

Aquatics

420-SWIM (7946)

Aquatics

Enjoy one of three excellent
HRM Aquatic facilities

Recruitment

Interested in becoming a Lifeguard/Instructor? We may provide your training at no cost!

Call us today for at 420-SWIM or visit us on-line at www.halifax.ca for further details.

Work the Water

I work the water because:

- * Flexible Work Schedules
- * Competitive Wages
- * Serve my community
- * Develop leadership skills
- * Earn valuable work experience
- * Meet new people
- * Have fun
- * And most importantly... **SAVE LIVES!**



Northcliffe Pool

- * EZ Access Ladder
- * L-shaped, 25 metre, 6 lane pool
- * 2 yard ape pool slides
- * 2 whirlpools
- * Therapeutic Chair Lift
- * Sauna (Co-ed)
- * Family Change Rooms
- * Free parking
- * Group discounts and passes
- * Wheelchair accessible

**111 Clayton Park Drive
490-4690**



Spryfield Wave Pool

- * Only indoor aquaclimb© climbing wall east of Vancouver
- * 15 metre diameter graduated beach area
- * 4 lane, 25 metre lap area
- * Waves, waves, waves 1/2-1 1/2 metres
- * Waves are on during wave swims only
- * Five in-pool therapeutic water jets
- * 2 yard Ape pool slides
- * Deckside patio area
- * Free parking
- * Group discounts and passes
- * Fully wheelchair accessible
- * Birthday parties

**10 Kidston Road
477-POOL (7665)**



Needham Community Pool

- * 20 yard, 5 lane pool
- * Cozy atmosphere, music
- * Tarzan rope
- * Birthday party
- * Viewing areas located on & off pool deck
- * Meeting rooms & gymnasium rentals
- * Accessible entrance area

**3372 Devonshire Avenue
490-4633**



Bedford Outdoor Pool

Opening Date: June 30, 2010

Closing Date: August 29, 2010

- * 1-6 lane, 25 metre lap pool
- * 1 leisure pool
- * Heated
- * Canteen facilities on site "Sugar Shack"
- * Group discounts & passes
- * Birthday parties
- * Swimming lessons; Lessons will be held on holidays



Outdoor Aquatics Beaches

Opening Date: June 30, 2010

Closing Date: August 29, 2010

(61 days)

- * 23 beaches
- * beaches located throughout HRM
- * 3 spray pools

490-5458

Swim Schedule

Aquatics

| | Northcliffe | Needham | Wavepool |
|------------------|---|---|--|
| Monday | Lane Swim 8:00am - 2:00pm 6:30pm - 7:30pm Water Exercise 1:00pm - 2:00pm 6:30pm - 7:30pm Open Swim 10:00am - 11:30am 7:30pm - 8:30pm Parent & Tot 11:30am - 1:00pm | Water Exercise 10:30am - 11:30am Adult Lane Swim 11:30am - 1:00pm Open Swim 6:00pm - 7:00pm | Early Bird 6:30am - 8:30am Parent and Tot Swim 9:00am - 1:00pm H2O Power Hour 9:00am - 10:00am Water Exercise 10:00am - 11:00am Adult Lane Swim 11:00am - 1:00pm Gentle Aqua 1:00pm - 2:00pm Water Exercise 7:00pm - 8:00pm Adult Lane Swim 8:00pm - 9:00pm |
| Tuesday | Lane Swim 8:00am - 1:00pm 7:30pm - 8:30pm* Swim Club 7:30pm - 8:30pm Water Exercise 9:00am - 10:00am 6:30pm - 7:30pm Open Swim 10:00am - 11:30am Parent & Tot 11:30am - 1:00pm 7:30pm - 8:30pm Adult Swim 8:30pm - 9:30pm | Parent/Tot 9:00am - 10:00am Senior Swim 9:00am - 10:00am Adult Lane Swim 11:30am - 1:00pm Afterschool Swim 4:00pm - 5:00pm Water Exercise 6:00pm - 7:00pm | Early Bird 6:30am - 8:30am Water Exercise 9:00am - 1:00pm Gentle Aqua 10:00am - 11:00am Adult Lane Swim 11:30am - 1:00pm Parent and Tot 11:30am - 1:00pm Encore 7:00pm - 7:30pm Open Wave 7:30pm - 8:30pm |
| Wednesday | Lane Swim 8:00am - 2:00pm 6:30pm - 7:30pm Water Exercise 1:00pm - 2:00pm 6:30pm - 7:30pm Open Swim 10:00am - 11:30am 7:30pm - 8:30pm Parent & Tot 11:30am - 1:00pm | Adult Lane Swim 11:30am - 1:00pm Family Swim 6:30pm - 7:30pm Adult Lane Swim 7:30pm - 8:30pm | Early Bird 6:30am - 8:30am Parent and Tot Swim 9:00am - 1:00pm H2O Power Hour 9:00am - 10:00am Water Exercise 10:00am - 11:00am Adult Lane Swim 11:00am - 1:00pm Gentle Aqua 1:00pm - 2:00pm Water Exercise 7:00pm - 8:00pm |
| Thursday | Lane Swim 8:00am - 1:00pm 7:30pm - 8:30pm* Swim Club 7:30pm - 8:30pm Water Exercise 9:00am - 10:00am 6:30pm - 7:30pm Open Swim 10:00am - 11:30am Parent & Tot 11:30am - 1:00pm 7:30pm - 8:30pm Adult Swim 8:30pm - 9:30pm | Parent/Tot 10:00am - 11:00am Senior Swim 10:00am - 11:00am Loonie Swim 6:00pm - 7:00pm Adult Lane Swim 7:00pm - 8:00pm | Early Bird 6:30am - 8:30am Parent and Tot 9:00am - 1:00pm Water Exercise 9:00am - 10:00am Gentle Aqua 10:00am - 11:00am Adult Lane Swim 11:00am - 1:00pm Aqua Noodle 7:00pm - 8:00pm Adult Lane Swim 8:00pm - 9:00pm |
| Friday | Lane Swim 8:00am - 2:00pm 1 lane 7:30pm - 8:30pm Water Exercise 1:00pm - 2:00pm Open Swim 10:00am - 11:30am 7:30pm - 8:30pm Parent & Tot 11:30am - 1:00pm | Water Exercise 10:30am - 11:30am Adult Lane Swim 11:30am - 1:00pm Big Swim (Swim & Pizza) 5:00pm - 6:00pm Open Swim 6:00pm - 7:00pm | Early Bird 6:30am - 8:30am H2O Power Hour 9:00am - 10:00am Water Exercise 10:00am - 11:00am Parent and Tot 11:00am - 1:00pm Adult Lane Swim 11:00am - 1:00pm Wave Swim 4:00pm - 5:00pm Wave Swim 7:00pm - 8:30pm |
| Saturday | Family Swim 1:30pm - 2:30pm Open Swim 2:30pm - 4:30pm Female Swim 6:30pm - 7:30pm | Pool Rental 1:00pm - 2:00pm Open Swim 2:00pm - 3:30pm Pool Rental 3:30pm - 4:30pm Pool Rental 4:30pm - 5:30pm | Wave Swim 1:30pm - 3:00pm Family Wave Swim 3:00pm - 4:30pm Birthday Parties 4:30pm - 5:30pm 5:45pm - 6:45pm 7:00pm - 8:00pm |
| Sunday | Family Swim 1:30pm - 2:30pm Open Swim 2:30pm - 4:30pm Lane Swim 6:30pm - 8:00pm Water Exercise 6:30pm - 7:30pm | Pool Rental 1:00pm - 2:00pm Open Swim 2:00pm - 3:30pm Pool Rental 3:30pm - 4:30pm Pool Rental 4:30pm - 5:30pm | Adult Lane 9:00am - 11:00am Parent and Tot/Lane 1:00pm - 2:00pm Wave Swim 2:15pm - 3:15pm Family Swim 3:30pm - 4:30pm Birthday Parties 11:00am - 12:00pm 12:00pm - 1:00pm |

* These swim times will have reduced lanes dependant on other programs running in the pool at the same time.

Swim Fees

Aquatics

All Children under 8 years must be accompanied in the water by an adult.

| Fees: | 1 visit | 10 Visit | 20 Visit | 30 Visit | 3 mth | 6mth | 1 Yr |
|--------------------------------|---------|----------|----------|----------|-------|-------|-------|
| Preschool (up to 4 yrs) | \$1.75 | \$18 | \$32 | \$42 | | | |
| 1 Parent 1 Tot | \$4.50 | \$41 | \$72 | \$95 | \$166 | \$250 | \$375 |
| Child (5 - 12 yrs) | \$2.25 | \$20 | \$36 | \$47 | \$62 | \$92 | \$139 |
| Youth (13 yr - 18yrs) | \$3 | \$27 | \$48 | \$63 | \$83 | \$123 | \$185 |
| Adult (19 - 54 yrs) | \$4 | \$36 | \$64 | \$84 | \$110 | \$165 | \$248 |
| Senior (55 +) | \$3 | \$27 | \$48 | \$63 | \$83 | \$123 | \$185 |
| Family - max. 5 people | \$9 | \$81 | \$144 | \$189 | \$220 | \$330 | \$440 |



Screening

If you are uncertain in which swimming level to register yourself or your child, please contact your pool for details and to schedule your lessons.

Birthday Parties

Private birthday parties are offered at all pools. Please call your local pool to set up your party.

Bedford Pool Rentals

One hour private pool rental at Bedford Pool Maximum 25 Ratio one adult per 3 preschoolers and 1 adult per 5 children under age of 8.

Sporty Mom and Me Aquafit:

Join us at the Wavepool for 1 hour of Aquafit, with your baby floating along beside you. Your little one will be tethered to you in an approved floatation device while you complete your workout. The floatation device is used as part of the class, you will water jog, stretch and jump, all while your little one rides safely beside you.

Tuesdays - 1-2pm 2045 | April 13th

Spryfield Wave Pool
\$47 Classes: 10

Pre Swim Kids

Age 5 & under

Swim Kids

Age 6 and over

Specialty Courses

- Swim Patrol
- Synchronized Swimming
- First Aid - CPR Courses
- Junior Lifeguard Club
- Aquatic Volunteers
- Youth Learn to Swim
- Youth Stroke Improvement
- Swim to Survive

Adult Lessons

- Adult Learn to Swim
- Adult Stroke Improvement
- Adult Synchronized Swimming
- Swim Club
- 1st Responders
- Swim to Survive

Private & Semi-Private Lessons

Individualized instruction is available at all of our pools. Please contact your Aquatic Specialist for details and to schedule your lessons.

Red Cross Swim Preschool

7-level program for children 4 months to 5 years of age

This seven-level program allows your children to enter levels based on their age and abilities:

- During levels 1 and 2, the parent or caregiver will participate in the classes together with their child.
- Level 3 can provide a transition where parents can gradually leave their preschooler with the Instructor.
- Levels 4 to 7 can be unparented – the children will be with the Instructor at all times.

Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children.



Preschool AGES 5 & UNDER

Aquatic Kiddie Capers

Age: 3 - 5

Preschool playtime and swimtime! Come make new friends with us. Play games, make crafts, read stories and swim. Prerequisite: minimum age of 3 and toilet trained. Birth certificates may be required.

\$59 Classes: 10
\$32 For Summer Classes: 10

Northcliffe

Start Date: Apr 12
204147 M 9:15am
Start Date: Apr 13
204148 Tu 9:15am
Start Date: Apr 14
204149 W 9:15am
Start Date: Apr 15
204150 Th 9:15am
Start Date: Apr 16
204151 F 9:15am

Start Date: Jul 5
204152 M, W-F 9:15am
Start Date: Jul 12
204153 M-F 9:15am
Start Date: Jul 19
204154 M-F 9:15am
Start Date: Jul 26
204155 M-F 9:15am
Start Date: Aug 2
204156 M-Tu, Th-F 9:15am
Start Date: Aug 9
204157 M-F 9:15am
Start Date: Aug 16
204158 M-F 9:15am
Start Date: Aug 23
204159 M-F 9:15am

SP1C Starfish/Duck

Starfish and Duck combined class.

\$59 Classes: 10

Northcliffe

Start Date: Apr 12
203668 M 4:00pm
203669 M 5:00pm
Start Date: Apr 13
203670 Tu 4:30pm
203671 Tu 5:30pm
Start Date: Apr 14
203672 W 4:00pm
203673 W 5:00pm
Start Date: Apr 15
203674 Th 4:30pm
203675 Th 5:30pm
Start Date: Apr 16
203676 F 4:00pm
203677 F 6:00pm
Start Date: Apr 17
203678 Sa 9:00am
203679 Sa 10:00am
203680 Sa 11:00am
203681 Sa 12:00pm
Start Date: Apr 18
203682 Su 9:00am
203683 Su 10:00am
203684 Su 11:00am
203685 Su 12:00pm

Start Date: Jul 5
203686 M-F 9:00am
203690 M-F 11:30am
Start Date: Jul 10
203694 Sa 11:30am
Start Date: Jul 19
203687 M-F 9:00am
203691 M-F 11:30am
Start Date: Aug 3
203688 Tu-F, M 9:00am
203692 Tu-F, M 11:30am
Start Date: Aug 16
203689 M-F 9:00am
203693 M-F 11:30am

Wavepool

Start Date: Apr 12
201529 M 6:00pm
Start Date: Apr 13
201530 Tu 6:00pm
Start Date: Apr 14
201531 W 6:00pm
Start Date: Apr 15
201532 Th 6:00pm
Start Date: Apr 16
201533 F 6:00pm
Start Date: Apr 17
201534 Sa 11:00am
201535 Sa 11:45am
201536 Sa 1:00pm
Start Date: Apr 18
201537 Su 6:00pm

Start Date: Jul 6
207301 Tu 6:00pm
Start Date: Jul 7
207302 W 5:30pm
Start Date: Jul 8
207307 Th 6:00am

Bedford Lions

Start Date: Jul 5
201603 M-F 10:00am
Start Date: Jul 19
201604 M-F 10:00am
Start Date: Aug 2
201605 M-F 10:00am
Start Date: Aug 16
201606 M-F 10:00am

SP2 Starfish/Duck

Age: 4 - 36

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play. Prerequisite: Starfish and Duck

\$59 Classes: 10

Northcliffe

Start Date: Apr 17
202067 Sa 9:00am

Needham

Start Date: Apr 17
202067 Sa 9:00am

SP3 Sea Turtle

(parented)

\$59 Classes: 10

Northcliffe

Start Date: Apr 12
203729 M 4:00pm
203730 M 6:00pm
Start Date: Apr 13
203731 Tu 4:30pm
203732 Tu 5:30pm
Start Date: Apr 14
203733 W 4:00pm
203734 W 6:00pm
Start Date: Apr 15
203735 Th 4:30pm
203736 Th 5:30pm
Start Date: Apr 16
203737 F 4:30pm
Start Date: Apr 17
203738 Sa 10:30am
203739 Sa 11:30am
Start Date: Apr 18
203740 Su 10:30am
203741 Su 11:30am

Start Date: Jul 5
203742 M-F 10:00am
Start Date: Jul 10
203728 Sa 9:30am
203746 Sa 10:00 am
203754 Sa 11:30am
Start Date: Jul 19
203743 M-F 10:00am
Start Date: Aug 3
203744 Tu-F, M 10:00am
Start Date: Aug 16
203745 M-F 10:00am

SP3 Sea Turtle

Age: 3 - 5

For children 3-5 years old who have not previously taken swimming lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, floating, and builds awareness of deep water and safe entries. Prerequisite parented: 30-36 months Prerequisite unparented - 3-5 yrs.

\$59 Classes: 10

Northcliffe

Start Date: Apr 12
203695 M 4:00pm
203696 M 5:00pm
203697 M 6:00pm
Start Date: Apr 13
203698 Tu 4:30pm
203699 Tu 5:30pm
Start Date: Apr 14
203700 W 4:00pm
203701 W 5:00pm
203702 W 6:00pm
Start Date: Apr 15
203703 Th 4:30pm
203704 Th 5:30pm
Start Date: Apr 16
203705 F 4:30pm
203706 F 5:30pm
203707 F 6:30pm
Start Date: Apr 17
203708 Sa 8:30am
203709 Sa 9:30am
203710 Sa 10:30am
203711 Sa 11:30am
203712 Sa 12:30pm
Start Date: Apr 18
203713 Su 08:30am
203714 Su 09:30am
203715 Su 10:30am
203716 Su 11:30am
203717 Su 12:30pm

Start Date: Jul 5
203718 M-F 9:00am
203722 M-F 10:30am
Start Date: Jul 6
203726 Tu 5:00pm
Start Date: Jul 8
203727 Th 5:00pm
Start Date: Jul 19
203719 M-F 9:00am
203723 M-F 10:30 am
Start Date: Aug 3
203720 Tu-F, M 9:00am
Start Date: Aug 3
203724 Tu-F, M 10:30am
Start Date: Aug 16
203721 M-F 9:00am
Start Date: Aug 16
203725 M-F 10:30am

Needham

Start Date: Apr 12
202070 M 4:00pm
202071 M 5:30pm
Start Date: Apr 17
202073 Sa 9:00am
202067 Sa 9:00am
202074 Sa 10:30am
Start Date: Apr 14
202072 W 4:45pm

Start Date: Jul 5
202075 M-F 9:00am
Start Date: Jul 19
202076 M-F 9:00am
Start Date: Aug 3
202077 Tu-F, M 9:00am
Start Date: Aug 16
201913 M-F 9:00am

Wavepool

Start Date: Apr 12
201468 M 4:00pm
201469 M 5:00pm
201470 M 5:00pm
201471 M 5:30pm
Start Date: Apr 13
201472 Tu 4:00pm
201473 Tu 4:30pm
201474 Tu 4:45pm
201475 Tu 6:15pm
Start Date: Apr 14
201476 W 5:00pm
201477 W 5:30pm
201478 W 6:00pm
201479 W 6:30 P
201480 W 6:30pm
Start Date: Apr 15
201481 Th 4:00pm
201482 Th 4:00pm
201483 Th 6:30pm
Start Date: Apr 16
201484 F 5:30 pm
201485 F 6:00pm
Start Date: Apr 17
201486 Sa 9:00am
201487 Sa 9:00am
201488 Sa 10:00am
201489 Sa 10:00am
201490 Sa 11:30am
201491 Sa 11:45am
201492 Sa 12:15pm
201493 Sa 12:30pm
201494 Sa 12:30pm
201495 Sa 1:00pm
Start Date: Apr 18
201496 Su 9:00am
201497 Su 10:00am
201498 Su 10:30am
201506 Su 5:00pm
201526 Su 5:00pm
201527 Su 6:00pm
201528 Su 6:30pm

Start Date: Jul 6
207277 Tu 4:30pm
207278 Tu 6:30pm
Start Date: Jul 5
207281 M-F 8:30am
Start Date: Jul 7
207279 W 4:30pm
Start Date: Jul 8
207280 Th 6:30pm
Start Date: Jun 14
207285 M-F 9:30am
Start Date: Jul 19
207286 M-F 9:30am
207287 M-F 8:30am
Start Date: Aug 3
207288 Tu-F, M 8:30am
207290 Tu-F, M 9:30am
Start Date: Aug 16
207291 M-F 9:30am
207292 M-F 8:30am

NS Hospital

Start Date: Apr 17
201499 Sa 9:00am
201500 Sa 10:30am

Bedford Lions

Start Date: Jul 5
201607 M-F 9:30am
201608 M-F 11:00am
201627 M-F 8:30am
201609 M-F 11:30am
201610 M-F 4:00pm
201611 M-F 5:00pm
Start Date: Jul 19
201612 M-F 9:30am
201613 M-F 11:00am
201614 M-F 11:30am
201615 M-F 4:00pm
201616 M-F 5:00pm
Start Date: Aug 2
201617 M-F 9:00am
201618 M-F 11:00am
201619 M-F 11:30am
201620 M-F 4:00pm
201621 M-F 5:00pm
Start Date: Aug 16
201622 M-F 9:30am
201623 M-F 11:00am
201624 M-F 11:30am
201625 M-F 4:30pm
201626 M-F 5:00pm

SP4 Salamander

Age: 3 - 5

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water. Prerequisite: 3-5 years old, Sea Turtle.

\$59 Classes: 10

Start Date: Apr 12
203755 M 4:00pm
203756 M 5:00pm
203757 M 6:00pm
Start Date: Apr 13
203758 Tu 4:30pm
203759 Tu 5:30pm
Start Date: Apr 14
203760 W 4:00pm
203761 W 5:00pm
203762 W 6:00pm
Start Date: Apr 15
203763 Th 4:30pm
203764 Th 5:30pm
Start Date: Apr 16
203765 F 4:30pm
203766 F 5:30pm
203767 F 6:30pm
Start Date: Apr 17
203768 Sa 9:30am
203769 Sa 10:30am
203770 Sa 11:30am
203771 Sa 12:30pm
Start Date: Apr 18
203772 Su 8:30am
203773 Su 9:30am
203774 Su 10:30am
203775 Su 11:30am
203776 Su 12:30pm

Start Date: Jul 5
203777 M-F 09:00am
203781 M-F 10:30am
Start Date: Jul 6
203785 Tu 5:30pm
Start Date: Jul 8
203786 Th 5:30pm
Start Date: Jul 10
203787 Sa 9:30am
203788 Sa 11:30am
Start Date: Jul 19
203778 M-F 9:00am
203782 M-F 10:30am
Start Date: Aug 3
203779 Tu-F, M 9:00am
Start Date: Aug 16
203780 M-F 09:00am
203784 M-F 10:30am
Start Date: Aug 3
203783 Tu-F, M 10:30am

Start Date: Apr 17
202080 Sa 9:30am
Start Date: Apr 14
202079 W 5:30pm
Start Date: Apr 12
202078 M 5:00pm

Start Date: Jul 5
201916 M-F 9:30am
Start Date: Jul 19
201917 M-F 9:30am
Start Date: Aug 3
201918 Tu-F, M 9:30am
Start Date: Aug 16
201919 M-F 9:30am

Start Date: Apr 12
203422 M 4:00pm
203423 M 4:30pm
203424 M 6:00pm
203425 M 6:00pm
203426 M 6:30pm
Start Date: Apr 13
203427 Tu 4:00pm
203428 Tu 4:30pm
203429 Tu 5:00pm
203430 Tu 5:00pm
203431 Tu 6:00pm
203432 Tu 6:00pm
203433 Tu 6:30pm
203434 Tu 6:30pm
Start Date: Apr 14
203435 W 4:00pm
203436 W 4:00pm
203437 W 5:00pm
203438 W 5:30pm
Start Date: Apr 15
203439 Th 4:00pm
203440 Th 4:00pm
203441 Th 5:00pm
203442 Th 5:45pm
203443 Th 6:00pm
Start Date: Apr 16
203444 F 5:30pm
203445 F 6:00pm
203446 F 9:00am
Start Date: Apr 17
203447 Sa 9:00am
203448 Sa 9:00am
203449 Sa 10:00am
203450 Sa 10:00am
203451 Sa 10:15am
203452 Sa 10:30am
203453 Sa 11:30am
203454 Sa 12:30pm
203455 Sa 1:00pm
Start Date: Apr 18
203456 Su 9:00am
203457 Su 10:00am
203458 Su 10:30am
203459 Su 4:30pm
203460 Su 4:30pm
203461 Su 5:00pm
203462 Su 5:00pm
203463 Su 5:30pm
203464 Su 6:30pm

Start Date: Jul 6
207310 Tu 4:30pm
207316 Tu 6:00pm
Start Date: Jul 7
207317 W 6:00pm
Start Date: Jul 8
207397 Th 4:30pm
207398 Th 6:00pm
Start Date: Jul 5
207399 M-F 8:30am
207400 M-F 10:45am
Start Date: Aug 3
207401 Tu-F, M 10:45am
Start Date: Jul 19
207402 M-F 10:45am
207403 M-F 8:30am
Start Date: Aug 3
207404 Tu-F, M 8:30am
Start Date: Aug 16
207405 M-F 10:45am
207406 M-F 8:30am

Start Date: Apr 17
201501 Sa 9:00am
201502 Sa 11:45am

Bedford Lions

Start Date: Jul 5
201628 M-F 9:00am
201629 M-F 9:15am
201630 M-F 10:00am
201631 M-F 4:30pm
Start Date: Jul 19
201632 M-F 9:00am
201633 M-F 9:15am
201634 M-F 10:00am
201635 M-F 4:30pm
201636 M-F 10:15am
Start Date: Aug 2
201637 M-F 9:00am
201638 M-F 9:15am
201639 M-F 10:00am
201640 M-F 4:30pm
201641 M-F 9:30am
201642 M-F 8:30am
Start Date: Aug 16
201643 M-F 9:00am
201645 M-F 10:00am
201646 M-F 11:30am
201647 M-F 4:30pm



www.centennialpool.ca

Address: Centennial Pool
1970 Gottingen Street
Halifax, NS B3J 3Y2
Phone: (902) 490-7219
Fax: (902) 490-4637
E-mail: info@centennialpool.ca

Centennial Pool Prices

(HST Included) (Group rates available on request)

| | Single Visit Rates | Passes | 10 Visits |
|--------------------------------|--------------------|--------------------|-----------|
| Children (age 2 to 5) | \$2 | Adult (age 18+) | \$40 |
| Adult (age 18+) | \$4 | Students* | \$27 |
| Students * | \$3 | Seniors (age 60+)* | \$18 |
| Seniors (age 60+) * | \$2 | | |
| Family (2 adults + 3 children) | \$10 | | |
| Youth | \$3 | | |

Memberships

| | 3 Month | 6 Month | 12 Month |
|--------------------|---------|---------|----------|
| Adult (age 18+) | \$100 | \$150 | \$250 |
| Students * | \$75 | \$115 | \$185 |
| Seniors (age 60+)* | \$50 | \$75 | \$125 |

*Valid identification is required to receive student and senior rates

Children under the age of 15 must be accompanied by an adult.

Identification must be presented for proof of age if requested by staff.

Centennial Pool is operated by the Centennial Pool Association, a non-profit organization comprised of user groups and community members. We are one of only two 50-metre pools in the Maritime Provinces.

- * Six lanes with a movable bulkhead (pool can be set up for long or short course)
- * The only 10 metre diving tower complex in the Maritime Provinces
- * 1 and 3 metre springboards
- * Therapeutic chair lift and EZ Ladder
- * Spectator gallery
- * Poolside basketball nets
- * Home of Platypus Medical Exercise Therapeutic facility 446-3919

SP5 Sunfish

Age: 3 - 5

Assisted by an instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in the deep water. Prerequisite: Salamander and between ages 3-5 years old.

\$59 Classes: 10

Start Date: Apr 12
203794 M 4:00pm
203795 M 5:00pm
Start Date: Apr 13
203796 Tu 4:30pm
203797 Tu 5:30pm
Start Date: Apr 14
203798 W 4:00pm
203799 W 5:00pm
203800 W 6:00pm
Start Date: Apr 15
203801 Th 4:30pm
203802 Th 5:30pm
Start Date: Apr 16
203803 F 4:30pm
203804 F 5:30pm
203805 F 6:30pm
Start Date: Apr 17
203806 Sa 8:30am
203807 Sa 9:30am
203808 Sa 10:30am
203809 Sa 11:30am
203810 Sa 12:30pm
Start Date: Apr 18
203811 Su 8:30am
203812 Su 9:30am
203813 Su 10:30am
203814 Su 11:30am
203815 Su 12:30pm

Start Date: Jul 5
203816 M-F 9:00am
203820 M-F 10:30am
Start Date: Jul 6
203824 Tu 6:00pm
Start Date: Jul 8
203825 Th 6:00pm
Start Date: Jul 10
203826 Sa 11:30am
205068 Sa 10:30am
Start Date: Jul 19
203817 M-F 9:00am
203821 M-F 10:30am
Start Date: Aug 3
203818 Tu-F, M 9:00am
203822 Tu-F, M 10:30am
Start Date: Aug 16
203819 M-F 9:00am
203823 M-F 10:30am

Start Date: Apr 17
202085 Sa 11:00am
202086 Sa 10:00am
Start Date: Apr 14
202087 W 6:00pm

Start Date: Jul 5
201924 M-F 9:00am
Start Date: Jul 19
201925 M-F 9:00am
Start Date: Aug 3
201926 Tu-F, M 9:00am
Start Date: Aug 16
201927 M-F 9:00am

Start Date: Apr 12
203468 M 4:00pm
203469 M 4:00pm
203470 M 5:00pm
203471 M 5:30pm
203472 M 5:30pm
Start Date: Apr 13
203473 Tu 4:00pm
203518 Tu 5:45pm
Start Date: Apr 14
203519 W 4:30pm
203520 W 5:30pm
203521 W 6:00pm
Start Date: Apr 15
203522 Th 4:00pm
203523 Th 5:00pm
Start Date: Apr 16
203524 F 10:00am
203525 F 5:00pm
203526 F 5:30pm
203527 F 6:00pm
Start Date: Apr 17
203528 Sa 9:00am
203529 Sa 9:30am
203530 Sa 9:30am
203531 Sa 11:00am
203532 Sa 11:00am
203533 Sa 12:00pm
Start Date: Apr 17
203534 Sa 1:00pm
Start Date: Apr 18
203535 Su 9:30am
203536 Su 4:30pm
203537 Su 4:30pm
203538 Su 5:00pm

Start Date: Jul 6
207407 Tu 5:00pm
207408 Tu 6:00pm
Start Date: Jul 7
207409 W 5:00pm
207411 W 6:00pm
Start Date: Jul 8
207412 Th 6:00pm
207410 Th 5:00pm
Start Date: Jul 5
207413 M-F 9:30am
Start Date: Jul 19
207414 M-F 9:30am
Start Date: Aug 2
207415 M-F 9:30am
Start Date: Aug 16
207416 M-F 9:30am

Start Date: Apr 17
201503 Sa 10:00am
Start Date: Apr 17
201504 Sa 11:45am

Bedford Lions

Start Date: Jul 5
201648 M-F 9:00am
201652 M-F 9:30am
201653 M-F 10:45am
201654 M-F 5:30pm
Start Date: Jul 19
201649 M-F 9:00am
201655 M-F 9:30am
201656 M-F 10:30am
Start Date: Aug 2
201650 M-F 9:00am
Start Date: Aug 2
201657 M-F 9:30am
201658 M-F 10:45am
201659 M-F 5:30pm
Start Date: Aug 16
201651 M-F 9:00am
201660 M-F 9:30am
201663 M-F 9:30am
201661 M-F 10:45am
201662 M-F 5:30pm

SP6 Crocodile

Age: 3 - 5

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water. Prerequisite: Sunfish and between age 3-5 years old.

\$59 Classes: 10

Start Date: Apr 12
203827 M 4:00pm
203828 M 5:00pm
203829 M 6:00pm
Start Date: Apr 13
203830 Tu 4:30pm
203831 Tu 5:30pm
Start Date: Apr 14
203832 W 4:00pm
203833 W 5:00pm
203834 W 6:00pm
Start Date: Apr 15
203835 Th 4:30pm
203836 Th 5:30pm
Start Date: Apr 16
203837 F 4:30pm
203838 F 5:30pm
203839 F 6:30pm
Start Date: Apr 17
203840 Sa 8:30am
203841 Sa 9:30am
203842 Sa 10:30am
203843 Sa 11:30am
Start Date: Apr 18
203844 Su 8:30am
203845 Su 9:30am
203846 Su 10:30am
203847 Su 11:30am
203848 Su 12:30pm

Start Date: Jul 5
203849 M-F 10:00am
203853 M-F 11:30am
Start Date: Jul 6
203857 Tu 6:00pm
Start Date: Jul 8
203858 Th 6:00pm
Start Date: Jul 10
203859 Sa 9:30am
Start Date: Jul 10
203860 Sa 11:30am
Start Date: Jul 16
203854 F, M-F 11:30am
Start Date: Jul 19
203850 M-F 10:00am
Start Date: Aug 3
203851 Tu-F, M 10:00am
Start Date: Aug 3
203855 Tu-F, M 11:30am
Start Date: Aug 16
203852 M-F 10:00am
Start Date: Aug 16
203856 M-F 11:30am

Start Date: Apr 17
202091 Sa 9:00am

Start Date: Jul 5
201929 M-F 9:30am

Start Date: Apr 12
204198 M 4:00pm
204199 M 5:30pm
Start Date: Apr 13
204200 Tu 5:00pm
Start Date: Apr 14
204201 W 5:45pm
Start Date: Apr 15
204202 Th 5:30pm
204203 Th 6:15pm
Start Date: Apr 16
204204 F 05:00pm
Start Date: Apr 17
204205 Sa 10:00am
204206 Sa 11:15am
204207 Sa 12:00pm
Start Date: Apr 18
204208 Su 6:00pm

Start Date: Jul 19
207547 M-F 9:30am
Start Date: Jul 6
207542 Tu 04:30pm
Start Date: Jul 8
207543 Th 6:00pm
Start Date: Jul 5
207546 M-F 9:30am
Start Date: Aug 3
207548 Tu-F, M 9:30am
Start Date: Aug 16
207549 M-F 9:30am

Start Date: Apr 17
201505 Sa 10:30am
Start Date: Apr 17
201507 Sa 12:15pm

Bedford Lions

Start Date: Jul 5
201664 M-F 8:30am
201665 M-F 9:30am
201666 M-F 11:30am
201667 M-F 6:00pm
Start Date: Jul 19
201668 M-F 8:30am
201669 M-F 10:30am
201670 M-F 11:30am
201671 M-F 6:00pm
Start Date: Aug 2
201672 M-F 8:30am
201673 M-F 10:45am
201674 M-F 11:30am
201675 M-F 6:00pm
Start Date: Aug 16
201676 M-F 8:30am
201677 M-F 10:30am
201678 M-F 11:30am
201679 M-F 6:00pm

SP7 Whale

Age: 3 - 5

In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water. Prerequisite: Crocodile and between age 3-5 years old.

\$59 Classes: 10

Start Date: Apr 12
203862 M 4:30pm
203863 M 5:30pm
Start Date: Apr 13
203864 Tu 4:00pm
203865 Tu 5:00pm
203866 Tu 6:00pm
Start Date: Apr 14
203867 W 4:30pm
203868 W 5:30pm
Start Date: Apr 15
203869 Th 4:00pm
203870 Th 5:00pm
203871 Th 6:00pm
Start Date: Apr 16
203872 F 4:00pm
203873 F 5:00pm
203874 F 6:00pm
203875 F 7:00pm
Start Date: Apr 17
203876 Sa 9:00am
203877 Sa 10:00am
203878 Sa 11:00am
203879 Sa 12:00pm
203880 Sa 1:00pm
Start Date: Apr 18
203881 Su 10:00am
203882 Su 11:00am
203883 Su 1:00pm

Start Date: Jul 5
203884 M-F 10:00am
203888 M-F 11:30am
Start Date: Jul 6
203892 Tu 6:00pm
Start Date: Jul 8
203893 Th 6:00pm
Start Date: Jul 10
203894 Sa 9:30am
Start Date: Jul 10
203895 Sa 11:00am
Start Date: Jul 16
203885 F, M-F 10:00am
Start Date: Jul 19
203889 M-F 11:30am
Start Date: Aug 3
203886 Tu-F, M 10:00am
203890 Tu-F, M 11:30am
Start Date: Aug 16
203887 M-F 10:00am
203891 M-F 11:30am

Start Date: Apr 17
202093 Sa 9:30am

Start Date: Jul 5
201931 M-F 9:30am
Start Date: Jul 19
201932 M-F 9:30am
Start Date: Aug 3
201933 Tu-F, M 9:30am
Start Date: Aug 16
201934 M-F 9:30am

Start Date: Apr 13
204319 Tu 5:00pm
Start Date: Apr 12
204318 Tu 4:30pm
Start Date: Apr 14
204328 W 6:30pm
Start Date: Apr 15
204424 Th 6:30pm
Start Date: Apr 16
204489 F 6:30pm
Start Date: Apr 17
204490 Sa 10:15am
204491 Sa 1:00pm
Start Date: Apr 18
204492 Su 6:00pm

Start Date: Jul 6
207550 Tu 6:00pm
Start Date: Jul 8
207551 Th 6:00pm
Start Date: Jul 5
207552 M-F 10:30am
Start Date: Jul 19
207553 M-F 10:30am
Start Date: Aug 3
207554 Tu-F, M 10:30am
Start Date: Aug 16
207555 M-F 10:30am

Start Date: Apr 17
201508 Sa 11:00am

Bedford Lions

Start Date: Jul 5
201680 M-F 9:30am
201681 M-F 11:30am
201682 M-F 4:30pm
Start Date: Jul 19
201683 M-F 8:30am
201684 M-F 11:00am
201685 M-F 11:30am
201686 M-F 5:30pm
Start Date: Aug 2
201687 M-F 8:30am
201688 M-F 11:30am
201689 M-F 4:30pm
Start Date: Aug 16
201690 M-F 8:30am
201691 M-F 9:30am
201692 M-F 11:00am
201693 M-F 4:00pm

**Red Cross Swim Kids****10-level program for ages 6 and up**

This program for school aged children will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.

Children**Swim Kids 1**

Age: 6 & Up

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance. Prerequisite: min age of 6 years. See also Swim Kids 1/2 for additional courses.

\$58 Classes: 10

Start Date: Apr 12
203898 M 4:30pm
203899 M 5:30pm
Start Date: Apr 14
203900 W 4:30pm
203901 W 5:30pm

Start Date: Jul 5
203902 M-F 9:30am
Start Date: Jul 19
203903 M-F 9:30am
Start Date: Aug 3
203904 Tu-F, M 9:30am
Start Date: Aug 16
203905 M-F 9:30am

Start Date: Apr 17
202098 Sa 10:30am
Start Date: Apr 12
202095 M 4:00pm
Start Date: Apr 14
202096 W 6:00pm
Start Date: Apr 17
202097 Sa 9:30am

Start Date: Jul 5
201937 M-F 9:00am
Start Date: Jul 19
201938 M-F 9:00am
Start Date: Aug 3
201939 Tu-F, M 9:00am
Start Date: Aug 16
201940 M-F 9:00am

Start Date: Apr 12
205228 M 4:30pm
205229 M 5:45pm
205230 M 6:30pm
Start Date: Apr 13
205231 Tu 4:30pm
205232 Tu 5:15pm
205233 Tu 6:30pm
Start Date: Apr 14
205234 W 4:30pm
205235 W 6:30pm
Start Date: Apr 15
205236 Th 4:30pm
205237 Th 5:45pm
Start Date: Apr 16
205238 F 5:00pm
205239 F 6:30pm
Start Date: Apr 17
205240 Sa 9:00am
205241 Sa 10:30am
205243 Sa 11:30am
205244 Sa 12:00pm
205245 Sa 1:00pm
Start Date: Apr 18
205246 Su 4:30pm
205247 Su 6:30pm

Start Date: Jul 5
207559 M-F 9:00am
207560 M-F 10:00am
Start Date: Jul 6
207556 Tu 4:30pm
Start Date: Jul 7
207557 W 5:15pm
Start Date: Jul 8
207558 Th 5:15pm
Start Date: Jul 19
207561 M-F 10:00am
Start Date: Jul 19
207563 M-F 9:00am
Spryfield Wave Pool
\$56 Classes: 10
Start Date: Aug 3
207564 Tu-F, M 9:00am
207565 Tu-F, M 10:00am
Start Date: Aug 16
207566 M-F 10:00am
207567 M-F 9:00am

Start Date: Apr 17
201509 Sa 9:30am
201510 Sa 11:00am

Bedford Lions

Start Date: Jul 5
201694 M-F 9:00am
201695 M-F 11:30am
201697 M-F 4:00pm
Start Date: Jul 19
201698 M-F 9:00am
201699 M-F 11:30am
201700 M-F 4:00pm
Start Date: Aug 2
201701 M-F 8:30am
201702 M-F 9:00am
201703 M-F 11:30am
201704 M-F 4:00pm
Start Date: Aug 16
201705 M-F 8:30am
201706 M-F 9:00am
201707 M-F 11:30am

Northcliffe

Start Date: Apr 13

203908 Tu 4:00pm
203909 Tu 5:00pm
203910 Tu 6:00pm

Start Date: Apr 15

203911 Th 4:00pm
203912 Th 5:00pm
203913 Th 6:00pm

Start Date: Apr 16

203914 F 4:00pm
203915 F 5:00pm
203916 F 6:00pm
203917 F 7:00pm

Start Date: Apr 17

203918 Sa 9:00am
203919 Sa 10:00am
203920 Sa 11:00am
203921 Sa 12:00pm
203922 Sa 1:00pm

Start Date: Apr 18

203923 Su 9:00am
203924 Su 10:00am
203925 Su 11:00am
203926 Su 12:00pm
203927 Su 1:00pm

Start Date: Jul 5

203928 M-F 11:00am

Start Date: Jul 19

203929 M-F 11:00am

Start Date: Aug 3

203930 Tu-F, M 11:00am

Start Date: Aug 16

203931 M-F 11:00am

Start Date: Jul 6

203932 Tu 4:00pm

Start Date: Jul 8

203933 Th 4:00pm

Start Date: Jul 10

203934 Sa 10:00am

203935 Sa 12:00pm

Swim Kids 1/2

Age: 6 - 14

Participants will learn skills in Swim Kids 1 & 2. See also Swim Kids 1 and/or Swim Kids 2 for additional courses.

\$58 Classes: 10

Northcliffe

Start Date: Apr 12

203943 M 4:30pm
203944 M 5:30pm

Start Date: Apr 14

203945 W 4:30pm
203946 W 5:30pm

Start Date: Jul 5

203947 M-F 9:30am

Start Date: Jul 19

203948 M-F 9:30am

Start Date: Aug 3

203949 Tu-F, M 9:30am

Start Date: Aug 16

203950 M-F 9:30am

Needham

Start Date: Apr 12

202103 M 5:30pm

Start Date: Apr 17

202105 Sa 11:00am

202104 Sa 10:30am

Wavepool

Start Date: Apr 12

205248 M 6:00pm

Start Date: Apr 12

205249 M 6:30pm

Start Date: Apr 13

205250 Tu 4:00pm

205251 Tu 6:30pm

205252 Tu 6:00pm

Start Date: Apr 14

205253 W 5:30pm

205254 W 6:30pm

Start Date: Apr 16

205255 F 6:30pm

Start Date: Apr 17

205259 Sa 9:00am

Start Date: Apr 15

205257 Th 4:00pm

205258 Th 4:30pm

Start Date: Apr 17

205260 Sa 9:30am

Start Date: Apr 17

205261 Sa 10:30am

205262 Sa 12:30pm

Start Date: Apr 18

205274 Su 4:30pm

205275 Su 5:30pm

Start Date: Jul 6

207568 Tu 6:00pm

Start Date: Jul 7

207569 W 6:00pm

Start Date: Jul 8

207570 Th 6:00pm

Start Date: Jul 5

207636 M-F 9:00am

Start Date: Jul 19

207637 M-F 9:00am

Start Date: Aug 3

207638 Tu-F, M 9:00am

Start Date: Aug 16

207639 M-F 9:00am

NS Hospital

Start Date: Apr 17

201511 Sa 9:30am

201512 Sa 11:30am

Bedford Lions

Start Date: Jul 5

201708 M-F 9:00am

201709 M-F 11:00am

Start Date: Jul 5

201710 M-F 11:30am

201711 M-F 6:00pm

Start Date: Jul 19

201712 M-F 9:00am

201713 M-F 10:30am

201714 M-F 11:00am

201715 M-F 11:30am

201716 M-F 6:00pm

Start Date: Aug 2

201717 M-F 9:00am

201718 M-F 11:00am

201719 M-F 10:30am

Start Date: Aug 16

201720 M-F 9:00am

201721 M-F 10:30am

Swim Kids 2

Age: 6 & Up

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides. Prerequisite: min age 6 years. See also Swim Kids 1/2 for additional courses.

\$58 Classes: 10

Swim Kids 3

Age: 6 & Up

This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim. Prerequisite: min age of 6 years.

\$58 Classes: 10

Start Date: Apr 12
203952 M 4:30pm
203953 M 5:30pm
Start Date: Apr 13
203954 Tu 4:00pm
203955 Tu 5:00pm
203956 Tu 6:00pm
Start Date: Apr 14
203957 W 4:30pm
203958 W 5:30pm
Start Date: Apr 15
203959 Th 4:00pm
203960 Th 5:00pm
203961 Th 6:00pm
Start Date: Apr 16
203962 F 4:00pm
203963 F 5:00pm
203964 F 6:00pm
203965 F 7:00pm
Start Date: Apr 17
203966 Sa 9:00am
203967 Sa 10:00am
203968 Sa 11:00am
203969 Sa 12:00pm
203970 Sa 1:00pm
Start Date: Apr 18
203971 Su 9:00am
203972 Su 10:00am
203973 Su 11:00am
203974 Su 12:00pm
203975 Su 1:00pm

Start Date: Jul 5
203976 M-F 9:30am
203980 M-F 11:00am
Start Date: Jul 6
203984 Tu 4:00pm
Start Date: Jul 8
203985 Th 4:00pm
Start Date: Jul 10
203986 Sa 10:30am
203987 Sa 12:00pm
Start Date: Jul 19
203977 M-F 9:30am
203981 M-F 11:00am
Start Date: Aug 3
203978 Tu-F, M 9:30am
203982 Tu-F, M 11:00am
Start Date: Aug 16
203979 M-F 10:00am
203983 M-F 11:00am

Start Date: Apr 17
202110 Sa 10:00am
202111 Sa 11:00am
Start Date: Apr 12
202109 M 4:30pm

Start Date: Jul 5
201947 M-F 9:30am
Start Date: Jul 19
201948 M-F 9:30am
Start Date: Aug 3
201949 Tu-F, M 9:30am
Start Date: Aug 16
201950 M-F 9:30am

Start Date: Apr 12
205276 M 5:30pm
205277 M 6:30pm
Start Date: Apr 13
205358 Tu 4:30pm
205359 Tu 4:00pm
Start Date: Apr 14
205360 W 5:00pm
205361 W 5:15pm
Start Date: Apr 15
205362 Th 4:30pm
205363 Th 6:30pm
Start Date: Apr 16
205364 F 5:00pm
205365 F 5:45pm
Start Date: Apr 17
205366 Sa 10:30am
205367 Sa 11:45am
205368 Sa 12:00pm
205369 Sa 1:00pm
Start Date: Apr 18
205414 Su 5:00pm
205482 Su 5:30pm

Start Date: Jul 6
207646 Tu 6:30pm
Start Date: Jul 7
207647 W 5:30pm
Start Date: Jul 8
207648 Th 6:00pm
Start Date: July 5
209018 M-F 9am
Start Date: July 19
209019 M-F 9am
Start Date: Aug 3
209020 M-F 9am
Start Date: Aug 16
209021 M-F 9am

Start Date: Apr 17
201513 Sa 9:00am
201514 Sa 10:00am

Bedford Lions

Start Date: Jul 5
201722 M-F 8:30am
Start Date: Jul 5
201723 M-F 11:30am
Start Date: Jul 5
201724 M-F 5:00pm
201725 M-F 9:30am
Start Date: Jul 19
201726 M-F 8:30am
201727 M-F 11:30am
201728 M-F 5:00pm
201729 M-F 9:30am
Start Date: Aug 2
201730 M-F 11:30am
201731 M-F 5:00pm
201732 M-F 9:30am
Start Date: Aug 16
201733 M-F 11:30am
201734 M-F 5:00pm
201735 M-F 9:30am

Swim Kids 4

Age: 6 & Up

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim. Prerequisite: min age of 6 years old.

\$58 Classes: 10

Start Date: Apr 12
203988 M 4:30pm
203989 M 5:30pm
Start Date: Apr 13
203990 Tu 4:00pm
203991 Tu 5:00pm
203992 Tu 6:00pm
Start Date: Apr 14
203993 W 4:30pm
203994 W 5:30pm
Start Date: Apr 15
203995 Th 4:00pm
203996 Th 5:00pm
203997 Th 6:00pm
Start Date: Apr 16
203998 F 4:00pm
203999 F 5:00pm
204000 F 6:00pm
204001 F 7:00pm
Start Date: Apr 17
204002 Sa 9:00am
204003 Sa 10:00am
204004 Sa 11:00am
204005 Sa 12:00pm
204006 Sa 1:00pm
Start Date: Apr 18
204007 Su 9:00am
204008 Su 10:00am
204009 Su 11:00am
204010 Su 12:00pm
204011 Su 1:00pm

Start Date: Jul 5
204012 M-F 9:30am
204016 M-F 11:00am
Start Date: Jul 6
204020 Tu 4:00pm
Start Date: Jul 8
204021 Th 4:00pm
Start Date: Jul 10
204022 Sa 11:00am
204023 Sa 12:00pm
Start Date: Jul 19
204013 M-F 9:30am
204017 M-F 11:00am
Start Date: Aug 3
204014 Tu-F, M 9:30am
204018 Tu-F, M 11:00am
Start Date: Aug 16
204015 M-F 9:30am
204019 M-F 11:00am

Start Date: Apr 12
202115 M 4:30pm
Start Date: Apr 14
202116 W 4:15pm
Start Date: Apr 17
202117 Sa 11:30am

Start Date: Apr 12
205502 M 6:30pm
205501 M 4:45pm
Start Date: Apr 13
205503 Tu 5:30pm
205504 Tu 6:30pm
Start Date: Apr 14
205505 W 4:00pm
205506 W 5:30pm
Start Date: Apr 15
205507 Th 4:00pm
205508 Th 4:30pm
Start Date: Apr 16
205509 F 5:00pm
Start Date: Sep 18
205510 Sa 10:30am
205511 Sa 11:15am
Start Date: Apr 17
205512 Sa 12:15pm
Start Date: Apr 18
205513 Su 4:30pm
205514 Su 6:30pm

Start Date: July 5
207725 M-F 10:45am
Start Date: July 19
207726 M-F 10:45am
Start Date: Aug 5
207727 M-F 10:45am
Start Date: Aug 16
207728 M-F 10:45am
Start Date: July 6
207724 Tu 6:30pm

Start Date: Apr 17
201515 Sa 10:15am
201516 Sa 11:30am

Bedford Lions

Start Date: Jul 5
201736 M-F 8:30am
201737 M-F 11:00am
201738 M-F 8:30am
Start Date: Jul 19
201739 M-F 8:30am
201740 M-F 11:00am
Start Date: Aug 2
201741 M-F 08:30am
Start Date: Aug 2
201742 M-F 11:30am
201743 M-F 9:45am
Start Date: Aug 16
201744 M-F 8:30am
201745 M-F 11:00am
201746 M-F 11:00am
201747 M-F 11:30am

NS Hospital

Swim Kids 5

Age: 6 & Up

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim. Prerequisite: min age of 6 years.

\$61 Classes: 10

Start Date: Apr 12
204024 M 4:45 pm
Start Date: Apr 13
204025 Tu 4:00pm
204026 Tu 5:30pm
Start Date: Apr 14
204027 W 4:45pm
Start Date: Apr 15
204028 Th 4:00pm
204029 Th 5:30pm
Start Date: Apr 16
204030 F 6:15pm
Start Date: Apr 17
204031 Sa 9:45am
204032 Sa 11:15am
204033 Sa 12:45pm
Start Date: Apr 18
204034 Su 9:45am
204035 Su 11:15am
204036 Su 12:45pm

Start Date: Jul 5
204037 M-F 9:00am
204041 M-F 10:30am
Start Date: Jul 6
204045 Tu 4:30pm
Start Date: Jul 8
204046 Th 4:30pm
Start Date: Jul 10
204047 Sa 10:00am
Start Date: Jul 19
204038 M-F 9:00am
204042 M-F 10:30am
Start Date: Aug 3
204039 Tu-F, M 9:00am
204043 Tu-F, M 10:30am
Start Date: Aug 16
204044 M-F 10:30am

Start Date: Apr 14
202121 W 4:00pm
Start Date: Apr 17
202122 Sa 11:30am

Start Date: Apr 12
205515 M 4:45pm
Start Date: Apr 13
205516 Tu 5:30pm
Start Date: Apr 14
205517 W 4:45pm
Start Date: Apr 15
205518 Th 5:00pm
Start Date: Apr 16
205519 F 6:15pm
Start Date: Apr 17
205520 Sa 9:30am
205521 Sa 11:00am
Start Date: Apr 18
205522 Su 6:30pm

Start Date: July 5
207720 M-F 10:00am
Start Date: July 19
207721 M-F 10:00am
Start Date: July 6
207718 Tu 5:15pm
Start Date: July 8
207719 Th 6:15pm
Start Date: Aug 3
207722 M-F 10:00am
Start Date: Aug 16
207723 M-F 10:00am

Start Date: Apr 17
201517 Sa 9:00am
201518 Sa 10:30am

Bedford Lions

Start Date: Jul 5
201748 M-F 8:30am
201749 M-F 09:15am
201750 M-F 10:45am
Start Date: Jul 19
201751 M-F 8:30am
201752 M-F 9:15am
201753 M-F 10:45am
201754 M-F 10:45am
Start Date: Aug 2
201755 M-F 8:30am
201756 M-F 9:15am
201757 M-F 10:45am
Start Date: Aug 16
201758 M-F 8:30am
201759 M-F 9:15am
201760 M-F 10:45am
201761 M-F 11:00am

Swim Kids 6

Age: 6 & Up

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim. Prerequisite: min age of 6 years old.

\$61 Classes: 10

Start Date: Apr 12
204053 M 4:45pm
Start Date: Apr 13
204054 Tu 4:00pm
204055 Tu 5:30pm
Start Date: Apr 14
204056 W 4:45pm
Start Date: Apr 15
204057 Th 4:00pm
204058 Th 5:30pm
Start Date: Apr 16
204059 F 4:45pm
204060 F 6:45pm
Start Date: Apr 17
204061 Sa 9:45am
204062 Sa 11:15am
204063 Sa 12:45pm
Start Date: Apr 18
204064 Su 9:45am
204065 Su 11:15am
204066 Su 12:45pm

Start Date: Jul 5
204067 M-F 9:00am
204071 M-F 10:30am
Start Date: Jul 6
204075 Tu 4:30pm
Start Date: Jul 8
204076 Th 4:30pm
Start Date: Jul 10
204077 Sa 10:00am
Start Date: Jul 19
204068 M-F 9:00am
204072 M-F 10:30am
Start Date: Aug 3
204069 Tu-F, M 9:00am
204073 Tu-F, M 10:30am
Start Date: Aug 16
204070 M-F 9:00am
204074 M-F 10:30am

Start Date: Apr 14
202125 Wed 4:30pm
Start Date: Apr 17
202126 Sa 12:15pm

Start Date: Apr 12
205523 M 4:45pm
Start Date: Apr 13
205524 Tu 4:00pm
Start Date: Apr 14
205818 W 4:30pm
Start Date: Apr 15
205819 Th 5:00pm
Start Date: Apr 16
205820 F 5:00pm
Start Date: Apr 17
205821 Sa 9:00am
205822 Sa 9:00am
Start Date: Apr 18
205823 Su 5:30pm

Start Date: Jul 6
207689 Tu 4:30pm
Start Date: Jul 7
207690 W 4:30pm
Start Date: Jul 14
207691 W 5:00pm
Start Date: Jul 5
207692 M-F 10:00am
Start Date: Jul 19
207693 M-F 10:00am
Start Date: Aug 2
207694 M-F 10:00am
Start Date: Aug 16
207695 M-F 10:00am

Start Date: Apr 17
201519 Sa 11:00am
201520 Sa 12:00pm

NS Hospital**Bedford Lions**

Start Date: Jul 5
201762 M-F 10:45am
201763 M-F 10:00am
Start Date: Jul 19
201764 M-F 10:30am
201765 M-F 9:30am
201766 M-F 9:30am
Start Date: Aug 2
201767 M-F 10:45am
Start Date: Aug 2
201768 M-F 10:15am
201769 M-F 9:30am
Start Date: Aug 16
201770 M-F 9:30am
201771 M-F 10:00am

Northcliffe

Needham

Wavepool

NS Hospital

Swim Kids 7

Age: 6 & Up

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim. Prerequisite: min age of 6 years old. See Also Swim Kids 7/8 for additional courses.

\$61 Classes: 10

Start Date: Apr 13
204081 Tu 4:45pm
Start Date: Apr 15
204082 Th 4:45pm
Start Date: Apr 17
204083 Sa 12:00pm
Start Date: Apr 18
204084 Su 12:00pm

Start Date: Apr 17
202129 Sa 12:15pm

Start Date: Apr 12
205824 M 5:00pm
Start Date: Apr 13
205825 Tu 4:00pm
Start Date: Apr 14
205826 W 4:45pm
Start Date: Apr 15
205827 Th 5:00pm
Start Date: Apr 16
205828 F 5:00pm
Start Date: Apr 17
205829 Sa 09:00am
205830 Sa 11:15am
Start Date: Apr 18
205831 Su 5:30pm

Start Date: Jul 6
207681 Tu 4:30pm
Start Date: Jul 7
207683 W 4:30pm
Start Date: Jul 8
207684 Th 4:30pm
Start Date: Jul 5
207685 M-F 10:00am
Start Date: Jul 19
207686 M-F 10:00am
Start Date: Aug 3
207687 Tu-F, M 10:00am
Start Date: Aug 16
207688 M-F 10:00am

Start Date: Apr 17
201521 Sa 9:45am

Bedford Lions

Start Date: Jul 5
201772 M-F 10:00am
Start Date: Jul 19
201773 M-F 9:45am
201774 M-F 8:30am
Start Date: Aug 2
201775 M-F 10:00am
Start Date: Aug 16
201776 M-F 10:00am
201777 M-F 8:30am
Start Date: Jul 5
201778 M-F 8:30am

Swim Kids 7/8

Age: 6 - 14

Participants will learn skills in Swim Kids level 7 & 8. See also Swim kids 7 and/or Swim kids 8 for additional courses.

\$61 Classes: 10

Start Date: Apr 12
204085 M 4:00pm
204086 M 5:30pm
Start Date: Apr 14
204087 W 4:00pm
204088 W 5:30pm
Start Date: Apr 16
204089 F 4:00pm
204090 F 5:30pm
204091 F 6:45pm
Start Date: Apr 17
204092 Sa 9:00am
204093 Sa 10:30am
Start Date: Apr 18
204094 Su 9:00am
204095 Su 10:30am

Start Date: Jul 5
204096 M-F 9:45am
204100 M-F 11:15am
Start Date: Jul 6
204104 Tu 5:15pm
Start Date: Jul 8
204105 Th 5:15pm
Start Date: Jul 10
204106 Sa 10:45am
Start Date: Jul 19
204097 M-F 9:45am
204101 M-F 11:15am
Start Date: Aug 3
204098 Tu-F, M 9:45am
204102 Tu-F, M 11:15am
Start Date: Aug 16
204099 M-F 9:45am
204103 M-F 11:15am

Start Date: Apr 14
202127 W 4:30pm

Swim Kids 8

Age: 6 & Up

Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim. Prerequisite: min age of 6 years old. See also Swim Kids 7/8 for additional courses.

\$61 Classes: 10

Start Date: Apr 13
204107 Tu 4:45pm
Start Date: Apr 15
204108 Th 4:45pm
Start Date: Apr 17
204109 Sa 12:00pm
Start Date: Apr 18
204110 Su 12:00pm

Start Date: Apr 14
202132 W 5:15pm
Start Date: Apr 17
202133 Sa 11:30am

Start Date: Apr 12
205832 M 4:00pm
Start Date: Apr 13
205833 Tu 5:45pm
Start Date: Apr 14
205834 W 6:15pm
Start Date: Apr 15
205835 Th 5:30pm
Start Date: Apr 16
205836 F 5:30pm
Start Date: Apr 17
205837 Sa 11:45am
Start Date: Apr 18
205838 Su 6:15pm

Start Date: Jul 6
207675 Tu 6:15pm
Start Date: Jul 8
207676 Th 4:30pm
Start Date: Jul 5
207677 M-F 10:00am
Start Date: Jul 19
207678 M-F 10:00am
Start Date: Aug 3
207679 Tu-F, M 10:00am
Start Date: Aug 16
207680 M-F 10:00am

Start Date: Apr 17
201523 Sa 9:45am

Start Date: Jul 5
201779 M-F 10:00am
Start Date: Jul 19
201780 M-F 10:00am
201781 M-F 11:15am
Start Date: Aug 2
201782 M-F 10:00am
Start Date: Aug 16
201783 M-F 10:00am

Swim Kids 9

Age: 6 - 14

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim. Prerequisite: min age of 6 years old. See also Swim Kids 9/10 for additional courses.

\$61 Classes: 10

Northcliffe

Start Date: Apr 13
204111 Tu 4:45pm
Start Date: Apr 15
204112 Th 4:45pm
Start Date: Apr 17
204113 Sa 12:00pm
Start Date: Apr 18
204114 Su 12:00pm

Northcliffe

Needham

Wavepool

NS Hospital

Start Date: Apr 12
204115 M 4:00pm
204116 M 5:30pm
Start Date: Apr 14
204117 W 4:00pm
204118 W 5:30pm
Start Date: Apr 16
204119 F 4:00pm
204120 F 5:30pm
204121 F 6:45pm
Start Date: Apr 17
204122 Sa 9:00am
204123 Sa 10:30am
Start Date: Apr 18
204124 Su 9:00am
204125 Su 10:30am

Start Date: Jul 5
204126 M-F 9:45am
204130 M-F 11:15am
Start Date: Jul 6
204134 Tu 5:15pm
Start Date: Jul 8
204135 Th 5:15pm
Start Date: Jul 10
204136 Sa 10:45am
Start Date: Jul 19
204127 M-F 9:45am
204131 M-F 11:15am
Start Date: Aug 3
204128 Tu-F, M 9:45am
204132 Tu-F, M 11:00am
Start Date: Aug 16
204129 M-F 9:45am
204133 M-F 11:15am

Start Date: April 17
208968 Sa 12:15pm

Start Date: Apr 12
205839 M 4:00pm
Start Date: Apr 13
205840 Tu 5:45pm
Start Date: Apr 14
205841 W 6:15pm
Start Date: Apr 15
205843 Th 6:15pm
Start Date: Apr 16
205844 F 6:15pm
Start Date: Apr 17
205845 Sa 9:30am
205846 Sa 12:15pm
Start Date: Apr 18
205847 Su 6:15pm

Start Date: Jul 7
207669 W 5:00pm
Start Date: Jul 6
207668 Th 6:30pm
Start Date: Jul 14
207670 W 6:00pm
Start Date: Jul 5
207671 M-F 10:45am
Start Date: Jul 19
207672 M-F 10:45am
Start Date: Aug 3
207673 Tu-F, M 10:45am
Start Date: Aug 16
207674 M-F 10:45am

Start Date: Apr 17
201524 Sa 9:30am

Bedford Lions

Start Date: Jul 5
201784 M-F 10:45am
201785 M-F 10:15am
Start Date: Jul 19
201786 M-F 11:00am
201787 M-F 10:00am
Start Date: Jul 6
201789 M-F 10:15am
Start Date: Aug 16
201790 M-F 10:15am
201791 M-F 10:45am

Swim Kids 9/10

Age: 6 - 14

Participants will learn skills in Swim Kids 9 and 10. See also Swim Kids 9 and/or Swim Kids 10 for additional courses.

\$61 Classes: 10

Northcliffe

Start Date: Apr 13
203939 Tu 4:45pm
Start Date: Apr 15
203940 Th 4:45pm
Start Date: Apr 17
203941 Sa 12:00pm
Start Date: Apr 18
203942 Su 12:00pm

Swim Kids 10

Age: 6 - 14

Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim. Prerequisite: min age of 6 years. See also Swim Kids 9/10 for additional

\$61 Classes: 10

Stroke 1

Age: 6 - 16

This course is for anyone in SK 4 and 5 who need further work on Front crawl"

\$61 Classes: 10

Start Date: Apr 13
208918 Tu 5:00pm
Start Date: Apr 15
208919 Th 4:00pm
Start Date: Apr 17
208920 Sa 9:30am
Start Date: Apr 18
208921 Su 10:45am

Start Date: July 5
208922 M,F 10am
Start Date: July 19
208923 M,F 10am
Start Date: Aug 3
208924 T-F 10:00am
Start Date: Aug 16
208925 M-F 10:00am

Start Date: April 5
209068 M 5:00pm
Start Date: April 7
209069 W 5:00pm
Start Date: April 9
209070 F 5:00pm
Start Date: April 11
209118 Su 6:00pm

Stroke 2

Age: 6 - 16

Participants will focus on refining breaststroke, elementary backstroke, and endurance swims. Please bring previous report card to first class.

\$61 Classes: 10

Start Date: Apr 13
204625 Tu 4:00pm
Start Date: Apr 15
204626 Th 5:30pm
Start Date: Apr 17
204627 Sa 11:15am
Start Date: Apr 18
204628 Su 9:45am

Start Date: Jul 5
204629 M-F 10:30am
Start Date: Jul 19
204630 M-F 10:30am
Start Date: Aug 3
204631 Tu-F, M 10:30am
Start Date: Aug 16
204632 M-F 10:30am

Competitive Swimming Skills

Age: 8 & Up

Competitive Swimming Skills provides participants with an advanced approach to swimming. They focus on flip turns, starts, swim workouts, stroke techniques, and timed swims. It gives the participants a chance to get trained at a competitive level without having to go and compete. Prerequisite: Swim Kids 5 is preferred, Minimum age of 8 years old

\$61

Northcliffe

Start Date: Apr 16
204177 F 6:45pm

Wavepool

Start Date: Apr 18
205900 Su 7:00pm

Junior Guardians

Age: 12 - 15

The Junior Guardians Lifesaving Club is designed to let kids participate in activities similar to those of real lifeguards - in a safe, fun and controlled setting. Participants experience the skills, and even some of the thrills, of lifesaving and lifeguarding. They train for friendly competitions and aim for personal-best performances. They promote water safety in the community. They do fitness drills, and learn lifesaving skills. The Junior Guardians Lifesaving Club builds self-esteem, confidence, and friendships. Junior Guardians Lifesaving Club Prerequisite: must be able to swim at least 50m and tread water for at least 2 minutes.

Needham

Bedford Lions

Start Date: Apr 14
204639 W 5:30pm
Start Date: Apr 15
204640 Th 7:30pm

Start Date: Jul 5
204646 M-F 9:00am
Start Date: Jul 12
204647 M-F 9:00am
Start Date: Jul 19
204648 M-F 9:00am
Start Date: Jul 26
204649 M-F 9:00am
Start Date: Aug 3
204650 M-F 9:00am
Start Date: Aug 9
204651 M-F 9:00am
Start Date: Aug 16
204652 M-F 9:00am
Start Date: Aug 23
204653 M-F 9:00am

Start Date: Apr 13
201828 Tu 5:00pm

Start Date: Jul 5
201602 M, W, F 1:00pm

Swim Patrol

Age: 8 - 13

This is a combined Swim Patrol program covering Rookie, Ranger, & Star.

\$61 10 Lessons

Start Date: Apr 12
204137 M 4:30pm
Start Date: Apr 14
204138 W 4:30pm
Start Date: Apr 16
204139 F 5:00pm
Start Date: Apr 17
204140 Sa 9:45am
Start Date: Apr 18
204141 Su 9:45am

Start Date: Jul 5
204142 M-F 11:15am
Start Date: Jul 19
204143 M-F 12:00pm
Start Date: Aug 3
204144 Tu-F, M 12:00pm
Start Date: Aug 16
204145 M-F 12:00pm

Start Date: Apr 18
205869 Su 6:15pm
Start Date: Apr 12
205849 M 6:15pm
Start Date: Apr 14
205850 W 6:15pm

Start Date: Jul 5
201792 M-F 11:00am
Start Date: Aug 2
201793 M-F 11:00am

Aquatic Junior Leadership-WaveRunners

Age: 11 - 15

This summer the WavePool will be offering an Aquatic Junior Leadership Program for kids aged 11-14. This program will run from 9:00am - 4:00pm Monday - Friday. The program will focus on Aquatic Programming and Life guarding Skills. The participants will help the swimming instructors with the swimming lessons, assist lifeguards during camp swims and public swims as well as learn first aid skills and participate in the Swim to Survive Program. They will also help plan and run our summer outdoor Fun Day. Weekly trips to Cunard Beach and Kidston Beach for beach volleyball and beach training.

Start Date: Jul 5
206010 M-F 9:00am
Start Date: Jul 12
207250 M-F 9:00am
Start Date: Jul 19
207251 M-F 9:00am
Start Date: Jul 26
207252 M-F 9:00am
Start Date: Aug 3
207253 Tu-F, M 9am
Start Date: Aug 9
207254 M-F 9:00am
Start Date: Aug 16
207255 M-F 9:00am

Youth Synchro

Age: 10 - 18

Synchronized swimming develops strong swimming skills as well as creativity! Plan routines, choreograph to music, and put on water shows all while having a great time! Participants should have Aququest 9 or Swim Kids 8.

Start Date: Apr 17
204146 S 8:30am

Bronze Star

Age: 10 - 13

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard. Bronze Star Prerequisite: Swimming ability, recommended to have Star Patrol. Please provide a photocopy of a proof of age to the instructor on the first day of class.

Fee \$80, plus \$24 if book is required

Northcliffe

Start Date: Apr 12
204170 M 5:15pm
Start Date: Apr 14
204171 W 5:15pm
Start Date: Apr 16
204172 F 5:45pm
Start Date: Apr 17
204173 Sa 10:30am
Start Date: Apr 18
204174 Su 10:30am

Start Date: Jul 5
204175 M, W-F 4:00pm

Wavepool

Start Date: Apr 12
205899 M 5:00pm
Start Date: Apr 14
205897 W 5:15pm
Start Date: Apr 18
205898 Su 5:00pm

Bedford Lions

Start Date: Jul 5
201599 M-F 12:00pm
Start Date: Jul 19
201600 M-F 12:00pm
Start Date: Aug 16
201601 M-F 12:00pm
Start Date: Aug 2
206347 M-F 12:00pm

Bronze Medallion

Age: 13 & Up

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill, and fitness. Bronze Medallion Pre-requisite - Swimming ability and 13 years old or Bronze Star. No age prerequisite if they hold the Bronze Star award. Fee - \$104.00 includes book and exam fee.

Fee \$80, plus \$24 if book is required

Northcliffe

Start Date: Apr 12
204166 M 6:30pm
Start Date: Apr 17
204167 Sa 11:30am

Start Date: Jul 12
204168 M-F 4:00pm

Needham

Start Date: Apr 15
201971 Th 5:00pm

Wavepool

Start Date: Apr 14
205075 W 6:00pm
Start Date: Apr 18
205076 Su 6:00pm

Bedford Lions

Start Date: Jul 5
201597 M-F 9:00am
Start Date: Aug 2
201598 M-F 9:00am

Bronze Cross -

Age: 14 & Up

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a pre-requisite for all advanced training programs including National Lifeguard and Lifesaving Instructor certification. Prerequisite: Bronze Medallion and CPR B, no age prerequisite. Fee \$104 including book and exam fee.

Fee \$80, plus \$24 if book is required

Start Date: Apr 14
204161 W 6:30pm

Start Date: July 5
204162 M 11:30am
Start Date: Aug 9
204163 M-F 4:00pm

Start Date: Apr 15
201969 Th 5:00pm

Start Date: Aug 9
204163 M-F 4:00pm
Start Date: Apr 14
205073 W 6:00pm
Start Date: Apr 18
205074 Su 6:00pm

Start Date: Jul 19
201595 M-F 9:00am
Start Date: Aug 16
201596 M-F 9:00am

16 years old? Need some extra spending cash? Want a job that is fun, flexible and lets you meet new people?

In less than 2 months and you can be fully trained to work as a lifeguard and swimming instructor.

Bronze Medallion/Bronze Cross

Location: Northcliffe Pool
Dates: March 15-19
Cost: \$80 per course, plus \$24 if books are needed
Course Code: Medallion 191601, Cross 191593

National Lifeguard Course

Prerequisites: Bronze Cross completed and 16 years old
Location: Northcliffe Pool
Dates: March 26,27,28, April 9,10,11
Cost: \$151 plus \$24 if books are required.
Course Code: 204622

Assistant Water Safety Instructor/ Water Safety Instructor

Prerequisites: 16 years old
Location: Captain William Spry Wave pool
Dates: March 23, 25, 30, April 1, 6,8, 13, 15
Cost: \$203 all materials included
Course Code: 209768

Call us at 420-SWIM or online at www.halifax.ca/rec/aquatics.html

Red Cross Water Safety Inst.

Age: 16 & Up

The Water Safety Instructor (WSI) Course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim continuum: Red Cross Swim Preschool, Red Cross Swim Kids and AquaAdults programs. The course focuses on how to effectively apply the information learned in the Assistant Water Safety Instructor Course to the Red Cross Swim programs. Other topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience. Prerequisite - Participants must be 16 years old by the last day of the course and have an Assistant Water Safety Instructor Certification. Photocopies of proofs must be provided to the instructor on the first class.

\$90 (includes materials)

Northcliffe

Start Date: May 22
204618 Sa 9:00am

Aquatics

AWSI & WSI Combined

Age: 16 & Up

This leadership course will train the participant in both AWSI & WSI. Prerequisite - min age of 16 years old by the last day of the course. Proof of age must be provided to the instructor on the first class. Fee includes materials.

\$203 all materials included

Northcliffe

Start Date: Jul 19
204181 M-F 4:00pm

Wavepool

Start Date: Apr 12
204592 M 4:30 pm

Assistant WSI

Age: 15 & Up

The Assistant Water Safety Instructor course covers the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 8 hours of assistant teaching and through individual study assignments. Prerequisite - min age of 15 years old by the last day of the course. Proof of age must be provided to the instructor on the first class. This course is the prerequisite to Red Cross Water Safety Instructor (WSI) Course. Fee includes materials.

\$120 all materials included

Start Date: Apr 13
204191 Tu 4:30pm
Start Date: Apr 17
204192 Sa 9:00am

National Lifeguard Service

Age: 16 & Up

National Lifeguard Service is the Nationally recognized Lifeguard Training. It is a world leading course and the minimum level of certification for lifeguards. Deals with aspects of team building, water chemistry, public relations legal liability, emergency prevention, rescue and follow-up. Standard First Aid is also included in this course. National Lifeguard Service Prerequisite - Minimum age of 16 years old and a current Bronze Cross Award. Fee - \$175.00 includes materials and exam fees.

\$151 plus \$24 for book if required

Start Date: Apr 14
204619 W 5:00pm
Start Date: Apr 18
204620 Su 9:00am

Start Date: Aug 16
204621 M-F 10:00am

Adult Learn To Swim

Age: 18 & Up

Introduction to water movement and basic swimming skills for adult non-swimmers with a goal of becoming more comfortable in water. Participants who can already float or swim will work on learning front crawl and becoming comfortable with deep water. All participants are able to decide which skills they would like to work on and are encouraged to go at their own pace.

\$66 Adult \$51 Senior 10 Lessons

Northcliffe

Start Date: Apr 12
204185 M 8:30pm

Start Date: July 6
204186 Tu 7:30pm

Needham

Start Date: July 6
201965 Tu 7:00pm
204186 Tu 7:30pm

Wavepool

Start Date: Apr 12
205070 M 8:00pm
Start Date: Apr 18
205071 Su 7:30pm

Adult Stroke Improvement

Age: 18 & Up

Participants will focus on setting goals to improve stroke technique, endurance & speed, and swim workouts. Prerequisite: Ability to swim comfortably on front and back in shallow and deep water.

\$66 Adult \$51 Senior 10 Lessons

Northcliffe

Start Date: Apr 14
204187 W 8:30pm

Start Date: Jul 8
204189 Th 7:30pm

Needham

Start Date: Apr 13
201967 Tu 7:00pm

Adult Synchronized Swimming

Age: 18 & Up

This program combined enjoyment, creativity, companionship and fitness. A great alternative to boring repetitive exercise and lane swimming. Improve your strokes by adding Synchro to your repertoire. Opportunity to perform in demonstrations and water shows. Clients should arrive 15 minutes early for warm up exercises. Necessary equipment: bathing cap, goggles, and noseplugs.

\$66 Adult \$51 Senior 10 Lessons

Start Date: Apr 12
204178 M 8:30pm

Start Date: Apr 13
204635 Tu, Th 7:30pm

Northcliffe Swim Club

Age: 18 & Up

The Northcliffe Swim Club is an adult swim club designed to motivate healthy swimming. Through training sessions, a coach will help in areas such as stroke techniques, endurance, physical fitness, starts, flip turns, time swims, all in a pace that's up to the individual. Prerequisite: minimum age of 18 years and must be able to swim 200m comfortably.

\$50 Adult \$51 Senior 2 days/week