

Public Swims

Saturday 3:35 - 5:45PM & 6-7:30

Sunday 3:35 – 5:30 PM

Monday, Wednesday, & Friday 6:35 – 7:55 PM

Adult Public Swim

(16 years and older)

Monday & Wednesday 8 – 9PM

Saturday & Sunday 2:30 – 3:30PM

Friday, Saturday & Sunday evenings a lane may be put in for length swimming if not busy.

Fitness Swim

Mon. to Fri. 11:30AM - 12:45 PM

Military and Members ONLY

Fitness and Wellness Center 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 Center Age Policy

* Children under 6 yr. must be accompanied by an adult in the water & with in arms reach.

* Children 10 and under must be accompanied by guardian over 16 years in pool area.

For more information visit our website:

www.cafconnection.ca/north-bay

Our instructors are now certified in: HIGH FIVE!

What is HIGH FIVE?

HIGH FIVE is Canada's quality standard for children's recreation and sport. HIGH FIVE holds true to the five principles of healthy child development that the research indicates are essential for quality programs:

- A caring adult
- The opportunity to make friends
- The opportunity to play
- The opportunity to master skills and
- The opportunity to participate



We are now offering the HIGH FIVE PHCD certification during our Assistant water safety instructor course.

If you have any questions about HIGH FIVE please do not hesitate to contact the Aquatic's Programmer.

For more information please contact:

•Aquatic Programmer:

Penny Lecour at 494-2011 ext 2611

•E-mail: penny.lecour@forces.gc.ca

•Aquatic Supervisor:

Pierre Simard at 494-2011 ext 2240

•Fax: 494-2171



22 Wing North Bay
F/S/R Dept
29 Duxford Rd.
Hornell Heights
Ontario P0H 1P0

22 WING/CFB NORTH BAY

Aquatic Programs



Winter 2019 Registration

In person at the Reception Desk
or online at

www.cafconnection.ca/north-bay

For further information call:

Penny at 494-2011 ext 2611

Military registration:

November 27

General registration:

December 4

Session starts: Sat. January 7 2019

No Lessons: Sat. Jan 19 & Sun Jan 20

March 11-15 2019



Preschool- Parent & Tot

Swim program for children 6 months to 3 years with parent in the water. Designed to ease the swimmer into future aquatic adventures.

Preschool: Instructor & Child ages 3-5

STARFISH, DUCK, SEA TURTLE, SEA OTTER, SALAMANDER, SUNFISH, CROCODILE & WHALE. Designed for young swimmers to learn swimming skills through fun, songs & games.

Red Cross Swim Kids: 10 Level program

For children 5 years and over. Designed to develop strong fit swimmers with excellent technique.

Adult Swimming Lessons: The instructor will work with the swimmers on floating, movement, breathing skills and basic strokes and skills requested by the participants.

Monday Evenings

January 7- March 18

5:30-6:00- Private Lessons

6:00-6:30- Private Lessons

5:30-6:30- Bronze Star or Rookie, Ranger, Star Patrol

Tuesday Evenings

January 8- March 19

5:30-6:00- Starfish or Duck

5:30-6:15- Swim Kids 7/8 or Swim Kids 9/10

6:00-6:30- Sea Turtle or Sea Otter

6:15-7:00 –Swim Kids 5 or Swim Kids 6

6:30-7:00- Swim Kids 2 or Swim Kids 1

7:00-7:30 Swim Kids 3 or Swim Kids 4 or Salamander/Sunfish or Crocodile/Whale/Swim Kid 1

Wednesday Evenings

January 9- March 20

5:30-6:00- Starfish/Duck or Sea Turtle/Sea Otter

6:00-6:30- Salamander/Sunfish or Parent & Tot

Thursday Evenings

January 10- March 21

5:30-6:00- Starfish or Duck

5:30-6:15- Swim Kid 7 or Swim Kid 8

6:00-6:30- Sea Turtle or Sea Otter

6:15-7:00- Swim Kids 5 or Swim Kids 6

6:30-7:00- Swim Kids 2 or Swim Kid 1

7:00-7:30- Swim Kids 3 or Swim Kid 4 or Salamander/Sunfish or Crocodile/Whale/Swim Kid 1

Friday Evenings

January 11-March 22

5:30-6:00- Private Lessons

6:00-6:30- Private Lessons

8:00-8:45- Adult/teen Learn to Swim/Stroke Correction

Saturday Mornings

January 7- March 18

10:00 - 12:45 - Private Lessons (30 minute sessions)

9:30 -10:00 - Starfish/ Duck or Sea Turtle/ Sea Otter or Salamander/Sunfish

10:00-10:30 – Crocodile/Whale/SK1 or Swim Kids 2

10:30-11:00- Swim Kids 3 or Swim Kids 4

11:15-12:00- Swim Kids 5 or Swim Kids 6

12:00-12:45 – Swim Kids 7 or Swim Kids 8

Sunday Mornings

January 8- March 19

10:30- 12:45- Private Lessons (30 minute sessions)

9:30-10:00- Parent & Tot or Starfish/ Duck or Salamander/Sunfish

10:00-10:30- Sea Turtle/Sea Otter or Crocodile/Whale/Swim Kids 1 or Swim Kids 2

10:30-11:00- Swim Kids 3 or Swim Kids 4

11:15- 12:00 – Swim Kids 5 or Swim Kids 6

12:00-12:45 – Swim Kids 7/8 or Swim Kids 9/10

Aqua Fitness

Shallow Water Aqua Fitness

Mondays, Wednesdays and Fridays

January 7- March 29

9:00-10:00 AM

Deep Water Aqua Fitness

Mondays, Wednesdays, and Fridays

January 7- March 29

10:00-11:00 AM

Shallow Water Aqua Fitness- Evenings

Tuesday and Thursday Evenings

January 8- March 21

7:30-8:30 PM

Advanced Adult Swim Program- participants will work on speed, strokes, starts, turns and endurance

Monday, Wednesday and Friday Mornings 6:30-7:30 AM

January 7- March 29

Rookie Pre-competitive Swim Program Ages 7-13

January 8- March 21

Tuesdays and Thursdays: 4:00-5:00 PM

Life Saving Society & Red Cross Advanced Programs

Course	Date/Time	Prices- Include HST		
		Regular	Members	Non Members
Rookie, Ranger & Star Patrol	Mondays Jan 7- Mar 18 5:30-6:30	\$55	\$70	\$85
Bronze Star (Must be 12 years of age)	Mondays Jan 7- Mar 18 5:30-6:30	\$60	\$75	\$90
Bronze Medallion (Must be 13 years of age)	Thursdays Jan 10- Mar 21 7:00 – 9:30 PM	\$80	\$95	\$125
		Manual - \$47.50		
Bronze Cross (Must have Bronze Medallion)	Thursdays Jan 10- Mar 21 7:00 – 9:30 PM	\$85	\$100	\$130
Distinction (Must have Bronze Cross)	Thursdays Jan 10- Mar 21 7:00 – 9:30 PM	\$85	\$100	\$130
Standard First Aid	As requested Weekends	\$85	\$110	\$140
		Manual - \$15		
Red Cross Swim Instructor (must have Bronze Cross & 15 yrs)	Tuesday Jan 8 – Mar 20 6:30-9:30pm	\$120	\$140	\$140
		Manual – approximately \$142.80 (subject to change)		
Standard First Aid Recert	June	\$70	\$70	\$70
Red Cross Instructors Recert	June	\$70	\$70	\$70
NLS Pool Recert	Jan 6 3:30-7:30pm	\$70	\$70	\$70
National Lifeguard Pool (Must be 16 years)	Spring 2019 Tuesdays	\$120	\$140	\$175
National Lifeguard Waterfront (Must have pool NLS)	June 2019 Tues. & Thurs.	\$120	\$140	\$175

LESSON PRICES – Include HST *All prices subject to change

	Regular	Members	Non-Members
Swimming Lessons	\$45	\$60	\$75
Private Lessons	\$135	\$145	\$165
Semi Private Lessons	\$105	\$120	\$135
Pre-Competitive Swim Club	\$75	\$90	\$105

AQUA FITNESS PRICES – Include HST

	Regular	Members & Seniors	Non-Members
Aqua Fitness Morning Classes	\$60	\$75	\$95
Shallow Water Aqua Fitness Evening	\$45	\$60	\$75
Advanced Adult Swim Program	FREE	\$85	\$105