Sat.	2-7 pm	Jul 18	1	16+ years	\$75	1532636
Walter Baker	613-580-2788	Sat.	2-7 pm	Aug 15	1	16+ years	\$75	1532637

National Lifeguard Waterfront

Prerequisites: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol, and NLS pool option for the National Lifeguarding Service Award. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Mooney's Bay Park	Extension 16966	Thu.-Sun.	4-9 pm	Jun 18	4	16+ years	\$164	1530949

National Lifeguard Waterfront recertification

Designed to test the lifeguarding skills and knowledge at a waterfront in order to maintain current certification at the National Lifeguard level. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Mooney's Bay Park	Extension 16966	Tue.	4-9 pm	Jun 16	1	16+ years	\$75	1530904

Lifesaving and EFA Instructor

Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Fri.-Sun.	5-10 pm	Jun 26	3	16+ years	\$127.25	1530454
François Dupuis	613-580-8080	Mon.-Fri.	2:30-6:30 pm	Aug 24	5	16+ years	\$127.25	1536047
Minto-Barrhaven	613-727-2683	Fri.	5-9 pm	May 1	5	16+ years	\$124	1522862
Richcraft	613-580-9696	Fri.	5-10 pm	May 22	4	16+ years	\$127.25	1531887
Richcraft	613-580-9696	Sat.	9 am-12:30 pm	Jul 4	4	16+ years	\$127.25	1532213
Sawmill Creek	613-521-4092	Fri., Sun.	5-10 pm	Apr 24	3	16+ years	\$124	1539749
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	May 1	3	16+ years	\$124	1538798
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1 pm	Jul 20	5	16+ years	\$124	1532646
Walter Baker	613-580-2788	Mon.-Fri.	2-7 pm	Aug 24	5	16+ years	\$124	1532647

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 #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Extension 44426	Tue., Sat.	5-9 pm	Apr 28	3	16+ years	\$153.75	1519631

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Jules Morin Park	Extension 44426	Tue.	4-10 pm	May 5	1	16+ years	\$34.75	1519637

Red Cross certification

Standard First Aid with CPR-C and AED

Includes one and two rescuer adult, child and infant CPR and Automated External Defibrillator training. Meets the requirements of First Aid Attendant under WSIB legislation. Successful participants receive Standard First Aid Certificate, CPR level 'C' and AED Certificate. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Greely	Extension 30235	Sat.-Sun.	8:30 am-5:30 pm	Jun 6	2	15-18 years	\$142	1539611

Standard First Aid with CPR-C and AED recertification

Prerequisite: Red Cross Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Red Cross Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring certification card. 100% attendance is required. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Greely	Extension 30235	Sat.	8:30 am-5:30 pm	May 30	1	15-18 years	\$93	1539572

Standard First Aid with CPR-C and AED – Blended learning

This course will meet the requirements of First Aid attendant under WSIB legislation. Blended learning is a combination of in-class, face-to-face instruction with online instruction. A self-paced, online session is completed first, followed by an in-class skills session. Successful participants receive Standard First Aid, CPR level 'C' and AED certificate. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Greely	Extension 30235	Sat.	8:30 am-5:30 pm	May 30	1	15-18 years	\$142	1539555

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 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	Noon-4 pm	May 23	4	15+ years	\$225.25	1530459
Canterbury	613-247-4865	Fri.	7:30-9:30 pm	Apr 17	4	15+ years	\$225.25	1535515
CARDELREC (Goulbourn)	613-580-2532	Sat.	3:30-7:30 pm	Mar 28	4	15+ years	\$225.25	1523337
CARDELREC (Goulbourn)	613-580-2532	Sat.-Sun.	11 am-1 pm	Jul 4	4	15+ years	\$225.25	1529631
Jules Morin Park	Extension 44426	Sun.	2-6 pm	May 3	4	15+ years	\$225.25	1519656
Minto-Barrhaven	613-727-2683	Sun.	3-5 pm	Apr 19	5	15+ years	\$225.25	1522857
Minto-Barrhaven	613-727-2683	Sun.	5-7 pm	Apr 19	5	15+ years	\$225.25	1522858
Minto-Barrhaven	613-727-2683	Tue.	4:30-6:30 pm	Jul 7	5	15+ years	\$225.25	1524720
Nepean Sportsplex	613-580-2828	Mon.	5-7 pm	Mar 23	4	15+ years	\$225.25	1537979
Pinecrest	613-580-9676	Wed.	6:30-8:30 pm	Mar 25	5	15+ years	\$225.25	1540831
Pinecrest	613-580-9676	Sun.	6:30-8:30 pm	Apr 19	5	15+ years	\$225.25	1540832
Pinecrest	613-580-9676	Wed.	6-8 pm	Jul 8	5	15+ years	\$225.25	1542185
Ray Friel	613-580-4765	Sun.	2-6 pm	Mar 29	4	15+ years	\$225.25	1521863
Ray Friel	613-580-4765	Sat.	8 am-noon	Jul 4	4	15+ years	\$225.25	1536260
Richcraft	613-580-9696	Wed.	6-10 pm	Mar 25	4	15+ years	\$225.25	1531791
Richcraft	613-580-9696	Mon.,Wed.	2-6 pm	Jul 6	4	15+ years	\$225.25	1532138
Sawmill Creek	613-521-4092	Sun.	3:30-7:30 pm	Mar 22	4	15+ years	\$225.25	1539582
Splash	613-748-4222	Wed.	5-9 pm	Apr 1	4	15+ years	\$225.25	1543056
Splash	613-748-4222	Wed.	5-9 pm	Apr 29	4	15+ years	\$225.25	1543057
Splash	613-748-4222	Mon., Wed.	5-9 pm	Jul 13	4	15+ years	\$225.25	1543055

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 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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
St-Laurent	613-742-6767	Sat.	4:30-8:30 pm	Mar 28	4	15+ years	\$225.25	1538766
Walter Baker	613-580-2788	Sat.	4-6:30 pm	Jul 4	4	15+ years	\$225.25	1532648
Walter Baker	613-580-2788	Sat.	4-6:30 pm	Aug 8	4	15+ years	\$225.25	1532649

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue. Thu.	Noon-6:30 pm	Aug 11	4	15+ years	\$201.25	1530507
Canterbury	613-247-4865	Fri.	5:30-9:30 pm	May 22	6	15+ years	\$201.25	1535518
Canterbury	613-247-4865	Mon.-Fri.	9 am-2 pm	Aug 24	5	15+ years	\$201.25	1535528
CARDELREC (Goulbourn)	613-580-2532	Sat.-Sun.	1-7:30 pm	Jun 13	4	15+ years	\$201.25	1523342
CARDELREC (Goulbourn)	613-580-2532	Sat.-Sun.	9:30 am-4:30 pm	Aug 8	4	15+ years	\$201.25	1529632
François Dupuis	613-580-8080	Mon.-Fri.	9 am-2:30 pm	Aug 24	5	15+ years	\$201.25	1536025
General Burns Outdoor	613-225-7970	Tue.-Fri., Mon.	9 am-3 pm	Aug 18	5	15+ years	\$201.25	1541644
Lowertown	Extension 44426	Sat.	Noon-7 pm	Aug 8	4	15+ years	\$201.25	1519755
Minto-Barrhaven	613-727-2683	Tue.	5:15-9 pm	Apr 14	7	15+ years	\$201.25	1522880
Minto-Barrhaven	613-727-2683	Mon.-Fri.	9:15 am-2:30 pm	Aug 24	5	15+ years	\$201.25	1524726

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	4:30-9:45 pm	May 20	5	15+ years	\$201.25	1539096
Pinecrest	613-580-9676	Wed.	5-9:30 pm	Apr 29	6	15+ years	\$201.25	1540833
Pinecrest	613-580-9676	Mon.-Fri.	3-6 pm	Aug 24	5	15+ years	\$201.25	1542236
Ray Friel	613-580-4765	Sat.-Sun.	9 am-3 pm	May 30	4	15+ years	\$201.25	1521869
Ray Friel	613-580-4765	Sat.-Sun.	9 am-3 pm	Aug 15	4	15+ years	\$201.25	1536267
Richcraft	613-580-9696	Wed.	5:30-10 pm	May 20	6	15+ years	\$201.25	1531821
Richcraft	613-580-9696	Mon.,Wed.	4-8:30 pm	Aug 10	6	15+ years	\$201.25	1532152
Sawmill Creek	613-521-4092	Fri., Sun.	5-10 pm	May 8	4	15+ years	\$201.25	1539635
Splash	613-748-4222	Sat.-Sun.	10 am-4:30 pm	Jun 6	4	15+ years	\$201.25	1543059
Splash	613-748-4222	Sat.-Sun.	10 am-4:30pm	Aug 8	4	15+ years	\$201.25	1543058
St-Laurent	613-742-6767	Fri.-Sat.	5-10 pm	May 22	4	15+ years	\$201.25	1538789
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Jul 13	5	15+ years	\$201.25	1532650
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Jul 27	5	15+ years	\$201.25	1532651
Walter Baker	613-580-2788	Mon.-Fri.	8 am-1:15 pm	Aug 24	5	15+ years	\$201.25	1532652

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sun.	11:30 am-4:30 pm	May 31	1	16+ years	\$75	1530473
Bob MacQuarrie-Orléans	613-580-9600	Thu.	3-8 pm	Jul 23	1	16+ years	\$75	1530506
Canterbury	613-247-4865	Sun.	1-6 pm	Jun 28	1	16+ years	\$75	1535521
CARDELREC (Goulbourn)	613-580-2532	Sat.	2:30-7:30 pm	Mar 28	1	16+ years	\$75	1523347
Lowertown	Extension 44426	Sat.	3-8 pm	May2	1	16+ years	\$75	1519600
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	Apr 22	1	16+ years	\$75	1522876
Minto-Barrhaven	613-727-2683	Fri.	3-8 pm	Jun 26	1	16+ years	\$75	1522877
Minto-Barrhaven	613-727-2683	Wed.	4:30-9:30 pm	Aug 26	1	16+ years	\$75	1524729
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Apr 9	1	16+ years	\$75	1539093
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	May 14	1	16+ years	\$75	1539094
Nepean Sportsplex	613-580-2828	Thu.	4:30-9:30 pm	Jun 18	1	16+ years	\$75	1539095
Pinecrest	613-580-9676	Sun.	4-9 pm	Mar 29	1	16+ years	\$75	1540834
Pinecrest	613-580-9676	Sun.	4-9 pm	Jun 7	1	16+ years	\$75	1540835
Pinecrest	613-580-9676	Wed.	3-8 pm	Aug 19	1	16+ years	\$75	1542238
Plant	613-232-3000	Sat.	5-10 pm	May 30	1	16+ years	\$75	1526552
Richcraft	613-580-9696	Wed.	5-10 pm	May 13	1	16+ years	\$75	1531850
Richcraft	613-580-9696	Sat.	5-10 pm	Jun 13	1	16+ years	\$75	1540383
Sawmill Creek	613-521-4092	Sun.	3-8 pm	Mar 22	1	16+ years	\$75	1539654
Splash	613-748-4222	Sat.	4-9 pm	Apr 18	1	16+ years	\$75	1543072
Splash	613-748-4222	Sat.	4-9 pm	Jun13	1	16+ years	\$75	1543073
Splash	613-748-4222	Sat.	4-9 pm	Aug 15	1	16+ years	\$75	1543074

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 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Sun.	8 am-1 pm	Jul 19	1	16+ years	\$75	1532653
Walter Baker	613-580-2788	Sun.	8 am-1 pm	Aug 16	1	16+ years	\$75	1532654

Standard First Aid with CPR-C and AED

Includes one and two rescuer adult, child and infant CPR and Automated External Defibrillator training. Meets the requirements of First Aid Attendant under WSIB legislation. Successful participants receive Standard First Aid Certificate, CPR level 'C' and AED Certificate. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Greely	Extension 30235	Sat.-Sun.	8:30 am-5:30 pm	Jun 6	2	19+ years	\$142	1539623

Standard First Aid with CPR-C and AED recertification

Prerequisite: Red Cross Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Red Cross Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring certification card. 100% attendance is required. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Greely	Extension 30235	Sat.	8:30 am-5:30 pm	May 30	1	19+ years	\$93	1539602

Standard First Aid with CPR-C and AED – Blended learning

This course will meet the requirements of First Aid attendant under WSIB legislation. Blended learning is a combination of in-class, face-to-face instruction with online instruction. A self-paced, online session is completed first, followed by an in-class skills session. Successful participants receive Standard First Aid, CPR level 'C' and AED certificate. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Greely	Extension 30235	Sat.	8:30 am-5:30 pm	May 30	1	19+ years	\$142	1539560

Be a Water Watcher

**Keep children
in sight at all times**



ottawa.ca/watersafety



Specialty

Visit us online 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.

Junior lifeguard

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Fri.	6:30-7:30 pm	Mar 27	12	8-15 years	\$115.25	1540021
Minto-Barrhaven	613-727-2683	Wed.	5:30-6:30 pm	Apr 15	10	8-14 years	\$96	1522996
Minto-Barrhaven	613-727-2683	Fri.	5:30-6:30 pm	Apr 17	10	8-14 years	\$96	1522999
Minto-Barrhaven	613-727-2683	Mon.	5:30-6:30 pm	Apr 20	9	8-14 years	\$86.50	1522992
Minto-Barrhaven	613-727-2683	Mon.	4:30-5:30 pm	Jun 29	8	8-14 years	\$77	1525064
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Mar 29	12	8-10 years	\$115.25	1531334
Richcraft-Kanata	613-580-9696	Sun.	6:30-7:30 pm	Mar 29	12	10-14 years	\$115.25	1531357

Powerswim

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 8 years of age and Swim Kids 6 OR ability to swim 75m nonstop. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Mar 28	12	8-12 years	\$115.25	1522685
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Mar 29	12	8-12 years	\$115.25	1522687
Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Mar 31	12	8-12 years	\$115.25	1522684
Canterbury	613-247-4865	Tue.	4-5 pm	Mar 24	13	8-12 years	\$125	1520046
Canterbury	613-247-4865	Thu.	4-5 pm	Mar 26	13	8-12 years	\$125	1520047
CARDELREC (Goulbourn)	613-580-2532	Tue.	8-9 pm	Mar 24	13	8-12 years	\$125	1520300
CARDELREC (Goulbourn)	613-580-2532	Thu.	8-9 pm	Mar 26	13	8-12 years	\$125	1520299
CARDELREC (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Mar 29	11	8-12 years	\$105.75	1520298
CARDELREC (Goulbourn)	613-580-2532	Mon., Wed.	7:30-8:30 pm	Jun 29	7	8-12 years	\$67.25	1529625
CARDELREC (Goulbourn)	613-580-2532	Mon., Wed.	7:30-8:30 pm	Jul 27	7	8-12 years	\$67.25	1529626
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Mar 28	11	8-12 years	\$105.75	1522434
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jul 4	8	8-12 years	\$77	1524728
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	9-10 am	Aug 10	5	8-12 years	\$48	1535395
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Apr 23	9	8-12 years	\$86.50	1535295
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	8-12 years	\$57.75	1538076
Lowertown	Extension 44426	Fri.	6-7 pm	May15	7	8-12 years	\$67.25	1538082
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Apr 16	10	8-12 years	\$96	1522895
Minto-Barrhaven	613-727-2683	Sun.	4:15-5:15 pm	Apr 19	9	8-12 years	\$86.50	1522902
Minto-Barrhaven	613-727-2683	Mon.	4-5 pm	Apr 20	9	8-12 years	\$86.50	1522889

Introduction – Child

Pre-competitive program developing freestyle, backstroke, flip turns and introduces whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 8 years of age and Swim Kids 6 OR ability to swim 75m nonstop. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jun 30	7	8-12 years	\$67.25	1524735
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jul 2	8	8-12 years	\$77	1524740
Minto-Barrhaven	613-727-2683	Sat.	8:30-9:30 am	Jul 4	7	8-12 years	\$67.25	1524742
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 28	8	8-12 years	\$77	1524738
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 23	9	8-12 years	\$86.50	1538483
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Mar 25	11	8-12 years	\$105.75	1538495
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 27	10	8-12 years	\$96	1538511
Pinecrest	613-580-9676	Mon.	6-7 pm	Jun 29	8	8-12 years	\$77	1541253
Plant	613-232-3000	Sat.	4-5 pm	Apr 18	9	8-12 years	\$86.50	1522981
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Mar 23	12	8-12 years	\$115.25	1530394
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Mar 25	14	8-12 years	\$134.50	1530395
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Mar 27	13	8-12 years	\$125	1530396
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jun 29	9	8-12 years	\$86.50	1524407
Richcraft-Kanata	613-580-9696	Sat.	9-10 am	Jul 4	8	8-12 years	\$77	1524406
Richcraft-Kanata	613-580-9696	Wed.,Mon.	6-7 pm	Aug 5	9	8-12 years	\$86.50	1524408
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Mar 24	10	8-12 years	\$96	1531547
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jun 30	9	8-12 years	\$86.50	1533095
Splash Wave	613-748-4222	Sat.	9-10 am	Mar 28	12	8-12 years	\$115.25	1542984
Splash Wave	613-748-4222	Wed.	4:30-5:30 pm	Apr 1	13	8-12 years	\$125	1542985

Introduction – Teen

Youth focused pre-competitive program developing freestyle and backstroke strokes and turns and introduction of whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 13 years of age and Swim Kids 6 OR ability to swim 75m nonstop. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	13-14 years	\$57.75	1538091
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	15-17 years	\$65.25	1538098
Lowertown	Extension 44426	Fri.	6-7 pm	May 15	7	13-14 years	\$67.25	1538094
Lowertown	Extension 44426	Fri.	6-7 pm	May 15	7	15-17 years	\$76	1538099
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 20	9	13-14 years	\$86.50	1523023
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 20	9	15-17 years	\$97.75	1523011
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jun 30	8	13-14 years	\$77	1524787
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jun 30	8	15-17 years	\$87	1524933
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 23	9	13-14 years	\$86.50	1538651
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 23	9	15-17 years	\$97.75	1538560
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Mar 25	11	13-14 years	\$105.75	1538658
Pinecrest	613-580-9676	Wed.	6:30-7:30 pm	Mar 25	11	15-17 years	\$119.50	1538588
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 27	10	13-14 years	\$96	1538665
Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Mar 27	10	15-17 years	\$108.50	1538595
Pinecrest	613-580-9676	Mon.	6-7 pm	Jun 29	8	13-14 years	\$77	1541256
Pinecrest	613-580-9676	Mon.	6-7 pm	Jun 29	8	15-17 years	\$87	1541254
Richcraft-Kanata	613-580-9696	Mon.	5-6 pm	Mar 23	12	13-14 years	\$115.25	1530402
Richcraft-Kanata	613-580-9696	Wed.	5-6 pm	Mar 25	14	13-14 years	\$134.50	1530403
Richcraft-Kanata	613-580-9696	Fri.	5-6 pm	Mar 27	13	13-14 years	\$125	1530405
Richcraft-Kanata	613-580-9696	Mon.,Wed.	6-7 pm	Jun 29	9	13-14 years	\$86.50	1528345

Introduction – Teen

Youth focused pre-competitive program developing freestyle and backstroke strokes and turns and introduction of whip kick and dolphin kick. Build to an endurance swim of 200m nonstop and a workout total of 800-1000m. **Prerequisites:** 13 years of age and Swim Kids 6 OR ability to swim 75m nonstop. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sat.	9-10 am	Jul 4	8	13-14 years	\$77	1528344
Richcraft-Kanata	613-580-9696	Wed., Mon.	6-7 pm	Aug 5	9	13-14 years	\$86.50	1528347
Sawmill Creek	613-521-4092	Tue.	4-5 pm	Mar 24	10	13-14 years	\$96	1531553
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jun 30	9	13-14 years	\$86.50	1533102

Introduction – Adult

Pre-competitive program for adults that develops 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:** 18 years and ability to swim 75m nonstop. Basic stroke technique for freestyle and backstroke. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Mar 24	13	18+ years	\$200.75	1520039
Plant	613-232-3000	Mon.	6:30-7:30 pm	Apr 20	9	18+ years	\$139	1525362
Plant	613-232-3000	Wed.	7-8 pm	Jul 8	9	18+ years	\$139	1534005

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced. **Prerequisites:** 8 years of age and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bearbrook Outdoor	613-824-8300	Mon.-Fri.	10:30-11:30 am	Jun 29	9	8-12 years	\$86.50	1530514
Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Mar 28	12	8-12 years	\$115.25	1522692
Bob MacQuarrie-Orléans	613-580-9600	Sun.	Noon-1 pm	Mar 29	12	8-12 years	\$115.25	1522693

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced.

Prerequisites: 8 years of age and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Mar 31	12	8-12 years	\$115.25	1522690
Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8 pm	Apr 2	12	8-12 years	\$115.25	1522691
Canterbury	613-247-4865	Tue.	4-5 pm	Mar 24	13	8-12 years	\$125	1520043
Canterbury	613-247-4865	Tue.	5-6 pm	Mar 24	13	8-12 years	\$125	1520044
Canterbury	613-247-4865	Thu.	4-5 pm	Mar 26	13	8-12 years	\$125	1520042
Canterbury	613-247-4865	Thu.	5-6 pm	Mar 26	13	8-12 years	\$125	1520045
CARDELREC (Goulbourn)	613-580-2532	Tue.	8-9 pm	Mar 24	13	8-12 years	\$125	1520297
CARDELREC (Goulbourn)	613-580-2532	Thu.	8-9 pm	Mar 26	13	8-12 years	\$125	1520296
CARDELREC (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Mar 29	11	8-12 years	\$105.75	1520295
CARDELREC (Goulbourn)	613-580-2532	Mon., Wed.	7:30-8:30 pm	Jun 29	7	8-12 years	\$67.25	1529623
CARDELREC (Goulbourn)	613-580-2532	Mon., Wed.	7:30-8:30 pm	Jul 27	7	8-12 years	\$67.25	1529624
François Dupuis	613-580-8080	Sat.	5-6 pm	Mar 28	11	8-12 years	\$105.75	1522430
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Mar 29	11	8-12 years	\$105.75	1522432
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Apr 2	13	8-12 years	\$125	1522433
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Jun 29	9	8-12 years	\$86.50	1520392
François Dupuis	613-580-8080	Thu.	5:30-6:30 pm	Jul 2	10	8-12 years	\$96	1524725
François Dupuis	613-580-8080	Sun.	11:30 am-12:30 pm	Jul 5	8	8-12 years	\$77	1524723
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Jul 27	9	8-12 years	\$86.50	1520393
Genest	613-742-6767	Thu.	5:45-6:45 pm	Jul 9	7	8-12 years	\$67.25	1538853
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	10-11 am	Aug 10	5	8-12 years	\$48	1535397
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Apr 23	9	8-12 years	\$86.50	1535299

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced.

Prerequisites: 8 years of age and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	8-12 years	\$57.75	1538007
Lowertown	Extension 44426	Fri.	6-7 pm	May 15	7	8-12 years	\$67.25	1538012
Minto-Barrhaven	613-727-2683	Thu.	4-5 pm	Apr 16	10	8-12 years	\$96	1522918
Minto-Barrhaven	613-727-2683	Sun.	5:45-6:45 pm	Apr 19	9	8-12 years	\$86.50	1522913
Minto-Barrhaven	613-727-2683	Mon.	6-7 pm	Apr 20	9	8-12 years	\$86.50	1522909
Minto-Barrhaven	613-727-2683	Thu.	5:30-6:30 pm	Jul 2	8	8-12 years	\$77	1524752
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Jul 4	7	8-12 years	\$67.25	1524756
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 14	8	8-12 years	\$77	1524747
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 11	8	8-12 years	\$77	1524749
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 23	9	8-12 years	\$86.50	1538330
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 25	11	8-12 years	\$105.75	1538337
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 27	10	8-12 years	\$96	1538344
Pinecrest	613-580-9676	Mon.	6-7 pm	Jun 29	8	8-12 years	\$77	1541249
Plant	613-232-3000	Sat.	4-5 pm	Apr 18	9	8-12 years	\$86.50	1522985
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Mar 23	12	8-12 years	\$115.25	1530397
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Mar 25	14	8-12 years	\$134.50	1530398
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Mar 27	13	8-12 years	\$125	1530399
Richcraft-Kanata	613-580-9696	Mon.,Wed.	7-8 pm	Jun 29	9	8-12 years	\$86.50	1524410
Richcraft-Kanata	613-580-9696	Sat.	10-11 am	Jul 4	8	8-12 years	\$77	1524409
Richcraft-Kanata	613-580-9696	Wed.,Mon.	7-8 pm	Aug 5	9	8-12 years	\$86.50	1524411
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 24	10	8-12 years	\$96	1531564

Intermediate – Child

Pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced.

Prerequisites: 8 years of age and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jun 30	9	8-12 years	\$86.50	1533109
Splash Wave	613-748-4222	Sat.	10-11 am	Mar 28	12	8-12 years	\$115.25	1542986
Splash Wave	613-748-4222	Wed.	5:30-6:30 pm	Apr 1	13	8-12 years	\$125	1542987
St-Laurent	613-742-6767	Mon.	6-7 pm	Mar 30	8	8-12 years	\$77	1527014
St-Laurent	613-742-6767	Thu.	6-7 pm	Apr 2	10	8-12 years	\$96	1527068
St-Laurent	613-742-6767	Fri.	6-7 pm	Apr 3	9	8-12 years	\$86.50	1527147

Intermediate – Teen

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced.

Prerequisites: 13 years of age and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8 pm	Apr 2	12	13-14 years	\$115.25	1522688
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	13-14 years	\$57.75	1538035
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	15-17 years	\$65.25	1538044
Lowertown	Extension 44426	Fri.	6-7 pm	May15	7	13-14 years	\$67.25	1538038
Lowertown	Extension 44426	Fri.	6-7 pm	May15	7	15-17 years	\$76	1538048
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 20	9	13-14 years	\$86.50	1523030
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 20	9	15-17 years	\$97.75	1523005
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jun 30	8	15-17 years	\$87	1524936
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 23	9	15-17 years	\$97.75	1538352
Pinecrest	613-580-9676	Mon.	5:30-6:30 pm	Mar 23	9	13-14 years	\$86.50	1538438
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 25	11	13-14 years	\$105.75	1538448

Intermediate – Teen

Youth focused pre-competitive program that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced. **Prerequisites:** 13 years of age and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 25	11	15-17 years	\$119.50	1538365
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 27	10	13-14 years	\$96	1538455
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 27	10	15-17 years	\$108.50	1538422
Pinecrest	613-580-9676	Mon.	6-7 pm	Jun 29	8	13-14 years	\$77	1541252
Pinecrest	613-580-9676	Mon.	6-7 pm	Jun 29	8	15-17 years	\$87	1541250
Richcraft-Kanata	613-580-9696	Mon.	6-7 pm	Mar 23	12	13-14 years	\$115.25	1530644
Richcraft-Kanata	613-580-9696	Wed.	6-7 pm	Mar 25	14	13-14 years	\$134.50	1530645
Richcraft-Kanata	613-580-9696	Fri.	6-7 pm	Mar 27	13	13-14 years	\$125	1530646
Richcraft-Kanata	613-580-9696	Mon.,Wed.	7-8 pm	Jun 29	9	13-14 years	\$86.50	1528350
Richcraft-Kanata	613-580-9696	Sat.	10-11 am	Jul 4	8	13-14 years	\$77	1528348
Richcraft-Kanata	613-580-9696	Wed.,Mon.	7-8 pm	Aug 5	9	13-14 years	\$86.50	1528351
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 24	10	13-14 years	\$96	1531578
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Jun 30	9	13-14 years	\$86.50	1533113

Intermediate – Adult

Pre-competitive program for adults that continues to develop endurance to 300m nonstop and workout total of 1000 to 1500m. Breast stroke and Butterfly strokes and turns are introduced. **Prerequisites:** 18 years + and Powerswim Introduction or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Mar 24	13	18+ years	\$200.75	1520037
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Mar 26	13	18+ years	\$200.75	1520038
Plant	613-232-3000	Mon.	7:30-8:30 pm	Apr 20	9	18+ years	\$139	1525374
Plant	613-232-3000	Mon.	7-8 pm	Jun 29	9	18+ years	\$139	1528307

Advanced – Child

Timed distances increase in this pre-competitive program level and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. **Prerequisites:** 8 years of age and Powerswim Intermediate or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Tue.	5-6 pm	Mar 24	13	8-12 years	\$125	1520041
Canterbury	613-247-4865	Thu.	5-6 pm	Mar 26	13	8-12 years	\$125	1520040
CARDELREC (Goulbourn)	613-580-2532	Tue.	8-9 pm	Mar 24	13	8-12 years	\$125	1520290
CARDELREC (Goulbourn)	613-580-2532	Thu.	8-9 pm	Mar 26	13	8-12 years	\$125	1520288
CARDELREC (Goulbourn)	613-580-2532	Sun.	11:30 am-12:30 pm	Mar 29	11	8-12 years	\$105.75	1520287
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Mar 28	11	8-12 years	\$105.75	1522426
François Dupuis	613-580-8080	Sat.	4-5 pm	Mar 28	11	8-12 years	\$105.75	1522427
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Mar 29	11	8-12 years	\$105.75	1522428
François Dupuis	613-580-8080	Tue.	5:30-6:30 pm	Mar 31	13	8-12 years	\$125	1522429
François Dupuis	613-580-8080	Sat.	11:30 am-12:30 pm	Jul 4	8	8-12 years	\$77	1524716
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jul 5	8	8-12 years	\$77	1524718
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Jul 13	10	8-12 years	\$96	1520389
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Aug 10	10	8-12 years	\$96	1520390
Genest	613-742-6767	Thu.	5:45-6:45 pm	Jul 9	7	8-12 years	\$67.25	1538863
Glen Cairn Outdoor	613-580-9677	Mon.-Fri.	10-11 am	Aug 10	5	8-12 years	\$48	1535392
Kanata Leisure	613-580-9677	Thu.	7-8 pm	Apr 23	9	8-12 years	\$86.50	1535164
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	8-12 years	\$57.75	1534092
Lowertown	Extension 44426	Fri.	6-7 pm	May 15	7	8-12 years	\$67.25	1534100
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Apr 16	10	8-12 years	\$96	1522925
Minto-Barrhaven	613-727-2683	Sun.	6:45-7:45 pm	Apr 19	9	8-12 years	\$86.50	1522934

Advanced – Child

Timed distances increase in this pre-competitive program level and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. **Prerequisites:** 8 years of age and Powerswim Intermediate or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Minto-Barrhaven	613-727-2683	Mon.	5-6 pm	Apr 20	9	8-12 years	\$86.50	1522920
Minto-Barrhaven	613-727-2683	Thu.	7-8 pm	Jul 2	8	8-12 years	\$77	1524770
Minto-Barrhaven	613-727-2683	Sat.	10-11 am	Jul 4	7	8-12 years	\$67.25	1524773
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Jul 14	8	8-12 years	\$77	1524762
Minto-Barrhaven	613-727-2683	Tue.-Fri.	10:30-11:30 am	Aug 11	8	8-12 years	\$77	1524765
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 23	9	8-12 years	\$86.50	1538188
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 25	11	8-12 years	\$105.75	1538211
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 27	10	8-12 years	\$96	1538220
Pinecrest	613-580-9676	Mon.	7-8 pm	Jun 29	8	8-12 years	\$77	1541244
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Mar 25	14	8-12 years	\$134.50	1530400
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Mar 27	13	8-12 years	\$125	1530401
Richcraft-Kanata	613-580-9696	Sat.	11 am-Noon	Jul 4	8	8-12 years	\$77	1527144
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 24	10	8-12 years	\$96	1531587
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jun 30	9	8-12 years	\$86.50	1533119
Splash Wave	613-748-4222	Sat.	11 am-Noon	Mar 28	12	8-12 years	\$115.25	1542988
Splash Wave	613-748-4222	Wed.	6:30-7:30 pm	Apr 1	13	8-12 years	\$125	1542989
St-Laurent	613-742-6767	Mon.	6-7 pm	Mar 30	8	8-12 years	\$77	1527240
St-Laurent	613-742-6767	Thu.	6-7 pm	Apr 2	10	8-12 years	\$96	1527253
St-Laurent	613-742-6767	Sat.	5-6 pm	Apr 4	9	8-12 years	\$86.50	1527260

Advanced – Teen

Timed distances increase in this pre-competitive program for youth and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. **Prerequisites:** 13 years of age and Powerswim Intermediate or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
CARDELREC (Goulbourn)	613-580-2532	Mon., Wed.	7:30-8:30 pm	Jun 29	7	13-14 years	\$67.25	1529621
CARDELREC (Goulbourn)	613-580-2532	Mon., Wed.	7:30-8:30 pm	Jul 27	7	13-14 years	\$67.25	1529622
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	13-14 years	\$57.75	1534132
Lowertown	Extension 44426	Fri.	6-7 pm	Mar 27	6	15-17 years	\$65.25	1537998
Lowertown	Extension 44426	Fri.	6-7 pm	May 15	7	13-14 years	\$67.25	1534137
Lowertown	Extension 44426	Fri.	6-7 pm	May 15	7	15-17 years	\$76	1537989
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 20	9	13-14 years	\$86.50	1523031
Minto-Barrhaven	613-727-2683	Mon.	7:30-8:30 pm	Apr 20	9	15-17 years	\$97.75	1523015
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jun 30	8	13-14 years	\$77	1524799
Minto-Barrhaven	613-727-2683	Tue.	8-9 pm	Jun 30	8	15-17 years	\$87	1524937
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 23	9	13-14 years	\$86.50	1538252
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 23	9	15-17 years	\$97.75	1538228
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 25	11	13-14 years	\$105.75	1538264
Pinecrest	613-580-9676	Wed.	7:30-8:30 pm	Mar 25	11	15-17 years	\$119.50	1538231
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 27	10	13-14 years	\$96	1538271
Pinecrest	613-580-9676	Fri.	5:30-6:30 pm	Mar 27	10	15-17 years	\$108.50	1538234
Pinecrest	613-580-9676	Mon.	7-8 pm	Jun 29	8	13-14 years	\$77	1541247
Pinecrest	613-580-9676	Mon.	7-8 pm	Jun 29	8	15-17 years	\$87	1541246
Richcraft-Kanata	613-580-9696	Wed.	7-8 pm	Mar 25	14	13-14 years	\$134.50	1530648
Richcraft-Kanata	613-580-9696	Fri.	7-8 pm	Mar 27	13	13-14 years	\$125	1530649

Advanced – Teen

Timed distances increase in this pre-competitive program for youth and includes endurance swim to 400m and workout totals to 1500m+. All strokes are refined and Individual Medley and Relays are introduced. Times distances increase. **Prerequisites:** 13 years of age and Powerswim Intermediate or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Richcraft-Kanata	613-580-9696	Sat.	11 am-Noon	Jul 4	8	13-14 years	\$77	1528353
Sawmill Creek	613-521-4092	Tue.	5-6 pm	Mar 24	10	13-14 years	\$96	1531594
Sawmill Creek	613-521-4092	Tue.	6-7 pm	Jun 30	9	13-14 years	\$86.50	1533126

Advanced – Adult

Timed distances increase in this adult focused program 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:** 18 years + and Powerswim Intermediate or recommendation by Instructor. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Thu.	7:30-8:30 pm	Mar 26	13	18+ years	\$200.75	1520032

Combo – Child

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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Wed.	7-8 pm	Mar 25	13	8-12 years	\$125	1530963
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Mar 27	12	8-12 years	\$115.25	1530969
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 6	5	8-12 years	\$48	1544523
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 13	5	8-12 years	\$48	1544524
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 20	5	8-12 years	\$48	1544525
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 27	5	8-12 years	\$48	1544526

Combo – Child

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.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
General Burns Outdoor Pool	613-225-7970	Tue.-Fri.	11 am-Noon	Aug 4	4	8-12 years	\$38.50	1544527
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Aug 10	5	8-12 years	\$48	1544528
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Aug 17	5	8-12 years	\$48	1544529
Lowertown	Extension 44426	Mon.	5:30-6:30 pm	Mar 23	6	8-12 years	\$57.75	1534003
Lowertown	Extension 44426	Mon.	5:30-6:30 pm	May 11	6	8-12 years	\$57.75	1534008
Lowertown	Extension 44426	Wed.	6-7 pm	Jul 8	7	8-12 years	\$67.25	1535214
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Mar 23	10	8-12 years	\$96	1517318
Nepean Sportsplex	613-580-2828	Thu.	6:30-7:30 pm	Mar 26	12	8-12 years	\$115.25	1517322
Ray Friel	613-580-4765	Tue., Thu.	6-7 pm	Jun 30	10	8-12 years	\$96	1537540
Ray Friel	613-580-4765	Tue., Thu.	6-7 pm	Aug 4	10	8-12 years	\$96	1537546

Combo – Teen

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Brewer	613-580-2090	Fri.	5:30-6:30 pm	Mar 27	12	15-17 years	\$130.25	1531001
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 6	5	13-14 years	\$48	1544697
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 6	5	15-17 years	\$54.25	1544704
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 13	5	13-14 years	\$48	1544698
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 13	5	15-17 years	\$54.25	1544705
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 20	5	13-14 years	\$48	1544699
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 20	5	15-17 years	\$54.25	1544706

Combo – Teen

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. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 27	5	13-14 years	\$48	1544700
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Jul 27	5	15-17 years	\$54.25	1544707
General Burns Outdoor Pool	613-225-7970	Tue.-Fri.	11 am-Noon	Aug 4	4	13-14 years	\$38.50	1544701
General Burns Outdoor Pool	613-225-7970	Tue.-Fri.	11 am-Noon	Aug 4	4	15-17 years	\$43.50	1544708
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Aug 10	5	13-14 years	\$48	1544702
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Aug 10	5	15-17 years	\$54.25	1544709
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Aug 17	5	13-14 years	\$48	1544703
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	11 am-Noon	Aug 17	5	15-17 years	\$54.25	1544710
Lowertown	Extension 44426	Mon.	5:30-6:30 pm	Mar 23	6	13-14 years	\$57.75	1534045
Lowertown	Extension 44426	Mon.	5:30-6:30 pm	Mar 23	6	15-17 years	\$65.25	1534074
Lowertown	Extension 44426	Mon.	5:30-6:30 pm	May 11	6	15-17 years	\$65.25	1534069
Lowertown	Extension 44426	Mon.	5:30-6:30 pm	May 11	6	13-14 years	\$57.75	1534053
Lowertown	Extension 44426	Wed.	6-7 pm	Jul 8	7	13-14 years	\$67.25	1535221
Lowertown	Extension 44426	Wed.	6-7 pm	Jul 8	7	15-17 years	\$76	1535233
Ray Friel	613-580-4765	Thu.	5:15-6:15 pm	Mar 26	13	13-14 years	\$125	1535261
Ray Friel	613-580-4765	Thu.	5:15-6:15 pm	Mar 26	13	15-17 years	\$141	1535273
Ray Friel	613-580-4765	Sat.	9-10 am	Mar 28	11	13-14 years	\$105.75	1535266
Ray Friel	613-580-4765	Sat.	9-10 am	Mar 28	11	15-17 years	\$119.50	1535278
Ray Friel	613-580-4765	Tue., Thu.	6-7 pm	Jun 30	10	15-17 years	\$108.50	1537554
Ray Friel	613-580-4765	Tue., Thu.	6-7 pm	Aug 4	10	15-17 years	\$108.50	1537556

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. For extension numbers, call 613-580-2424, then dial the extension. For extension numbers, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-580-9600	Sat.	7-8 am	Mar 28	12	18+ years	\$114.50	1531986
Bob MacQuarrie-Orléans	613-580-9600	Mon.	8:30-9:30 pm	Mar 30	10	18+ years	\$95.50	1531982
Bob MacQuarrie-Orléans	613-580-9600	Wed.	8-9 pm	Apr 1	12	18+ years	\$114.50	1531985
Champagne	613-244-4402	Wed.	4-5 pm	Apr 29	8	18+ years	\$123.50	1519689
Champagne	613-244-4402	Wed.	4-5 pm	Jun 24	8	18+ years	\$123.50	1519690
Minto-Barrhaven	613-727-2683	Wed.	8-9 pm	Apr 15	10	18+ years	\$154.25	1522942
Pinecrest	613-580-9676	Mon.	6:30-7:30 pm	Mar 23	9	18+ years	\$139	1538301
Pinecrest	613-580-9676	Wed.	6-7 pm	Jul 8	8	18+ years	\$123.50	1541248
St-Laurent	613-742-6767	Tue.	6:30-7:30 pm	Mar 31	10	18+ years	\$154.25	1526926
St-Laurent	613-742-6767	Thu.	6:30-7:30 pm	Apr 2	10	18+ years	\$154.25	1526929
St-Laurent	613-742-6767	Sat.	7-8 am	Apr 4	9	18+ years	\$139	1526937