

Public Swims

Saturday: 3:35 - 5:45 PM & 6:00 - 7:30 PM

Sunday: 3:35 – 5:30 PM

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

Adult Public Swim

(16 years and older)

Monday & Wednesday: 8:00 – 9:00 PM

Saturday & Sunday: 2:30 – 3:30 PM

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

Fitness Swim

Monday to Friday: 11:30 AM - 12:45 PM

Military and Members only

Fitness and Wellness Center Drop-In Fees

Children under 6 years 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

penny.lecour@forces.gc.ca

•**Aquatic Supervisor:**

Pierre Simard at 494-2011 ext 2240



22 Wing CFB North Bay

F/S/R Dept

29 Duxford Road

Hornell Heights

Ontario P0H 1P0

22 Wing Fitness & Wellness Centre

Aquatic Programs



Spring 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

Registration Begins at 8:00 am

Military registration: March 18

General registration: March 21

Session starts: Saturday April 6 2019

No lessons on April 19, 21, 22

Mon. May 20 (Victoria Day)



RED CROSS SWIM LESSONS

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

April 8 – June 24

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

April 9 – June 11

5:30-6:00- Starfish or Duck

5:30-6:15- Swim Kids 5 or Swim Kids 6

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

6:15-7:00- Swim Kids 7/8 or Swim Kids 9/10

6:30-7:00- Salamander/Sunfish or Crocodile/Whale/Swim Kids 1

7:00-7:30- Swim Kids1 or Swim Kids 2 or Kids 3 or Swim Kids 4

Wednesday Evenings

April 10 – June 12

5:30-6:00- Starfish/Duck or Parent & Tot

6:00-6:30- Salamander/Sunfish or Sea Turtle/Sea Otter

Thursday Evenings

April 11 – June 13

5:30-6:00- Starfish or Duck

5:30-6:15- Swim Kids 5 or Swim Kids 6

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

6:15-7:00- Swim Kids 7 or Swim Kids 8

6:30-7:00- Salamander/Sunfish or Crocodile/Whale/Swim Kids 1

7:00-7:30- Swim Kids1 or Swim Kids 2 or Swim Kids 3
or Swim Kids 4

Friday Evenings

April 12 – June 21

5:30-6:00- Private Lessons

6:00-6:30- Private Lessons

8:00-8:45- Adult & Teen Learn to Swim or Stroke Correction

Saturday Mornings

April 6 – June 8

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

April 7 – June 16

9:00- 12:45- Private Lessons (30 minute sessions)

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

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

10:00- 10:30 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

April 8 - June 21

9:00-10:00 AM

Deep Water Aqua Fitness

Mondays, Wednesdays, and Fridays

April 8 – June 21

10:00-11:00 AM

Shallow Water Aqua Fitness- Evenings

Tuesday and Thursday Evenings

April 9 – June 13

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

April 8 – June 21

Rookie Pre-competitive Swim Program Ages 8-13

April 9- June 13

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 Apr 8 - June 24 5:30-6:30	\$55	\$70	\$85
Bronze Star (Must be 12 years of age)	Mondays Apr 8 - June 24 5:30-6:30	\$60	\$75	\$90
Bronze Medallion (Must be 13 years of age)	Thursdays Apr 11 - Jun 13 7:00 – 9:30 PM	\$80	\$95	\$125
Bronze Cross (Must have Bronze Medallion)	Thursdays Apr 11 - Jun 13 7:00 – 9:30 PM	\$85	\$100	\$130
Water Safety Instructors	Tuesdays Winter 2020	\$120	\$140	\$175
Standard First Aid	Fri. April 5 5:00-9:00 Sat. & Sun Apr 6 & 7 9:00 – 5:00	\$90 Manual - \$15	\$115 Manual - \$15	\$145 Manual - \$15
Standard First Aid Recert	Sat. June 8 9:00 – 5:00	\$70	\$70	\$70
Red Cross Instructors Recert	Thurs. June 20 6:00-9:45	\$70	\$70	\$70
NLS Pool Recert	Tues. June 18 5:00-9:45	\$70	\$70	\$70
National Lifeguard Pool (Must be 16 years)	Apr 2 & 4 – May 28 Tuesdays 6:00 – 9:45	\$120	\$140	\$175
National Lifeguard Waterfront (Must have pool NLS)	June 4, 6, 11, 13 15 & 16 Tues, Thurs, Sat & Sun.	\$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