

Recreation Program Guide

Winter 2026



Table of Contents:

Registration & Program Information	3
Pryde AWC Hours & Contact Information	4
Affordable Recreation Program (ARP)	5
Pryde AWC Information & Amenities	7
Active Passes	8
Fitness & Wellness	10
Dryland Recreation Programs	11
Aquatic Programs & Lessons	12
Monday Lessons	12
Tuesday Lessons	13
Wednesday Lessons	15
Thursday Lessons	16
Friday Lessons	18
Saturday Lessons	19
Lifesaving Sport (Fundamentals).....	20



**Keep an eye out throughout the guide
for tips, tricks, and fun facts!**



Registration and Program Information:

We're excited to launch our first session of programming at the Pryde Aquatic and Wellness Centre! A state-of-the-art recreation facility designed to serve the community of Saugeen Shores and beyond.



Winter Session will open for registration Friday January 16th at 6:00 am.

Tips for Registration:

- Visit the online registration portal before registration at www.saugeenshores.ca/register
- Programs are now open for viewing online
- Activity numbers are included in the program schedule for easy searching online
- Choose your activities, add them to your **Wish List** by clicking the **Heart Icon** ❤️
- Once activities are added to your Wish List they can then easily be added to your cart when registration opens.

Closures and Cancellations:

If Drop-in Programming is Cancelled, Cancellations will be posted:

- Town website www.saugeenshores.ca/PrydeAWC
- Posting at facilities
- Pryde AWC Email Newsletter

If Registered Programs are cancelled, participants will be notified using:

- Town website www.saugeenshores.ca/PrydeAWC and Town social media
- Email to participants with up-to-date email address
- Posting at facilities

In the event of a cancellation, a makeup class will be scheduled. If a class is not rescheduled, a refund credit will be provided for the cancelled classes.

Ready to Register?

Scan the QR code or visit
www.saugeenshores.ca/Register



Pryde Aquatic and Wellness Centre Hours:



Monday to Friday: 6:00 am to 10:00 pm

Weekends: 7:00 am to 5:00 pm

Holiday hours may vary, visit www.saugeenshores.ca/PrydeAWC for updated facility hours.

Contact Information:

Pryde Aquatic and Wellness Centre (Pryde AWC):

- 600 Tomlison Drive, Port Elgin - Enter off Wellington Street
- (519) 832-2627 (once open)
- AWC@saugeenshores.ca

Aquatic Programs:

- Michael Hundt | Aquatics Supervisor
 - Michael.Hundt@saugeenshores.ca | (519) 832-2008 x153

Dryland & Fitness Programs:

- Kodey Hewlett-Mowbray | Wellness and Programs Supervisor
 - Kodey.HewlettMowbray@saugeenshores.ca | (519) 832-2008 x195

Recreation Subsidy:

- www.saugeenshores.ca/PrydeAWC | RecreationSubsidy@saugeenshores.ca

Registration, Rental & Recreation Inquiries:

- Corby Leitch | Facilities & Programs Booking Coordinator
 - Recreation@saugeenshores.ca | (519) 832-2008 x131

The Pryde Aquatic and Wellness Centre will open for one-off rentals in Spring 2026.

Reoccurring rentals for user groups will open for inquiries in Spring 2027



Affordable Recreation Program (ARP)

Below is a list of the various subsidy programs available to Saugeen Shores and Bruce County residents to aid in making recreation more affordable for all.

Saugeen Shores Passes for Access (Pryde AWC)

The Passes for Access program is designed to reduce financial barriers and promote active living for adult and active age residents of Saugeen Shores. Eligible participants can receive 10-visit passes at up to 50% off the approved rate, with flexible payment options to support accessibility and inclusion.

- Available to Saugeen Shores residents who meet the Low-Income Cut-Off (LICO)
- Requires application form and proof of income for eligibility
- Offers flexible access options and payment plans
- Funded annually through the Town of Saugeen Shores Business Plan budget

Bruce County Child Activity Assistance Program (CAAP)

The Child Activity Assistance Program helps families with the cost of activities such as school trips, school nutrition programs, extra-curricular activities, recreation programs, arts and cultural programs, Scouts or Girl Guides up to \$500 per child, per year.

Bruce County Child Care Fee Subsidy

Families in Bruce County with children aged 0 to 13 may qualify for help with child care costs. Depending on your income and situation, Bruce County may cover some or all of your fees.

Fee subsidy may cover costs for:

- Licensed child care centres and nursery schools
- Bruce County Licensed Home Child Care Program
- Before and After School Programs
- Authorized camps and recreation programs

Canadian Tire Jumpstart

The Canadian Tire Jumpstart program connects children from families in financial need to organized sports or programs (Minimum 3 classes / sessions) in their communities.

Families can receive up to \$600 per child each year, depending on availability of local Jumpstart chapter funding.

To see if a family qualifies, Jumpstart looks at their income using LICO (Low Income Cut-Off). Families will need to share their Canada Child Benefit (CCB) information, financial information, and complete a Jumpstart funding application. Jumpstart works closely with families to make the process as easy as possible.

Flip over 
for more information



Fill the Program - Town of Saugeen Shores Recreation Programs

The Town of Saugeen Shores 'Fill the Program' initiative provides financial assistance to families who wish to enroll their children in swimming lessons by allowing families in need to access unfilled classes.

You can add your child to the 'Fill the Program' list by contacting the Recreation Division or registering online by searching 'Fill the Program'. If space is available in the appropriate swim level after the second class of the session, 'Fill the Program' participants will be invited to join at no cost.

You are not required to show proof of income to sign up. Participants will be contacted on a first-come, first-served basis.

Saugeen Recreation Sport Assistance Fund (SRSAF)

The Saugeen Recreation Sport Assistance Fund is available to Saugeen First Nation Residents only. The Assistance Fund can assist Saugeen First Nations children / youth in accessing funding for registered sports, programs, or Pryde AWC memberships.

Program funding varies based on program and registration type.

Contact Information:

Have questions about a program or don't see the program you are looking for listed? Please reach out.

Email: recreationsubsidy@saugeenshores.ca

Phone: 519-832-2627

For more information including application forms scan the QR code or visit our Fee Assistance Page for more information



<https://www.saugeenshores.ca/en/explore-and-play/fee-assistance.aspx>

This package is designed for information purposes only, please review the individual program guidelines to determine eligibility.



Pryde Aquatic and Wellness Centre

The Pryde AWC offers flexible participation options for everyone. Choose an Active Pass that fits you!

From single visits to monthly and annual memberships, we offer options for children and youth, students, adults, and our active-agers (60+)!

Enjoy full access to pool swims/classes, fitness centre/classes, gymnasium programming and other drop-in programs; your wellness, your way!

Registered programs, personal training and swim lessons can also be added in addition to your Active Pass!

What Does the Pryde AWC Offer?

Pools: 8-Lane Lap Pool and Warm Water Leisure Pool. Both pools feature a variety of features including bubblers, sprinklers, aqua rock-climbing wall, and a "Tarzan" Rope.

Fitness: Strength and cardio equipment, group fitness classes for any ability, and 125 meter 3 Lane Indoor Track.

Sports: Double gymnasium with courts for badminton, basketball, pickleball, volleyball and more!

Amenities: Universal, Men's and Women's changerooms, co-ed Steam room, showers and day-use lockers.

Community: Multi-use Program rooms for workshops, programs, and events, Community Patio, comfortable lobby spaces, and more!

Interested in more information?
Join our email list to stay up to date on all
things Pryde AWC! Scan the QR code or visit:
www.saugeenshores.ca/PrydeAWC



Check out our
Active Pass Options



Pryde AWC Active Pass Fee Structure

	Bi-weekly	Monthly	6 Month 15% Discount	Annual 25% Discount
AWC All Access				
Child (3-13)	\$9.23	\$20.00	\$102.00	\$180.00
Youth /*Student (14-24)	\$13.85	\$30.00	\$153.00	\$270.00
Adult (20-59)	\$34.62	\$75.00	\$382.50	\$675.00
Active Ager (60+)	\$32.31	\$70.00	\$357.00	\$630.00
Aquatic				
Adult (20-59)	\$27.69	\$60.00	\$306.00	\$540.00
Active Ager (60+)	\$25.38	\$55.00	\$280.50	\$495.00
Fitness / Dryland				
Adult (20-59)	\$32.31	\$70.00	\$357.00	\$630.00
Active Ager (60+)	\$30.00	\$65.00	\$331.50	\$585.00
Drop-in Sport Pass				
Ages 20+	\$13.85	\$30.00	\$153.00	\$270.00
Track Pass				
Ages 20+			\$100.00	\$200.00

Annual and 6-Month: 25% annual and 15% 6-month discount applied above

Daily Drop in Visit: Family, Adult and Child options available

Punch Pass: 10-Visit Punch Passes available for purchase. No Expiry!

Multi-Pass Household: 20% Discount for additional pass holder(s) on bi-weekly and monthly reoccurring memberships if within the same household

Subsidy and Financial Assistance: Subsidized access and financial assistance programs are available at www.saugeenshores.ca/PrydeAWC

*All fees for users aged 14+ are subject to HST (13%) - Valid Student ID required for student rate.



What does my Active Pass include?

	AWC All Access	Aquatic	Fitness / Dryland	Drop-in Sport	Track Pass
Indoor Track	X	X	X	X	X
Aquatic Drop-in	X	X			
Public (Fun) Swim	X	X			
Fitness Centre	X		X		
Fitness Classes	X		X		
Drop-in Gymnasium	X		X		
Drop-in Sport	X		X	X	

X = Included in Active Pass

Active Passes are not required for registered Programs

Looking to drop-in or try out a program?

Drop-in and Punch Pass Options Available!

	What's Included	Fee
Adult / Active Ager Drop-in	1 Drop-in program / visit	\$7.52
Child / Youth Drop-in	1 Drop-in program / visit	\$7.52
Family Drop-in	1 Drop-in program / visit (1 Adult & 2 youth/students)	\$11.50
Family + Drop-in	1 Drop-in program / visit (2 Adults & 4 youth/students)	\$13.27
10 Visit Punch-Pass	10 Drop-in programs / visits	\$66.19

From pickleball to fitness classes, swim lessons, and registered programs, we've got you covered! Scan the QR code or visit www.saugeenshores.ca/PrydeAWC for all registered programs and drop-in schedules.



Fitness & Wellness:

Pryde AWC Fitness & Wellness Programming

Step into a space designed to energize, inspire, and help you achieve your goals! Our state-of-the-art **Fitness Centre** is fully equipped with everything you need, including cardio machines, strength training equipment, free weights, and versatile functional training tools.

The Pryde AWC also features a **3-lane indoor track** for a low-impact workout and a **dual indoor gymnasium** perfect for badminton, pickleball, basketball, volleyball, and more.

The **Fitness Studio** is where the energy really comes alive!

Join us for an incredible lineup of classes, including:

- **Restorative Classes** to relax and recharge.
- **Active Ager & Beginner Classes** for a confident start.
- **Strength & Cardio Classes** to boost power and endurance.
- **Resistance & Toning Classes** for sculpting and definition.
- **High-energy Cardio Classes** like spin to keep your heart pumping.

And don't miss the vibe! Our studio features a breathtaking full-wall mural, adding a bold splash of creativity to every workout!

Ready to head to the studio?

Scan the QR code or visit
www.saugeenshores.ca/PrydeAWC to
view our Drop-in Fitness Schedule



Looking for personalized support?

Complete our Personal Training Interest Form at
www.saugeenshores.ca/PrydeAWC and start your journey with a certified trainer!



Dryland Programs:

Pryde AWC Dryland Programming

The Pryde AWC boasts a bright and welcoming program room with the ability to be divided into two multi-purpose spaces and a dual indoor gymnasium. The dryland programming section is eager to bring you drop-in and registered programs / workshops for all ages, interests, and skills levels within these amazing spaces.

Programming Options

The programming team has affectionately named age categories and some programs after the town's beloved seagull population. Please see the list of terminology below to help you determine which programs are right for you.

- **Little Gulls** - programs for children aged 0-5 years
- **Mighty Gulls** - programs for children aged 6-10 years
- **Flock** - family based programming
- **Girls Can** - programming specifically for girls, and those identifying as girls, with a focus on empowerment and confidence building
- **STEM in the Gym** - Where STEM meets Phys.Ed! Science, Technology, Engineering, and Math programming in the Gym

Activity:	Time:	Day:	Location:	Activity #:	Fee:
Creative Flock	11:00am-12:00pm	Sat	Program Rm	25776	\$57.71
Creative Flock	4:30-5:30pm	Wed	Program Rm	25839	\$57.71
Friday Night Social (6-10Y)	5:30-8:30pm	Fri	Gym/Prog Rm	25851, 25858, 25859, 25860	Fee Varies by program
Friday Night Social (11-13Y)	5:30-8:30pm	Fri	Gym/Prog Rm	25861, 25862, 25863, 25864	Fee Varies by program
Girls Can...Become	7:00-8:30pm	Thurs	Program Rm	25916	\$63.26
Little Gulls @ Play	9:00-11:00am	M,W,F	Gymnasium	See Activity Calendar	Drop-in Program



Aquatics Programs

Monday Lessons:

Session Dates: February 2nd to March 9th

No Lessons February 16th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	M	25745	\$45.90
Tots 3	4:30pm - 5:00pm	M	25746	\$45.90
Preschool Prep	4:00pm - 4:30pm	M	25747	\$45.90
Preschool A	4:00pm - 4:30pm	M	25742	\$45.90
Preschool A	5:30pm - 6:00pm	M	25743	\$45.90
Preschool A	6:00pm - 6:30pm	M	25744	\$45.90
Preschool B	4:30pm - 5:00pm	M	25748	\$45.90
Preschool B	5:30pm - 6:00pm	M	25749	\$45.90
Preschool C	5:00pm - 5:30pm	M	25650	\$45.90
Preschool C	6:00pm - 6:30pm	M	25751	\$45.90
Preschool D	4:30pm - 5:00pm	M	25752	\$45.90
Preschool D	5:30pm - 6:00pm	M	25753	\$45.90
Preschool E	4:00pm - 4:30pm	M	25754	\$45.90
Swimmer 1	4:30pm - 5:00pm	M	25757	\$45.90
Swimmer 1	5:30pm - 6:00pm	M	25758	\$45.90
Swimmer 2	5:00pm - 5:30pm	M	25755	\$45.90

More Monday Lessons



Monday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 2	6:00pm - 6:30pm	M	25756	\$45.90
Swimmer 3	4:00pm - 4:30pm	M	25759	\$45.90
Swimmer 3	5:00pm - 5:30pm	M	25760	\$45.90
Swimmer 4	4:00pm - 4:30pm	M	25762	\$45.90
Swimmer 4	6:00pm - 6:30pm	M	25763	\$45.90
Swimmer 5	4:30pm - 5:00pm	M	25764	\$45.90
Swimmer 6	6:00pm - 6:30pm	M	25761	\$45.90
Swimmer 7/8	5:00pm - 5:30pm	M	25765	\$45.90
Swimmer 9/10	5:30pm - 6:00pm	M	25766	\$45.90

Tuesday Lessons:

Session Dates: February 3rd to March 10th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:30pm - 6:00pm	Tu	25602	\$55.08
Tots 3	5:00pm - 5:30pm	Tu	25655	\$55.08
Preschool Prep	4:30pm - 5:00pm	Tu	25659	\$55.08
Preschool A	4:30pm - 5:00pm	Tu	25617	\$55.08
Preschool A	5:30pm - 6:00pm	Tu	25618	\$55.08
Preschool B	4:00pm - 4:30pm	Tu	25635	\$55.08
Preschool B	5:00pm - 5:30pm	Tu	25636	\$55.08
Preschool B	6:00pm - 6:30pm	Tu	25637	\$55.08

More Tuesday Lessons



Tuesday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Preschool C	4:00pm - 4:30pm	Tu	25647	\$55.08
Preschool C	6:00pm - 6:30pm	Tu	25648	\$55.08
Preschool D	4:00pm - 4:30pm	Tu	25663	\$55.08
Preschool D	5:00pm - 5:30pm	Tu	25664	\$55.08
Preschool E	4:30pm - 5:00pm	Tu	25670	\$55.08
Preschool E	6:00pm - 6:30pm	Tu	25671	\$55.08
Splash Big E	5:30pm - 6:00pm	Tu	25677	\$55.08
Swimmer 1	4:00pm - 4:30pm	Tu	25687	\$55.08
Swimmer 1	5:00pm - 5:30pm	Tu	25688	\$55.08
Swimmer 1	6:00pm - 6:30pm	Tu	25689	\$55.08
Swimmer 2	4:30pm - 5:00pm	Tu	25701	\$55.08
Swimmer 2	5:30pm - 6:00pm	Tu	25702	\$55.08
Swimmer 2	6:00pm - 6:30pm	Tu	25703	\$55.08
Swimmer 3	4:00pm - 4:30pm	Tu	25718	\$55.08
Swimmer 3	4:30pm - 5:00pm	Tu	25719	\$55.08
Swimmer 3	5:30pm - 6:00pm	Tu	25720	\$55.08
Swimmer 4	4:00pm - 4:30pm	Tu	25734	\$55.08
Swimmer 4	5:00pm - 5:30pm	Tu	25735	\$55.08
Swimmer 5	4:30pm - 5:00pm	Tu	25714	\$55.08
Swimmer 6	6:00pm - 6:30pm	Tu	25681	\$55.08
Swimmer 7/8	5:30pm - 6:00pm	Tu	25704	\$55.08
Swimmer 9/10	5:00pm - 5:30pm	Tu	25710	\$55.08



Wednesday Lessons:

Session Dates: February 4th to March 11th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	W	25630	\$55.08
Tots 3	4:00pm - 4:30pm	W	25656	\$55.08
Preschool Prep	6:00pm - 6:30pm	W	25662	\$55.08
Preschool A	4:00pm - 4:30pm	W	25619	\$55.08
Preschool A	4:30pm - 5:00pm	W	25620	\$55.08
Preschool A	5:30pm - 6:00pm	W	25621	\$55.08
Preschool B	4:30pm - 5:00pm	W	25632	\$55.08
Preschool B	5:30pm - 6:00pm	W	25633	\$55.08
Preschool B	6:00pm - 6:30pm	W	25634	\$55.08
Preschool C	4:00pm - 4:30pm	W	25644	\$55.08
Preschool C	5:00pm - 5:30pm	W	25645	\$55.08
Preschool C	6:00pm - 6:30pm	W	25646	\$55.08
Preschool D	4:30pm - 5:00pm	W	25665	\$55.08
Preschool D	5:30pm - 6:00pm	W	25666	\$55.08
Preschool E	5:00pm - 5:30pm	W	25675	\$55.08
Swimmer 1	4:00pm - 4:30pm	W	25690	\$55.08



Did You Know?

The Leisure Pool has a number of features including bubblers, jets, and a Whale Tail that sprays water.



More Wednesday Lessons



Wednesday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 1	5:30pm - 6:00pm	W	25692	\$55.08
Swimmer 2	5:00pm - 5:30pm	W	25695	\$55.08
Swimmer 3	4:00pm - 4:30pm	W	25721	\$55.08
Swimmer 3	6:00pm - 6:30pm	W	25722	\$55.08
Swimmer 4	5:00pm - 5:30pm	W	25729	\$55.08
Swimmer 5	5:30pm - 6:00pm	W	25715	\$55.08
Swimmer 6	4:30pm - 5:00pm	W	25680	\$55.08
Swimmer 7/8	6:00pm - 6:30pm	W	25705	\$55.08

Thursday Lessons:

Session Dates: February 5th to March 12th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:30pm - 6:00pm	Th	25631	\$55.08
Tots 3	4:30pm - 5:00pm	Th	25658	\$55.08
Preschool Prep	6:00pm - 6:30pm	Th	25738	\$55.08
Preschool A	4:30pm - 5:00pm	Th	25624	\$55.08
Preschool A	5:00pm - 5:30pm	Th	25625	\$55.08
Preschool A	6:00pm - 6:30pm	Th	25736	\$55.08
Preschool B	4:00pm - 4:30pm	Th	25638	\$55.08
Preschool B	5:00pm - 5:30pm	Th	25639	\$55.08



More Thursday Lessons



Thursday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Preschool C	4:00pm - 4:30pm	Th	25649	\$55.08
Preschool C	5:30pm - 6:00pm	Th	25650	\$55.08
Preschool D	4:30pm - 5:00pm	Th	25667	\$55.08
Preschool E	5:00pm - 5:30pm	Th	25672	\$55.08
Swimmer 1	4:00pm - 4:30pm	Th	25685	\$55.08
Swimmer 1	5:30pm - 6:00pm	Th	25686	\$55.08
Swimmer 2	4:30pm - 5:00pm	Th	25696	\$55.08
Swimmer 2	5:00pm - 5:30pm	Th	25697	\$55.08
Swimmer 2	5:30pm - 6:00pm	Th	25698	\$55.08
Swimmer 3	4:00pm - 4:30pm	Th	25723	\$55.08
Swimmer 3	5:30pm - 6:00pm	Th	25724	\$55.08
Swimmer 4	4:30pm - 5:00pm	Th	25730	\$55.08
Swimmer 4	5:00pm - 5:30pm	Th	25731	\$55.08
Swimmer 5	4:00pm - 4:30pm	Th	25716	\$55.08
Swimmer 5	5:30pm - 6:00pm	Th	25717	\$55.08
Swimmer 6	5:00pm - 5:30pm	Th	25682	\$55.08
Swimmer 7/8	4:00pm - 4:30pm	Th	25706	\$55.08
Swimmer 9/10	4:30pm - 5:00pm	Th	25711	\$55.08



Did You Know?

The 8-lane Lap Pool features an Aqua Rock Climbing Wall and the famous "Tarzan" rope.



Friday Lessons:

Session Dates: February 6th to March 13th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	F	25627	\$55.08
Tots 3	6:00pm - 6:30pm	F	25741	\$55.08
Preschool Prep	4:00pm - 4:30pm	F	25660	\$55.08
Preschool Prep	5:30pm - 6:00pm	F	25661	\$55.08
Preschool A	4:00pm - 4:30pm	F	25622	\$55.08
Preschool A	4:30pm - 5:00pm	F	25623	\$55.08
Preschool B	5:00pm - 5:30pm	F	25640	\$55.08
Preschool B	5:30pm - 6:00pm	F	25641	\$55.08
Preschool C	4:30pm - 5:00pm	F	25651	\$55.08
Preschool C	6:00pm - 6:30pm	F	25740	\$55.08
Preschool D	4:00pm - 4:30pm	F	25668	\$55.08
Preschool E	5:00pm - 5:30pm	F	25673	\$55.08
Splash Big E	5:30pm - 6:00pm	F	25676	\$55.08
Swimmer 1	4:30pm - 5:00pm	F	25693	\$55.08
Swimmer 1	5:30pm - 6:00pm	F	25694	\$55.08
Swimmer 2	5:00pm - 5:30pm	F	25700	\$55.08
Swimmer 3	4:00pm - 4:30pm	F	25725	\$55.08
Swimmer 3	4:30pm - 5:00pm	F	25726	\$55.08
Swimmer 4	5:30pm - 6:00pm	F	25732	\$55.08
Swimmer 5	5:00pm - 5:30pm	F	25713	\$55.08
Swimmer 6	4:30pm - 5:00pm	F	25678	\$55.08
Swimmer 9/10	4:00pm - 4:30pm	F	25708	\$55.08



Weekend Lessons



Saturday Lessons:

Session Dates: February 7th to March 14th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	10:00am-10:30am	Sa	25628	\$55.08
Parent and Tot 1/2	11:30am-12:00pm	Sa	25629	\$55.08
Tots 3	11:00am - 11:30am	Sa	25657	\$55.08
Preschool Prep	9:30am - 10:00am	Sa	25739	\$55.08
Preschool A	9:30am - 10:00am	Sa	25737	\$55.08
Preschool A	10:30am - 11:00am	Sa	25626	\$55.08
Preschool B	10:00am - 10:30am	Sa	25642	\$55.08
Preschool B	11:00am - 11:30am	Sa	25643	\$55.08
Preschool C	10:30am - 11:00am	Sa	25652	\$55.08
Preschool C	11:30am - 12:00pm	Sa	25653	\$55.08
Preschool D	11:00am - 11:30am	Sa	25669	\$55.08
Preschool E	10:30am - 11:00am	Sa	25674	\$55.08
Swimmer 1	10:00am - 10:30am	Sa	25683	\$55.08
Swimmer 1	11:30am - 12:00pm	Sa	25684	\$55.08
Swimmer 2	11:00am - 11:30am	Sa	25699	\$55.08
Swimmer 3	11:00am - 11:30am	Sa	25727	\$55.08
Swimmer 3	11:30am - 12:00pm	Sa	25728	\$55.08



Did You Know?

There is a Co-ed Steam Room in the Universal Changeroom. Pop in after your workout and relax.

More Saturday Lessons



Saturday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 4	10:30am - 11:00am	Sa	25733	\$55.08
Swimmer 5	10:00am - 10:30am	Sa	25712	\$55.08
Swimmer 6	10:00am - 10:30am	Sa	25679	\$55.08
Swimmer 7/8	11:30am - 12:00pm	Sa	25707	\$55.08
Swimmer 9/10	10:30am - 11:00am	Sa	25709	\$55.08

Lifesaving Sport (Fundamentals)

Sea Horses and Surfers: February 2nd to March 11th

Juniors and Comp Squad: January 26th to March 14th

If you are new to Lifesaving Sport or are unsure what level to register for, contact us before registering by phone at 519-832-2627 or by email at:

melissa.cronin@saugeenshores.ca

Activity:	Time:	Day:	Activity #:	Fee:
Fundamental Program: Sea Horses (ages 7-12)	4:45 - 5:30pm	M, W	25771	\$65.59
Fundamental Program: Surfers (ages 9-13)	5:30 - 6:30pm	M, W	25772	\$87.45
Fundamental Program: Juniors	Tu / Th: 6:00 - 7:30am Sat: 7:00 - 9:00am	Tu, Th, Sat	25773	\$153.36
Fundamental Program: Comp Squad	Tu / Th: 6:00 - 7:30am Sat: 7:00 - 9:00am	Tu, Th, Sat	25774	\$153.36

