



Swim Programs 2026

Register NOW!

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

COURSE	COURSE DESCRIPTION	TIME	DATE	Location	FEE
Minnow	Minnow's 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.	5 – 5:30 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$70
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.	5:35 – 6:05 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$70
Walleye	Walleye's will enter into deep water while wearing a life jacket. 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.	5 – 5:30 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$70
Trout/Muskie	Trout/Muskie 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 and gliding and kicking on their side.	5:35 – 6:05 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$70
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.	5 – 5:30 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$70
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.	5:35 – 6:05 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$70
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.	6:10 – 6:55 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$90
Swimmer 4	These intermediate swimmers will swim underwater and 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.	6:10 – 6:55 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$90
Swimmer 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.	6:10- 6:55 pm	August 4 th – 27 th Tuesday & Thursday	Garrow Beach	\$90
Lifesaving Society Bronze Star	Develop swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self – rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion	4 – 6:30 pm	August 5 th – 26 th Wednesday	Anicinabe Beach	\$110



Swim Programs 2026

Registration begins 9 am, Monday June 29, 2026

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COURSE	COURSE DESCRIPTION	TIME	DATE	Location	FEE
Minnow	Minnow's 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.	2 – 2:30 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$70
Bass	Bass students learn to jump into chest deep water by themselves and get in and out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.	2 – 2:30 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$70
Walleye	Walleye's will enter into deep water while wearing a life jacket. 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.	2:40 – 3:10 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$70
Trout/Muskie	Trout/Muskie 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 and gliding and kicking on their side.	2:40 – 3:10 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$70
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.	2 – 2:30 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$70
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.	2:40 – 3:10 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$70
Swimmer 3 / 4	These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on front crawl, back crawl, whip kick as well as breaststroke arms and breathing. Flutter kick interval training increases in distance and includes sprints.	3:15 – 4 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$90
Swimmer 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.	3:15 – 4 pm	Monday July 6 – August 31 (no class Aug 3)	Keewatin Beach	\$90



ADVANCED SUMMER PROGRAMS

Registration begins 9 am, Monday June 29, 2026

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COURSE	COURSE DESCRIPTION	TIME	DATE/LOCATIONS	FEE
Teen/Adult Lessons	Designed for teens and adults of all comfort levels, these lessons focus on building confidence in the water, learning essential swim skills, and improving stroke technique. Whether you're just starting out or looking to boost your endurance and efficiency, our instructors will help you progress at your own pace.	Beginners 11 – 11:45 am	Monday July 6 – August 31 (no class Aug 3) Garrow Beach	\$95
		Intermediate 11:45 – 12:30 pm		
Private Swim Lessons	Beginner Private Lessons: These private sessions take place in shallow water to help you build confidence and become comfortable in the pool while learning the fundamentals of swimming. You'll work closely with your instructor to develop basic skills at your own pace and set personal goals to support your progress in the water.	4 – 4:30 pm	Monday July 6 – August 31 Keewatin Beach	\$50 per lesson
		4:30 – 5 pm		
	Advanced Private Lessons: swimmers will work with an instructor to refine strokes, improve technique, and build strength and endurance. Lessons take place in both shallow and deep water, allowing swimmers to challenge themselves while working toward personalized goals.	3:30 – 4 pm	Monday July 6 – August 31 Keewatin Beach	\$50 per lesson
		4 – 4:30 pm		
		4:30 – 5 pm		
Lifesaving Society Junior Lifeguard Club	The Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment. Participants can be any age between 8 and 11 years.	10 – 11 am	Monday July 6 - 10 Garrow Beach	\$80
Outdoor Lifesaving Society Bronze Star	Develop swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self – rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion	10 am – 12:30 pm	Thursday July 9 - 30 Keewatin Beach	\$110
Outdoor Lifesaving Society Bronze Medallion	Bronze Medallion challenges the candidates both mentally and physically by using their judgement, 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.	10 am – 12:30 pm	Thursday July 9 – 30 Keewatin Beach	\$165