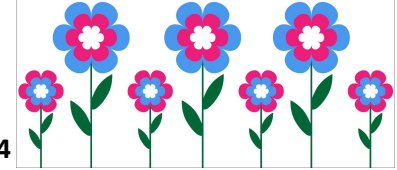




Aquatic Centre Spring Swim Programs

Preschool Swim For Life



Registration takes place from 5 pm Sunday, March 17th and closes at 12 am Thursday, March 28th, 2024

Register Online: https://anc.ca.apm.activecommunities.com/kenora/home?onlineSiteId=0&from_original_cui=true

Program	Description	Class Information			Fees
		Session	Class Times	Dates	
Minnow (Parent Assisted)	Minnows will have fun learning to get in and out of the water. They'll float and glide on their front and back and learn to get their face wet and blow bubbles underwater. Parents/Guardians have the option to be in the water for the first 4 classes for an easy transition into swim lessons.	Monday 1	5 – 5:30 pm	April 8 – June 10	\$65
		Monday 2	6:10 – 6:40 pm	April 8 – June 10	
		Wednesday	5 – 5:30 pm	April 10 – June 5	
		Sunday 1	9 – 9:30 am	April 7 – June 16	
		Sunday 2	10:10 – 10:40 am	April 7 – June 16	
		Sunday 3	12:30 – 1 pm	April 7 – June 16	
Bass	Bass students learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.	Monday 1	5 – 5:30 pm	April 8 – June 10	\$65
		Monday 2	5:35 – 6:05 pm	April 8 – June 10	
		Wednesday 1	5 – 5:30 pm	April 10 – June 5	
		Wednesday 2	5:35 – 6:05 pm	April 10 – June 5	
		Sunday 1	10:10 – 10:40 am	April 7 – June 16	
		Sunday 2	12:30 – 1pm	April 7 – June 16	
Walleye	Walleyes will enter into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water, and independently work on kicking and gliding through the water on their front and back.	Monday 1	5 – 5:30 pm	April 8 – June 10	\$65
		Monday 2	6:10 – 6:40 pm	April 8 – June 10	
		Wednesday	6:10 – 6:40 pm	April 10 – June 5	
		Sunday 1	9:35 – 10:05 am	April 7 – June 16	
		Sunday 2	11:55 am – 12:25 pm	April 7 – June 16	
Trout	Trout students learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries, open their eyes underwater, and master a short swim on their front wearing a lifejacket as well as gliding and kicking on their side.	Monday	5:35 – 6:05 pm	April 8 – June 10	\$65
		Wednesday	5:35 – 6:05 pm	April 10 – June 5	
		Sunday 1	9 – 9:30 am	April 7 – June 16	
		Sunday 2	12:30 – 1 pm	April 7 – June 16	
Musky	Muskie students get more adventuresome with a forward roll entry wearing a lifejacket and treading water. They'll work on front and back crawl swims and will be introduced to whip kick.	Monday	5:35 – 6:05 pm	April 8 – June 10	\$65
		Wednesday	5:35 – 6:05 pm	April 10 – June 5	
		Sunday 1	9 – 9:30 am	April 7 – June 16	
		Sunday 2	12:30 – 1 pm	April 7 – June 16	

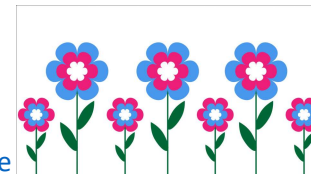
Children must be 3 years of age on the first day of lessons.

No classes will be held on Sunday, April 14th, May 19th & Monday, May 20th



Aquatic Centre Spring Swim Programs

Registration takes place from 5 pm Sunday, March 17th and closes at 12 am Thursday, March 28th, 2024
 Register Online: https://anc.ca.apm.activecommunities.com/kenora/home?onlineSiteId=0&from_original_cui=true



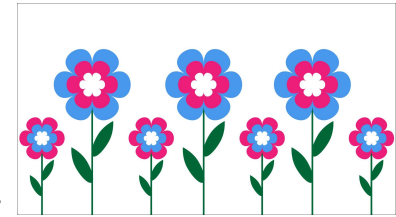
Program	Description	Class Information			Fee
		Session	Class Times	Dates	
Swim & Play (Parented)	Classes for babies & toddlers (ages 4 to 36 months) accompanied in the water with a parent or caregiver. A swimming instructor will help you get the most out of the pool experience. Build confidence through active water play & movement. <i>4 classes per session</i>	Session 1: 4 – 12 months	9:35 – 10:05 am	Sunday April 7 – May 5	\$35
		Session 2: 4 – 12 months		Sunday May 26 – June 16	
		Session 1: 12 – 36 months	10:10 – 10:40 am	Sunday April 7 – May 5	
		Session 2: 12 – 36 months		Sunday May 26 – June 16	
Junior Lifeguard Club	Fun interactive program to introduce participants to Swim Fitness, Rescues and First Aid.	Tuesday	4:30 – 6 pm	April 9 – June 4	\$125
Lifesaving Society Emergency First Aid & Bronze Medallion	Bronze Medallion challenges the candidates both mentally and physically by using their judgment, knowledge, skill and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Must be 13 years of age or older or hold Bronze Star.	Tuesday & Thursday	5 – 7:30 pm	April 9 – May 7 <i>9 classes</i>	\$175
Lifesaving Society Bronze Cross	Bronze Cross candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities while emphasizing the importance of teamwork. Bronze Cross is a prerequisite for National Lifeguard. <i>Prerequisites: Completed Emergency First Aid & Bronze Medallion</i>	Tuesday & Thursday	5 – 7:30 pm	May 14 – June 13 <i>10 classes</i>	\$125
Fitness Swimmer	The Fitness Swimmer program is for swimmers who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Participants set their own goals. For Ages 8 – 11 years with the ability to swim 50 m	Thursday	6:30 – 7 pm	April 11 – June 6	\$85
Beginner Adult/Teen Lessons	New to swimming or minimal experience.	Thursday	6:30 – 7:15 pm	April 11 – June 6	\$85
Intermediate Adult/Teen Lessons	Some experience and comfort in deep water. Able to swim 25 m (one length of lane pool).	Tuesday	6:40 – 7:25 pm	April 9 – June 4	\$85
Private Lessons	1:1 instruction or 1:2 semi-private with similar skills.	Contact Head Lifeguard at 807-467-2594 or by email eplatt@kenora.ca for availability			

No classes will be held on Sunday, April 14th, May 19th & Monday, May 20th



Aquatic Centre Spring Swim Programs

Swim For Life – Swimmer 1-6



Registration takes place from 5 pm Sunday, March 17th and closes at 12 am Thursday, March 28th, 2024

Register Online: https://anc.ca.apm.activecommunities.com/kenora/home?onlineSiteId=0&from_original_cui=true

Program	Description	Class Information			Fees
		Session	Class Times	Dates	
Swimmer 1	These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.	Monday 1	5:35 – 6:05 pm	April 8 – June 10	\$65
		Monday 2	6:45 – 7:15 pm	April 8 – June 10	
		Tuesday	6:05 – 6:35 pm	April 9 – June 4	
		Wednesday 1	5:35 – 6:05 pm	April 10 – June 5	
		Wednesday 2	6:10 – 6:40 pm	April 10 – June 5	
		Sunday 1	9 – 9:30 am	April 7 – June 16	
		Sunday 2	10:45 – 11:15 am	April 7 – June 16	
Swimmer 2	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim on their front and back, and be introduced to flutter kick interval training.	Monday 1	5 – 5:30 pm	April 8 – June 10	\$65
		Monday 2	6:45 – 7:15 pm	April 8 – June 10	
		Tuesday	7 – 7:30 pm	April 9 – June 4	
		Wednesday 1	5 – 5:30 pm	April 10 – June 5	
		Wednesday 2	6:10 – 6:40 pm	April 10 – June 5	
		Sunday 1	9:35 – 10:05 am	April 7 – June 16	
		Sunday 2	11:20 – 11:50 am	April 7 – June 16	
Swimmer 3	These junior swimmers will dive, do in-water front somersaults and handstands. They'll work on front crawl, back crawl and whip kick. Flutter kick interval training increases in distance.	Monday	6:10 – 6:55 pm	April 8 – June 10	\$85
		Tuesday	6:05 – 6:50 pm	April 9 – June 4	
		Wednesday	6:45 – 7:30 pm	April 10 – June 5	
		Thursday	4:30 – 5:15 pm	April 11 – June 6	
		Sunday	10:45 – 11:30 am	April 7 – June 16	
Swimmer 4	These intermediate swimmers will swim underwater and complete lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints and front/back crawl interval training.	Monday	7 – 7:45 pm	April 8 – June 10	\$85
		Tuesday	6:05 – 6:50 pm	April 9 – June 4	
		Wednesday	6:45 – 7:30 pm	April 10 – June 5	
		Thursday	4:30 – 5:15 pm	April 11 – June 6	
		Sunday	11:35 am – 12:20 pm	April 7 – June 16	
Swimmers 5 & 6	These swimmers will master a variety of entries, eggbeater kicks, and in-water backward somersaults. They'll refine their breaststroke and front and back crawl, then pick up the pace in sprints and an assortment of interval training.	Wednesday	6:45 – 7:30 pm	April 10 – June 4	\$85
		Thursday	5:20 – 6:05 pm	April 11 – June 6	
		Sunday	10:45 – 11:30 am	April 7 – June 16	

Children must be 6 years of age on the first day of lessons.

No classes will be held on Sunday, April 14th, May 19th & Monday, May 20th