

Fall 2026 Lakeshore Recreation Program Activity List

This document is a plain text version of programs and program information for Lakeshore Recreation's 2026 Fall season. You can pick up a copy of the full Fall 2026 Activity Guide at the Atlas Tube Recreation Centre and Lakeshore Town Hall during regular business hours.

For any concerns related to Lakeshore Recreation programs, scheduling, or registration, please call 519-728-2700 or email RecInfo@Lakeshore.ca

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Fall 2026 Program Registration Information

Fall 2026 Programs run from the week of October 5 and end the week of December 7

Registration opens Wednesday, September 2, 2026, at 9:00 AM.

The number of sessions may vary by program based on holidays, events, and facility closures. Check your program details in your ActiveNet receipt upon registration.

To register, visit Lakeshore.ca/Recreation, call 519-728-2700 or visit the Atlas Tube Recreation Centre customer service desk.

Payment is required at the time of registration. Registration is on a first come, first served basis. Programs fill up quickly. No registrations or class transfers will be accepted after the third class.

More Registration Information

- Registration options include in-person at the Atlas Tube Recreation Centre customer service desk, online at Lakeshore.ca/Recreation and by phone 519-728-2700.
- Registration is first come, first served. Programs fill up quickly!
- Program fees have already been prorated to take into consideration classes that fall on statutory holidays or for special event rentals.
- If you cannot be accommodated in any of your selections, you can request to be placed on a waiting list. Participants cannot be registered in one class and on a waiting list for another class. Individuals will only be contacted if a space becomes available, or if a new class has been added.
- No registrations or class transfers will be accepted after the third class. No credits or make up classes are available for missed classes. Programs will not be overbooked; make sure you are ready to register at the day and time of registration.
- Classes will be cancelled before the program start date if we do not meet our minimum registration numbers. Please register for all programs prior to the first day of classes.
- If Lakeshore cancels your class, a refund will be issued.
- If you withdraw from a class, you will be offered a credit/refund minus the cost of the classes attended, and the administration fee.

- A \$10.00 Administration Fee will be charged for all customer initiated withdrawals. No credit or make up classes for missed classes. (Fee may change due to approved schedule of fees.)
- Should any of Lakeshore Recreation's programs be cancelled due to extreme weather conditions or other circumstances. Class members will be notified by phone and the class cancellation will be posted to social media. (Refunds issued.)
- If three (3) or more members of the same household register in programs or the same person registers in 3 or more programs in the same session, a 10% discount will be applied to most programs.
- Income tax receipts can be found on your online account, by calling our Public Service team at 519-728-2700 or by emailing RecInfo@Lakeshore.ca
- Consult your doctor before starting any exercise programs—please be aware that there are always risks associated with any physical activity. Before you begin any fitness program, it is always best to check with your doctor.
- For any concerns related to Lakeshore Recreation programs, scheduling, or registration, please call 519-728-2700 or email RecInfo@Lakeshore.ca

How To Register Online

The most efficient way to register for programs is online.

First Time Registering for Programs?

You will first need to create an account. To create an account with us, please call 519-728-2700 or stop by our customer service desk.

Logging into your Account

The username is the email associated with your account and the password you have created. If you do not remember your password, or it is the first time you are logging in, you will click “forgot your password” and create your new password.

Finding Programs

You can search for programs by the name of the program, age, or category.

Tips and Tricks for Registration Day

Prior to registration opening, search for the programs you are interested in, and add them to your wish list by clicking on the heart next to the program. Please note, adding to your wish list does not guarantee your registration spot is reserved.

Registration Day

Log into your account, go to your wish list, wait for the registration to open, click enroll now, select the participant you are enrolling, and then repeat for all wish listed items. Once all programs have been added to your cart, you can click on My Cart and check out by completing the transaction with an online payment.

Preschool Dance, Art, & Education

Dance Fusion (ages 3-4)

An introduction to dance that includes Tap, Jazz, Ballet, and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines.

Tue | 5:00 PM - 5:50 PM | #26855

Sat | 9:00 AM - 9:50 AM | #26877

Sat | 10:00 AM - 10:50 AM | #26906

Preschool Art (ages 3-4)

Explore your child's talents through hand painting, pasting, cutting, colouring and other fun sensory materials to enhance creativity.

Mon | 5:00 PM - 5:50 PM | #26847

Preschool STEM (ages 3-4)

Integrating science, technology, engineering and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas.

Wed | 5:00 PM - 5:50 PM | #26863

Youth Dance, Art, & Education

Children's Yoga & Mindfulness (ages 8-12)

A playful and calming 40 minute class designed just for kids to move, breathe and relax. Through fun poses, simple breathing exercises, and guided mindful activities, children will build body awareness, focus and confidence in a supportive environment. Each class weaves in imagination, storytelling, and moments of stillness to help kids feel grounded, happy and connected to themselves, and the world around them.

Wed | 5:00 PM - 5:40 PM | #26869

Dance Fusion (ages 5-8)

An introduction to dance that includes Tap, Jazz, Ballet, and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines.

Mon | 5:00 PM - 5:50 PM | #26902

Sat | 11:00 AM - 11:50 AM | #26879

Dance Fusion (ages 9-12)

An introduction to dance that includes Tap, Jazz, Ballet, and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines.

Mon | 6:00 PM - 6:50 PM | #26903

Jr. Art (ages 5-8)

Explore your natural talents when using paints, pastels and clay. Create works of art through sketching, drawing, painting, and collages . Collect all of your projects for an end of session art exhibit.

Mon | 6:00 PM - 6:50 PM | #26848

Jr. Hip Hop (ages 5-8)

This beginner hip hop class focuses on coordination through music. Learning the fundamentals of hip hop dance gives your child the opportunity to enhance specified dance skills and enhances fitness levels.

Tue | 6:00 PM - 6:50 PM | #26856

Sr. Art (ages 9-12)

Explore your natural talents when using paints, pastels and clay. Create works of art through sketching, drawing, painting, and collages . Collect all of your projects for an end of session art exhibit.

Mon | 7:00 PM - 7:50 PM | #26904

Sr. Hip Hop (ages 9-12)

This beginner hip hop class focuses on coordination through music. Learning the fundamentals of hip hop dance gives your child the opportunity to enhance specified dance skills and enhances fitness levels.

Tue | 7:00 PM - 7:50 PM | #26905

Classroom Champions (ages 8-12)

Classroom Champions empowers children to thrive academically, socially and emotionally. Through the mentorship and mindset of world-class athletes, we improve student engagement, build growth mindsets, and inspire positive classroom culture.

Tue | 6:00 PM - 7:00 PM | #26901

Jr. STEM (ages 5-8)

Integrating science, technology, engineering and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas.

Wed | 6:00 PM - 6:50 PM | #26864

Sr. STEM (ages 9-12)

Integrating science, technology, engineering and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas.

Wed | 7:00 PM - 7:50 PM | #26865

November 20 PA Day Camps & Courses

Home Alone Safety for Kids November 20 (ages 9-13)

Home Alone Safety for Kids is a comprehensive safety and life skills program that prepares children ages 9-13 years to be on their own at home or elsewhere for short periods of time. In addition to the traditional content of a home alone course, this program also includes street smarts, people safety, online safety, fire safety, first aid and injury prevention. A step by step home readiness plan for parents and children. Bring your own lunch, snacks and water bottle. Maximum 15 participants per class.

Fri | 9:00 AM - 4:00 PM | #26886

Learn to Babysit (ages 11-14)

Participants will learn skills to become more responsible babysitters. This workshop covers a variety of topics including nutrition, safety, handling emergencies, first aid, games and more. Please bring along a doll or stuffed bear dressed and a baby bottle to practice with. Bring a lunch, snacks and water bottle. Fee includes a certificate and written test. Register early as our class limit is 15 students.

Fri | 9:00 AM - 4:00 PM | #26887

PA Day Camp (ages 4-7)

Crafts, games, swimming, and lots of fun!

Fri | 7:00 AM - 6:00 PM | #26884

PA Day Camp (ages 8-11)

Crafts, games, swimming, and lots of fun!

Fri | 7:00 AM - 6:00 PM | #26885

Gymnastics

Comfortable clothing should be worn; please no dresses or dance outfits that would restrict movement to the child or access to certain movements.

Children should be barefoot when entering the Gymnastics area as well as long hair must be up for safety reasons.

Parent & Tot Gymnastics (ages 2-3)

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, and floor. One parent per participant. Parent must be with participant at all times.

Sat | 8:45 AM - 9:30 AM | #26880

Preschool Gymnastics (ages 3-4)

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, and floor.

Fri | 4:15 PM - 5:00 PM | #26874

Sat | 9:30 AM - 10:15 AM | #26881

Sat | 10:15 AM - 11:00 AM | #26882

Jr. Gymnastics (ages 5-6)

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor.

Fri | 5:00 PM - 6:00 PM | #26875 Sat | 11:00 AM - 12:00 PM | #26883

Youth Gymnastics (ages 7-9)

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor.

Fri | 6:00 PM - 7:00 PM | #26876

Sat | 12:00 PM - 1:00 PM | #26891

Teen Gymnastics (ages 10-14)

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor.

Sat | 12:00 PM - 1:00 PM | #26890

Advanced Gymnastics (ages 7-14)

Participants must be approved for enrollment. Advanced recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor.

Fri | 7:00 PM - 8:30 PM | #24214

Youth Sports

Intro to Soccer (ages 5-6)

Kick off your child's soccer journey with our Intro to Soccer program! Designed for children aged 5–6 who are new to the sport, this program focuses on the fundamentals of soccer in a fun and supportive environment. Intro to Soccer provides an enjoyable introduction to organized sports without the formality of a league setting. Participants will improve their technique, coordination, and teamwork, through simple drills, interactive games, and light coaching from our instructors. Athletic or running shoes are required for participation. Indoor soccer shoes are recommended for optimal traction and comfort. Soccer balls are provided.

Thu | 5:00 PM - 5:50 PM | #26857

Jr. Basketball (ages 7-9)

Learning basic, fundamental skills in a fun, encouraging environment. Players will work on improving their basketball skills while emphasizing teamwork, effort and confidence. Basketballs are provided.

Tue | 5:00 PM - 5:50 PM | #26858

Jr. Soccer (ages 7-8)

Instructional soccer play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Soccer balls are provided.

Thu | 6:00 PM - 6:50 PM | #26907

Jr. Sports Mania (ages 5-8)

Enjoy a variety of sports games weekly that include a choice of floor hockey, indoor soccer, dodge ball, soccer races and "sport of choice" week.

Mon | 5:00 PM - 5:50 PM | #26849

Karate (ages 6-13)

Goju-Ryu Karate (GKK) has helped children develop self-confidence plus improve agility and reflexes through positive reinforcement!

Wed | 6:00 PM - 6:50 PM | #26866

Sr. Basketball (ages 10-11)

Learning basic, fundamental skills in a fun, encouraging environment. Players will work on improving their basketball skills while emphasizing teamwork, effort and confidence. Basketballs are provided.

Tue | 6:00 PM - 6:50 PM | #26859

Sr. Soccer (ages 9-12)

Instructional soccer play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Soccer balls are provided.

Thu | 7:00 PM - 7:50 PM | #26908

Sr. Sports Mania (ages 9-12)

Enjoy a variety of sports games weekly that include a choice of floor hockey, indoor soccer, dodge ball, soccer races and "sport of choice" week.

Mon | 6:00 PM - 6:50 PM | #26850

Youth Badminton (ages 10-14)

Instructional play by teaching children the rules of badminton.

Mon | 7:00 PM - 7:50 PM | #26853

Youth Volleyball (ages 10-14)

Instructional play by teaching children the rules of the sport in a team environment.

Mon | 8:00 PM - 8:50 PM | #26854

Youth Basketball (ages 12-13)

Learning basic, fundamental skills in a fun, encouraging environment. Players will work on improving their basketball skills while emphasizing teamwork, effort and confidence. Basketballs are provided.

Tue | 7:00 PM - 7:50 PM | #26909

Adult & Senior Fitness

Body Tone (ages 16+)

This is a muscular conditioning workout that will tone your whole body. Freeweights will be used with a variety of exercises. Great for all ages.

Wed | 7:00 PM - 7:50 PM | #26867

Wed | 9:30 AM - 10:20 AM | #26861

Boxalates (ages 16+)

Cardio kickboxing with a Pilates twist. Begin with boxing and kicking for the heart-pumping portion, then move into a deep core workout with Pilates, giving you an all-around workout. Meditation at the end.

Mon | 7:00 PM - 7:50 PM | #26852

Gentle Yoga (ages 16+)

This class is designed for beginners. Gentle yoga focuses on breathing, stretching, and meditation. Certified yoga instructor. Mat required.

Mon | 7:00 PM - 7:50 PM | #26900

HIIT (ages 16+)

High Intensity Interval Training (HIIT) is a combination of strength training and cardio workouts alternating between high intensity movements followed by short periods of lower intensity movements.

Tue | 6:00 PM - 6:50 PM | #26896

Low Impact Training Exercise (LITE) (ages 16+)

Low Impact Training Exercise (LITE) minimize stress on joints with low impact exercises while providing challenging and intense workouts. Ideal for all fitness levels. It's a safe way to improve your cardiovascular health, build strength, and increase flexibility. Find your power, your fitness journey starts here.

Thu | 8:30 AM - 9:20 AM | #26888

Pilates (ages 16+)

Expect a total body workout that will sculpt & tone long lean muscles, improve endurance, stamina, balance, alignment and core strength. A strong emphasis on form works your body & mind leading to a strong mind/body connection, not only getting faster and far superior results, but overall muscular balance and flexibility. Using rings, bands, balls and mats.

Wed | 8:00 PM - 8:50 PM | #26868

Fri | 9:30 AM - 10:20 AM | #26873

Pilates Flex & Stretch (ages 16+)

Expect a total body workout that will sculpt & tone long lean muscles, improve endurance, stamina, balance, alignment and core strength. A strong emphasis on form works your body & mind leading to a strong mind/body connection, not only getting faster and far superior results, but overall muscular balance and flexibility. Using rings, bands, balls and mats.

Thu | 9:30 AM - 10:20 AM | #26889

Pilates Sculpt (ages 16+)

Builds on the foundational principles of Pilates - breath control, core stability, alignment, and precision - while integrating a variety of equipment to intensify and elevate your workout. Using tools such as resistance bands, light dumbbells, balls, and body weight. This class is designed to challenge muscular endurance, improve posture, and enhance total-body strength. Suitable for all fitness levels, with layered progressions to support both beginners and experienced participants.

Tue | 7:00 PM - 7:50 PM | #26897

Power Fit (ages 16+)

A full body workout designed to build real-life strength, improve cardiovascular endurance, enhance balance and increase flexibility. Low impact challenging moves where you build stamina, confidence and discover muscles you didn't know you had. Designed for all fitness levels.

Mon | 6:00 PM - 6:50 PM | #26851

Power Flow (Yoga) (ages 16+)

An energizing, strength-based yoga class that builds heat and challenges your body through flowing movement.

Mon | 10:30 AM - 11:20 AM | #26899

Restorative Yoga (ages 16+)

A gentle, slow-paced practice using props to fully support the body in longer-held poses for deep relaxation and nervous system reset. It's designed to calm the mind, release tension, and restore inner balance.

Wed | 7:00 PM - 7:50 PM | #26870

Sculpt & Move (ages 16+)

Get the most out of your workout with this fitness class. It is both a muscular conditioning and cardiovascular conditioning workout. Low impact movement is combined with the use of light free weights. Great for all ages.

Mon | 9:30 AM - 10:20 AM | #26845

Stroller Fit (ages 16+)

Get the most out of your workout with this fitness class. It is both a muscular conditioning and cardiovascular conditioning workout. Low impact movement is combined with the use of light free weights. Great for all ages.

Mon | 10:30 AM - 11:20 AM | #26846

Wed | 10:30 AM - 11:20 AM | #26862

Vinyasa Flow Yoga (ages 16+)

A dynamic, flowing yoga practice that links breath with movement to build strength, balance, and flexibility. Expect to move continuously through creative sequences that leave you energized and grounded.

Mon | 1:00 PM - 1:50 PM | #26898

Wed | 6:00 PM - 6:50 PM | #26871

Zoomers (ages 55+)

Stay active for improved circulation and mobility! This monitored physical fitness program provides a full circle approach that includes warm up, cardio, strength training, stretches, relaxation and meditation.

Mon | 8:30 AM - 9:20 AM | #26844

Wed | 8:30 AM - 9:20 AM | #26860

Fri | 8:30 AM - 9:20 AM | #26872

Aqua Parent & Tot (3 months to 3 years)

Aqua Parent & Tot - 1/2/3 Ratio 1:12

Spend quality time with your child while you both learn, have fun and socialize in the water. Tot must be accompanied in the water at all times by an adult or caregiver within arm's reach of the child. Ratio 1 to 12. Only one adult per registered participant.

Sun | 9:00 AM - 9:30 AM | #27145

Sun | 9:30 AM - 10:00 AM | #27146

Sun | 10:00 AM - 10:30 AM | #27147

Sun | 11:30 AM - 12:00 PM | #27148

Mon | 5:00 PM - 5:30 PM | #27129

Mon | 5:30 PM - 6:00 PM | #27130

Tue | 5:00 PM - 5:30 PM | #27131

Tue | 6:00 PM - 6:30 PM | #27132

Wed | 5:00 PM - 5:30 PM | #27133

Wed | 6:00 PM - 6:30 PM | #27134

Thu | 5:00 PM - 5:30 PM | #27135

Thu | 6:00 PM - 6:30 PM | #27136

Fri | 9:30 AM - 10:00 AM | #27137

Fri | 10:00 AM - 10:30 AM | #27138

Fri | 5:00 PM - 5:30 PM | #27139

Sat | 9:00 AM - 9:30 AM | #27140

Sat | 10:00 AM - 10:30 AM | #27141

Sat | 10:30 AM - 11:00 AM | #27142

Sat | 12:00 PM - 12:30 PM | #27143

Sat | 4:00 PM - 4:30 PM | #27144

Aqua Parent & Tot Plus - Ratio 1:4

If your child has completed all of the Parent & Tot 3 content but is not old enough to enroll in the aqua preschool programs, then this is the class for them. Participants must be comfortable being in the water without their parent. Content will be from the aqua preschool program.

Tue | 5:30 PM - 6:00 PM | #27149

Thu | 7:00 PM - 7:30 PM | #27150

Sat | 9:30 AM - 10:00 AM | #27151

Sat | 5:00 PM - 5:30 PM | #27152

Aqua Preschool (3 to 5 years)

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun.

Aqua Preschool 1 Ratio 1:4

Sun | 8:30 AM - 9:00 AM | #27168

Sun | 10:00 AM - 10:30 AM | #27169

Sun | 10:30 AM - 11:00 AM | #27170

Sun | 12:00 PM - 12:30 PM | #27171

Mon | 4:30 PM - 5:00 PM | #27154

Mon | 6:30 PM - 7:00 PM | #27155

Tue | 5:00 PM - 5:30 PM | #27156

Tue | 6:00 PM - 6:30 PM | #27157

Tue | 7:00 PM - 7:30 PM | #27158

Wed | 6:00 PM - 6:30 PM | #27159

Wed | 6:30 PM - 7:00 PM | #27160

Thu | 4:30 PM - 5:00 PM | #27161

Thu | 5:30 PM - 6:00 PM | #27162

Thu | 7:15 PM - 7:45 PM | #27163

Sat | 10:30 AM - 11:00 AM | #27165

Sat | 11:00 AM - 11:30 AM | #27166

Sat | 12:00 PM - 12:30 PM | #27167

Aqua Preschool 1 Ratio 1:6

Sun | 11:30 AM - 12:00 PM | #27177

Wed | 5:30 PM - 6:00 PM | #27172

Thu | 6:00 PM - 6:30 PM | #27173

Fri | 4:30 PM - 5:00 PM | #27175

Sat | 9:30 AM - 10:00 AM | #27176

Aqua Preschool 2 Ratio 1:4

Sun | 8:30 AM - 9:00 AM | #27186

Sun | 12:00 PM - 12:30 PM | #27187

Mon | 5:30 PM - 6:00 PM | #27178

Wed | 4:30 PM - 5:00 PM | #27179

Wed | 7:00 PM - 7:30 PM | #27180

Thu | 4:30 PM - 5:00 PM | #27181

Thu | 7:30 PM - 8:00 PM | #27182

Fri | 4:30 PM - 5:00 PM | #27183

Sat | 8:30 AM - 9:00 AM | #27184

Sat | 5:00 PM - 5:30 PM | #27185

Aqua Preschool 2 Ratio 1:6

Sun | 10:00 AM - 10:30 AM | #27195

Tue | 5:30 PM - 6:00 PM | #27188

Thu | 5:00 PM - 5:30 PM | #27189

Thu | 5:30 PM - 6:00 PM | #27190

Fri | 5:30 PM - 6:00 PM | #27191

Sat | 10:30 AM - 11:00 AM | #27192

Sat | 11:30 AM - 12:00 PM | #27193

Sat | 12:30 PM - 1:00 PM | #27194

Aqua Preschool 3 Ratio 1:4

Sun | 8:30 AM - 9:00 AM | #27205

Sun | 12:30 PM - 1:00 PM | #27206

Mon | 4:30 PM - 5:00 PM | #27196

Mon | 6:00 PM - 6:30 PM | #27197
Tue | 7:30 PM - 8:00 PM | #27198
Wed | 7:30 PM - 8:00 PM | #27199
Thu | 4:30 PM - 5:00 PM | #27200
Thu | 5:15 PM - 5:45 PM | #27201
Thu | 7:00 PM - 7:30 PM | #27202
Sat | 10:00 AM - 10:30 AM | #27203
Sat | 11:15 AM - 11:45 AM | #27297
Sat | 4:30 PM - 5:00 PM | #27204

Aqua Preschool 3 Ratio 1:6

Sun | 9:00 AM - 9:30 AM | #27215
Mon | 5:00 PM - 5:30 PM | #27207
Mon | 5:30 PM - 6:00 PM | #27208
Tue | 5:00 PM - 5:30 PM | #27209
Tue | 6:45 PM - 7:15 PM | #27210
Wed | 6:30 PM - 7:00 PM | #27211
Thu | 6:30 PM - 7:00 PM | #27212
Sat | 9:00 AM - 9:30 AM | #27214
Sat | 9:45 AM - 10:15 AM | #27213

Aqua Preschool 4/5 Ratio 1:4

Sun | 12:00 PM - 12:30 PM | #27224
Mon | 7:00 PM - 7:30 PM | #27216
Tue | 4:30 PM - 5:00 PM | #27217
Tue | 6:30 PM - 7:00 PM | #27218
Wed | 5:30 PM - 6:00 PM | #27219
Fri | 4:30 PM - 5:00 PM | #27220

Sat | 8:30 AM - 9:00 AM | #27221

Sat | 12:30 PM - 1:00 PM | #27222

Sat | 5:00 PM - 5:30 PM | #27223

Aqua Preschool 4/5 Ratio 1:6

Sun | 9:30 AM - 10:00 AM | #27228

Tue | 6:00 PM - 6:30 PM | #27225

Wed | 6:30 PM - 7:00 PM | #27226

Sat | 11:30 AM - 12:00 PM | #27227

Aqua Preschool Plus Ratio 1:4

Has your child completed Preschool 5 but they aren't 5 years old yet? Preschool Plus participants will work on Swimmer 2 content and above! Get your child prepped for success in our swimmer levels with this program.

Wed | 5:00 PM - 5:30 PM | #27229

Aquatic Youth (5-12 years)

Swimmer 1 to 6 allows youth aged 5 to 12 the opportunity to work on beginner skills like breath control and water movement in lower levels. Once they have completed the advanced levels they will be able to perform excellent swimming strokes up to 100m. We stress lots of in water practice for each level.

Swimmer 1 Ratio 1:4

Sun | 9:00 AM - 9:30 AM | #27253

Sun | 11:30 AM - 12:00 PM | #27254

Sun | 12:30 PM - 1:00 PM | #27255

Mon | 4:30 PM - 5:00 PM | #27237

Mon | 5:00 PM - 5:30 PM | #27238

Mon | 7:00 PM - 7:30 PM | #27239

Mon | 7:30 PM - 8:00 PM | #27240

Tue | 4:30 PM - 5:00 PM | #27241
Tue | 5:00 PM - 5:30 PM | #27242
Tue | 7:30 PM - 8:00 PM | #27243
Wed | 6:30 PM - 7:00 PM | #27244
Wed | 7:00 PM - 7:30 PM | #27245
Thu | 6:00 PM - 6:30 PM | #27246
Thu | 6:30 PM - 7:00 PM | #27247
Fri | 5:30 PM - 6:00 PM | #27248
Sat | 8:30 AM - 9:00 AM | #27249
Sat | 9:30 AM - 10:00 AM | #27250
Sat | 11:30 AM - 12:00 PM | #27251
Sat | 5:30 PM - 6:00 PM | #27252

Swimmer 1 Ratio 1:6

Sun | 9:30 AM - 10:00 AM | #27264
Sun | 10:30 AM - 11:00 AM | #27265
Sun | 11:00 AM - 11:30 AM | #27266
Mon | 6:00 PM - 6:30 PM | #27256
Mon | 6:30 PM - 7:00 PM | #27257
Tue | 5:30 PM - 6:00 PM | #27258
Tue | 6:30 PM - 7:00 PM | #27259
Wed | 5:00 PM - 5:30 PM | #27260
Fri | 5:00 PM - 5:30 PM | #27261
Fri | 5:30 PM - 6:00 PM | #27262
Sat | 11:00 AM - 11:30 AM | #27263

Swimmer 2 Ratio 1:4

Sun | 8:30 AM - 9:00 AM | #27280

Sun | 12:00 PM - 12:30 PM | #27281
Sun | 12:30 PM - 1:00 PM | #27282
Mon | 4:30 PM - 5:00 PM | #27267
Mon | 6:00 PM - 6:30 PM | #27268
Mon | 6:30 PM - 7:00 PM | #27269
Mon | 7:00 PM - 7:30 PM | #27270
Tue | 4:30 PM - 5:00 PM | #27271
Tue | 5:30 PM - 6:00 PM | #27272
Wed | 4:30 PM - 5:00 PM | #27273
Wed | 4:30 PM - 5:00 PM | #27274
Wed | 6:00 PM - 6:30 PM | #27275
Wed | 6:45 PM - 7:15 PM | #27289
Fri | 4:30 PM - 5:00 PM | #27276
Sat | 8:30 AM - 9:00 AM | #27277
Sat | 11:30 AM - 12:00 PM | #27278
Sat | 5:30 PM - 6:00 PM | #27279

Swimmer 2 Ratio 1:6

Sun | 11:00 AM - 11:30 AM | #27298
Sun | 11:30 AM - 12:00 PM | #27299
Mon | 5:30 PM - 6:00 PM | #27283
Tue | 4:30 PM - 5:00 PM | #27284
Tue | 5:45 PM - 6:15 PM | #27285
Tue | 7:00 PM - 7:30 PM | #27286
Wed | 5:00 PM - 5:30 PM | #27287
Wed | 5:30 PM - 6:00 PM | #27288
Thu | 5:00 PM - 5:30 PM | #27290

Thu | 5:45 PM - 6:15 PM | #27291

Fri | 5:00 PM - 5:30 PM | #27292

Sat | 9:00 AM - 9:30 AM | #27293

Sat | 10:00 AM - 10:30 AM | #27294

Sat | 11:30 AM - 12:00 PM | #27295

Sat | 11:45 AM - 12:15 PM | #27296

Swimmer 3 Ratio 1:4

Sun | 12:15 PM - 1:00 PM | #27311

Mon | 4:30 PM - 5:15 PM | #27300

Mon | 5:00 PM - 5:45 PM | #27301

Mon | 6:30 PM - 7:15 PM | #27302

Tue | 6:00 PM - 6:45 PM | #27303

Wed | 5:45 PM - 6:30 PM | #27304

Wed | 6:30 PM - 7:15 PM | #27305

Thu | 4:30 PM - 5:15 PM | #27306

Fri | 4:30 PM - 5:15 PM | #27307

Sat | 9:00 AM - 9:45 AM | #27308

Sat | 12:00 PM - 12:45 PM | #27309

Sat | 4:30 PM - 5:15 PM | #27310

Swimmer 3 Ratio 1:6

Sun | 9:15 AM - 10:00 AM | #27317

Sun | 10:00 AM - 10:45 AM | #27318

Tue | 5:00 PM - 5:45 PM | #27312

Tue | 7:15 PM - 8:00 PM | #27313

Thu | 5:45 PM - 6:30 PM | #27314

Thu | 6:15 PM - 7:00 PM | #27315

Sat | 10:15 AM - 11:00 AM | #27316

Swimmer 4 Ratio 1:4

Sun | 8:30 AM - 9:15 AM | #27328

Mon | 5:15 PM - 6:00 PM | #27319

Tue | 6:45 PM - 7:30 PM | #27320

Tue | 7:15 PM - 8:00 PM | #27321

Wed | 4:30 PM - 5:15 PM | #27322

Thu | 7:00 PM - 7:45 PM | #27323

Fri | 5:15 PM - 6:00 PM | #27324

Sat | 8:30 AM - 9:15 AM | #27325

Sat | 12:15 PM - 1:00 PM | #27326

Sat | 4:45 PM - 5:30 PM | #27327

Swimmer 4 Ratio 1:8

Sun | 10:45 AM - 11:30 AM | #27343

Mon | 6:30 PM - 7:15 PM | #27329

Thu | 5:15 PM - 6:00 PM | #27330

Sat | 11:00 AM - 11:45 AM | #27331

Swimmer 5 Ratio 1:10

Wed | 6:00 PM - 6:45 PM | #27341

Thu | 6:00 PM - 6:45 PM | #27342

Swimmer 5 Ratio 1:4

Sun | 9:45 AM - 10:30 AM | #27339

Sun | 11:30 AM - 12:15 PM | #27340

Mon | 6:45 PM - 7:30 PM | #27332

Mon | 7:15 PM - 8:00 PM | #27333

Tue | 6:00 PM - 6:45 PM | #27334

Thu | 4:30 PM - 5:15 PM | #27335

Thu | 5:00 PM - 5:45 PM | #27336

Sat | 10:00 AM - 10:45 AM | #27337

Sat | 4:00 PM - 4:45 PM | #27338

Swimmer 6 Ratio 1:10

Sun | 9:00 AM - 9:45 AM | #27351

Mon | 7:15 PM - 8:00 PM | #27350

Swimmer 6 Ratio 1:4

Sun | 10:00 AM - 10:45 AM | #27349

Tue | 4:30 PM - 5:15 PM | #27344

Wed | 7:15 PM - 8:00 PM | #27345

Thu | 6:30 PM - 7:15 PM | #27346

Thu | 7:00 PM - 7:45 PM | #27347

Sat | 12:15 PM - 1:00 PM | #27348

Canadian Swim Patrol

Canadian Swim Patrol is the continuation of the Lifesaving Society's Swim for Life program. CSP has 3 levels: Rookie (7), Ranger (8) and Star (9). Swimmers will begin to learn self rescue techniques and the rescue of others while continuing to focus on endurance in the water.

Swimmer 7 Ratio 1:10

Tue | 5:15 PM - 6:00 PM | #27354

Sat | 12:00 PM - 12:45 PM | #27355

Swimmer 7/8 Ratio 1:4

Mon | 6:00 PM - 6:45 PM | #27352

Thu | 7:15 PM - 8:00 PM | #27353

Swimmer 8 Ratio 1:10

Tue | 6:30 PM - 7:15 PM | #27356

Sat | 9:00 AM - 9:45 AM | #27357

Swimmer 9 Ratio 1:10

Tue | 7:00 PM - 7:45 PM | #27359

Swimmer 9 Ratio 1:4

Sun | 12:15 PM - 1:00 PM | #27358

Adult Swimming Lessons

Aqua Adult 1 Ratio 1:8

Aqua Adult 1 is for beginner swimmers over the age of 13 years who want to learn the basic principles of swimming. Participants in this program will work on breath control, floating and short distance swimming on their own.

Sun | 8:30 AM - 9:00 AM | #27361

Fri | 5:30 PM - 6:00 PM | #27360

Aqua Adult 2 Ratio 1:8

Aqua Adult 2 is for participants 13 years and older who want to continue to develop their front and back crawl strokes and enhance their endurance in the water. Candidates must have completed Adult 1 in order to enroll.

Wed | 7:30 PM - 8:00 PM | #27362

Aquatic Leadership (ages 8+)

Aquatic leadership courses are required for aspiring lifeguards and swimming instructors.

Bronze Cross

This course is the second step in the Lifesaving Society's leadership program. Participants learn the difference between lifesaving and lifeguarding, how to deal with emergency situations and how to work effectively as a team. Candidates must have completed Bronze Medallion and Basic First Aid (Formerly referred to as Emergency First Aid). This course requires 100% attendance.

Mon | 5:00 PM - 8:00 PM | #27370

Bronze Medallion

This course is the first step in the Lifesaving Society's leadership program. Program includes a mix of classroom and pool learning. Upon successful completion candidates will also be certified in Basic First Aid. This course requires 100% attendance. Candidates must be 13 years old or hold a current Bronze Star certification.

Wed | 5:00 PM - 8:00 PM | #27368

Thu | 5:00 PM - 8:00 PM | #27369

Bronze Star

This course is for candidates 8-12 years old that want to start their lifeguard training early. Participants will develop problem-solving and decision-making skills individually and in partners. Recommended completion of Canadian Swim Patrol levels. This course requires 100% attendance.

Sun | 10:30 AM - 11:30 AM | #27367

Assistant Instructor

This course is the first step to becoming a Swim Instructor. Through classroom learning and in-water practice candidates learn the roles and responsibilities of instructors and their assistants. This course is recommended but not required. Must have completed Bronze Cross and be 14 years old to enroll. This course requires 100% attendance.

Tue | 5:00 PM - 8:00 PM | #27371

Instructor Recert Course

The In-Person Recertification Course (4 hours) focuses on the competencies learned in the instructor, coach and examiner courses and provides a refresher to those competencies. The course provides candidates with the 4 points required to complete their Instructor, Coach, Examiner and Examiner Mentor leadership recertification.

Sun | 3:30 PM - 7:30 PM | #27375

LSS/Swim Instructors

The Lifesaving Society Swim Instructor & Lifesaving Instructor course prepares candidates to teach and evaluate basic swim strokes and related skills of the Swim for Life program. Candidates are also certified to teach and evaluate (some items) of the Lifesaving programs. Must have completed Bronze Cross, Assistant Instructors (recommended) and be 15 years old by the last day of class. This course requires 100% attendance.

Sun, Fri, Sat | #27373

National Lifeguard with IFA

This certification allows candidates to work as a lifeguard at a pool. Course includes Intermediate First Aid certification. Teamwork, leadership, communication and a high level of physical fitness will be necessary for successful completion. Must have completed Bronze Cross, Intermediate First Aid and be 15 years of age by the exam date. This course requires 100% attendance.

Sun, Fri, Sat | #27372

National Lifeguard - Pool Recertification

In order to remain current lifeguards must recertify this qualification within 2 years by passing this exam.

Sun | 3:30 PM - 9:30 PM | #27374