

## Public Swims

Saturday 3:35 - 5:45 PM & 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](http://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

•E-mail: Pierre.Simard2@forces.gc.ca



22 Wing North Bay

F/S/R Dept

29 Duxford Rd.

Hornell Height

Ontario P0H 1P0

22 WING/CFB NORTH BAY

# Aquatic Programs



## Fall 2019 Registration

At the Reception Desk or online at  
[www.cafconnection.ca/north-bay](http://www.cafconnection.ca/north-bay)

For further information call:

Penny at 494-2011 ext 2611

**Military registration: August 14**

**General registration: August 19**

**Session starts: Monday Sept. 16, 2019**

**No Lessons: Oct 14 (Thanksgiving)**

**Nov 11 (Remembrance 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**

Sept 16 – Dec 2

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**

Sept 17 – Nov 19

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**

Sept 18 – Nov 20

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

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

**Thursday Evenings**

Sept 19 – Nov 21

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 Kids 3 or Swim Kids 4

**Friday Evenings**

Sept 20 – Nov 22

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**

Sept 21 – Nov 23

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**

Sept 22 – Nov 24

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

Sept 16 – Dec 13

9:00-10:00 AM

**Deep Water Aqua Fitness**

Mondays, Wednesdays, and Fridays

Sept 16 – Dec 13

10:00-11:00 AM

**Shallow Water Aqua Fitness- Evenings**

Tuesday and Thursday Evenings

Sept 17 – Nov 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

Sept 16 – Dec 6

**Rookie Pre-competitive Swim Program** Ages 8-13

Sept 17- Nov 21

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

Course	Date/Time	Prices- Include HST		
		Regular	Members	Non Members
<b>Rookie, Ranger &amp; Star Patrol</b>	Mondays Sept 16- Dec 2 5:30-6:30	\$55	\$70	\$85
<b>Bronze Star</b> (Must be 12 years of age)	Mondays Sept 16 – Dec 2 5:30-6:30	\$60	\$75	\$90
<b>Bronze Medallion</b> (Must be 13 years of age)	Thursdays Sept 19 - Nov 21 7:00 – 9:30 PM	\$80	\$95	\$125
<b>Bronze Cross</b> (Must have Bronze Medallion)	Thursdays Sept 19 - Nov 21 7:00 – 9:30 PM	\$85	\$100	\$130
<b>Assistant Swim Instructors</b> (Must have Bronze Cross)	Tuesdays Sept 17–Nov 19 7:30 – 9:30	\$55	\$70	\$85
<b>Distinction</b> (Must have Bronze Cross)	Thursdays Sept 19 - Nov 21 7:00 – 9:30 PM	\$85	\$100	\$130
<b>Standard First Aid Recert</b>	Mon. Dec 16 5:00 – 9:45	\$70	\$70	\$70
<b>Red Cross Instructors Recert</b>	Thurs. Dec 19 6:00-9:45	\$70	\$70	\$70
<b>NLS Pool Recert</b>	Tues. Dec 17 5:00-9:45	\$70	\$70	\$70
<b>National Lifeguard Pool</b> (Must be 16 years)	Spring 2020 Tuesdays 6:00 – 9:45	\$120	\$140	\$175
<b>Red Cross Water Safety Instructors</b>	Tuesdays Winter 2020	\$120 Manual - TBA	\$140 Manual - TBA	\$175 Manual – TBA

<b>LESSON PRICES – Include HST *All prices subject to change</b>			
	Regular	Members	Non-Members
<b>Swimming Lessons</b>	\$45	\$60	\$75
<b>Private Lessons</b>	\$135	\$145	\$165
<b>Semi Private Lessons</b>	\$105	\$120	\$135.
<b>Pre-Competitive Swim Club</b>	\$75	\$90	\$105

<b>AQUA FITNESS PRICES – Include HST</b>			
	Regular	Members & Seniors	Non-Members
<b>Aqua Fitness Morning Classes</b>	\$60	\$75	\$95
<b>Shallow Water Aqua Fitness Evening</b>	\$45	\$60	\$75
<b>Advanced Adult Swim Program</b>	FREE	\$85	\$105