


Winter 2020 Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced Adult Swim Program 0630-0730		Advanced Adult Swim Program 0630-0730	Private Military Program 0700-0800	Advanced Adult Swim Program 0630-0730	<i>*Schedule subject to change without notice</i>	
Closed for Daily Pool Maintenance						
Shallow Water Aquafit 0900-1000		Shallow Water Aquafit 0900-1000		Shallow Water Aquafit 0900-1000	Thunderbirds 0730-0930	
Deep Water Aquafit 1000-1100		Deep Water Aquafit 1000-1100		Deep Water Aquafit 1000-1100	Red Cross Swim Lessons 0930-1245	Red Cross Swim Lessons 0900-1245
RAM member & military lane swimming 1130-1245						
Thunderbirds 1600-1730	Rookie 1600-1700 Thunderbirds 1600-1730	Thunderbirds 1600-1730	Rookie 1600-1700 Thunderbirds 1600-1730	Thunderbirds 1600-1730	Adult Swim 1430-1530	Adult Swim 1430-1530
Lessons 1730-1830	RED CROSS Swim Lessons 1730-1830	RED CROSS Swim Lessons 1730-1830	RED CROSS Swim Lessons 1730-1830	Lessons 1730-1830	Public Swim 1545-1800	Public Swim 1545-1800
Public Swim 1835-1955	Shallow Water Aquafit 1930-2030	Public Swim 1835-1955	Shallow Water Aquafit 1930-2030	Public Swim 1835-1955	Hours of Operation Monday to Thursday 0630 to 2200 Friday 0630 to 2100 Saturday & Sunday 0800 to 2000	
Adult Swim 2000-2100	Advances Leadership Aquatics 1930-2145	Adult Swim 2000-2100	Bronze Medallion & Bronze Cross 1930-2145	Adult Lessons 2000-2045pm		

Fitness and Wellness Centre Drop-In Fees

Under 6 years: FREE
 6-12 years: \$6.00
 13+ years: \$10.00
 Aquatic Swim Pass – 10 public swims: \$80.00

Age Restrictions

- ❖ Children under the age of 6 years must be accompanied in the water by a parent or legal guardian.
- ❖ Children under the age of 10 must be supervised by someone 16 years or older in the pool area.
- ❖ Children under the age of 16 are not permitted unsupervised in the Sauna.

22 Wing Fitness & Wellness Centre

Aquatic Programs



Registration Dates

Military Registration: November 26th, 2019
 Gym Membership Holders: December 2nd, 2019
 General Registration: December 3rd, 2019
Registration starts at 0800hrs

Aquatics Programmer - Penny Lecour

705-494-2011 ext. 2611
Penny.Lecour@forces.gc.ca

Aquatic Supervisor - Marc Desroches

705-494-2011 ext. 2240
Marc.Desroches@forces.gc.ca

General Inquiries - Reception Desk

705-494-2011 ext. 2610



Register at 22 Wing Fitness & Wellness Centre Reception Desk
 or www.caconnection.ca/north-bay

Swim Lessons

Class/Level	Monday Jan 6-Mar 9	Tuesday Jan 7-Mar 10	Wednesday Jan 8-Mar 11	Thursday Jan 9-Mar 12	Friday Jan 10-Mar 13	Saturday Jan 11-Mar 21	Sunday Jan 12-Mar 22
Starfish & Duck		1730-1800	1730-1800	1730-1800		0930-1000	0930-1000
Sea Turtle & Sea Otter		1800-1830	1800-1830	1800-1830		0930-1000	1000-1030
Salamander & Sunfish		1830-1900	1800-1830	1830-1900		0930-1000	0930-1000
Crocodile & Whale		1830-1900		1830-1900		1000-1030	1000-1030
Parent & Tot			1730-1800				0930-1000
Private Lessons	1730-1800 1800-1830				1730-1800 1800-1830	1000-1245 *30 min sessions	0900-1245 *30 min sessions
Swim Kids Level 1		1830-1900 1900-1930		1830-1900 1900-1930		1000-1030	1000-1030
Swim Kids Level 2		1900-1930		1900-1930		1000-1030	1000-1030
Swim Kids Level 3-4		1900-1930		1900-1930		1030-1100	1030-1100
Swim Kids Level 5-6		1730-1815		1730-1815		1115-1200	1115-1200
Swim Kids Level 7-8		1815-1900		1815-1900		1200-1245	1200-1245
Swim Kids Level 9-10		1815-1900					1200-1245
Swim Lesson Prices	Regular Members \$45.00			Member \$60.00		Non-Member \$75.00	
Private Lessons	Regular Members \$135.00			Member \$145.00		Non-Member \$165.00	
Semi-Private Lessons	Regular Members \$105.00			Member \$120.00		Non-Member \$135.00	

Specialised Aquatic Programs

Activity	Monday Jan 6-Mar 9	Tuesday Jan 7-Mar 10	Wednesday Jan 8-Mar 11	Thursday Jan 9-Mar 12	Friday Jan 10-Mar 13	Prices
Adult & Teen Learn to Swim/Stroke Correction					2000-2045	Regular \$45 Member \$60 Non-Member \$75
Rookie, Ranger, Star Patrol	1730-1830					Regular \$55 Member \$70 Non-Member \$85
Bronze Star (Must be at least 12 yrs.)	1730-1830					Regular \$60 Member \$75 Non-Member \$90
Bronze Medallion (min age is 13 yrs)				1900-2130		Regular \$80 Member \$95 Non-Member \$125 *Manual \$47.50
Bronze Cross (Must have Bronze Medallion)				1900-2130		Regular \$85 Member \$100 Non-Member \$130
Distinction (Must have Bronze Cross)				1900-2130		
Red Cross Swim Instructors (Must have Bronze Cross & min age is 15 yrs)		1830-2145				Regular \$120 Member \$140 Non-Member \$175 *Manual \$142.80
Pre-Competitive Swim Club		1600-1700		1600-1700		Regular \$75 Member \$90 Non-Member \$105
Aquafit Morning Jan 6-Mar 9	0900-1000 1000-1100		0900-1000 1000-1100		0900-1000 1000-1100	Regular \$60 Member \$75 Non-Member \$95
Aquafit Evening Jan 7-Mar 12		1930-2030		1930-2030		Regular \$45 Member \$60 Non-Member \$75
Advanced Adult Swim Program	0630-0730		0630-0730		0630-0730	Regular Free Member \$85 Non-Member \$105
Standard First Aid	Available upon request on weekends min. 6 people per group					Manual: \$15 Regular Member \$85 Member \$110 Non-Members \$140