

Recreation Program Guide

Spring / Summer 2026



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Registration and Program Information:

Spring / Summer Session will open for registration:

Wednesday March 11 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
- AWC@saugeenshores.ca

Aquatic Programs:

- Michael Hundt | Aquatics Supervisor
 - Michael.Hundt@saugeenshores.ca | (519) 832-2627 x701

Dryland & Fitness Programs:

- Kodey Hewlett-Mowbray | Wellness and Programs Supervisor
 - Kodey.HewlettMowbray@saugeenshores.ca | (519) 832-2627 x708

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 Late Spring 2026.

Reoccurring rentals for user groups will open for inquires 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 aged 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 recurring 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, basketball, pickleball, 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!



Recreation 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.

- **Baby Gulls** - programs designed for infants 0-24 months
- **Little Gulls** - programs for children aged 0-5 years
- **Mighty Gulls** - programs for children aged 6-10 years
- **Sensory SuperGulls** - programs designed for individuals 6-17 with special needs who appreciate a quieter play space with dimmed lighting
- **Adult / Active Ager** - Programs specifically designed for Adults aged 18+ and Active Agers aged 60+
- **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
- **Friday Night Social** - Looking for something for the kids to do on Friday night? Need a date night? Leave the planning to us! Friday Night Socials are drop-off style programs designed for youth aged 6-10 full of games, sports, and fun!



Drop-in Programs

Check out our interactive program calendars at www.saugeenshores.ca/PrydeAWC for drop-in program start dates and descriptions.

Spring Session:

Activity:	Time:	Day:	Location:	Activity #:	Fee:
Baby Gulls @ Play	9:00-11:00	Th	Program Room	See Activity Calendar	Drop-in Fee
Little Gulls @ Play	9:00-11:00	M, W, F	Gymnasium	See Activity Calendar	Drop-in Fee
Little Gulls @ Play	11:00- 12:30	Sat	Gymnasium	See Activity Calendar	Drop-in Fee
Mighty Gulls @ Play	3:30-5:30	T, Th	Gymnasium	See Activity Calendar	Drop-in Fee
Mighty Gulls @ Play	11:00-12:30	Sat	Gymnasium	See Activity Calendar	Drop-in Fee
Sensory SuperGulls	1:00-3:00	F	Gymnasium	See Activity Calendar	Drop-in Fee
Cards & Board Game Cafe - Adult / Active Ager	11:30-2:30	Th	Program Room	See Activity Calendar	Drop-in Fee

Stay tuned for modified Summer Drop-in Schedules



Looking for Drop-in Sports?
Check out our interactive Drop-in Activity Calendars at:
www.saugeenshores.ca/PrydeAWC



Registered Programs



Spring Registered Programs

Activity:	Time:	Day:	Location:	Activity #:	Fee:
Creative Flock	4:30-5:30pm April 8 - June 10	W	Program Room	26571	\$90.00
Girls Can...Create	5:30-7:00pm April 8 - June 10	W	Program Room	26603	\$150.00
Girls Can...Do Anything!	6:00-7:30pm April 9 - June 11	Th	Program Room	26624	\$145.00
Little Gulls Dance 1 24-36 Months	9:00-9:30am April 10 - June 12	F	Program Room	26607	\$30.00
Little Gulls Dance 2 36-48 Months	9:30-10:00am April 10 - June 12	F	Program Room	26608	\$30.00
Little Gulls Sport 1 24-36 Months	9:00-9:30pm April 11 - June 13	M	Gymnasium	26609	\$26.00
Little Gulls Sport 1 24-36 Months	4:30-5:00pm April 13 - June 15	Sat	Gymnasium	26610	\$30.00
Little Gulls Sport 2 37-48 Months	5:00-5:30pm April 13 - June 15	M	Gymnasium	26611	\$46.00
Little Gulls Sport 2 37-48 Months	9:30-10:00am April 11 - June 13	Sat	Gymnasium	26612	\$50.00
Little Gulls Sport 3 4-5 Years	5:30-6:15pm April 13 - June 15	M	Gymnasium	26613	\$46.00
Little Gulls Sport 3 4-5 Years	10:00-10:45am April 11 - June 13	Sat	Gymnasium	26614	\$50.00
Mighty Gulls...Build	4:30-5:30pm April 7 - June 9	Tu	Program Room	26617	\$90.00
Play, Eat, Sleep, Repeat	9:30-10:30am April 12 - June 14	Sun	Gymnasium	26618	\$75.00
Play, Eat, Sleep, Repeat	5:30-6:30pm April 8 - June 10	W	Gymnasium	26622	\$75.00
Try-it Flock	11:00am-12:00pm April 11 - June 13	Sat	Program Room	26630	\$80.00



Friday Night Socials



Friday Night Socials:

**Looking for something for the kids to do on Friday night?
Need a date night?**

Leave the planning to us! Friday Night Socials are drop-off style programs designed for children aged 6-10 full of games, sports, and fun.

Each week has a special theme designed for you! Past themes include:

- Olympics
- Minute-to-win-it Games
- Sports Night
- and More!

Activity:	Time:	Day:	Location:	Activity #:	Fee:
Friday Night Social	6:00-8:30pm April 17	F	Pryde AWC	26698	Fee Varies on membership type
Friday Night Social	6:00-8:30pm May 15	F	Pryde AWC	26699	Fee Varies on membership type
Friday Night Social	6:00-8:30pm June 19	F	Pryde AWC	26700	Fee Varies on membership type

**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**



Summer Camps



Summer Camp:



Gull Squad

Gulls! Squad up!

Gull Squad is a Dryland Daycamp designed for children aged 4-7.
Each day campers will participate in fun, energetic, camp experiences!

Campers enjoy crafts, outdoor play, songs, games, water days and special activities!

Weekly themes add to the variety and fun!

Camp Theme:	Week Of:	Location:	Activity #:	Fee:
Goo, Gunk, & Experiments	June 29th (No camp July 1)	Pryde AWC	26632	\$212.80
Deep Sea Detectives	July 6th	Pryde AWC	26633	\$266.00
Mythical Creatures Academy	July 13th	Pryde AWC	26634	\$266.00
Hero Training Camp	July 20th	Pryde AWC	26635	\$266.00
Treasure of the Tides	July 27th	Pryde AWC	26636	\$266.00
Nature Detectives Camp	August 3rd (No Camp August 3)	Pryde AWC	26637	\$212.80
Colour Wars	August 10th	Pryde AWC	26638	\$266.00
Heros of Every Kind	August 17th	Pryde AWC	26639	\$266.00
Carnival Countdown	August 24th	Pryde AWC	26640	\$266.00

Camp Hours:

- Sign in: 8:30-9:00am
- Camp Programming: 9:00am-4:00pm
- Sign out: 4:00-4:30pm



[More Summer Camps](#)



Summer Camp:

Seagull Summit



Get ready for adventure!

Seagull Summit is a **Dryland Daycamp** designed for children aged 8-12. Each day campers will participate in fun, energetic, camp experiences!

Campers enjoy crafts, outdoor play, songs, games, daily swimming, and special activities!

Weekly themes add to the variety and fun culminating in an end of week challenge / activity!

Camp Theme:	Week Of:	Location:	Activity #:	Fee:
Team Challenges	June 29th (No camp July 1)	Pryde AWC	26643	\$212.80
Race for the Continental Crown	July 6th	Pryde AWC	26645	\$266.00
Fitness Quest	July 13th	Pryde AWC	26646	\$266.00
Explorers of the World	July 20th	Pryde AWC	26647	\$266.00
Art Expedition	July 27th	Pryde AWC	26648	\$266.00
Secrets of the Sea	August 3rd (No Camp August 3)	Pryde AWC	26649	\$212.80
Earthbound Expedition	August 10th	Pryde AWC	26655	\$266.00
Peak Performance Adventure Camp	August 17th	Pryde AWC	26683	\$266.00
Summit Seekers	August 24th	Pryde AWC	26688	\$266.00

Camp Hours:

- Sign in: 8:30-9:00am
- Camp Programming: 9:00am-4:00pm
- Sign out: 4:00-4:30pm



Aquatic Summer Camps



Aquatic Specialty Camps

Pool n' Putt

This fun experience camp combines golf and swimming! Campers spend half the day at the The Club at Westlinks and half the day at the Pryde Aquatic and Wellness Centre. Campers will use a bus to travel between locations.

Water Bugs

Calling all water bugs! This fun filled camp is packed with crafts at the pool, outdoor games and of course, swimming! Campers will work on completing the Swim to Survive standards throughout the week and can expect to spend lots of time in the water. On sunny afternoons, campers will bus down to the Port Elgin Main Beach to play games, swim, and paddleboard.

Sports Crew

Get ready for an action-packed experience that blends the best of land and water sports! Our camp offers exciting aquatic activities like swimming, water games, and water safety skills, paired with dynamic sport and fitness sessions. Plus, we'll take you on bike trips to spots around town for unique workouts and adventures. Build confidence, make friends, and stay active—both in the pool and beyond. Bike and helmet required.

Camp Theme:	Week Of:	Location:	Activity #:	Fee:
Pool n' Putt - Morning Golf	June 29th (No camp July 1)	Club at Westlinks / Pryde AWC	26531	\$345.34
Pool n' Putt - Afternoon Golf	June 29th (No camp July 1)	Pryde AWC / Club at Westlinks	26532	\$345.34
Sports Crew	July 6th	Pryde AWC	26537	\$311.33
Water Bugs	July 13th	Pryde AWC / Main Beach	26535	\$311.33
Sports Crew	July 20th	Pryde AWC	26538	\$311.33
Water Bugs	July 27th	Pryde AWC / Main Beach	26536	\$311.33
Pool n' Putt - Morning Golf	August 3rd (No Camp August 3)	Pryde AWC / Club @ Westlinks	26533	\$345.34
Pool n' Putt - Afternoon Golf	August 3rd (No camp August 3)	Pryde AWC / Club @ Westlinks	26534	\$345.34



Summer Camps



Kamps for Kids:

Spring and Summer Programs

Check out these engaging spring and summer programs offered in partnership with Kamps for Kids.

Spring Programs and Camps



Kids in the Kitchen

Mondays April 13, 20 and 27

Ages: 7 to 12 years

Time: 5:00 to 6:30pm

Location: Rotary Hall at The Plex

Fee: \$90

Children will learn how to cook simple, inexpensive, tasty and healthy meals and snacks. Special guests will talk about healthy eating, and teach us how to make healthy recipes.



PA Day Camps

Friday, April 24

Friday, June 5

Ages: 4 to 12 years

Time: 9:00am to 4:00pm

Location: Green Room at the Southampton Coliseum

Fee: \$80 per day

Kamps for Kids' PA day camps offer fun, interactive days that keep kids active, creative and engaged all while making new friends. Camps include outdoor adventures to nearby parks and outdoor spaces, and a pizza lunch.



Kamps for Kids:

Specialty Summer Camps



9:00am to 12:00pm



Southampton Coliseum



4 to 12 years



\$206 per week

July 6 to 10: Colour Me Crazy!

Activity: 26641



Join us for a week of all colours and rainbows! We can't wait to explore creativity with all the colours and sparkles. This week includes tie-dying, colouring, painting, crafting with plenty of colourful materials and plenty of colourful games.

July 13 to 17: Adventure Unlimited

Activity: 26644



Designed for curious, active campers who love to explore the world around them! Throughout the week, campers will set out on exciting adventures as we explore Southampton and its surrounding natural spaces. Think nature walks around Fairy Lake, rock hunting at Pioneer Park and visits to local parks and play spaces.

July 20 to 24: Messy Makers

Activity: 26650



Designed for campers who love to explore through touch, movement and creativity. Campers will dive into a variety of messy sensory experiences, including making and playing with slime, playdough, oobleck, and other exciting textures. Campers experiment, problem-solve, and express themselves while engaging their senses in a fun, supportive environment.

July 27 to 31: Wet and Wild!

Activity: 26651



There is no better way to embrace the heat of a summer day than a little water play! Get ready for some fun in the sun with some refreshing water activities and games, as well as the splash pad! Bathing suits, towels and sunscreen required.

August 10 to 14: Down to a Science

Activity: 26652



This program will spark your kid's naturally curious mind while inspiring a love for science! During this week we will be doing all things science experimenting, exploring, observing and recording our findings.

August 17 to 21: The Great Outdoors

Activity: 26653



Young nature enthusiasts will spend the week exploring and uncovering the beauty and mysteries of our great outdoors through different daily adventures! Each day will be filled with games, exploratory hikes, eco activities and crafts.
This camp week takes place at Northshore Park in Port Elgin.



Spring 2026 - Aquatics

Monday Lessons

Session Dates: April 13th to June 15th

No Lessons May 18th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	M	26454	\$82.62
Tots 3	4:00pm - 4:30pm	M	26461	\$82.62
Preschool Prep	4:30pm - 5:00pm	M	26460	\$82.62
Preschool A	5:00pm - 5:30pm	M	26457	\$82.62
Preschool A	5:30pm - 6:00pm	M	26458	\$82.62
Preschool A	6:00pm - 6:30pm	M	25459	\$82.62
Preschool B	4:00pm - 4:30pm	M	26462	\$82.62
Preschool B	6:00pm - 6:30pm	M	26463	\$82.62
Preschool C	4:30pm - 5:00pm	M	26464	\$82.62
Preschool C	5:30pm - 6:00pm	M	26465	\$82.62
Preschool D	4:00pm - 4:30pm	M	26470	\$82.62
Preschool D	5:00pm - 5:30pm	M	26471	\$82.62
Preschool E	5:30pm - 6:00pm	M	26472	\$82.62
Swimmer 1	4:00pm - 4:30pm	M	26466	\$82.62
Swimmer 1	5:30pm - 6:00pm	M	26467	\$82.62
Swimmer 2	4:30pm - 5:00pm	M	26468	\$82.62
Swimmer 2	6:00pm - 6:30pm	M	26469	\$82.62



[More Monday Lessons](#)



Spring 2026 - Aquatics

Monday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 3	4:30pm - 5:00pm	M	26473	\$82.62
Swimmer 3	6:00pm - 6:30pm	M	26474	\$82.62
Swimmer 4	4:30pm - 5:00pm	M	26475	\$82.62
Swimmer 4	5:00pm - 5:30pm	M	26476	\$82.62
Swimmer 5	5:00pm - 5:30pm	M	26477	\$82.62
Swimmer 6	5:30pm - 6:00pm	M	26478	\$82.62
Swimmer 7/8	4:00pm - 4:30pm	M	26479	\$82.62
Swimmer 9/10	6:00pm - 6:30pm	M	26480	\$82.62

Tuesday Lessons:

Session Dates: April 7th to June 9th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:30pm - 6:00pm	Tu	26050	\$91.80
Tots 3	4:00pm - 4:30pm	Tu	26067	\$91.80
Preschool Prep	5:00pm - 5:30pm	Tu	26057	\$91.80
Preschool A	4:30pm - 5:00pm	Tu	26051	\$91.80
Preschool A	6:00pm - 6:30pm	Tu	26052	\$91.80



Spring 2026 - Aquatics

Tuesday Lessons:

Session Dates: April 7th to June 9th

Activity:	Time:	Day:	Activity #:	Fee:
Preschool B	4:00pm - 4:30pm	Tu	26053	\$91.80
Preschool B	5:00pm - 5:30pm	Tu	26069	\$91.80
Preschool B	6:00pm - 6:30pm	Tu	26070	\$91.80
Preschool C	4:30pm - 5:00pm	Tu	26054	\$91.80
Preschool C	5:30pm - 6:00pm	Tu	26071	\$91.80
Preschool D	4:30pm - 5:00pm	Tu	26055	\$91.80
Preschool D	5:30pm - 6:00pm	Tu	26080	\$91.80
Preschool E	4:00pm - 4:30pm	Tu	26072	\$91.80
Preschool E	5:00pm - 5:30pm	Tu	26056	\$91.80
Splash Big E	4:00pm - 4:30pm	Tu	26058	\$91.80
Swimmer 1	4:30pm - 5:00pm	Tu	26059	\$91.80
Swimmer 1	5:30pm - 6:00pm	Tu	26073	\$91.80
Swimmer 1	6:00pm - 6:30pm	Tu	26074	\$91.80
Swimmer 2	4:30pm - 5:00pm	Tu	26060	\$91.80
Swimmer 2	5:00pm - 5:30pm	Tu	26075	\$91.80
Swimmer 2	6:00pm - 6:30pm	Tu	26076	\$91.80



More Tuesday Lessons



Spring 2026 - Aquatics

Tuesday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 3	4:00pm - 4:30pm	Tu	26078	\$91.80
Swimmer 3	5:00pm - 5:30pm	Tu	26061	\$91.80
Swimmer 3	5:30pm - 6:00pm	Tu	26077	\$91.80
Swimmer 4	5:00pm - 5:30pm	Tu	26062	\$91.80
Swimmer 4	6:00pm - 6:30pm	Tu	26079	\$91.80
Swimmer 5	5:30pm - 6:00pm	Tu	26063	\$91.80
Swimmer 6	4:30pm - 5:00pm	Tu	26064	\$91.80
Swimmer 7/8	6:00pm - 6:30pm	Tu	26065	\$91.80
Swimmer 9/10	4:00pm - 4:30pm	Tu	26066	\$91.80

Wednesday Lessons:

Session Dates: April 8th to June 10th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	W	26093	\$91.80
Tots 3	4:30pm - 5:00pm	W	26092	\$91.80
Preschool Prep	5:30pm - 6:00pm	W	26091	\$91.80
Preschool A	4:00pm - 4:30pm	W	26085	\$91.80
Preschool A	4:30pm - 5:00pm	W	26086	\$91.80
Preschool A	6:00pm - 6:30pm	W	26087	\$91.80



Spring 2026 - Aquatics

Wednesday Lessons:

Session Dates: April 8th to June 10th

Activity:	Time:	Day:	Activity #:	Fee:
Preschool B	4:00pm - 4:30pm	W	26088	\$91.80
Preschool B	5:30pm - 6:00pm	W	26089	\$91.80
Preschool B	6:00pm - 6:30pm	W	26090	\$91.80
Preschool C	4:30pm - 5:00pm	W	26107	\$91.80
Preschool C	5:00pm - 5:30pm	W	26109	\$91.80
Preschool C	6:00pm - 6:30pm	W	26108	\$91.80
Preschool D	4:00pm - 4:30pm	W	26101	\$91.80
Preschool D	5:00pm - 5:30pm	W	26102	\$91.80
Preschool E	5:30pm - 6:00pm	W	26100	\$91.80
Swimmer 1	4:00pm - 4:30pm	W	26094	\$91.80
Swimmer 1	5:00pm - 5:30pm	W	26095	\$91.80
Swimmer 1	6:00pm - 6:30pm	W	26096	\$91.80
Swimmer 2	4:30pm - 5:00pm	W	26097	\$91.80
Swimmer 2	6:00pm to 6:30pm	W	26098	\$91.80
Swimmer 3	5:30pm - 6:00pm	W	26103	\$91.80
Swimmer 4	5:30pm - 6:00pm	W	26104	\$91.80
Swimmer 5	5:00pm - 5:30pm	W	26105	\$91.80
Swimmer 6	4:00pm - 4:30pm	W	26106	\$91.80
Swimmer 7/8	4:30pm - 5:00pm	W	26099	\$91.80

Thursday Lessons 



Spring 2026 - Aquatics

Thursday Lessons

Session Dates: April 9th to June 11th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	Th	26114	\$91.80
Tots 3	4:00pm - 4:30pm	Th	26117	\$91.80
Preschool Prep	6:00pm - 6:30pm	Th	26135	\$91.80
Preschool A	4:00pm - 4:30pm	Th	26110	\$91.80
Preschool A	5:00pm - 5:30pm	Th	26111	\$91.80
Preschool A	6:00pm - 6:30pm	Th	26134	\$91.80
Preschool B	4:30pm - 5:00pm	Th	26112	\$91.80
Preschool B	5:30pm - 6:00pm	Th	26113	\$91.80
Preschool C	4:30pm - 5:00pm	Th	26115	\$91.80
Preschool C	5:30pm - 6:00pm	Th	26116	\$91.80
Preschool D	4:00pm - 4:30pm	Th	26120	\$91.80
Preschool E	5:30pm - 6:00pm	Th	26121	\$91.80
Swimmer 1	4:30pm - 5:00pm	Th	26118	\$91.80
Swimmer 1	5:00pm - 5:30pm	Th	26119	\$91.80
Swimmer 2	4:00pm - 4:30pm	Th	26122	\$91.80
Swimmer 2	5:00pm - 5:30pm	Th	26123	\$91.80
Swimmer 2	5:30pm - 6:00pm	Th	26124	\$91.80



[More Thursday Lessons](#)



Spring 2026 - Aquatics

Thursday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 3	4:30pm - 5:00pm	Th	26125	\$91.80
Swimmer 4	4:00pm - 4:30pm	Th	26126	\$91.80
Swimmer 4	4:30pm - 5:00pm	Th	26127	\$91.80
Swimmer 5	4:00pm - 4:30pm	Th	26128	\$91.80
Swimmer 5	5:00pm - 5:30pm	Th	26129	\$91.80
Swimmer 6	4:30pm - 5:00pm	Th	26130	\$91.80
Swimmer 6	5:30pm - 6:00pm	Th	26131	\$91.80
Swimmer 7/8	5:00pm - 5:30pm	Th	26132	\$91.80
Swimmer 9/10	5:30pm - 6:00pm	Th	26133	\$91.80



Did You Know?

The Indoor track at the Pryde AWC is 125 Meters?

8 laps is equal to 1 kilometer



Spring 2026 - Aquatics

Friday Lessons:

Session Dates: April 10th to June 12th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	5:00pm - 5:30pm	F	26174	\$91.80
Tots 3	4:30pm - 5:00pm	F	26183	\$91.80
Preschool Prep	4:00pm - 4:30pm	F	26181	\$91.80
Preschool Prep	5:00pm - 5:30pm	F	26182	\$91.80
Preschool A	5:30pm - 6:00pm	F	26175	\$91.80
Preschool A	6:00pm - 6:30pm	F	26176	\$91.80
Preschool B	4:30pm - 5:00pm	F	26177	\$91.80
Preschool B	6:00pm - 6:30pm	F	26178	\$91.80
Preschool C	4:00pm - 4:30pm	F	26179	\$91.80
Preschool C	5:30pm - 6:00pm	F	26180	\$91.80
Preschool D	5:30pm - 6:00pm	F	26188	\$91.80
Preschool E	5:00pm - 5:30pm	F	26189	\$91.80
Splash Big E	4:30pm - 5:00pm	F	26190	\$91.80
Swimmer 1	4:00pm - 4:30pm	F	26184	\$91.80
Swimmer 1	5:00pm - 5:30pm	F	26185	\$91.80
Swimmer 2	4:00pm - 4:30pm	F	26191	\$91.80
Swimmer 3	4:30pm - 5:00pm	F	26186	\$91.80

More Friday Lessons



Spring 2026 - Aquatics

Friday Lessons Continued:

Activity:	Time:	Day:	Activity #:	Fee:
Swimmer 3	5:30pm - 6:00pm	F	26187	\$91.80
Swimmer 4	4:30pm - 5:00pm	F	26192	\$91.80
Swimmer 4	5:30pm - 6:00pm	F	26193	\$91.80
Swimmer 5	4:00pm - 4:30pm	F	26194	\$91.80
Swimmer 5	5:00pm - 5:30pm	F	26195	\$91.80
Swimmer 6	5:30pm - 6:00pm	F	26196	\$91.80
Swimmer 9/10	5:00pm - 5:30pm	F	26197	\$91.80

Saturday Lessons:

Session Dates: April 11th to June 13th

Activity:	Time:	Day:	Activity #:	Fee:
Parent and Tot 1/2	9:00am - 9:30am	Sa	26205	\$91.80
Parent and Tot 1/2	10:00am - 10:30am	Sa	26203	\$91.80
Parent and Tot 1/2	11:30am - 12:00pm	Sa	26204	\$91.80
Tots 3	11:00am - 11:30am	Sa	26211	\$91.80
Preschool Prep	10:30am - 11:00am	Sa	26210	\$91.80



Spring 2026 - Aquatics

Saturday Lessons:

Session Dates: April 11th to June 13th

Activity:	Time:	Day:	Activity #:	Fee:
Preschool A	9:30am - 10:00am	Sa	26206	\$91.80
Preschool A	11:30am - 12:00pm	Sa	26207	\$91.80
Preschool B	9:30am - 10:00am	Sa	26208	\$91.80
Preschool B	10:30am - 11:00am	Sa	26209	\$91.80
Preschool C	10:00am - 10:30am	Sa	26213	\$91.80
Preschool C	11:00am - 11:30am	Sa	26212	\$91.80
Preschool D	11:00am - 11:30am	Sa	26214	\$91.80
Preschool E	11:30am - 12:00pm	Sa	26215	\$91.80
Swimmer 1	10:00am - 10:30am	Sa	26216	\$91.80
Swimmer 1	11:00am - 11:30am	Sa	26217	\$91.80
Swimmer 2	10:30am - 11:00am	Sa	26218	\$91.80
Swimmer 2	11:30am - 12:00pm	Sa	26219	\$91.80
Swimmer 3	10:30am - 11:00am	Sa	26220	\$91.80
Swimmer 4	10:00am - 10:30am	Sa	26221	\$91.80
Swimmer 5	11:30am - 12:00pm	Sa	26222	\$91.80
Swimmer 6	11:00am - 11:30am	Sa	26223	\$91.80
Swimmer 7/8	10:30am - 11:00am	Sa	26224	\$91.80
Swimmer 9/10	10:00am - 10:30am	Sa	26225	\$91.80



Summer 2026 - Aquatics

Week One lessons:

June 29th to July 3rd

Exception Date: July 1st

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	4:30pm - 5:00pm	26250	\$36.72
Tots 3	11:00am - 11:30am	26244	\$36.72
Preschool Prep	4:00pm - 4:30pm	26249	\$36.72
Preschool A/B	11:00am - 11:30am	26247	\$36.72
Preschool A/B	11:30am - 12:00pm	26245	\$36.72
Preschool A/B	5:00pm - 5:30pm	25251	\$36.72
Preschool C	11:30am - 12:00pm	26248	\$36.72
Preschool C	4:30pm - 5:00pm	26246	\$36.72
Preschool D/E	11:30am - 12:00pm	26237	\$36.72
Preschool D/E	5:00pm - 5:30pm	26243	\$36.72
Swimmer 1/2	9:30am - 10:00am	26136	\$36.72
Swimmer 1/2	10:30am - 11:00am	26138	\$36.72
Swimmer 1/2	4:00pm - 4:30pm	26238	\$36.72
Swimmer 3/4	10:00am - 10:30am	26137	\$36.72
Swimmer 3/4	11:00am - 11:30am	26139	\$36.72
Swimmer 3/4	5:00pm - 5:30pm	26241	\$36.72
Swimmer 5/6	11:30 - 12:00pm	26140	\$36.72



Summer 2026 - Aquatics

Week One lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	4:30pm - 5:00pm	26240	\$36.72
Swimmer 7/8	11:00am - 11:30am	26236	\$36.72
Swimmer 7/8	4:00pm - 4:30pm	26239	\$36.72
Swimmer 9/10	4:00pm - 4:30pm	26242	\$36.72
Private	9:30am - 10:00am	26228	\$126.24
Private	9:30am - 10:00am	26229	\$126.24
Private	10:00am - 10:30am	26141	\$126.24
Private	10:00am - 10:30am	26226	\$126.24
Private	10:30am - 11:00am	26227	\$126.24
Private	10:30am - 11:00am	26230	\$126.24
Private	4:00pm - 4:30pm	26234	\$126.24
Private	4:30pm - 5:00pm	26231	\$126.24
Private	4:30pm - 5:00pm	26233	\$126.24
Private	5:00pm - 5:30pm	26232	\$126.24
Private	5:00pm - 5:30pm	26235	\$126.24



Summer 2026 - Aquatics

Week Two lessons:

July 6th to July 10th

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	4:30pm - 5:00pm	26261	\$45.90
Tots 3	11:00am - 11:30am	26292	\$45.90
Preschool Prep	4:00pm - 4:30pm	26269	\$45.90
Preschool A/B	11:00am - 11:30am	26263	\$45.90
Preschool A/B	11:30am - 12:00pm	26262	\$45.90
Preschool A/B	5:00pm - 5:30pm	26264	\$45.90
Preschool C	11:30am - 12:00pm	26266	\$45.90
Preschool C	4:30pm - 5:00pm	26265	\$45.90
Preschool D/E	11:30am - 12:00pm	26267	\$45.90
Preschool D/E	5:00pm - 5:30pm	26268	\$45.90
Swimmer 1/2	9:30am - 10:00am	26281	\$45.90
Swimmer 1/2	10:30am - 11:00am	26282	\$45.90
Swimmer 1/2	4:00pm - 4:30pm	26283	\$45.90
Swimmer 3/4	10:00am - 10:30am	26284	\$45.90
Swimmer 3/4	11:00am - 11:30am	26285	\$45.90
Swimmer 3/4	5:00pm - 5:30pm	26286	\$45.90
Swimmer 5/6	11:30am - 12:00pm	26287	\$45.90



Summer 2026 - Aquatics

Week Two lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	4:30pm - 5:00pm	26288	\$45.90
Swimmer 7/8	11:00am - 11:30am	26289	\$45.90
Swimmer 7/8	4:00pm - 4:30pm	26290	\$45.90
Swimmer 9/10	4:00pm - 4:30pm	26291	\$45.90
Private *	9:30am - 10:00am	26273	\$157.80
Private *	9:30am - 10:00am	26274	\$157.80
Private *	10:00am - 10:30am	26270	\$157.80
Private *	10:00am - 10:30am	26271	\$157.80
Private *	10:30am - 11:00am	26272	\$157.80
Private *	10:30am - 11:00am	26275	\$157.80
Private	4:00pm - 4:30pm	26279	\$157.80
Private	4:30pm - 5:00pm	26276	\$157.80
Private	4:30pm - 5:00pm	26278	\$157.80
Private	5:00pm - 5:30pm	26277	\$157.80
Private	5:00pm - 5:30pm	26280	\$157.80

*Private lessons scheduled between 9:30 a.m. and 11:00 a.m. will be conducted in the lap pool, regardless of swimming level.



Summer 2026 - Aquatics

Week Three lessons:

July 13th to July 17th

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	11:30am to 12:00pm	26304	\$45.90
Tots 3	5:00pm - 5:30pm	26305	\$45.90
Preschool Prep	4:30pm - 5:00pm	26306	\$45.90
Preschool A/B	11:00am - 11:30am	26307	\$45.90
Preschool A/B	4:00pm - 4:30pm	26308	\$45.90
Preschool C	11:00am - 11:30am	26309	\$45.90
Preschool C	11:30am - 12:00pm	26310	\$45.90
Preschool C	5:00pm - 5:30pm	26311	\$45.90
Preschool D/E	10:00am - 10:30am	26312	\$45.90
Preschool D/E	4:00pm - 4:30pm	26313	\$45.90
Swimmer 1/2	10:00am - 10:30am	26314	\$45.90
Swimmer 1/2	11:30am - 12:00pm	26315	\$45.90
Swimmer 1/2	5:00pm - 5:30pm	26316	\$45.90
Swimmer 3/4	10:30am - 11:00am	26317	\$45.90
Swimmer 3/4	4:00pm - 4:30pm	26318	\$45.90
Swimmer 5/6	9:30am - 10:00am	26319	\$45.90
Swimmer 5/6	11:00am - 11:30am	26320	\$45.90



Summer 2026 - Aquatics

Week Three lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	5:00pm - 5:30pm	26321	\$45.90
Swimmer 7/8	4:30pm - 5:00pm	26322	\$45.90
Swimmer 9/10	10:30am - 11:00am	26323	\$45.90
Swimmer 9/10	4:30pm - 5:00pm	26324	\$45.90
Private *	9:30am - 10:00am	26293	\$157.80
Private *	9:30am - 10:00am	26294	\$157.80
Private *	10:00am - 10:30am	26295	\$157.80
Private *	10:30am - 11:00am	26296	\$157.80
Private	11:00am - 11:30am	26297	\$157.80
Private	11:30am - 12:00pm	26298	\$157.80
Private	4:00pm - 4:30pm	26299	\$157.80
Private	4:00pm - 4:30pm	26300	\$157.80
Private	4:30pm - 5:00pm	26302	\$157.80
Private	4:30pm - 5:00pm	26301	\$157.80
Private	5:00pm - 5:30pm	26303	\$157.80

*Private lessons scheduled between 9:30 a.m. and 11:00 a.m. will be conducted in the lap pool, regardless of swimming level.



Summer 2026 - Aquatics

Week Four lessons:

July 20th to July 24th

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	11:30am to 12:00pm	26325	\$45.90
Tots 3	5:00pm - 5:30pm	26356	\$45.90
Preschool Prep	4:30pm - 5:00pm	26333	\$45.90
Preschool A/B	11:00am - 11:30am	26326	\$45.90
Preschool A/B	4:00pm - 4:30pm	26327	\$45.90
Preschool C	11:00am - 11:30am	26328	\$45.90
Preschool C	11:30am - 12:00pm	26329	\$45.90
Preschool C	5:00pm - 5:30pm	26330	\$45.90
Preschool D/E	10:00am - 10:30am	26331	\$45.90
Preschool D/E	4:00pm - 4:30pm	26332	\$45.90
Swimmer 1/2	10:00am - 10:30am	26345	\$45.90
Swimmer 1/2	11:30am - 12:00pm	26346	\$45.90
Swimmer 1/2	5:00pm - 5:30pm	26347	\$45.90
Swimmer 3/4	10:30am - 11:00am	26348	\$45.90
Swimmer 3/4	4:00pm - 4:30pm	26349	\$45.90
Swimmer 5/6	9:30am - 10:00am	26350	\$45.90
Swimmer 5/6	11:00am - 11:30am	26351	\$45.90



Summer 2026 - Aquatics

Week Four lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	5:00pm - 5:30pm	26352	\$45.90
Swimmer 7/8	4:30pm - 5:00pm	26353	\$45.90
Swimmer 9/10	10:30am - 11:00am	26354	\$45.90
Swimmer 9/10	4:30pm - 5:00pm	26355	\$45.90
Private *	9:30am - 10:00am	26334	\$157.80
Private *	9:30am - 10:00am	36335	\$157.80
Private *	10:00am - 10:30am	26336	\$157.80
Private *	10:30am - 11:00am	26337	\$157.80
Private	11:00am - 11:30am	26338	\$157.80
Private	11:30am - 12:00pm	26339	\$157.80
Private	4:00pm - 4:30pm	26340	\$157.80
Private	4:00pm - 4:30pm	26341	\$157.80
Private	4:30pm - 5:00pm	26342	\$157.80
Private	4:30pm - 5:00pm	26343	\$157.80
Private	5:00pm - 5:30pm	26344	\$157.80



Summer 2026 - Aquatics

Week Five lessons:

July 27th to July 31st

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	4:00pm - 4:30pm	26258	\$45.90
Tots 3	11:00am - 11:30am	26252	\$45.90
Preschool Prep	5:00pm - 5:30pm	26259	\$45.90
Preschool A/B	11:00am - 11:30am	26253	\$45.90
Preschool A/B	11:30am - 12:00pm	26254	\$45.90
Preschool A/B	4:30pm - 5:00pm	26255	\$45.90
Preschool C	11:30am - 12:00pm	26256	\$45.90
Preschool C	4:00pm - 4:30pm	26257	\$45.90
Preschool D/E	10:00am - 10:30am	26173	\$45.90
Preschool D/E	4:00pm - 4:30pm	26260	\$45.90
Swimmer 1/2	10:30am - 11:00am	26168	\$45.90
Swimmer 1/2	4:30pm - 5:00pm	26169	\$45.90
Swimmer 3/4	9:30am - 10:00am	26162	\$45.90
Swimmer 3/4	11:00am - 11:30am	26164	\$45.90
Swimmer 3/4	4:00pm - 4:30pm	26163	\$45.90
Swimmer 5/6	10:00am - 11:30am	26165	\$45.90
Swimmer 5/6	11:30am - 12:00pm	26166	\$45.90



Summer 2026 - Aquatics

Week Five lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	5:00pm - 5:30pm	26167	\$45.90
Swimmer 7/8	9:30am - 10:00am	26170	\$45.90
Swimmer 7/8	4:30pm - 5:00pm	26171	\$45.90
Swimmer 9/10	4:30pm - 5:00pm	26172	\$45.90
Private *	9:30am - 10:00am	26142	\$157.80
Private *	10:00am - 10:30am	26143	\$157.80
Private *	10:30am - 11:00am	26144	\$157.80
Private *	10:30am - 11:00am	26145	\$157.80
Private	11:00am - 11:30am	26146	\$157.80
Private	11:30am - 12:00pm	26147	\$157.80
Private	4:00pm - 4:30pm	26149	\$157.80
Private	4:30pm - 5:00pm	26160	\$157.80
Private	5:00pm - 5:30pm	26150	\$157.80
Private	5:00pm - 5:30pm	26161	\$157.80
Private	5:00pm - 5:30pm	26159	\$157.80

*Private lessons scheduled between 9:30 a.m. and 11:00 a.m. will be conducted in the lap pool, regardless of swimming level.



Summer 2026 - Aquatics

Week Six lessons:

August 4th to August 7th

Exception Date: August 3rd

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	4:00pm - 4:30pm	26357	\$36.72
Tots 3	11:00am - 11:30am	26388	\$36.72
Preschool Prep	5:00pm - 5:30pm	26365	\$36.72
Preschool A/B	11:00am - 11:30am	26358	\$36.72
Preschool A/B	11:30am - 12:00pm	26359	\$36.72
Preschool A/B	4:30pm - 5:00pm	26360	\$36.72
Preschool C	11:30am - 12:00pm	26361	\$36.72
Preschool C	4:00pm - 4:30pm	26362	\$36.72
Preschool D/E	10:00am - 10:30am	26363	\$36.72
Preschool D/E	4:00pm - 4:30pm	26364	\$36.72
Swimmer 1/2	10:30am - 11:00am	26377	\$36.72
Swimmer 1/2	4:30pm - 5:00pm	26378	\$36.72
Swimmer 3/4	9:30am - 10:00am	26379	\$36.72
Swimmer 3/4	11:00am - 11:30am	26381	\$36.72
Swimmer 3/4	4:00pm - 4:30pm	26380	\$36.72
Swimmer 5/6	10:00am - 11:30am	26382	\$36.72
Swimmer 5/6	11:30am - 12:00pm	26383	\$36.72



Summer 2026 - Aquatics

Week Six lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	5:00pm - 5:30pm	26384	\$36.72
Swimmer 7/8	9:30am - 10:00am	26385	\$36.72
Swimmer 7/8	4:30pm - 5:00pm	26386	\$36.72
Swimmer 9/10	4:30pm - 5:00pm	26387	\$36.72
Private *	9:30am - 10:00am	26366	\$126.24
Private *	10:00am - 10:30am	26367	\$126.24
Private *	10:30am - 11:00am	36368	\$126.24
Private *	10:30am - 11:00am	26369	\$126.24
Private	11:00am - 11:30am	26370	\$126.24
Private	11:30am - 12:00pm	26371	\$126.24
Private	4:00pm - 4:30pm	26372	\$126.24
Private	4:30pm - 5:00pm	26375	\$126.24
Private	5:00pm - 5:30pm	26373	\$126.24
Private	5:00pm - 5:30pm	26374	\$126.24
Private	5:00pm - 5:30pm	26376	\$126.24

*Private lessons scheduled between 9:30 a.m. and 11:00 a.m. will be conducted in the lap pool, regardless of swimming level.



Summer 2026 - Aquatics

Week Seven lessons:

August 10th to August 14th

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	11:30am - 12:00pm	26400	\$45.90
Tots 3	4:00pm - 4:30pm	26401	\$45.90
Preschool Prep	5:00pm - 5:30pm	26420	\$45.90
Preschool A/B	11:00am - 11:30am	26402	\$45.90
Preschool A/B	11:30am - 12:00pm	26403	\$45.90
Preschool A/B	4:30pm - 5:00pm	26404	\$45.90
Preschool C	11:00am - 11:30am	26405	\$45.90
Preschool C	4:00pm - 4:30pm	26406	\$45.90
Preschool D/E	10:30am - 11:00am	26407	\$45.90
Preschool D/E	4:00pm - 4:30pm	26408	\$45.90
Swimmer 1/2	9:30am - 10:00am	26409	\$45.90
Swimmer 1/2	4:30pm - 5:00pm	26410	\$45.90
Swimmer 3/4	10:00am - 10:30am	26411	\$45.90
Swimmer 3/4	11:00am - 11:30am	26412	\$45.90
Swimmer 3/4	5:00pm - 5:30pm	26413	\$45.90
Swimmer 5/6	10:30am - 11:00am	26414	\$45.90
Swimmer 5/6	11:30am - 12:00pm	26415	\$45.90



Summer 2026 - Aquatics

Week Seven lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	4:30pm - 5:00pm	26416	\$45.90
Swimmer 7/8	4:00pm - 4:30pm	26417	\$45.90
Swimmer 9/10	9:30am - 10:00am	26418	\$45.90
Swimmer 9/10	5:00pm - 5:30pm	26419	\$45.90
Private *	9:30am - 10:00am	26389	\$157.80
Private *	10:00am - 10:30am	26390	\$157.80
Private *	10:00am - 10:30am	26391	\$157.80
Private *	10:30am - 11:00am	26392	\$157.80
Private	11:00am - 11:30am	26393	\$157.80
Private	11:30am - 12:00pm	26394	\$157.80
Private	4:00pm - 4:30pm	26395	\$157.80
Private	4:30pm - 5:00pm	26396	\$157.80
Private	4:30pm - 5:00pm	26397	\$157.80
Private	5:00pm - 5:30pm	26398	\$157.80
Private	5:00pm - 5:30pm	26399	\$157.80

*Private lessons scheduled between 9:30 a.m. and 11:00 a.m. will be conducted in the lap pool, regardless of swimming level.



Summer 2026 - Aquatics

Week Eight lessons:

August 17th to August 21st

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	11:30am - 12:00pm	26421	\$45.90
Tots 3	4:00pm - 4:30pm	26452	\$45.90
Preschool Prep	5:00pm - 5:30pm	26429	\$45.90
Preschool A/B	11:00am - 11:30am	26422	\$45.90
Preschool A/B	11:30am - 12:00pm	26423	\$45.90
Preschool A/B	4:30pm - 5:00pm	26424	\$45.90
Preschool C	11:00am - 11:30am	26425	\$45.90
Preschool C	4:00pm - 4:30pm	26426	\$45.90
Preschool D/E	10:30am - 11:00am	26427	\$45.90
Preschool D/E	4:00pm - 4:30pm	26428	\$45.90
Swimmer 1/2	9:30am - 10:00am	26441	\$45.90
Swimmer 1/2	4:30pm - 5:00pm	26442	\$45.90
Swimmer 3/4	10:00am - 10:30am	26443	\$45.90
Swimmer 3/4	11:00am - 11:30am	25444	\$45.90
Swimmer 3/4	5:00pm - 5:30pm	26445	\$45.90
Swimmer 5/6	10:30am - 11:00am	26446	\$45.90
Swimmer 5/6	11:30am - 12:00pm	26447	\$45.90



Summer 2026 - Aquatics

Week Eight lessons continued:

Activity:	Time:	Activity #:	Fee:
Swimmer 5/6	4:30pm - 5:00pm	26448	\$45.90
Swimmer 7/8	4:00pm - 4:30pm	26449	\$45.90
Swimmer 9/10	9:30am - 10:00am	26450	\$45.90
Swimmer 9/10	5:00pm - 5:30pm	26451	\$45.90
Private *	9:30am - 10:00am	26430	\$157.80
Private *	10:00am - 10:30am	26431	\$157.80
Private *	10:00am - 10:30am	26432	\$157.80
Private *	10:30am - 11:00am	26433	\$157.80
Private	11:00am - 11:30am	26434	\$157.80
Private	11:30am - 12:00pm	26435	\$157.80
Private	4:00pm - 4:30pm	26436	\$157.80
Private	4:30pm - 5:00pm	26437	\$157.80
Private	4:30pm - 5:00pm	26438	\$157.80
Private	5:00pm - 5:30pm	26439	\$157.80
Private	5:00pm - 5:30pm	26440	\$157.80

*Private lessons scheduled between 9:30 a.m. and 11:00 a.m. will be conducted in the lap pool, regardless of swimming level.



Summer 2026 - Aquatics

Week Nine lessons:

August 24th to August 28th

Activity:	Time:	Activity #:	Fee:
Parent and Tot 1/2	11:00am - 11:30am	26502	\$45.90
Preschool A/B	11:30am - 12:00pm	26499	\$45.90
Preschool C	11:00am - 11:30am	26500	\$45.90
Preschool C	11:30am - 12:00pm	26501	\$45.90
Preschool D/E	10:00am - 10:30am	26498	\$45.90
Swimmer 1/2	10:00am - 10:30am	26489	\$45.90
Swimmer 1/2	11:30am - 12:00pm	26490	\$45.90
Swimmer 3/4	9:30am - 10:00am	26487	\$45.90
Swimmer 3/4	10:30am - 11:00am	26488	\$45.90
Swimmer 5/6	11:00am - 11:30am	26491	\$45.90
Swimmer 7/8	9:30am - 10:00am	26486	\$45.90
Private *	9:30am - 10:00am	26493	\$157.80
Private *	10:00am - 10:30am	26494	\$157.80
Private *	10:30am - 11:00am	26492	\$157.80
Private *	10:30am - 11:00am	26495	\$157.80
Private	11:00am - 11:30am	26496	\$157.80
Private	11:30am - 12:00pm	26497	\$157.80



Summer 2026 - Aquatics

Week Ten lessons:

August 31st to September 4th

Activity:	Time:	Activity #:	Fee:
Tots 3	11:00am - 11:30am	26513	\$45.90
Preschool A/B	11:00am - 11:30am	26510	\$45.90
Preschool A/B	11:30am - 12:00pm	26511	\$45.90
Preschool C	11:30am - 12:00pm	26512	\$45.90
Preschool D/E	9:30am - 10:00am	26503	\$45.90
Swimmer 1/2	9:30am - 10:00am	26504	\$45.90
Swimmer 1/2	11:00am - 11:30am	26505	\$45.90
Swimmer 3/4	10:00am - 10:30am	26506	\$45.90
Swimmer 3/4	11:30am - 12:00pm	26507	\$45.90
Swimmer 5/6	10:30am - 11:00am	26508	\$45.90
Swimmer 9/10	10:30am - 11:00am	26509	\$45.90
Private *	9:30am - 10:00am	26515	\$157.80
Private *	10:00am - 10:30am	26514	\$157.80
Private *	10:00am - 10:30am	26516	\$157.80
Private	10:30am - 11:00am	26517	\$157.80
Private	11:00am - 11:30am	26518	\$157.80
Private	11:30am - 12:00pm	26519	\$157.80



Spring / Summer 2026

Advanced Aquatic Programs:

Course	Minimum Age	Course Details	Activity Number	Fee
National Lifeguard – Pool	15 years	May 1, 5:00 -10:00pm May 2 to 3, 12:00pm to 8:00pm May 8, 5:00 -10:00pm May 9 to 10, 12:00pm to 8:00pm Pre-requisite: Bronze Cross and Standard First Aid	26546	\$250 + HST
Lifesaving Assistant Instructor	14 years	June 5, 5:00 to 10:00pm June 6 to 7, 12:00pm to 8:00pm 12:00 - 8:00pm Pre-requisite: Bronze Cross Award	26547	\$135.90 + HST
Lifesaving Swim Instructor	15 years	June 5, 5:00 to 10:00pm June 6 to 7, 12:00pm to 8:00pm 12:00 - 8:00pm Pre-requisite: Bronze Cross Award	26548	\$150 + HST
Standard First Aid	13 years	April 18 to 19, 8:30 to 5:00pm	26539	116.66 + HST
Standard First Aid	13 years	May 23 to 24, 8:30 to 5:00pm	26544	116.66 + HST
Standard First Aid	13 years	June 20 to 21, 8:30 to 5:00pm	26545	116.66 + HST
Bronze Star	11 years	August 12 to 14, 12:00 – 4:00pm Pre-requisite: None	26550	\$100.92
Bronze Medallion with Emergency First Aid	13 years or less with Bronze Star	August 12 to 14, 12:00pm – 8:00pm Pre-requisite: 13 years of age or Bronze Star	26551	\$140



More Advanced Aquatics 

Summer / Summer 2026

Advanced Aquatic Programs:

Course	Minimum Age	Course Details	Activity Number	Fee
Bronze Cross	Recommended 14 years	August 12 to 14, 12:00pm – 8:00pm Pre-requisite: Bronze Medallion and Emergency First Aid	26552	\$140 + HST
National Lifeguard – Pool	15 years	August 31 to September 4, 9:00am – 6:00pm Pre-requisite: Bronze Cross and Standard First Aid	26540	\$250 + HST
Lifesaving Assistant Instructor	14 years	August 17 to 19 9:00am to 3:30pm Pre-requisite: Bronze Cross Award	26543	\$135.90 + HST
Lifesaving Swim Instructor	15 years	August 24 to 25 to 9:00am to 5:00pm and August 26, 9:00 to 1:00 pm Pre-requisite: Bronze Cross Award	26541	\$150 + HST
Lifesaving Instructor School	15 years	August 26, 1 to 5pm August 27 to 28, 9:00 - 5:00pm Pre-requisite: Bronze Cross Award	26542	\$150 + HST
Standard First Aid	13 years	August 20 to 21, 8:30am to 5:30pm	26549	\$116.46 + HST



Spring 2026

Lifesaving Sport Fundamental Programs:

Level	Age	Days and Times	Session Dates	Activity Number	Fee
Intro to Sport	7 to 13 years	Mondays and Wednesdays 4:15 - 4:45pm	April 8 to June 10	26485	\$75.53
Sea Horses	8 to 12 years	Mondays and Wednesdays 4:45 - 5:30pm	April 8 to June 10	26481	\$113.29
Surfers	9 to 13 years	Mondays and Wednesdays 5:30 - 6:30pm	April 8 to June 10	26482	\$151.05
Junior Squad	12 years and older	Tuesdays and Thursdays 6:00 to 7:30am, Saturdays 7:00 to 9:00am	April 7 to June 14	26483	\$255.60 + HST
Competitive Squad	14 years and older	Tuesdays and Thursdays 6:00 to 7:30am, Saturdays 7:00 to 9:00am	April 7 to June 14	26484	\$255.60 + HST



Summer 2026

Lifesaving Sport Fundamental Programs:

Level	Age	Days and Times	Session	Activity Number	Fee
Sea Monsters	5 to 6 years	Tuesday and Thursday 4:30 – 5:15pm	June 30 to August 6	26523	\$81.81
Minnows	7 to 10 years	Monday, Wednesday and Friday 4:30 – 5:15pm	June 29 to August 7	26524	\$109.08
Sea Horses	8 to 12 years	Monday to Friday 5:15 – 6:00pm	June 29 to August 7	26525	\$178.92
Surfers	9 to 13 years	Monday to Friday 9:30 – 10:30am	June 29 to August 7	26526	\$190.96
Junior Squad	12 years and older	Morning practice: Monday to Friday, 8:15 – 9:30am	June 29 to August 7	26527	\$198.80
Junior Squad	12 years and older	Evening practice: Monday, Wednesday 6:00pm – 7:00pm, Friday 7:00pm - 8:00pm	June 29 to August 7	26528	\$90.80
Competitive Squad	14 years and older	Morning practice: Monday to Friday, 6:45am - 8:15am	June 29 to August 7	26529	\$229.95 + HST
Competitive Squad	14 years and older	Evening practice: Monday to Friday, 7:00 - 8:00pm	June 29 to August 7	26530	\$158.41 + HST
Twilight Lifesavers	20 years and older	Tuesdays and Thursdays 6:00 – 7:00pm	June 30 to August 7	26522	\$96.00 + HST

