



Swimming Specialty Recreation eGuide

Spring and Summer 2014

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Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.



Diving

Diving – Level 1

Learn and improve diving skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Wed.	6-6:45 pm	Apr 30	9	8-14 years	\$75.50	897479
Canterbury	613-247-4865	Sat.	11-11:45 am	May 3	8	8-14 years	\$67.25	897481
Canterbury	613-247-4865	Tue., Thu.	4:30-5:15 pm	Jul 3	8	8-14 years	\$67.25	901577
Canterbury	613-247-4865	Tue., Thu.	4:30-5:15 pm	Jul 31	9	8-14 years	\$75.50	901578

Diving – Level 2

Learn and improve diving skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Wed.	6:45-7:30 pm	Apr 30	9	8-14 years	\$75.50	897482
Canterbury	613-247-4865	Sat.	11:45 am-12:30 pm	May 3	8	8-14 years	\$67.25	897483

Diving – Level 3

Learn and improve diving skills.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Wed.	6:45-7:30 pm	Apr 30	9	8-14 years	\$75.50	897484
Canterbury	613-247-4865	Sat.	11:45 am-12:30 pm	May 3	8	8-14 years	\$67.25	897485

Junior Lifeguard

Junior Lifeguard Club (J.L.C.)

Join the J.L.C. and experience what lifeguarding is really like. The J.L.C. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment. Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Deborah Anne Kirwan	613-247-4820	Mon.	6-7 pm	Apr 7	8	8-14 years	\$73.50	882280
Entrance Outdoor Pool	613-829-2705	Wed.	5-6 pm	Jul 2	7	8-14 years	\$64.25	894477

Junior Waterfront Lifeguard Club (J.W.L.C) Training Practices

Candidates train three times a week with a certified waterfront lifeguard coach in lifesaving sport on the beach. For extension Phone #s, call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Mooney's Bay Park	Extension 16966	Mon., Wed., Sat.	6-7:30 pm	Jul 2	16	8-14 years	\$200	902967
Mooney's Bay Park	Extension 16966	Mon., Wed., Sat.	6-7:30 pm	Jul 2	16	15+ years	\$226	903204

Kayaking

Kayaking Kids

Basic kayaking skills. Learn to enter and exit the craft safely, high and low braces, sculling and kayak over kayak rescue.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	9-10 am	Apr 27	4	8-12 years	\$33	886795
Plant	613-232-3000	Sun.	9-10 am	Jun 1	5	8-12 years	\$41.25	899050

Kayak Experience

Basic kayaking skills include entering and exiting the boat, basic paddling, high and low braces, sculling and kayak-over-kayak rescue. Get ready now for summer paddling.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sun.	11 am-Noon	Apr 27	4	18+ years	\$48.50	886802
Plant	613-232-3000	Sun.	11 am-Noon	Jun 1	5	18+ years	\$60.75	899044

Power Swim

Power Swim Introduction

Pre-competitive swimming focusing on the competitive strokes, introducing dolphin kick, open and flip turns, starts for freestyle and backstroke. *Pre-requisite:* Swim Kids 5.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Wed.	5:30-6:30 pm	Apr 2	12	6-14 years	\$102	893152
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Apr 4	11	6-14 years	\$102	893157
Brewer Pool	613-247-4938	Mon.	5-6 pm	Jul 7	6	6-12 years	\$51	902245
Canterbury	613-247-4865	Tue.	4:30-5:30 pm	Apr 29	9	6-14 years	\$76.50	897452
Canterbury	613-247-4865	Tue.	4:30-5:30 pm	Apr 29	9	15-17 years	\$86.50	897465
Canterbury	613-247-4865	Wed.	7:30-8:30 pm	Apr 30	9	6-14 years	\$76.50	897454
Canterbury	613-247-4865	Wed.	7:30-8:30 pm	Apr 30	9	15-17 years	\$86.50	897466
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Mar 15	13	6-14 years	\$110.50	894548
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Mar 16	13	6-14 years	\$110.50	894553
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jul 5	7	6-14 years	\$59.50	892356
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jul 6	7	6-14 years	\$59.50	892360
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Mar 18	9	6-14 years	\$76.50	896478
Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	May 20	5	6-14 years	\$84.75	896481
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 17	10	15-17 years	\$96.25	885092
Pinecrest	613-828-3118	Wed.	5:30-6:30 pm	Mar 19	12	5-12 years	\$102	885097
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 21	11	15-17 years	\$105.75	885093
Pinecrest	613-828-3118	Wed.	6-7 pm	Jul 2	9	18+ years	\$108.50	898018
Pinecrest	613-828-3118	Mon.	7:30-8:30 pm	Jul 7	7	18+ years	\$84.50	898133
Plant	613-232-3000	Sat.	4-5 pm	Apr 26	9	6-14 years	\$76.50	886750
Plant	613-232-3000	Mon.	6:30-7:30 pm	Apr 28	9	18+ years	\$108.50	881177
Plant	613-232-3000	Mon.	7-8 pm	Jul 7	7	18+ years	\$84.50	898066
Ray Friel	613-830-2747	Fri.	6-7 pm	Mar 28	13	9-14 years	\$110.50	885083
Ray Friel	613-830-2747	Fri.	6-7 pm	Jul 4	9	9-14 years	\$76.50	899255
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Mar 21	4	8-14 years	\$34	903307
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Apr 25	10	8-14 years	\$85	903323
St-Laurent Complex	613-742-6767	Mon.	4:30-5:30 pm	Mar 17	9	6-12 years	\$76.50	885276

Power Swim Introduction

Pre-competitive swimming focusing on the competitive strokes, introducing dolphin kick, open and flip turns, starts for freestyle and backstroke. *Pre-requisite:* Swim Kids 5.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Fri.	4-5 pm	Mar 21	9	6-12 years	\$76.50	885277
St-Laurent Complex	613-742-6767	Mon.	4:30-5:30 pm	Jun 2	4	6-12 years	\$34	885279
St-Laurent Complex	613-742-6767	Fri.	4-5 pm	Jun 6	4	6-12 years	\$34	885278
St-Laurent Complex	613-742-6767	Fri.	4-5 pm	Jul 4	9	6-12 years	\$76.50	886623
Walter Baker	613-580-2788	Tue.	6-7 pm	Mar 25	10	6-14 years	\$85	885019
Walter Baker	613-580-2788	Sat.	10:15-11:15 am	Mar 29	9	6-14 years	\$76.50	885021
Walter Baker	613-580-2788	Sat.	4:30-5:30 pm	Mar 29	9	6-14 years	\$76.50	885024
Walter Baker	613-580-2788	Sun.	8:30-9:30 am	Mar 30	9	6-14 years	\$76.50	885037
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Jul 5	7	6-14 years	\$59.50	896695
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Jul 5	7	6-14 years	\$59.50	896698
Walter Baker	613-580-2788	Mon.-Fri.	8:45-9:45 am	Jul 7	9	6-14 years	\$76.50	883365
Walter Baker	613-580-2788	Mon.-Fri.	4:15-5:15 pm	Jul 7	5	6-14 years	\$42.50	883370
Walter Baker	613-580-2788	Mon.-Fri.	4:15-5:15 pm	Jul 14	5	6-14 years	\$42.50	883372
Walter Baker	613-580-2788	Mon.-Fri.	8:45-9:45 am	Jul 21	9	6-14 years	\$76.50	883366
Walter Baker	613-580-2788	Mon.-Fri.	4:15-5:15 pm	Jul 21	5	6-14 years	\$42.50	883373
Walter Baker	613-580-2788	Mon.-Fri.	4:15-5:15 pm	Jul 28	5	6-14 years	\$42.50	883375
Walter Baker	613-580-2788	Mon.-Fri.	8:45-9:45 am	Aug 5	9	6-14 years	\$76.50	883367
Walter Baker	613-580-2788	Mon.-Fri.	4:15-5:15 pm	Aug 11	5	6-14 years	\$42.50	883376
Walter Baker	613-580-2788	Mon.-Fri.	9:45-10:45 am	Aug 18	5	6-14 years	\$42.50	883368
Walter Baker	613-580-2788	Mon.-Fri.	4:15-5:15 pm	Aug 18	5	6-14 years	\$42.50	883378

Power Swim

This swim program focuses on swim techniques and personal goals while introducing competitive swim strokes, turns and endurance training. *Pre-requisite:* Swim kids 5.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	11 am-Noon	Jun 30	9	10-14 years	\$76.50	891845
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	11 am-Noon	Jul 14	10	10-14 years	\$85	891849
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	11 am-Noon	Jul 28	9	10-14 years	\$76.50	891848
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	11 am-Noon	Aug 11	10	10-14 years	\$85	891850

Power Swim

This swim program focuses on swim techniques and personal goals while introducing competitive swim strokes, turns and endurance training. *Pre-requisite:* Swim kids 5.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Sat.	9-10 am	Mar 29	13	10-14 years	\$110.50	882958
Bob MacQuarrie-Orléans	613-824-0819	Sun.	Noon-1 pm	Mar 30	13	10-14 years	\$110.50	882959
Bob MacQuarrie-Orléans	613-824-0819	Tue.	7-8 pm	Apr 1	13	10-14 years	\$110.50	882956
Bob MacQuarrie-Orléans	613-824-0819	Thu.	6-7 pm	Apr 3	13	10-14 years	\$110.50	882957
Bob MacQuarrie-Orléans	613-824-0819	Mon.-Fri.	11 am-Noon	Jun 30	9	10-14 years	\$76.50	890524
Bob MacQuarrie-Orléans	613-824-0819	Wed.	5:30-6:30 pm	Jul 2	8	10-14 years	\$68	890539
Bob MacQuarrie-Orléans	613-824-0819	Tue., Thu.	6:30-7:30 pm	Jul 3	7	10-14 years	\$59.50	890513
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9-10 am	Jul 6	7	10-14 years	\$59.50	890610
Bob MacQuarrie-Orléans	613-824-0819	Mon.-Fri.	11 am-Noon	Jul 14	10	10-14 years	\$85	890525
Bob MacQuarrie-Orléans	613-824-0819	Mon.-Fri.	11 am-Noon	Jul 28	9	10-14 years	\$76.50	890528
Bob MacQuarrie-Orléans	613-824-0819	Tue., Thu.	6:30-7:30 pm	Jul 29	8	10-14 years	\$68	890517
Bob MacQuarrie-Orléans	613-824-0819	Mon.-Fri.	11 am-Noon	Aug 11	10	10-14 years	\$85	890529
Deborah Anne Kirwan	613-247-4820	Mon.	5-6 pm	Apr 7	8	6-12 years	\$68	882265
Deborah Anne Kirwan	613-247-4820	Mon.	5-6 pm	Jun 16	7	6-12 years	\$59.50	892661
Entrance Outdoor Pool	613-829-2705	Wed.	5-6 pm	Jul 2	7	6-12 years	\$59.50	894489
Glen Cairn Outdoor Pool	613-591-9283	Mon., Wed., Fri.	5:30-6:30 pm	Jun 30	12	6-12 years	\$102	905037
Glen Cairn Outdoor Pool	613-591-9283	Mon., Wed., Fri.	5:30-6:30 pm	Jul 28	11	6-12 years	\$93.50	905038
Lowertown Pool	613-244-4406	Tue.	7-8 pm	Apr 22	10	6-12 years	\$85	895449
Lowertown Pool	613-244-4406	Fri.	6-7 pm	Apr 25	10	6-12 years	\$85	895454
Lowertown Pool	613-244-4406	Wed.	6-7 pm	Jul 2	7	6-12 years	\$59.50	901548
Pinecrest	613-828-3118	Mon.	5:30-6:30 pm	Mar 17	10	6-12 years	\$85	885069
Pinecrest	613-828-3118	Mon.	6:30-7:30 pm	Mar 17	10	6-12 years	\$85	885070
Pinecrest	613-828-3118	Wed.	6:30-7:30 pm	Mar 19	12	6-12 years	\$102	885090
Pinecrest	613-828-3118	Fri.	5:30-6:30 pm	Mar 21	11	6-12 years	\$93.50	885091
Pinecrest	613-828-3118	Fri.	7-8 pm	Jul 4	9	6-12 years	\$74.25	896477
Richcraft	613-580-9696	Mon.	6-7 pm	Mar 17	13	6-14 years	\$110.50	887926
Richcraft	613-580-9696	Mon.	7-8 pm	Mar 17	13	15-17 years	\$110.50	887929
Richcraft	613-580-9696	Wed.	6-7 pm	Mar 19	15	6-14 years	\$127.50	887927

Power Swim

This swim program focuses on swim techniques and personal goals while introducing competitive swim strokes, turns and endurance training. *Pre-requisite:* Swim kids 5.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Richcraft	613-580-9696	Wed.	7-8 pm	Mar 19	15	15-17 years	\$127.50	887930
Richcraft	613-580-9696	Fri.	6-7 pm	Mar 21	14	6-14 years	\$119	887928
Richcraft	613-580-9696	Fri.	7-8 pm	Mar 21	14	15-17 years	\$119	887931
Richcraft	613-580-9696	Mon., Wed.	6-7 pm	Jun 30	8	6-14 years	\$68	890789
Richcraft	613-580-9696	Mon., Wed.	7-8 pm	Jun 30	8	15-17 years	\$77	890791
Richcraft	613-580-9696	Mon., Wed.	6-7 pm	Jul 28	9	6-14 years	\$76.50	890790
Richcraft	613-580-9696	Mon., Wed.	7-8 pm	Jul 28	9	15-17 years	\$86.50	890792
Splash Wave Pool	613-748-4222	Mon.	6:15-7:15 pm	Apr 7	9	6-14 years	\$76.50	898685
Splash Wave Pool	613-748-4222	Sat.	9:45-10:45 am	Apr 12	11	6-14 years	\$93.50	898691

Power Swim Intermediate

Pre-competitive swimming focusing on butterfly, starts for breaststroke and butterfly, and backstroke flip turns.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Wed.	5:30-6:30 pm	Apr 2	12	6-14 years	\$102	893162
Brewer Pool	613-247-4938	Fri.	5:30-6:30 pm	Apr 4	11	6-14 years	\$93.50	893171
Brewer Pool	613-247-4938	Mon.	5:30-6:30 pm	Jul 7	5	6-12 years	\$51	902248
Canterbury	613-247-4865	Tue.	5:30-6:30 pm	Apr 29	9	6-14 years	\$76.50	897455
Canterbury	613-247-4865	Tue.	5:30-6:30 pm	Apr 29	9	15-17 years	\$86.50	897468
Canterbury	613-247-4865	Tue.	7:30-8:30 pm	Apr 29	9	18+ years	\$108.50	897450
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	May 1	9	6-14 years	\$76.50	897456
Canterbury	613-247-4865	Thu.	5:30-6:30 pm	May 1	9	15-17 years	\$86.50	897469
Canterbury	613-247-4865	Tue., Thu.	4:30-5:30 pm	Jul 3	8	6-14 years	\$68	901568
Canterbury	613-247-4865	Tue., Thu.	4:30-5:30 pm	Jul 3	8	15-17 years	\$77	901570
Canterbury	613-247-4865	Tue., Thu.	4:30-5:30 pm	Jul 31	9	6-14 years	\$76.50	901569
Canterbury	613-247-4865	Tue., Thu.	4:30-5:30 pm	Jul 31	9	15-17 years	\$86.50	901571
François Dupuis	613-580-8080	Sat.	11:15 am-12:15 pm	Mar 15	13	8-14 years	\$110.50	894525
François Dupuis	613-580-8080	Sat.	4:30-5:30 pm	Mar 15	13	8-14 years	\$110.50	894530
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Mar 16	13	8-14 years	\$110.50	894534

Power Swim Intermediate

Pre-competitive swimming focusing on butterfly, starts for breaststroke and butterfly, and backstroke flip turns.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Tue.	4-5 pm	Mar 18	15	8-14 years	\$127.50	894538
François Dupuis	613-580-8080	Thu.	4-5 pm	Mar 20	15	8-14 years	\$127.50	894543
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Jun 30	9	8-14 years	\$76.50	892330
François Dupuis	613-580-8080	Sat.	11:15 am-12:15 pm	Jul 5	7	8-14 years	\$59.50	892343
François Dupuis	613-580-8080	Sun.	11:15 am-12:15 pm	Jul 6	7	8-14 years	\$59.50	892349
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Jul 14	10	8-14 years	\$85	892339
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Jul 28	9	8-14 years	\$76.50	892335
François Dupuis	613-580-8080	Mon.-Fri.	Noon-1 pm	Aug 11	10	8-14 years	\$85	892340
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Mar 17	8	6-14 years	\$76.50	896489
Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	May 19	5	6-14 years	\$42.50	896502
Plant	613-232-3000	Mon.	7:30-8:30 pm	Apr 28	9	18+ years	\$108.50	881238
Plant	613-232-3000	Wed.	7-8 pm	Jul 2	9	18+ years	\$108.50	898067
Pinecrest	613-828-3118	Fri.	5-6 pm	Jul 4	9	15-17 years	\$86.50	897990
Ray Friel	613-830-2747	Fri.	6-7 pm	Mar 28	13	9-14 years	\$110.50	885084
Ray Friel	613-830-2747	Fri.	6-7 pm	Mar 28	13	14-18 years	\$125	885085
Ray Friel	613-830-2747	Fri.	6-7 pm	Jul 4	9	9-14 years	\$76.50	899257
Ray Friel	613-830-2747	Fri.	6-7 pm	Jul 4	9	14-18 years	\$86.50	899260
Sawmill Creek	613-521-4092	Sun.	11 am-Noon	Mar 16	5	8-14 years	\$42.50	903341
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Mar 21	4	8-14 years	\$34	903332
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Mar 21	4	8-14 years	\$34	903339
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Apr 25	10	8-14 years	\$85	903345
Sawmill Creek	613-521-4092	Fri.	5-6 pm	Apr 25	10	8-14 years	\$85	903347
Sawmill Creek	613-521-4092	Sun.	11 am-Noon	Apr 27	9	8-14 years	\$76.50	903344
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Mar 17	9	6-12 years	\$76.50	885280
St-Laurent Complex	613-742-6767	Fri.	5-6 pm	Mar 21	9	6-12 years	\$76.50	885281
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Jun 2	4	6-12 years	\$34	885283
St-Laurent Complex	613-742-6767	Fri.	5-6 pm	Jun 6	4	6-12 years	\$34	885282

Power Swim Intermediate

Pre-competitive swimming focusing on butterfly, starts for breaststroke and butterfly, and backstroke flip turns.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Fri.	5-6 pm	Jul 4	9	6-12 years	\$76.50	886630
Walter Baker	613-580-2788	Tue.	7-8 pm	Mar 25	10	6-14 years	\$85	885038
Walter Baker	613-580-2788	Thu.	6-7 pm	Mar 27	10	6-14 years	\$85	885095
Walter Baker	613-580-2788	Sat.	8-9 am	Mar 29	9	6-14 years	\$76.50	885096
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Mar 29	9	6-14 years	\$76.50	885103
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Mar 30	9	6-14 years	\$76.50	885104
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Jul 5	7	6-14 years	\$59.50	896708
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Jul 6	7	6-14 years	\$59.50	896712
Walter Baker	613-580-2788	Mon.-Fri.	10-11 am	Jul 7	9	6-14 years	\$76.50	883381
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 7	5	6-14 years	\$42.50	883418
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 14	5	6-14 years	\$42.50	883419
Walter Baker	613-580-2788	Mon.-Fri.	10-11 am	Jul 21	9	6-14 years	\$76.50	883382
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 21	5	6-14 years	\$42.50	883420
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 28	5	6-14 years	\$42.50	883421
Walter Baker	613-580-2788	Mon.-Fri.	10-11 am	Aug 5	9	6-14 years	\$76.50	883383
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Aug 11	5	6-14 years	\$42.50	883422
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Aug 18	5	6-14 years	\$42.50	883386
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Aug 18	5	6-14 years	\$42.50	883423

Power Swim Advanced

Pre-competitive swimming focusing on perfecting competitive strokes over greater distances, and introduces use of a pace clock, relay takeovers, and the individual medley.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Mon.	7:30-8:30 pm	Apr 28	8	6-14 years	\$68	897461
Canterbury	613-247-4865	Mon.	7:30-8:30 pm	Apr 28	8	15-17 years	\$77	897473
Canterbury	613-247-4865	Tue.	5:30-6:30 pm	Apr 29	9	6-14 years	\$76.50	897457
Canterbury	613-247-4865	Tue.	5:30-6:30 pm	Apr 29	9	15-17 years	\$86.50	897471
Canterbury	613-247-4865	Thu.	4:30-5:30 pm	May 1	9	6-14 years	\$76.50	897458
Canterbury	613-247-4865	Thu.	4:30-5:30 pm	May 1	9	15-17 years	\$86.50	897472
Canterbury	613-247-4865	Sun.	2:30-4 pm	May 4	8	6-14 years	\$102	897464

Power Swim Advanced

Pre-competitive swimming focusing on perfecting competitive strokes over greater distances, and introduces use of a pace clock, relay takeovers, and the individual medley.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sun.	2:30-4 pm	May 4	8	15-17 years	\$115.50	897474
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Mar 15	13	8-14 years	\$110.50	894504
François Dupuis	613-580-8080	Sat.	3:30-4:30 pm	Mar 15	13	8-14 years	\$110.50	894509
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Mar 16	13	8-14 years	\$110.50	894512
François Dupuis	613-580-8080	Mon.	4-5 pm	Mar 17	13	8-14 years	\$110.50	894500
François Dupuis	613-580-8080	Wed.	4-5 pm	Mar 19	15	8-14 years	\$127.50	894514
François Dupuis	613-580-8080	Fri.	4-5 pm	Mar 21	14	8-14 years	\$119	894496
François Dupuis	613-580-8080	Mon.-Fri.	8-9 am	Jun 30	9	8-14 years	\$76.50	892304
François Dupuis	613-580-8080	Sat.	8:30-9:30 am	Jul 5	7	8-14 years	\$59.50	892316
François Dupuis	613-580-8080	Sun.	8:30-9:30 am	Jul 6	7	8-14 years	\$59.50	892320
François Dupuis	613-580-8080	Mon.-Fri.	8-9 am	Jul 14	10	8-14 years	\$85	892313
François Dupuis	613-580-8080	Mon.-Fri.	8-9 am	Jul 28	9	8-14 years	\$76.50	892310
François Dupuis	613-580-8080	Mon.-Fri.	8-9 am	Aug 11	10	8-14 years	\$85	892314
Nepean Sportsplex	613-580-2828	Wed.	6:30-7:30 pm	Mar 19	9	6-14 years	\$76.50	896518
Nepean Sportsplex	613-580-2828	Wed.	6:30-7:30 pm	May 21	5	6-14 years	\$42.50	896522
Pinecrest	613-828-3118	Wed.	5:30-6:30 pm	Mar 19	12	6-14 years	\$102	885098
Sawmill Creek	613-521-4092	Sun.	11 am-Noon	Mar 16	5	8-14 years	\$45.20	903408
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Mar 21	4	8-14 years	\$34	903386
Sawmill Creek	613-521-4092	Fri.	4-5 pm	Apr 25	10	8-14 years	\$85	903419
Sawmill Creek	613-521-4092	Sun.	11 am-Noon	Apr 27	9	8-14 years	\$76.50	903416
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Mar 17	9	6-12 years	\$76.50	885285
St-Laurent Complex	613-742-6767	Fri.	6-7 pm	Mar 21	9	6-12 years	\$76.50	885286
St-Laurent Complex	613-742-6767	Mon.	6-7 pm	Jun 2	4	6-12 years	\$34	885288
St-Laurent Complex	613-742-6767	Fri.	6-7 pm	Jun 6	4	6-12 years	\$34	885287
St-Laurent Complex	613-742-6767	Fri.	6-7 pm	Jul 4	9	6-12 years	\$76.50	886635
Walter Baker	613-580-2788	Tue.	4:45-5:45 pm	Mar 25	10	6-14 years	\$85	885121
Walter Baker	613-580-2788	Thu.	7-8 pm	Mar 27	10	6-14 years	\$85	885122
Walter Baker	613-580-2788	Sat.	9-10 am	Mar 29	9	6-14 years	\$76.50	885125

Power Swim Advanced

Pre-competitive swimming focusing on perfecting competitive strokes over greater distances, and introduces use of a pace clock, relay takeovers, and the individual medley.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Sat.	5:30-6:30 pm	Mar 29	9	6-14 years	\$76.50	885126
Walter Baker	613-580-2788	Sun.	9:30-10:30 am	Mar 30	9	6-14 years	\$76.50	885127
Walter Baker	613-580-2788	Sat.	10:30-11:30 am	Jul 5	7	6-14 years	\$59.50	896719
Walter Baker	613-580-2788	Sun.	10:30-11:30 am	Jul 6	7	6-14 years	\$59.50	896722
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Jul 7	9	6-14 years	\$76.50	883425
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 7	5	6-14 years	\$42.50	883442
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 14	5	6-14 years	\$42.50	883443
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Jul 21	9	6-14 years	\$76.50	883427
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 21	5	6-14 years	\$42.50	883444
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Jul 28	5	6-14 years	\$42.50	883445
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Aug 5	9	6-14 years	\$76.50	883429
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Aug 11	5	6-14 years	\$42.50	883446
Walter Baker	613-580-2788	Mon.-Fri.	11 am-Noon	Aug 18	5	6-14 years	\$42.50	883441
Walter Baker	613-580-2788	Mon.-Fri.	5:30-6:30 pm	Aug 18	5	6-14 years	\$42.50	883447

Power Swim Club

The objective of this club is to help participants achieve their personal fitness goals through the provision of a balanced and challenging swim training program. This is the equivalent of a Masters swim program.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Mon., Wed., Sat.	7-8 am	Mar 29	37	16+ years	\$155.50	903814
Pinecrest	613-828-3118	Fri.	6:30-7:30 pm	Mar 21	10	16+ years	\$120.75	898628
Pinecrest	613-828-3118	Fri.	6-7 pm	Jul 4	9	18+ years	\$108.50	896480
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Mar 18	10	18+ years	\$97.50	885290
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Mar 20	10	18+ years	\$97.50	885291
St-Laurent Complex	613-742-6767	Sat.	7-8 am	Mar 22	9	18+ years	\$87.75	885292
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Jun 3	4	18+ years	\$39	885294
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Jun 5	4	18+ years	\$39	885295
St-Laurent Complex	613-742-6767	Sat.	7-8 am	Jun 7	4	18+ years	\$39	885293
St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 am	Jul 3	9	18+ years	\$87.75	886604

Power Swim Club

The objective of this club is to help participants achieve their personal fitness goals through the provision of a balanced and challenging swim training program. This is the equivalent of a Masters swim program.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Sat.	7-8 am	Jul 5	7	18+ years	\$68.25	886606
St-Laurent Complex	613-742-6767	Tue.	6:30-7:30 am	Jul 8	8	18+ years	\$78	886600
Walter Baker	613-580-2788	Tue.	8:30-9:30 am	Mar 25	10	18+ years	\$103.75	885129
Walter Baker	613-580-2788	Thu.	8:30-9:30 am	Mar 27	10	18+ years	\$103.75	885130
Walter Baker	613-580-2788	Tue., Thu.	7:30-8:30 am	Jul 8	8	18+ years	\$96.50	883514
Walter Baker	613-580-2788	Tue., Thu.	7:30-8:30 am	Aug 5	6	18+ years	\$72.50	883515

Power Swim Family

Excellent opportunity for parents and their children who want to swim more efficiently. Gradual introduction to competitive swimming skills, without the pressure of competition.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 7	7	8-14 years	\$59.50	898130
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 7	7	15-17 years	\$67.25	898132
Pinecrest	613-828-3118	Mon.	6-7 pm	Jul 7	7	18+ years	\$84.50	898118



Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions. Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.



Leadership Courses and Instructor Awards

Bronze Star

Prerequisites: Able to swim 300 metres. This level prepares candidates for timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Sun.	5:30-6:45 pm	Apr 6	10	10-14 years	\$70.25	893174
François Dupuis	613-580-8080	Mon.	7-8 pm	Mar 17	9	10-14 years	\$70.25	897961
François Dupuis	613-580-8080	Wed.	7-8 pm	Mar 19	9	10-14 years	\$70.25	897962
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jun 30	9	10-14 years	\$70.25	897964
François Dupuis	613-580-8080	Mon.-Fri.	11 am-noon	Jul 28	9	10-14 years	\$70.25	897965
Kanata Leisure Centre	613-591-9283	Thu.	5-6:30 pm	May 1	7	10-14 years	\$70.25	893887
Lowertown Pool	613-244-4406	Wed.	6-7 pm	Jul 2	7	10-14 years	\$70.25	901553
Nepean Sportsplex	613-580-2828	Tue.	7:30-8:30 pm	Mar 18	9	10-14 years	\$70.25	896529
Nepean Sportsplex	613-580-2828	Sat.	3-4 pm	Mar 22	8	10-14 years	\$70.25	896532
Nepean Sportsplex	613-580-2828	Sun.	6-7 pm	Mar 23	8	10-14 years	\$70.25	896536
Pinecrest	613-828-3118	Tue.-Fri.	10-11:30 am	Jul 2	8	10-14 years	\$70.25	892681
Plant	613-232-3000	Sun.	5:30-6:45 pm	Apr 27	8	10-14 years	\$70.25	880849
Sawmill Creek Pool	613-521-4092	Fri.	4-6:30 pm	Mar 21	4	10-14 years	\$70.25	903283
Sawmill Creek Pool	613-521-4092	Fri.	5-6 pm	Apr 25	10	10-14 years	\$70.25	903290
St-Laurent Complex	613-742-6767	Mon.	5:45-7 pm	Mar 17	9	10-14 years	\$70.25	894783
Walter Baker	613-580-2788	Tue.	6:30-7:30 pm	Mar 25	10	10-14 years	\$70.25	897718
Walter Baker	613-580-2788	Sun.	10-11 am	Mar 30	9	10-14 years	\$70.25	897719
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 7	9	10-14 years	\$70.25	897677

Bronze Star

Prerequisites: Able to swim 300 metres. This level prepares candidates for timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Jul 21	9	10-14 years	\$70.25	897678
Walter Baker	613-580-2788	Mon.-Fri.	11 am-noon	Aug 5	9	10-14 years	\$70.25	897679

Bronze Star and Basic First Aid with CPR-A

Prerequisites: Able to swim 300 metres. Combined course that certifies participants in both Bronze Star and Basic First Aid.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Thu.	6:30-8 pm	Apr 3	9	10-14 years	\$95.25	883407
Bob MacQuarrie-Orléans	613-824-0819	Fri.	6:30-8 pm	Apr 4	9	10-14 years	\$95.25	883409
Bob MacQuarrie-Orléans	613-824-0819	Sun.	6:30-8 pm	Apr 6	9	10-14 years	\$95.25	892107
Bob MacQuarrie-Orléans	613-824-0819	Mon.-Fri.	9:30-11 am	Jul 15	9	10-14 years	\$95.25	903693
Bob MacQuarrie-Orléans	613-824-0819	Mon.-Fri.	9:30-11 am	Aug 12	9	10-14 years	\$95.25	903700
Canterbury	613-247-4865	Thu.	5-6:30 pm	May 1	9	10-14 years	\$95.25	897475
Canterbury	613-247-4865	Tue., Thu.	4:30-6:15 pm	Jul 3	8	10-14 years	\$95.25	901573
Canterbury	613-247-4865	Tue., Thu.	4:30-6 pm	Jul 31	9	10-14 years	\$95.25	901574
Deborah Anne Kirwan Pool	613-247-4820	Sun.	6:30-8 pm	Apr 6	10	10-14 years	\$95.25	882593
Deborah Anne Kirwan Pool	613-247-4820	Mon.-Fri.	8:30-10 am	Jul 28	9	10-14 years	\$95.25	892657
Lowertown Pool	613-244-4406	Fri.	6-7 pm	Apr25	10	10-14 years	\$95.25	895476
Pinecrest	613-828-3118	Sat.	3:30-5 pm	Mar 22	9	10-14 years	\$95.25	902519
Pinecrest	613-828-3118	Fri.	7-8:30 pm	Jul 4	9	10-14 years	\$95.25	902524
Ray Friel	613-830-2747	Sun.	5-6:30 pm	Apr 6	10	10-14 years	\$95.25	898601
Ray Friel	613-830-2747	Tue., Thu.	5:30-7 pm	Jul 3	9	10-14 years	\$95.25	898742
Ray Friel	613-830-2747	Tue., Thu.	5:30-7 pm	Aug 5	9	10-14 years	\$95.25	898745
Splash	613-748-4222	Sun.	8:30-9:30 am	Apr 13	11	10-14 years	\$95.25	891677

Bronze Medallion and Emergency First Aid with CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to complex water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jun 30	9	12-14 years	\$120.50	903713
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jun 30	9	15+ years	\$136	903732
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 28	9	12-14 years	\$120.50	903716
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-12:15 pm	Jul 28	9	15+ years	\$136	903736
Bob MacQuarrie-Orléans	613-824-0819	Fri.	6:30-9:30 pm	Apr 4	10	12-14 years	\$120.50	883410
Bob MacQuarrie-Orléans	613-824-0819	Fri.	6:30-9:30 pm	Apr 4	10	15+ years	\$136	883411
Bob MacQuarrie-Orléans	613-824-0819	Sun.	6-9 pm	Apr 6	10	12-14 years	\$120.50	892119
Bob MacQuarrie-Orléans	613-824-0819	Sun.	6-9 pm	Apr 6	10	15+ years	\$136	892398
Brewer Pool	613-247-4938	Sun.	9 am-noon	Apr 6	10	12-14 years	\$120.50	893775
Brewer Pool	613-247-4938	Sun.	9 am-noon	Apr 6	10	15+ years	\$136	893890
Brewer Pool	613-247-4938	Tue., Thu.	5-8:30 pm	Jul 3	9	12-14 years	\$120.50	902293
Brewer Pool	613-247-4938	Tue., Thu.	5-8:30 pm	Jul 3	9	15+ years	\$136	902297
Canterbury	613-247-4865	Tue., Fri.	5:30-8:30 pm	May 20	10	12-14 years	\$120.50	903382
Canterbury	613-247-4865	Tue., Fri.	5:30-8:30 pm	May 20	10	15+ years	\$136	903385
Canterbury	613-247-4865	Tue., Thu.	5-8:30 pm	Jul 3	8	12-14 years	\$120.50	903547
Canterbury	613-247-4865	Tue., Thu.	5-8:30 pm	Jul 3	8	15+ years	\$136	903560
Canterbury	613-247-4865	Tue., Thu.	5:15-8:30 pm	Jul 31	9	12-14 years	\$120.50	903551
Canterbury	613-247-4865	Tue., Thu.	5:15-8:30 pm	Jul 31	9	15+ years	\$136	903562
Crestview Outdoor Pool	613-225-7250	Mon.-Fri.	9 am-12:30 pm	Aug 5	9	12-14 years	\$120.50	894685
Crestview Outdoor Pool	613-225-7250	Mon.-Fri.	9 am-12:30 pm	Aug 5	9	15+ years	\$136	895072
Deborah Anne Kirwan Pool	613-247-4820	Sun.	6:30-9:30 pm	Apr 6	10	12-14 years	\$120.50	882591
Deborah Anne Kirwan Pool	613-247-4820	Sun.	6:30-9:30 pm	Apr 6	10	15+ years	\$136	882592
Deborah Anne Kirwan Pool	613-247-4820	Mon.-Fri.	8:30-11:45 am	Jul 28	9	12-14 years	\$120.50	892651
Deborah Anne Kirwan Pool	613-247-4820	Mon.-Fri.	8:30-11:45 am	Jul 28	9	15+ years	\$136	892655
Entrance Outdoor Pool	613-829-2705	Mon.-Fri.	9:30 am-1 pm	Jul 21	9	12-14 years	\$120.50	894689
Entrance Outdoor Pool	613-829-2705	Mon.-Fri.	9:30 am-1 pm	Jul 21	9	15+ years	\$136	895060
François Dupuis	613-580-8080	Wed.	4:45-8:30 pm	Mar 19	8	12-14 years	\$120.50	897967
François Dupuis	613-580-8080	Wed.	4:45-8:30 pm	Mar 19	8	15+ years	\$136	897972
François Dupuis	613-580-8080	Mon.-Fri.	9 am-Noon	Jul 14	10	12-14 years	\$120.50	897968

Bronze Medallion and Emergency First Aid with CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to complex water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
François Dupuis	613-580-8080	Mon.-Fri.	9 am-Noon	Jul 14	10	15+ years	\$136	897976
François Dupuis	613-580-8080	Mon.-Fri.	4:30-7:30 pm	Jul 14	10	12-14 years	\$120.50	897969
François Dupuis	613-580-8080	Mon.-Fri.	4:30-7:30 pm	Jul 14	10	15+ years	\$136	897979
François Dupuis	613-580-8080	Mon.-Fri.	4:30-7:30 pm	Aug 11	10	12-14 years	\$120.50	897970
François Dupuis	613-580-8080	Mon.-Fri.	4:30-7:30 pm	Aug 11	10	15+ years	\$136	897984
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Sat.	9 am-noon	Jun 30	10	12-14 years	\$120.50	883791
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Sat.	9 am-noon	Jun 30	10	15+ years	\$136	883793
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Sat.	9 am-noon	Jul 28	10	12-14 years	\$120.50	883792
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Sat.	9 am-noon	Jul 28	10	15+ years	\$136	883794
Kanata Leisure Centre	613-591-9283	Tue.	4:30-8:30 pm	Apr 29	8	12-14 years	\$120.50	887005
Kanata Leisure Centre	613-591-9283	Tue.	4:30-8:30 pm	Apr 29	8	15+ years	\$136	887006
Lowertown Pool	613-244-4406	Mon.	5-8:30 pm	Apr 28	8	12-14 years	\$120.50	897067
Lowertown Pool	613-244-4406	Mon.	5-8:30 pm	Apr 28	8	15+ years	\$136	897077
Lowertown Pool	613-244-4406	Mon.-Fri.	8 am-3pm	Jul 7	5	12-14 years	\$120.50	897143
Lowertown Pool	613-244-4406	Mon.-Fri.	8 am-5pm	Jul 7	5	15+ years	\$136	897144
Nepean Sportsplex	613-580-2828	Tue.	5-8:45 pm	Mar 18	8	12-14 years	\$120.50	891205
Nepean Sportsplex	613-580-2828	Tue.	5-8:45 pm	Mar 18	8	15+ years	\$136	891208
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8:30-11:30 am	Jul 7	10	12-14 years	\$120.50	892447
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8:30-11:30 am	Jul 7	10	15+ years	\$136	892457
Pinecrest	613-828-3118	Sat.	3-6 pm	Mar 22	9	12-14 years	\$120.50	902199
Pinecrest	613-828-3118	Sat.	3-6 pm	Mar 22	9	15+ years	\$136	902216
Pinecrest	613-828-3118	Mon.-Fri.	1-4 pm	Jul 7	9	12-14 years	\$120.50	902442
Pinecrest	613-828-3118	Mon.-Fri.	1-4 pm	Jul 7	9	15+ years	\$136	902448
Pinecrest	613-828-3118	Mon.-Fri.	3-6 pm	Aug 5	9	12-14 years	\$120.50	902443
Pinecrest	613-828-3118	Mon.-Fri.	1-4 pm	Aug 5	9	15+ years	\$136	902449
Plant	613-232-3000	Sun.	4:15-8 pm	Apr 27	8	12-14 years	\$120.50	880843
Plant	613-232-3000	Sun.	4:15-8 pm	Apr 27	8	15+ years	\$120.50	905066
Ray Friel	613-830-2747	Fri.	7-10 pm	Apr 4	10	12-14 years	\$120.50	898602
Ray Friel	613-830-2747	Fri.	7-10 pm	Apr 4	10	15+ years	\$136	898604
Ray Friel	613-830-2747	Sun.	5:30-8:30 pm	Apr 6	10	12-14 years	\$120.50	898603

Bronze Medallion and Emergency First Aid with CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam. Teaches lifesavers how to respond to complex water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Ray Friel	613-830-2747	Sun.	5:30-8:30 pm	Apr 6	10	15+ years	\$136	898607
Ray Friel	613-830-2747	Thu., Tue.	4:15-7:30 pm	Jul 3	9	12-14 years	\$120.50	898746
Ray Friel	613-830-2747	Tue., Thu.	4:15-7:30 pm	Jul 3	9	15+ years	\$136	898752
Ray Friel	613-830-2747	Mon.-Fri.	8-11 am	Jul 14	10	12-14 years	\$120.50	898748
Ray Friel	613-830-2747	Mon.-Fri.	8-11 am	Jul 14	10	15+ years	\$136	898754
Ray Friel	613-830-2747	Tue., Thu.	4:15-7:30 pm	Aug 5	9	12-14 years	\$120.50	898747
Ray Friel	613-830-2747	Tue., Thu.	4:15-7:30 pm	Aug 5	9	15+ years	\$136	898753
Richcraft	613-580-9696	Sun.	9-11:30 am	Mar 23	11	12-14 years	\$120.50	904625
Richcraft	613-580-9696	Sun.	9-11:30 am	Mar 23	11	15+ years	\$136	904622
Sawmill Creek Pool	613-521-4092	Sat.	6-9 pm	Apr 26	10	13-14 years	\$120.50	904517
Sawmill Creek Pool	613-521-4092	Sat.	6-9 pm	Apr 26	10	15+ years	\$136	904518
Splash	613-748-4222	Sun.	8:30-11:30 am	Apr 13	10	12-14 years	\$120.50	903274
Splash	613-748-4222	Sun.	8:30-11:30 am	Apr 13	10	15+ years	\$136	903389
Splash	613-748-4222	Mon.-Fri.	8:30 am-4:30 pm	Jun 30	4	12-14 years	\$120.50	903383
Splash	613-748-4222	Mon. Fri.	8:30 am-4:30 pm	Jun 30	4	15+ years	\$136	903425
St-Laurent Complex	613-742-6767	Sun.	6-9:30 pm	Mar 23	8	12-14 years	\$120.50	894777
St-Laurent Complex	613-742-6767	Sun.	6-9:30 pm	Mar 23	8	15+ years	\$136	894781
Walter Baker	613-580-2788	Thu.	6-9 pm	Mar 27	10	12-14 years	\$120.50	897715
Walter Baker	613-580-2788	Thu.	6-9 pm	Mar 27	10	15+ years	\$136	897717
Walter Baker	613-580-2788	Sun.	4-7:30 pm	Mar 30	9	12-14 years	\$120.50	897714
Walter Baker	613-580-2788	Sun.	4-7:30 pm	Mar 30	9	15+ years	\$136	897716
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Jul 7	10	12-14 years	\$120.50	897673
Walter Baker	613-580-2788	Mon.-Fri.	9 am-noon	Jul 7	10	15+ years	\$136	897675
Walter Baker	613-580-2788	Mon.-Fri.	8 am-3 pm	Aug 25	5	12-14 years	\$120.50	897674
Walter Baker	613-580-2788	Mon.-Fri.	8 am-3 pm	Aug 25	5	15+ years	\$136	897676

Junior Waterfront Lifeguard Club Certification Camp

Calling all future lifeguards! Join us on the beach training in the sport of lifesaving as you work towards earning your Standard First Aid and CPR 'C', Bronze Star, Bronze Medallion and Bronze Cross. Finish off this camp with a lifeguard competition. For extension phone numbers call 613-580-2424, then dial the extension.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Westboro Beach	Extension 16966	Mon.-Fri.	8:15 am-5:30 pm	Jun 30	9	8-14 years	\$425	889595
Westboro Beach	Extension 16966	Mon.-Fri.	8:15 am-5:30 pm	Jun 30	9	15+ years	\$480.25	889645
Westboro Beach	Extension 16966	Mon.-Fri.	8:30 am-5 pm	Jul 14	10	8-14 years	\$425	889598
Westboro Beach	Extension 16966	Mon.-Fri.	8:30 am-5 pm	Jul 14	10	15+ years	\$480.25	889648
Westboro Beach	Extension 16966	Mon.-Fri.	8:15 am-5:30 pm	Jul 28	9	8-14 years	\$425	889603
Westboro Beach	Extension 16966	Mon.-Fri.	8:15 am-5:30 pm	Jul 28	9	15+ years	\$480.25	889895

Bronze Cross and Standard First Aid and CPR-C

Prerequisites: Bronze Medallion and Emergency First Aid combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Crestview Outdoor Pool	613-225-7250	Mon.-Fri.	9 am-1 pm	Jul 7	9	12-14 years	\$133	894675
Crestview Outdoor Pool	613-225-7250	Mon.-Fri.	9 am-1 pm	Jul 7	9	15+ years	\$150.25	894671
Deborah Anne Kirwan Pool	613-247-4820	Sun.	6-9:30 pm	Apr 6	10	12-14 years	\$133	882590
Deborah Anne Kirwan Pool	613-247-4820	Sun.	6-9:30 pm	Apr 6	10	15+ years	\$150.25	882589
Deborah Anne Kirwan Pool	613-247-4820	Mon.-Fri.	8:30 am-noon	Jul 28	9	12-14 years	\$133	892645
Deborah Anne Kirwan Pool	613-247-4820	Mon.-Fri.	8:30 am-noon	Jul 28	9	15+ years	\$150.25	892648
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	9 am-1 pm	Aug 5	9	12-14 years	\$133	894655
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	9 am-1 pm	Aug 5	9	15+ years	\$150.25	894663
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Fri.	9 am-12:30 pm	Jul 14	10	12-14 years	\$133	883797
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Fri.	9 am-12:30 pm	Jul 14	10	15+ years	\$150.25	883795
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Fri.	9 am-12:30 pm	Aug 11	10	12-14 years	\$133	883798
Glen Cairn Outdoor Pool	613-591-9283	Mon.-Fri.	9 am-12:30 pm	Aug 11	10	15+ years	\$150.25	883796
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	3-7:30 pm	May 3	8	12-14 years	\$133	887004
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	3-7:30 pm	May 3	8	15+ years	\$150.25	887003
Nepean Sportsplex	613-580-2828	Wed.	5-8:45 pm	Mar 19	9	12-14 years	\$133	891219
Nepean Sportsplex	613-580-2828	Wed.	5-8:45 pm	Mar 19	9	15+ years	\$150.25	891226
Nepean Sportsplex	613-580-2828	Mon.-Fri.	4:30-8 pm	Jul 7	10	12-14 years	\$133	892474
Nepean Sportsplex	613-580-2828	Mon.-Fri.	4:30-8 pm	Jul 7	10	15+ years	\$150.25	892487

Bronze Cross and Standard First Aid and CPR-C

Prerequisites: Bronze Medallion and Emergency First Aid combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8-11:30 am	Jul 21	10	12-14 years	\$133	892466
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8-11:30 am	Jul 21	10	15+ years	\$150.25	892482
Pinecrest	613-828-3118	Sat.	2:30-6 pm	Mar 22	9	12-14 years	\$133	902247
Pinecrest	613-828-3118	Sat.	2:30-6 pm	Mar 22	9	15+ years	\$150.25	902240
Pinecrest	613-828-3118	Mon.-Fri.	1-4 pm	Jul 21	10	12-14 years	\$133	902440
Pinecrest	613-828-3118	Mon.-Fri.	1-4 pm	Jul 21	10	15+ years	\$150.25	902438
Pinecrest	613-828-3118	Mon.-Fri.	3-6 pm	Aug 18	10	12-14 years	\$133	902441
Pinecrest	613-828-3118	Mon.-Fri.	3-6 pm	Aug 18	10	15+ years	\$150.25	902437
Ray Friel	613-830-2747	Fri.	7-10 pm	Apr 4	10	12-14 years	\$133	898613
Ray Friel	613-830-2747	Fri.	7-10 pm	Apr 4	10	15+ years	\$150.25	898620
Ray Friel	613-830-2747	Sun.	5:30-8:30 pm	Apr 6	10	12-14 years	\$133	898614
Ray Friel	613-830-2747	Sun.	5:30-8:30 pm	Apr 6	10	15+ years	\$150.25	898621
Ray Friel	613-830-2747	Thu., Tue.	4-7:30 pm	Jul 3	9	12-14 years	\$133	898759
Ray Friel	613-830-2747	Tue.-Thu.	4-7:30 pm	Jul 3	9	15+ years	\$150.25	898770
Ray Friel	613-830-2747	Mon.-Fri.	8-11 am	Jul 28	10	12-14 years	\$133	898764
Ray Friel	613-830-2747	Mon.-Fri.	8-11 am	Jul 28	10	15+ years	\$150.25	898776
Ray Friel	613-830-2747	Tue., Thu.	4-7:30 pm	Aug 5	9	12-14 years	\$133	898761
Ray Friel	613-830-2747	Tue., Thu.	4-7:30 pm	Aug 5	9	15+ years	\$150.25	898774
Richcraft	613-580-9696	Sun.	3-6 pm	Mar 23	11	12-14 years	\$133	904630
Richcraft	613-580-9696	Sun.	3-6 pm	Mar 23	11	15+ years	\$150.25	904629
Splash	613-748-4222	Sun.	11:30 am-3 pm	Apr 13	10	12-14 years	\$133	903466
Splash	613-748-4222	Sun.	11:30 am-3 pm	Apr 13	10	15+ years	\$150.25	903471
Splash	613-748-4222	Mon.-Fri.	9 am-3:30 pm	Jul 14	5	12-14 years	\$133	903459
Splash	613-748-4222	Mon.-Fri.	9 am-3:30 pm	Jul 14	5	15+ years	\$150.25	903477
St-Laurent Complex	613-742-6767	Sun.	5:30-9:30 pm	Mar 23	8	12-14 years	\$133	894773
St-Laurent Complex	613-742-6767	Sun.	5:30-9:30 pm	Mar 23	8	15+ years	\$150.25	894767
Walter Baker	613-580-2788	Sat.	4-8pm	Mar 29	9	12-14 years	\$133	897712
Walter Baker	613-580-2788	Sat.	4-8pm	Mar 29	9	15+ years	\$150.25	897713
Walter Baker	613-580-2788	Mon.-Fri.	8:30 am-noon	Jul 21	10	12-14 years	\$133	897668

Bronze Cross and Standard First Aid and CPR-C

Prerequisites: Bronze Medallion and Emergency First Aid combined course that certifies participants in both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Mon.-Fri.	8:30 am-noon	Jul 21	10	15+ years	\$150.25	897671
Walter Baker	613-580-2788	Mon.-Fri.	8 am-3:30 pm	Aug 25	5	12-14 years	\$133	897670
Walter Baker	613-580-2788	Mon.-Fri.	8 am-3:30 pm	Aug 25	5	15+ years	\$150.25	897672

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid. More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment.

Complex	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-noon	Jul 14	10	12-14 years	\$91	903754
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-noon	Jul 14	10	15+ years	\$102.75	903777
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-noon	Aug 11	10	12-14 years	\$91	903757
Bearbrook Outdoor Pool	613-824-8300	Mon.-Fri.	9 am-noon	Aug 11	10	15+ years	\$102.75	903781
Bob MacQuarrie-Orléans	613-824-0819	Fri.	6:30-9:30 pm	Apr 4	10	12-14 years	\$91	883413
Bob MacQuarrie-Orléans	613-824-0819	Fri.	6:30-9:30 pm	Apr 4	10	15+ years	\$102.75	883414
Bob MacQuarrie-Orléans	613-824-0819	Sun.	6-9 pm	Apr 6	10	12-14 years	\$91	892414
Bob MacQuarrie-Orléans	613-824-0819	Sun.	6-9 pm	Apr 6	10	15+ years	\$102.75	892418
Brewer Pool	613-247-4938	Sun.	9 am-noon	Apr 6	9	12-14 years	\$91	894173
Brewer Pool	613-247-4938	Sun.	9 am-noon	Apr 6	9	15+ years	\$102.75	894261
Brewer Pool	613-247-4938	Tue., Thu.	5-9:30 pm	Aug 5	6	12-14 years	\$91	902301
Brewer Pool	613-247-4938	Tue., Thu.	5-9:30 pm	Aug 5	6	15+ years	\$102.75	902302
Canterbury	613-247-4865	Tue., Fri.	5:30-8:30 pm	May 20	10	12-14 years	\$91	903390
Canterbury	613-247-4865	Tue., Fri.	5:30-8:30 pm	May 20	10	15+ years	\$102.75	903393
Canterbury	613-247-4865	Thu., Tue.	5:15-8:30 pm	Jul 3	8	12-14 years	\$91	903563
Canterbury	613-247-4865	Thu., Tue.	5:15-8:30 pm	Jul 3	8	15+ years	\$102.75	903572
Canterbury	613-247-4865	Thu., Tue.	5:30-8:30 pm	Jul 31	9	12-14 years	\$91	903566
Canterbury	613-247-4865	Thu., Tue.	5:30-8:30 pm	Jul 31	9	15+ years	\$102.75	903574
Champagne	613-244-4402	Sat.-Sun.	2-8:45 pm	May 3	4	12-14 years	\$91	897182
Champagne	613-244-4402	Sat.-Sun.	2-8:45 pm	May 3	4	15+ years	\$102.75	897193
Champagne	613-244-4402	Sat.-Sun.	2-8:45 pm	Aug 9	4	12-14 years	\$91	897215

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid. More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment.

Complex	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Champagne	613-244-4402	Sat.-Sun.	2-8:45 pm	Aug 9	4	15+ years	\$102.75	897217
François Dupuis	613-580-8080	Wed.	4:30-8:30 pm	May 14	7	12-14 years	\$91	897993
François Dupuis	613-580-8080	Wed.	4:30-8:30 pm	May 14	7	15+ years	\$102.75	898005
François Dupuis	613-580-8080	Mon.-Fri.	9 am-noon	Jun 30	9	12-14 years	\$91	897995
François Dupuis	613-580-8080	Mon.-Fri.	9 am-noon	Jun 30	9	15+ years	\$102.75	898008
François Dupuis	613-580-8080	Mon.-Fri.	9 am-noon	Jul 28	9	12-14 years	\$91	897999
François Dupuis	613-580-8080	Mon.-Fri.	9 am-noon	Jul 28	9	15+ years	\$102.75	898010
François Dupuis	613-580-8080	Mon.-Fri.	4:30-7:30 pm	Jul 28	9	12-14 years	\$91	898002
François Dupuis	613-580-8080	Mon.-Fri.	4:30-7:30 pm	Jul 28	9	15+ years	\$102.75	898011
Lowertown Pool	613-244-4406	Mon.	5-8 pm	Apr28	9	12-14 years	\$91	897087
Lowertown Pool	613-244-4406	Mon.	5-8 pm	Apr 28	9	15+ years	\$102.75	897095
Lowertown Pool	613-244-4406	Mon.-Fri.	8 am-5pm	Jul 14	5	12-14 years	\$91	897145
Lowertown Pool	613-244-4406	Mon.-Fri.	8 am-5pm	Jul 14	5	15+ years	\$102.75	897148
Plant	613-232-3000	Sun.	4:30-8 pm	Apr 27	8	12-14 years	\$91	880840
Plant	613-232-3000	Sun.	4:30-8 pm	Apr 27	8	15+ years	\$102.75	880841
Sawmill Creek Pool	613-521-4092	Sat.	6-9 pm	Apr 26	9	11-14 years	\$91	904519
Sawmill Creek Pool	613-521-4092	Sat.	6-9 pm	Apr 26	9	15+ years	\$102.75	904520

Standard First Aid with CPR-C and AED

Prerequisite: Combined course that certifies participants in Standard First Aid, CPR-C and AED provider.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Sat.-Sun.	9 am-5 pm	Apr 26	2	14 years	\$115	903794
Bob MacQuarrie-Orléans	613-824-0819	Sat.-Sun.	9 am-5 pm	Apr 26	2	15+ years	\$129.75	903800
Bob MacQuarrie-Orléans	613-824-0819	Sat.-Sun.	9 am-5 pm	Jun 7	2	14 years	\$115	903797
Bob MacQuarrie-Orléans	613-824-0819	Sat.-Sun.	9 am-5 pm	Jun 7	2	15+ years	\$129.75	903801
Bob MacQuarrie-Orléans	613-824-0819	Sat.-Sun.	9 am-5 pm	Aug 9	2	14 years	\$115	903584
Bob MacQuarrie-Orléans	613-824-0819	Sat.-Sun.	9 am-5 pm	Aug 9	2	15+ years	\$129.75	903587
Canterbury	613-247-4865	Sat.-Sun.	8:30 am-4:30 pm	May 24	2	12-14 years	\$91	903333

Standard First Aid with CPR-C and AED

Prerequisite: Combined course that certifies participants in Standard First Aid, CPR-C and AED provider.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Canterbury	613-247-4865	Sat.-Sun.	8:30 am-4:30 pm	May 24	2	15+ years	\$102.75	903327
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	10 am-6 pm	Apr 26	2	14 years	\$115	886994
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	10 am-6 pm	Apr 26	2	15+ years	\$129.75	886995
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	10 am-6 pm	Jun 21	2	14 years	\$115	887000
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	10 am-6 pm	Jun 21	2	15+ years	\$129.75	887001
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	9 am-5 pm	Aug 30	2	14 years	\$115	883805
Kanata Leisure Centre	613-591-9283	Sat.-Sun.	9 am-5 pm	Aug 30	2	15+ years	\$129.75	883806
Lowertown Pool	613-244-4406	Sat.-Sun.	9 am-5 pm	May 24	2	14 years	\$115	897125
Lowertown Pool	613-244-4406	Sat.-Sun.	9 am-5 pm	May 24	2	15+ years	\$129.75	897133
Lowertown Pool	613-244-4406	Mon.-Thu.	9 am-1 pm	Jul 21	4	14 years	\$115	897150
Lowertown Pool	613-244-4406	Mon.-Thu.	9 am-1 pm	Jul 21	4	15+ years	\$129.75	897151
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8 am-5 pm	Apr 5	2	14 years	\$115	891129
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8 am-5pm	Apr 5	2	15-99 years	\$129.75	891136
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8 am-5 pm	Jul 19	2	14 years	\$115	891383
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8 am-5 pm	Jul 19	2	15+ years	\$129.75	891376
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8 am-5 pm	Aug 9	2	14 years	\$115	891385
Nepean Sportsplex	613-580-2828	Sat.-Sun.	8 am-5 pm	Aug 9	2	15+ years	\$129.75	891375
Pinecrest	613-828-3118	Sat.-Sun.	9 am-5 pm	Apr 26	2	14 years	\$115	902222
Pinecrest	613-828-3118	Sat.-Sun.	9 am-5 pm	Apr 26	2	15+ years	\$129.75	902224
Pinecrest	613-828-3118	Tue.-Fri.	10 am-1:30 pm	May 20	4	15+ years	\$129.75	902424
Pinecrest	613-828-3118	Sat.-Sun.	9 am-5 pm	Jun 14	2	14 years	\$115	902228
Pinecrest	613-828-3118	Sat.-Sun.	9 am-5 pm	Jun 14	2	15+ years	\$129.75	902226
Pinecrest	613-828-3118	Sat.-Sun.	9 am-5 pm	Jul 12	2	14 years	\$115	899570
Pinecrest	613-828-3118	Sat.-Sun.	9 am-5 pm	Jul 12	2	15+ years	\$129.75	899566
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Apr 5	2	14 years	\$115	898646
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Apr 5	2	15+ years	\$129.75	898649
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	May 31	2	14 years	\$115	898648
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	May 31	2	15+ years	\$129.75	898650
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Jul 19	2	14 years	\$115	898815
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Jul 19	2	15+ years	\$129.75	898818

Standard First Aid with CPR-C and AED

Prerequisite: Combined course that certifies participants in Standard First Aid, CPR-C and AED provider.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Richcraft	613-580-9696	Sat.-Sun.	9 am-5 pm	May 31	2	14 years	\$115	904639
Richcraft	613-580-9696	Sat.-Sun.	9 am-5 pm	May 31	2	15+ years	\$129.75	904635
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 29	2	14 years	\$115	894826
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Mar 29	2	15+ years	\$129.75	894816
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Apr 26	2	14 years	\$115	894827
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Apr 26	2	15+ years	\$129.75	894818
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Jun 14	2	14 years	\$115	894828
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Jun 14	2	15+ years	\$129.75	894820
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Aug 16	2	14 years	\$115	894830
St-Laurent Complex	613-742-6767	Sat.-Sun.	9 am-5 pm	Aug 16	2	15+ years	\$129.75	894824
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	Apr 12	2	14 years	\$115	897725
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	Apr 12	2	15+ years	\$129.75	897727
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	May 3	2	14 years	\$115	897726
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	May 3	2	15+ years	\$129.75	897728
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	Jul 5	2	12-14 years	\$115	897686
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	Jul 5	2	15+ years	\$129.75	897688
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	Aug 9	2	12-14 years	\$115	897687
Walter Baker	613-580-2788	Sat.-Sun.	9 am-6 pm	Aug 9	2	15+ years	\$129.75	897689

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date A clinic to recertify Lifesaving Standard First Aid, CPR-C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9 am-5 pm	Apr 13	1	14 years	\$75	903802
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9 am-5 pm	Apr 13	1	15+ years	\$84.50	903807
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9 am-5 pm	Jun 15	1	14 years	\$75	903805
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9 am-5 pm	Jun 15	1	15+ years	\$84.50	903808
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9 am-5 pm	Jul 20	1	14 years	\$75	903579

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date A clinic to recertify Lifesaving Standard First Aid, CPR-C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Sun.	9 am-5 pm	Jul 20	1	15+ years	\$84.50	903582
Kanata Leisure Centre	613-591-9283	Sun.	9 am-5 pm	May 25	1	14 years	\$75	886997
Kanata Leisure Centre	613-591-9283	Sun.	9 am-5 pm	May 25	1	15+ years	\$84.50	886998
Kanata Leisure Centre	613-591-9283	Sat.	9 am-5 pm	Aug 9	1	14 years	\$75	883803
Kanata Leisure Centre	613-591-9283	Sat.	9 am-5 pm	Aug 9	1	15+ years	\$84.50	883804
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Apr 12	1	14 years	\$75	891145
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Apr 12	1	15+ years	\$84.50	891157
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Jun 21	1	14 years	\$75	891148
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Jun 21	1	15+ years	\$84.50	891161
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Jul 12	1	14 years	\$75	891324
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Jul 12	1	15+ years	\$84.50	891355
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Jul 26	1	14 years	\$75	891325
Nepean Sportsplex	613-580-2828	Sat.	8 am-5 pm	Jul 26	1	15+ years	\$84.50	891357
Pinecrest	613-828-3118	Sun.	9 am-5 pm	Aug 17	1	14 years	\$75	902187
Pinecrest	613-828-3118	Sun.	9 am-5 pm	Aug 17	1	15+ years	\$84.50	902220
Ray Friel	613-830-2747	Sun.	9 am-5 pm	Apr 27	1	14 years	\$75	898635
Ray Friel	613-830-2747	Sun.	9 am-5 pm	Apr 27	1	15+ years	\$84.50	898638
Ray Friel	613-830-2747	Sun.	9 am-5 pm	May 25	1	14 years	\$75	898637
Ray Friel	613-830-2747	Sun.	9 am-5 pm	May 25	1	15+ years	\$84.50	898639
Ray Friel	613-830-2747	Sun.	9 am-5 pm	Aug 10	1	14 years	\$75	898808
Ray Friel	613-830-2747	Sun.	9 am-5 pm	Aug 10	1	15+ years	\$84.50	898812
Richcraft	613-580-9696	Sun.	9 am-5 pm	Jun 8	1	14 years	\$75	904644
Richcraft	613-580-9696	Sun.	9 am-5 pm	Jun 8	1	15+ years	\$84.50	904642
St-Laurent Complex	613-742-6767	Sun.	9 am-5 pm	May 11	1	14 years	\$75	894848
St-Laurent Complex	613-742-6767	Sun.	9 am-5 pm	May 11	1	15+ years	\$84.50	894852
St-Laurent Complex	613-742-6767	Sun.	9 am-5 pm	Apr 6	1	15+ years	\$84.50	894850
St-Laurent Complex	613-742-6767	Sun.	9 am-5 pm	Aug 6	1	14 years	\$75	894843
St-Laurent Complex	613-742-6767	Sun.	9 am-5 pm	Aug 3	1	14 years	\$75	894846
St-Laurent Complex	613-742-6767	Sun.	9 am-5 pm	Aug 3	1	15+ years	\$84.50	894856

Standard First Aid and CPR+AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date A clinic to recertify Lifesaving Standard First Aid, CPR-C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Sun.	9 am-6 pm	Apr 13	1	15+ years	\$84.50	897731
Walter Baker	613-580-2788	Sun.	9 am-6 pm	May 4	1	15+ years	\$84.50	897732
Walter Baker	613-580-2788	Sun.	9 am-6 pm	Jul 6	1	12-14 years	\$75	897690
Walter Baker	613-580-2788	Sun.	9 am-6 pm	Jul 6	1	15+ years	\$84.50	897692
Walter Baker	613-580-2788	Sun.	9 am-6 pm	Aug 10	1	12-14 years	\$75	897691
Walter Baker	613-580-2788	Sun.	9 am-6 pm	Aug 10	1	15+ years	\$84.50	897693

Standard First Aid with CPR-C

Prerequisite: 13 years of age An in-depth understanding of first aid such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, burns and other medical injuries. Standard first aid certification is the minimal requirement for part time employment with City of Ottawa's Parks, Recreation and Cultural Services Department.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Mon.-Fri.	10 am-1:15 pm	Jun 16	5	15+ years	\$102.75	902430

Standard First Aid with CPR-C Recertification

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date. A review of first aid and CPR skills for those who have previously taken LS Standard First Aid. Practical skills and knowledge will be assessed through scenarios and written evaluation. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Pinecrest	613-828-3118	Sun.	9 am-4 pm	Jun 1	1	12-14 years	\$67.50	902239

Stroke and Skill Development

Prerequisites: 12 years of age, comfortable in deep water and swimming continuously for 100 meters. Recommended for participants enrolling in aquatic certification programs to develop stroke efficiency and skill performance.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	6:30-7:30 pm	May 28	3	12-14 years	\$64.50	902899
Nepean Sportsplex	613-580-2828	Wed.	6:30-7:30 pm	May 28	3	15+ years	\$72.50	902892
Nepean Sportsplex	613-580-2828	Mon.-Fri.	10-11:30 am	Jul 21	5	12-14 years	\$107.25	891435
Nepean Sportsplex	613-580-2828	Mon.-Fri.	10-11:30 am	Jul 21	5	15+ years	\$121	892422

National Lifeguard

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Manual required at additional cost.

Complex	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Sun.	8 am-noon	Apr 6	11	16+ years	\$150.25	894314
General Burns Outdoor Pool	613-225-7970	Mon.-Fri.	9 am-2 pm	Jul 7	9	16+ years	\$150.25	894649
Lowertown Pool	613-244-4406	Mon.	5-10 pm	Apr 28	9	16+ years	\$150.25	897136
Lowertown Pool	613-244-4406	Mon.-Fri., Sun.	8 am-4 pm	Jul 28	6	16+ years	\$150.25	897156
Nepean Sportsplex	613-580-2828	Wed.	5-9:30 pm	Mar 19	10	16+ years	\$150.25	891034
Nepean Sportsplex	613-580-2828	Mon.-Fri.	5-9 pm	Jul 21	10	16+ years	\$150.25	891314
Pinecrest	613-828-3118	Sun.	5-10 pm	Mar 23	9	16+ years	\$150.25	902249
Pinecrest	613-828-3118	Fri.-Sun.	6-9 pm	Jul 4	6	16+ years	\$150.25	902420
Richcraft	613-580-9696	Sat.	3-7 pm	Mar 22	11	16+ years	\$150.25	904633
Sawmill Creek Pool	613-521-4092	Sun.	3-7 pm	Apr 13	11	16+ years	\$150.25	904522
Splash	613-748-4222	Sun.	3-7:30 pm	Apr 13	10	16+ years	\$150.25	903523
Splash	613-748-4222	Mon.-Fri.	8 am-12:45 pm	Jul 21	10	16+ years	\$150.25	903593
St-Laurent Complex	613-742-6767	Sat.	4-9 pm	Mar 22	9	16+ years	\$150.25	894860
Walter Baker	613-580-2788	Sun.	1:30-7 pm	Mar 30	9	16+ years	\$150.25	897736
Walter Baker	613-580-2788	Tue.-Sat., Mon.	9 am-3 pm	Aug 5	10	16+ years	\$150.25	897694
Walter Baker	613-580-2788	Sun.-Fri.	8 am-5 pm	Aug 24	6	16+ years	\$150.25	897695

National Lifeguard and Airway Management

Prerequisites: 16 years of age by last day of course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). National award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Airway Management certification included. Required additional 2-hour assignment. Manual fee extra.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bearbrook	613-824-8300	Mon.-Fri.	9am-2:30 pm	Jul 14	10	16+ years	\$173.75	903783
Bearbrook	613-824-8300	Mon.-Fri.	9am-1:45 pm	Aug 11	10	16+ years	\$173.75	903784
Bob MacQuarrie-Orléans	613-824-0819	Sun.	5-9:45 pm	Apr 6	10	16+ years	\$173.75	892497
Canterbury	613-247-4865	Sat.-Sun.	8:30 am-4:30 pm	May 31	7	16+ years	\$173.75	903343
Kanata Leisure Centre	613-591-9283	Sun.	3-9 pm	May 4	8	16+ years	\$173.75	887002
Kanata Leisure Centre	613-591-9283	Sun.	2:30-8 pm	Jul 6	9	16+ years	\$173.75	883802

National Lifeguard and Airway Management

Prerequisites: 16 years of age by last day of course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). National award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Airway Management certification included. Required additional 2-hour assignment. Manual fee extra.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Ray Friel	613-830-2747	Sat.	5-9:30 pm	Apr 5	10	16+ years	\$173.75	898624
Ray Friel	613-830-2747	Sun.	4-8:30 pm	Apr 6	10	16+ years	\$173.75	898627
Ray Friel	613-830-2747	Mon.-Fri.	8 am-12:15 pm	Aug 11	10	16+ years	\$173.75	898795

National Lifeguard Recertification

Prerequisite: National Lifeguard certification Designed to test the lifeguarding skills and knowledge in order to maintain current certification at the National Lifeguard level.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Sun.	12:30-4:30 pm	Apr 13	1	16+ years	\$68.50	892531
Bob MacQuarrie-Orléans	613-824-0819	Sun.	12:30-4:30 pm	May 25	1	16+ years	\$68.50	892535
Bob MacQuarrie-Orléans	613-824-0819	Sun.	1-5 pm	Jul 13	1	16+ years	\$68.50	903569
Champagne	613-244-4402	Sat.	2-6 pm	Apr 26	1	16+ years	\$68.50	897201
Champagne	613-244-4402	Sat.	2-6 pm	May 10	1	16+ years	\$68.50	897204
Champagne	613-244-4402	Sat.	2-6 pm	May 24	1	16+ years	\$68.50	897208
Champagne	613-244-4402	Sat.	2-6 pm	Jul 26	1	16+ years	\$68.50	897218
Champagne	613-244-4402	Sat.	2-6 pm	Aug 9	1	16+ years	\$68.50	897219
Champagne	613-244-4402	Sat.	2-6 pm	Aug 23	1	16+ years	\$68.50	897220
Kanata Leisure Centre	613-591-9283	Fri.	4-8 pm	Aug 29	1	16+ years	\$68.50	883801
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Apr 23	1	16+ years	\$68.50	891088
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Jun 4	1	16+ years	\$68.50	891102
Nepean Sportsplex	613-580-2828	Sat.	9 am-1 pm	Jul 26	1	16+ years	\$68.50	891318
Pinecrest	613-828-3118	Sat.	5-9 pm	May 24	1	16+ years	\$68.50	902432
Pinecrest	613-828-3118	Sat.	5-9 pm	Jun 7	1	16+ years	\$68.50	902433
Ray Friel	613-830-2747	Sat.	4-8 pm	Apr 26	1	16+ years	\$68.50	898631
Ray Friel	613-830-2747	Sat.	4-8 pm	Jun 7	1	16+ years	\$68.50	898632
Ray Friel	613-830-2747	Sat.	4-8 pm	Aug 9	1	16+ years	\$68.50	898805
Richcraft	613-580-9696	Sun.	3-7 pm	May 11	1	16+ years	\$68.50	904660
Sawmill Creek Pool	613-521-4092	Sat.	6-10 pm	Jun 7	1	16+ years	\$68.50	904532
Splash	613-748-4222	Sat.	6-10 pm	Apr 26	1	16+ years	\$68.50	904351

National Lifeguard Recertification

Prerequisite: National Lifeguard certification Designed to test the lifeguarding skills and knowledge in order to maintain current certification at the National Lifeguard level.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Splash	613-748-4222	Sat.	6-10 pm	Jun 14	1	16+ years	\$68.50	904352
Splash	613-748-4222	Sat.	6-10 pm	Aug 23	1	16+ years	\$68.50	904353
St-Laurent Complex	613-742-6767	Sat.	5-9 pm	Apr 5	1	16+ years	\$68.50	894868
St-Laurent Complex	613-742-6767	Sat.	5-9 pm	May 10	1	16+ years	\$68.50	894870
St-Laurent Complex	613-742-6767	Sat.	5-9 pm	Jun 28	1	16+ years	\$68.50	894871
St-Laurent Complex	613-742-6767	Sat.	5-9 pm	Jul 26	1	16+ years	\$68.50	894874
Walter Baker	613-580-2788	Fri.	6-10 pm	Mar 21	1	16+ years	\$68.50	897737
Walter Baker	613-580-2788	Fri.	6-10 pm	Apr 11	1	16+ years	\$68.50	897738
Walter Baker	613-580-2788	Fri.	6-10 pm	May 9	1	16+ years	\$68.50	897739
Walter Baker	613-580-2788	Fri.	6-10 pm	Jun 6	1	16+ years	\$68.50	897740
Walter Baker	613-580-2788	Fri.	6-10 pm	Jul 4	1	16+ years	\$68.50	897696
Walter Baker	613-580-2788	Fri.	6-10 pm	Jul 25	1	16+ years	\$68.50	897697
Walter Baker	613-580-2788	Fri.	6-10 pm	Aug 22	1	16+ years	\$68.50	897698

National Lifeguard Waterfront

Prerequisites: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol, and NLS Waterfront option for the National Lifeguarding Service Award.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Mooney's Bay Park	Extension 16966	Fri.-Sun.	5-9 pm	Jun 20	3	16+ years	\$150.25	889328

NLS Recertification Waterfront

Designed to test the lifeguarding skills and knowledge at a waterfront in order to maintain current certification at the National Lifeguard level.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Mooney's Bay Park	Extension 16966	Tue.	5-9 pm	Jun 17	1	16+ years	\$68.50	889077

Stroke and Skill Development

Prerequisites: 14 years of age, comfortable in deep water and swimming continuously for 100 meters. Recommended for participants enrolling in aquatic certification programs to develop stroke efficiency and skill performance.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	6:30-7:30 pm	May 28	3	15+ years	\$72.50	902892
Nepean Sportsplex	613-580-2828	Mon.-Fri.	10-11:30 am	Jul 21	5	15+ years	\$121	892422

Red Cross Assistant Water Safety Instructor

Prerequisites: 15 years of age by the last day of the course & ability to perform Red Cross Swim Kids 10 strokes & skills. Candidates not able to do this will be required to take an additional workshop to assist in their stroke and skill efficiency. Prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level. 100% attendance is required. A minimum of 16 hours of apprentice teaching will be required once course has started and outside of class time. Manual required at additional cost.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Fri.-Sun.	5-10 pm	Apr 4	5	15+ years	\$146	892545
Bob MacQuarrie-Orléans	613-824-0819	Fri.-Sun.	5-10 pm	Jul 4	5	15+ years	\$146	892635
Brewer Pool	613-247-4938	Wed.	5-8:30 pm	Apr 2	9	15+ years	\$146	893253
Canterbury	613-247-4865	Sun.	Noon-4 pm	Jul 6	8	15+ years	\$146	903395
François Dupuis	613-580-8080	Mon.-Fri.	4:30-8 pm	Jun 30	9	15+ years	\$146	898017
François Dupuis	613-580-8080	Mon.-Fri.	9 am-noon	Aug 11	10	15+ years	\$146	898020
Lowertown Pool	613-244-4406	Sun.	Noon-4 pm	Apr 27	8	15+ years	\$146	897103
Lowertown Pool	613-244-4406	Sat.	9 am-4 pm	Jul 5	4	15+ years	\$146	897149
Nepean Sportsplex	613-580-2828	Mon.	5-9:15 pm	Mar 17	7	15+ years	\$146	887808
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8-11:30 am	Jul 7	10	15+ years	\$146	891284
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8 am-noon	Aug 5	9	15+ years	\$146	891288
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8-11:30 am	Aug 18	10	15+ years	\$146	891289
Pinecrest	613-828-3118	Fri.	6:30-10 pm	Jul 4	9	15+ years	\$146	902468
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Mar 15	4	15+ years	\$146	898654
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Jun 14	4	15+ years	\$146	898658
Ray Friel	613-830-2747	Sat.-Sun.	9 am-5 pm	Jul 26	4	15+ years	\$146	898824
Richcraft	613-580-9696	Tue.	5-8:45 pm	Mar 25	8	15+ years	\$146	904651
Richcraft	613-580-9696	Mon.-Fri.	1:30-5 pm	Jun 30	9	15+ years	\$146	904661
Richcraft	613-580-9696	Mon.-Fri.	1:30-5 pm	Jul 28	9	15+ years	\$146	904662
Sawmill Creek Pool	613-521-4092	Sun.	11:30 am-7:30 pm	Mar 23	4	15+ years	\$146	904537

Red Cross Assistant Water Safety Instructor

Prerequisites: 15 years of age by the last day of the course & ability to perform Red Cross Swim Kids 10 strokes & skills. Candidates not able to do this will be required to take an additional workshop to assist in their stroke and skill efficiency. Prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level. 100% attendance is required. A minimum of 16 hours of apprentice teaching will be required once course has started and outside of class time. Manual required at additional cost.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Splash	613-748-4222	Fri.	5-8 pm	Apr 11	10	15+ years	\$146	903486
Splash	613-748-4222	Mon.-Fri.	9 am-3:30 pm	Jul 7	5	15+ years	\$146	903516
St-Laurent Complex	613-742-6767	Sat.	12:30-8:30 pm	Mar 22	4	15+ years	\$146	894785
St-Laurent Complex	613-742-6767	Sun.	12:30-8:30 pm	Jul 6	4	15+ years	\$146	894789
Walter Baker	613-580-2788	Sat.	9 am-4 pm	Mar 29	5	15+ years	\$146	897720
Walter Baker	613-580-2788	Mon.-Fri.	8:30 am-noon	Jul 7	9	15+ years	\$146	897680
Walter Baker	613-580-2788	Mon.-Fri	8:30 am-noon	Aug 5	9	15+ years	\$146	897681

Red Cross Water Safety Instructor

Prerequisites: 15 years of age by the last day of the course, RC Assistant Water Safety Instructor, and proof of completion of 16 hours of apprentice teaching Further prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level. 100% attendance is required. Manual required at additional cost.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Sat.	8 am-1 pm	Apr 5	5	16+ years	\$138.75	893206
Canterbury	613-247-4865	Sat.-Sun.	9 am-4 pm	Jun 21	4	15+ years	\$138.75	903368
Lowertown Pool	613-244-4406	Mon.-Fri.	8 am-1:30 pm	Aug 11	5	15+ years	\$138.75	897162
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8:30-11:30 am	Jul 21	10	15+ years	\$138.75	891306
Nepean Sportsplex	613-580-2828	Mon.-Fri.	4-9 pm	Aug 11	5	15+ years	\$138.75	891309
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8-11:30 am	Aug 25	5	15+ years	\$138.75	891310
Ray Friel	613-830-2747	Sun.	3-8 pm	May 4	5	15+ years	\$138.75	898666
Ray Friel	613-830-2747	Mon.-Fri.	8 am-1 pm	Jul 7	5	15+ years	\$138.75	898830
Ray Friel	613-830-2747	Mon.-Fri.	8 am-1 pm	Aug 25	5	15+ years	\$138.75	898832
Richcraft	613-580-9696	Tue.	5-9:15 pm	May 20	6	15+ years	\$138.75	904654
Richcraft	613-580-9696	Mon.-Fri.	8:30 am-1:30 pm	Jul 21	5	15+ years	\$138.75	904663
Richcraft	613-580-9696	Mon.-Fri.	8:30 am-1:30 pm	Aug 18	5	15+ years	\$138.75	904664
Sawmill Creek Pool	613-521-4092	Fri.-Sun.	5-9 pm	May 23	4	15+ years	\$138.75	904528
St-Laurent Complex	613-742-6767	Sat.	12:30-8:30 pm	May 31	3	15+ years	\$138.75	894795
St-Laurent Complex	613-742-6767	Sun.	12:30-8:30 pm	Aug 10	3	15+ years	\$138.75	894796

Red Cross Water Safety Instructor

Prerequisites: 15 years of age by the last day of the course, RC Assistant Water Safety Instructor, and proof of completion of 16 hours of apprentice teaching. Further prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level. 100% attendance is required. Manual required at additional cost.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Sat.-Sun.	9 am-4 pm	Mar 22	4	15+ years	\$138.75	897722
Walter Baker	613-580-2788	Sat.-Sun.	9 am-4 pm	May 24	4	15+ years	\$138.75	897723
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Jul 21	5	15+ years	\$138.75	897682
Walter Baker	613-580-2788	Mon.-Fri.	8 am-2 pm	Aug 25	5	15+ years	\$138.75	897683

Red Cross Water Safety Instructor & Lifesaving Society Instructor Combined

Prerequisites: 16 years of age by the last day of the course, RC Assistant Water Safety Instructor, proof of completion of 16 hours of apprentice teaching, and Bronze Cross or NLS. Combined option for Red Cross Water Safety Instructor and LS Lifesaving Instructor certifications. Progressively evaluated so 100% attendance is required.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Thu.-Sun.	5-9 pm	Jun 12	7	16+ years	\$255.25	903789
Bob MacQuarrie-Orléans	613-824-0819	Thu.-Sun.	5-9 pm	Aug 7	7	16+ years	\$255.25	903670
Splash	613-748-4222	Mon.-Fri.	9 am-2 pm	Aug 5	9	16+ years	\$255.25	904350

Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Bob MacQuarrie-Orléans	613-824-0819	Sat.	1-5 pm	Jun 14	1	16+ years	\$68.50	892522
Bob MacQuarrie-Orléans	613-824-0819	Sun.	1-5 pm	Aug 17	1	16+ years	\$68.50	903677
François Dupuis	613-580-8080	Sun.	1-7 pm	Mar 16	1	16+ years	\$68.50	898579
François Dupuis	613-580-8080	Sun.	9 am-3 pm	Jul 6	1	16+ years	\$68.50	898577
Lowertown Pool	613-244-4406	Sun.	noon-6 pm	May 18	1	16+ years	\$68.50	897137
Lowertown Pool	613-244-4406	Sat.	noon-6 pm	Jun 21	1	16+ years	\$68.50	897138
Nepean Sportsplex	613-580-2828	Sat.	3-9 pm	Mar 29	1	16+ years	\$68.50	891193
Nepean Sportsplex	613-580-2828	Sat.	3-9 pm	Jun 21	1	16+ years	\$68.50	891195
Nepean Sportsplex	613-580-2828	Sun.	noon-6 pm	Jul 20	1	16+ years	\$68.50	892432
Pinecrest	613-828-3118	Sun.	6-10 pm	Apr 6	1	16+ years	\$68.50	902476
Pinecrest	613-828-3118	Sat.	2:30-6:30 pm	Jul 19	1	16+ years	\$68.50	902478
Pinecrest	613-828-3118	Sat.	2:30-6:30 pm	Aug 16	1	16+ years	\$68.50	902511

Red Cross Water Safety Instructor Recertification

Required clinic to maintain RC WSI certification. Opportunity to share ideas, review skills and address areas of challenge.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Plant	613-232-3000	Sat.	5-9 pm	May 10	1	16+ years	\$68.50	898145
Plant	613-232-3000	Sat.	5-9 pm	May 24	1	16+ years	\$68.50	898152
Plant	613-232-3000	Sat.	5-9 pm	Jun 7	1	16+ years	\$68.50	898154
Plant	613-232-3000	Sat.	5-9 pm	Jun 21	1	16+ years	\$68.50	898157
Plant	613-232-3000	Sun.	5-9 pm	Jul 13	1	16+ years	\$68.50	898782
Plant	613-232-3000	Sun.	5-9 pm	Jul 27	1	16+ years	\$68.50	898796
Plant	613-232-3000	Sun.	5-9 pm	Aug 10	1	16+ years	\$68.50	898797
Ray Friel	613-830-2747	Sun.	9 am-1 pm	Mar 9	1	16+ years	\$68.50	898668
Ray Friel	613-830-2747	Sun.	9 am-1 pm	Jul 13	1	16+ years	\$68.50	898675
Richcraft	613-580-9696	Wed.	5-9 pm	Jun 18	1	16+ years	\$68.50	904657
Sawmill Creek Pool	613-521-4092	Sat.	5-9 pm	May 10	1	16+ years	\$68.50	904525
Splash	613-748-4222	Sun.	3-9 pm	May18	1	16+ years	\$68.50	904356
Walter Baker	613-580-2788	Sun.	noon-4 pm	Apr 13	1	16+ years	\$68.50	897747
Walter Baker	613-580-2788	Sun.	noon-4 pm	Jun 8	1	16+ years	\$68.50	897748
Walter Baker	613-580-2788	Sat.	noon-4 pm	Jul 19	1	16+ years	\$68.50	897710
Walter Baker	613-580-2788	Sat.	noon-4 pm	Aug 23	1	16+ years	\$68.50	897711

Lifesaving Instructor

Prerequisites: 16 years of age by the last day of the course, Bronze Cross or NLS Training for instructors that allow them to teach the LS Swim Patrol levels, Bronze Star, Bronze Medallion and Bronze Cross. Includes lesson design, advanced skill progressions, and adult learning principles. Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Brewer Pool	613-247-4938	Sat.	8 am-1 pm	Jun 7	4	16+ years	\$116.50	893232
Lowertown Pool	613-244-4406	Fri.-Sat.	5-9 pm	May 2	3	16+ years	\$116.50	897139
Lowertown Pool	613-244-4406	Tue.-Fri.	8 am-1:30pm	Aug 5	4	16+ years	\$116.50	897168
Nepean Sportsplex	613-580-2828	Sun.	3-7 pm	Mar 23	5	16+ years	\$116.50	887809
Nepean Sportsplex	613-580-2828	Mon.-Fri.	8 am-noon	Aug 18	5	16+ years	\$116.50	891300
Sawmill Creek Pool	613-521-4092	Fri.-Sun.	5-9 pm	Jun 13	3	16+ years	\$116.50	904534

Lifesaving Instructor

Prerequisites: 16 years of age by the last day of the course, Bronze Cross or NLS Training for instructors that allow them to teach the LS Swim Patrol levels, Bronze Star, Bronze Medallion and Bronze Cross. Includes lesson design, advanced skill progressions, and adult learning principles. Progressively evaluated so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
St-Laurent Complex	613-742-6767	Fri.	5-10 pm	May 23	4	16+ years	\$116.50	894792
Walter Baker	613-580-2788	Sat.-Sun.	9 am-3 pm	May 3	4	16+ years	\$116.50	897724
Walter Baker	613-580-2788	Mon.-Fri.	8 am-12:30 pm	Jul 28	5	16+ years	\$116.50	897684
Walter Baker	613-580-2788	Mon.-Fri.	8 am-12:30 pm	Aug 18	5	16+ years	\$116.50	897685

AED

Prerequisite: Lifesaving Society CPR-A or higher certification. Build on the skills and knowledge learned in First Aid and CPR courses. AED provides knowledge of how the heart works, when defibrillation is required, AED maintenance and reporting protocols.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Mar 26	1	16+ years	\$34.75	891181
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	May 7	1	16+ years	\$34.75	891184
Pinecrest	613-828-3118	Sat.	9 am-1 pm	May 31	1	16+ years	\$34.75	902250
Pinecrest	613-828-3118	Sun.	9 am-1 pm	Jul 27	1	16+ years	\$34.75	902255
Plant	613-232-3000	Sat.	noon-4 pm	May 3	1	16+ years	\$34.75	898168
Plant	613-232-3000	Mon.	5:30-9:30 pm	May 12	1	16+ years	\$34.75	898175
Plant	613-232-3000	Mon.	5:30-9:30 pm	Jun 9	1	16+ years	\$34.75	898177
Plant	613-232-3000	Fri.	5-9 pm	Jul 4	1	16+ years	\$34.75	898181
Plant	613-232-3000	Sat.	1-5 pm	Jul 19	1	16+ years	\$34.75	898182
Plant	613-232-3000	Sat.	1-5 pm	Aug 16	1	16+ years	\$34.75	898183
Splash	613-748-4222	Fri.	5-9 pm	May 9	1	16+ years	\$34.75	904355
St-Laurent Complex	613-742-6767	Sun.	9 am-1 pm	Apr 13	1	16+ years	\$34.75	894878
St-Laurent Complex	613-742-6767	Sun.	9 am-1 pm	May 4	1	16+ years	\$34.75	894879
St-Laurent Complex	613-742-6767	Sun.	9 am-1 pm	Jun 22	1	16+ years	\$34.75	894880
St-Laurent Complex	613-742-6767	Sun.	9 am-1 pm	Jul 13	1	16+ years	\$34.75	894882
Walter Baker	613-580-2788	Fri.	6-10 pm	Apr 4	1	16+ years	\$34.75	897741
Walter Baker	613-580-2788	Fri.	6-10 pm	May 2	1	16+ years	\$34.75	897742
Walter Baker	613-580-2788	Sat.	9 am-1 pm	Jul 12	1	16+ years	\$34.75	897699
Walter Baker	613-580-2788	Sun.	9 am-1 pm	Jul 27	1	16+ years	\$34.75	897700
Walter Baker	613-580-2788	Sun.	9 am-1 pm	Aug 17	1	16+ years	\$34.75	897701

Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Kanata Leisure Centre	613-591-9283	Sun.	10 am-2 pm	May 11	1	16+ years	\$34.75	886996
Kanata Leisure Centre	613-591-9283	Sat.	10 am-2 pm	Jul 19	1	16+ years	\$34.75	883799
Kanata Leisure Centre	613-591-9283	Sat.	10 am-2 pm	Aug 16	1	16+ years	\$34.75	883800
Lowertown Pool	613-244-4406	Sun.	noon-4 pm	Jul 20	1	16+ years	\$34.75	897171
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Apr 16	1	16+ years	\$34.75	891116
Nepean Sportsplex	613-580-2828	Wed.	5-9 pm	Jun 11	1	16+ years	\$34.75	891117
Pinecrest	613-828-3118	Sat.	1-5 pm	May 31	1	16+ years	\$34.75	902252
Pinecrest	613-828-3118	Sat.	9 am-1 pm	Jul 26	1	16+ years	\$34.75	899576
Pinecrest	613-828-3118	Sun.	1-5 pm	Aug 10	1	16+ years	\$34.75	902259
Plant	613-232-3000	Mon.	5:30-9:30 pm	Jun 2	1	16+ years	\$34.75	898178
Plant	613-232-3000	Sat.	noon-4 pm	Jun 7	1	16+ years	\$34.75	898179
Plant	613-232-3000	Sat.	5:30-9:30 pm	Jun 28	1	16+ years	\$34.75	898180
Plant	613-232-3000	Fri.	5-9 pm	Jul 11	1	16+ years	\$34.75	898633
Plant	613-232-3000	Sat.	1-5 pm	Jul 26	1	16+ years	\$34.75	898641
Plant	613-232-3000	Fri.	5-9 pm	Aug 8	1	16+ years	\$34.75	898643
Plant	613-232-3000	Sat.	1-5 pm	Aug 23	1	16+ years	\$34.75	898645
Ray Friel	613-830-2747	Sat.	8 am-noon	May 3	1	16+ years	\$34.75	898838
Ray Friel	613-830-2747	Sat.	8 am-noon	Jul 12	1	16+ years	\$34.75	898839
Splash	613-748-4222	Fri.	5-9 pm	May 2	1	16+ years	\$34.75	904354
St-Laurent Complex	613-742-6767	Sun.	2-6 pm	Apr 13	1	16+ years	\$34.75	894885
St-Laurent Complex	613-742-6767	Sun.	2-6 pm	May 4	1	16+ years	\$34.75	894886
St-Laurent Complex	613-742-6767	Sun.	2-6 pm	Jun 22	1	16+ years	\$34.75	894889
St-Laurent Complex	613-742-6767	Sun.	2-6 pm	Jul 13	1	16+ years	\$34.75	894892
Walter Baker	613-580-2788	Fri.	6-10 pm	Mar 28	1	16+ years	\$34.75	897743
Walter Baker	613-580-2788	Fri.	6-10 pm	Apr 25	1	16+ years	\$34.75	897744
Walter Baker	613-580-2788	Fri.	6-10 pm	May 16	1	16+ years	\$34.75	897745
Walter Baker	613-580-2788	Fri.	6-10 pm	May 23	1	16+ years	\$34.75	897746
Walter Baker	613-580-2788	Sat.	2-6 pm	Jul 12	1	16+ years	\$34.75	897702
Walter Baker	613-580-2788	Sun.	2-6 pm	Jul 27	1	16+ years	\$34.75	897703
Walter Baker	613-580-2788	Sun.	2-6 pm	Aug 17	1	16+ years	\$34.75	897704

Advanced Instructor and Examiner Awards

Advanced Instructor

Prerequisite: LS Lifesaving Instructor Provides additional training for instructors who wish to teach the advanced aquatic awards. This course does not require recertification.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Lowertown Pool	613-244-4406	Sat.	9 am-2 pm	Jun 7	1	16+ years	\$61.25	897140
St-Laurent Complex	613-742-6767	Wed.	4:30-9:30 pm	Apr 16	1	16+ years	\$61.25	895147

Aquatic Supervisor Training (AST)

Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification; and 100 hours experience as a lifeguard and/or instructor. AST provides candidates with the knowledge that prepares them for the responsibilities associated with being aquatic supervisors, head guards and head instructors. Participants will learn provincial regulations, legal responsibilities, facility management, supervisory and communication skills and risk management.

Complex	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Walter Baker	613-580-2788	Wed.	5-10 pm	Apr 30	2	16+ years	\$94.75	897749

Examiners Standards Clinic

Prerequisite: Instructor certification in the award(s) the instructor wishes to be appointed to examine Initial step in obtaining Lifesaving Society examiner status. Experienced Lifesaving Instructors must participate in this clinic and then complete co-exams with a certified examiner.

Location	Phone #	Day	Time	Start Date	Classes	Age	Cost	Barcode
Kanata Leisure Centre	613-591-9283	Sun.	9 am-2 pm	Jun 15	1	16+ years	\$31.50	886999
Lowertown Pool	613-244-4406	Sat.	2-7 pm	Jun 14	1	16+ years	\$31.50	897141
St-Laurent Complex	613-742-6767	Thu.	4:30-9:30 pm	Apr 17	1	16+ years	\$31.50	895155