

## Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fit 8:30-9:30	Private Lessons 8:30-9:30	Aqua Fit 8:30-9:30	Private Lessons 8:30-9:30	Aqua Fit 8:30-9:30
Lessons 9:30-11:30				
Lunch Hour Swim 11:30-12:45				
Private lessons 1:00 – 3:00 Bronze Medallion & Bronze Cross 12:30 – 3:00				
Competitive Swim Team 3:00-4:00	Public Swim 3:00-4:30	Competitive Swim Team 3:00-4:00	Public Swim 3:00-4:30	Competitive Swim Team 3:00-4:00
Private Lessons 4:00-6:00	Lessons 4:30-7:30	Private Lessons 4:00-6:00	Lessons 4:30-7:30	
Public Swim 6:00-7:30		Public Swim 6:00-7:30		Public Swim 6:00-7:30
Adult Swim 7:30-8:30	Aqua Fit 7:30-8:30	Adult Swim 7:30-8:30	Aqua Fit 7:30-8:30	Adult Swim 7:30-8:30

Saturday	Sunday
Adult Swim 2:30-3:30	Adult Swim 2:30-3:30
Public Swim 3:35-5:30	Public Swim 3:35-5:30

## Fitness and Wellness Centre Drop-In Fees

Children under 6 yr. are free  
6 to 12 years \$6.00  
13 years and over \$10.00

**Aquatic Swim Passes – 10 Public swims for \$80.00**

### Fitness and Wellness Centre Age Policy

- Children under 6 years must be accompanied by an adult in the water and within arm's reach.
- Children 10 and under must be accompanied by a guardian over 16 years in the pool area.

## For more information please contact

**Penny Lecour**  
Aquatic Programmer  
705-494-2011 ext 2611  
penny.lecour@forces.gc.ca

**Pierre Simard**  
Aquatic Supervisor  
705-494-2011 ext. 2240



**22 Wing Fitness & Wellness Centre**  
29 Duxford Rd.  
Hornell Heights, ON  
POH 1P0

## **22 WING Fitness & Wellness Centre CFB NORTH BAY**

# **Aquatic Programs**



## **Summer 2019 Registration**

**Begins at 8:00 am at the Reception Desk**  
Or online (starting June 18) at  
[www.cafconnection.ca/north-bay](http://www.cafconnection.ca/north-bay)

**For further information call:**  
Penny at 494-2011 ext. 2611

**Military registration: June 14**

**General registration: June 18**





Red Cross Swim Programs	
Red Cross Preschool	Ages 3-6
Red Cross Swim Kids	Ages 5 and above

## Swim Lesson Schedule

### MONDAY – FRIDAY

(5 days a week for 2 weeks)  
 Session 1: July 2 - July 15  
 Session 2: July 16 – July 29  
 Session 3: July 30 - August 13

9:30-10:00	Starfish/Duck or or Salamander/Sunfish or Swim Kids 1
10:00-10:30	Sea Turtle/Sea Otter or Swim Kids 2
10:00-10:45	Swim Kids 5/6
10:30-11:00	Swim Kids 3
10:30-11:15	Swim Kids 9/10
10:45-11:30	Swim Kids 7/8
11:30-11:30	Swim Kids 4
1:00 – 1:30	Private
1:30 – 2:00	Private
2:00 – 2:30	Private
2:30 – 3:00	Private

### Tuesday & Thursday Evening Lessons

(2 days a week for 5 weeks)  
 Session: July 2- August 1

4:30 - 5:00	Starfish/Duck or Sea Turtle/Sea Otter
4:30 - 5:15	Swim Kids 5
5:00 - 5:30	Salamander/Sunfish or Croc/Whale
5:15- 6:00	Swim Kids 6
5:30- 6:00	Swim Kids 1 or Swim Kids 2
6:00 - 6:30	Swim Kids 3 or Swim Kids 4
6:00 - 6:45	Swim Kids 7/8
6:30- 7:00	Starfish/Duck or Sea Turtle/Sea Otter
6:45 - 7:30	Swim Kids 9/10
7:00- 7:30	Salamander/Sunfish or Swim Kids 1

### Private Lessons

#### Monday & Wednesday PM

July 3- August 7  
 4:00 – 6:00PM (30 minute sessions)

#### Tuesday & Thursday AM

July 2- August 1  
 8:30-9:00 or 9:00-9:30 AM  
**5 Days for 2 Weeks**

Session 1: July 2 - July 15  
 Session 2: July 16 – July 29  
 Session 3: July 30 - August 13

### Competitive Swim Program

#### (Monday, Wednesday, Friday)

July 3- August 9  
 Learn the basic skills of competitive swimming:  
 Starts, dives, drills and fun!  
 3:00- 4:00 PM- Ages 8 and above

### Aqua Fitness

#### (Monday, Wednesday, Friday)

July 3- August 12  
 Shallow Water: 8:30-9:30 AM  
**(Tuesday & Thursday)**  
 July 2- August 1  
 Shallow Water: 7:30-8:30 PM

LESSON PRICES – Include HST			
*All prices subject to change			
	Military	Member & Seniors	Non-Member
Swimming Lessons	\$45	\$60	\$75
Private Lessons	\$135	\$145	\$165
Semi Private Lessons	\$105	\$120	\$135
Competitive Swim Program	\$80	\$95	\$110
Aqua Fitness (Tues & Thurs.)	\$35	\$45	\$60
Aqua Fitness (Mon, Wed & Fri)	\$45	\$55	\$65

Life Saving Society Programs				
Class	Time	Military	Member	Non-Member
Bronze Medallion	12:30-3:00 Session 1 July 2 - 15 Must be 13 years of age	\$80	\$95	\$125
		Manual- \$47.50		
Bronze Cross	12:30-3:00 Session 3 July 30-Aug 13 Must have Bronze Medallion	\$85	\$100	\$130

Leadership Courses	Tuesday evenings
Assistant Swimming Instructor	September 2019
Red Cross Water Safety Instructor /Lifesaving Instructor	January 2020
Standard First Aid with CPR -C	April 2020
National Lifeguard Pool	March 2020

For more information visit:  
[www.cafconnection.ca/north-bay](http://www.cafconnection.ca/north-bay)

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