



Aquatic Centre Fall Swim Programs 2026

Registration begins Sunday, September 13, 2026 at 5 pm

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



Program	Description	Class Information			Fees (+ applicable taxes)
		Session	Class Times	Dates	
Swim & Play (Parented)	Classes for babies & toddlers 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.	4 – 12 months	4:30 – 5 pm	Tuesday Oct 13 – Nov 10	\$50
		13 – 24 months	5:15 – 5:45 pm	Tuesday Oct 13 – Nov 10	
		13 – 24 months	4:30 – 5:00 pm	Wednesdays Oct 7 – Nov 4	
		25 - 36 months	5:50 – 6:20 pm	Tuesday Oct 13 – Nov 10	
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	11:30 am – 1 pm		Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$120
Lifesaving Society National Lifeguard	The National Lifeguard training award develops the practical skills, knowledge and values required by lifeguards. Strong leadership, communication, decision – making and judgement skills are essential to complete the course. <i>Prerequisite: Minimum 15 years of age, Bronze Cross and Standard First Aid</i>	Friday, Sept 25 & Oct 2: 5 – 9 pm Saturday, Sept 26 & Oct 3: 9 am 4:30 pm Sunday, Sept 27 & Oct 4: 9 am – 4:30 pm Monday, Sept 28: 9 am – 4:30 pm			\$280
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.	4:30 – 5 pm		Tuesdays Beginning Sept 29 th	\$50 per lesson
		6:30 – 7:00 pm		Wednesdays Beginning Oct 7 th	
	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.	6:30 – 7:00 pm		Wednesdays Beginning Oct 7 th	
		7:05 – 7:35 pm		Wednesdays Beginning Oct 7 th	
Adult Lessons	Designed for teens and adults of all comfort levels, these lessons focus on building confidence in the water, learning essential swimming 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.	6:30- 7:15 pm		Mondays Sept 28 – Nov 23 No class Oct 12 th	\$95



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		Class Times	Dates	
Minnow	Minnows will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their face wet and blow bubbles underwater.	9:30 – 10 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$70
		10:05 – 10:35 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	
		9:30 – 10 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		10:10 – 10:40 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		5:40 – 6:20 pm	Thursdays Oct 15 – Dec 3	
Bass	Bass students learn to jump into chest deep water by themselves and get in and get out wearing a life jacket. They'll submerge and exhale underwater. While wearing a life jacket they'll glide on their front and back.	9:30- 10 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$70
		10:10 – 10:40 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		5 – 5:30 pm	Thursdays Oct 15 – Dec 3	
Walleye	Walleyes will try entries into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water, and work on kicking and gliding through the water on their front and back.	9:30- 10 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$70
		9:30- 10 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		10:10 – 10:40 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		5:40 – 6:20 pm	Thursdays Oct 15 – Dec 3	
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 life jacket and gliding and kicking on their side.	10:40 – 11:10 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$70
		10:50 – 11:20 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		5 – 5:30 pm	Thursdays Oct 15 – Dec 3	
Swimmer 1	These beginners will become comfortable jumping into water with and without a life jacket. 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.	9:30 – 10 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$70
		10:05 – 10:35 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	
		9:30 – 10 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		5:40 – 6:20 pm	Thursdays Oct 15 – Dec 3	
Swimmer 2	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a life jacket. 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	10:40 – 11:10 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$70
		10:50 – 11:20 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		5 – 5:30 pm	Thursdays Oct 15 – Dec 3	
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	10:40 – 11:25 am	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$90
		10:50 – 11:35 am	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		6:30 – 7:15 pm	Thursdays Oct 15 – Dec 3	
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.	11:15 am – 12 pm	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$90
		11:30 am – 12:15 pm	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		6:30- 7:15 pm	Thursdays Oct 15 – Dec 3	
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	11:15 am – 12 pm	Sundays, Sept 27 – Nov 29 <i>No class Oct 11 & Nov 8</i>	\$90
		11:30 am – 12:15 pm	Saturday, Oct 3 – Nov 28 <i>No class Nov 7</i>	
		6:30 – 7:15 pm	Thursdays Oct 15 – Dec 3	