

ADULT AQUATICS

Classes, Advanced Instruction

ABSOLUTE BEGINNERS		Introduction to movement through water, submersion, floating, gliding and kicking on both front and back.				
Dates	Day	Time	Member	Non-Member		
January 7-February 27 March 3-April 23 ■	Monday & Wednesday	7:30-8:15pm	Included	16/\$96	15/\$90	
January 8-February 28 March 4-April 24	Tuesday & Thursday	8:00-9:00am	Included	16/\$96	16/\$96	
January 12-March 1 March 8-April 26 ■	Saturday	9:30-10:45am	Included	8/\$48	7/\$42	
INTERMEDIATE		Introduction to front crawl and back crawl, deep water, treading water, 50 metre endurance swim.				
Dates	Day	Time	Member	Non-Member		
January 7-February 27 March 3-April 23 ■	Monday & Wednesday	8:15-9:15pm	Included	16/\$96	16/\$96	
January 8-February 28 March 4-April 24	Tuesday & Thursday	9:00-10:00am	Included	16/\$96	16/\$96	
January 12-March 1 March 8-April 26 ■	Saturday	10:45-11:45am	Included	8/\$48	7/\$42	
STROKES 'N' DRILLS		Developing front and back crawl endurance, introduction to breast stroke and butterfly. 100 metre endurance swim.				
Dates	Day	Time	Member	Non-Member		
January 7-February 27 March 3-April 23 ■	Monday & Wednesday	7:30-8:30pm	Included	16/\$96	15/\$90	
January 8-February 28 March 4-April 24	Tuesday & Thursday	7:00-8:00am	Included	16/\$128	16/\$128	
January 12-March 1 March 8-April 26 ■	Saturday	11:00am-12:00pm	Included	8/\$64	7/\$56	
INTRODUCTION TO MASTERS		Get a workout by challenging yourself and increasing your endurance.				
Dates	Day	Time	Member	Non-Member		
January 7-February 27 March 3-April 23 ■	Monday, Wednesday & Friday	5:15-6:15pm	16/\$64 15/\$60	16/\$128	15/\$120	

■ No class March 22 or March 24

◆ First 15 minutes dry warm up. Meet on pool deck at deep end.

No classes on the Easter weekend: Please join us for an Everyone Welcome swim

MASTERS SWIM CLUB		Option of joining Masters B.C. (extra fee) to compete at local swim meets.				
	Dates	Day	Time	Member	Non-Member	
Beginner / Intermediate	January 7-February 27	Monday, Wednesday,	6:00-7:30pm ♦ &	24/\$36	24/\$72	
	March 8-April 26 ■	& Saturday	7:30-8:30am or 8:30-9:30am	22/\$33	22/\$66	
Advanced	January 7-February 27	Monday, Wednesday,	8:00-9:30pm ♦ &	24/\$36	24/\$72	
	March 8-April 26 ■	& Saturday	7:30-8:30am or 8:30-9:30am	22/\$33	22/\$66	

■ No class March 22 or March 24

♦ First 15 minutes dry warm up. Meet on pool deck at deep end.

ADVANCED AQUATICS

Advanced Instruction

BRONZE MEDALLION & CPR B		Prerequisite: 13 years old OR Bronze Star Manual included				
	Dates	Day	Time	Member	Non-Member	
	March 14	Friday	5:00-9:00pm	\$109	\$120	
	March 15 & 16	Saturday & Sunday	9:00am-4:00pm			

BRONZE CROSS & CPR C		Prerequisite: Bronze Medallion Manual not included.				
	Dates	Day	Time	Member	Non-Member	
	March 28	Friday	5:00-9:00pm	\$79	\$90	
	March 29 & 30	Saturday & Sunday	9:00am-4:00pm			

NLS PRECERT/RECERT		Prerequisite: NLS Certification within 5 years and CPR C within one year. Minimum 6 per class.				
	Dates	Day	Time	Member	Non-Member	
	February 22 & February 23	Friday Saturday	5:30-9:00pm 1:00-5:00pm	\$70	\$85	
	April 4 & April 5	Friday Saturday	5:30-9:00pm 1:00-5:00pm			

WATER SAFETY INSTRUCTOR RECERTIFICATION		Prerequisite: WSI Certification within 2 years. Minimum 4 per class				
	Dates	Day	Time	Member	Non-Member	
	February 24	Sunday	1:00-5:00pm	\$70	\$85	
	April 6	Sunday	1:00-5:00pm			\$65

LIFESAVING INSTRUCTOR RECERTIFICATION		Prerequisite: LSI Certification within 2 years. Minimum 4 per class				
	Dates	Day	Time	Member	Non-Member	
	February 24	Sunday	8:30am-12:30pm	\$70	\$85	
	April 6	Sunday	8:30am-12:30pm			\$70

No classes on the Easter weekend: Please join us for an Everyone Welcome swim