


**AURORA FAMILY LEISURE COMPLEX**  
 135 Industrial Parkway North | 905-841-7529  
 Desjardins Pool

**SEPTEMBER 3 - DECEMBER 20, 2024**

DAY	LANE SWIM & SPA	SILVER SWIMMERS	LEISURE SWIM
Mon & Wed	6:00am - 9:00am 12:00pm - 2:00pm 4:00pm - 5:00pm* 8:30pm - 10:00pm *Available: Sept 30 to Dec 9	12:00pm - 12:30pm	
Tue & Thu	6:00am - 9:00am 11:30am - 1:00pm 8:30pm - 10:00pm	11:00am - 11:30am	9:30am - 10:30am
Fri	6:00am - 9:00am 11:30am - 1:00pm 4:00pm - 6:00pm* *Available: Oct 4 to Dec 6	11:00am - 11:30am	
Sat	8:00am - 9:30am	<b>SENSORY SWIM</b>	
Sun	8:00am - 9:30am	1:30pm - 2:30pm* *Adapted Sensory Swim	

**SWIM & HOLIDAY SCHEDULES**

Visit [www.aurora.ca/aquatics](http://www.aurora.ca/aquatics) for the most up-to-date swimming information.

**SARC POOL CLOSURE**  
 September 3 to 15, 2024

SARC Pool will be closed for annual maintenance.  
 View AFLC revised swim schedule online at [www.aurora.ca/aquatics](http://www.aurora.ca/aquatics).

**HOLIDAY REVISED SCHEDULE**

Winter Holiday Schedule: December 21, 2024 to January 3, 2025  
 Visit [www.aurora.ca/aquatics](http://www.aurora.ca/aquatics) for revised swim schedule.

**SWIM DESCRIPTIONS**

**Lane Swim** - For those wishing to utilize the pool for fitness and endurance. Participants are asked to swim continuously and in the lane appropriate to their speed.

**Therapy Pool** - Intended for swimmers of all ages to use the Therapy Pool only, but not exclusive to therapeutic purposes. Limited equipment may be provided at this time. Therapy Pool is only available at the SARC.

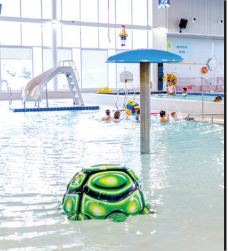
**Silver Swimmers** - This program is to provide Older Adult Swimmers (55 yrs+) an opportunity to use the pool in a comfortable self-paced atmosphere with other older adult swimmers. This is a chance to get into the water and swim, or exercise at your own pace.

**Leisure Swim** - Fun and enjoyment for all ages.

**Adapted Sensory Swim** - Public swim designed for individuals with exceptionalities to enjoy and experience swimming in a quieter environment. No music and minimal noise levels.

**STRONACH AURORA RECREATION COMPLEX**  
 1400 Wellington St. East | 905-726-4770  
 Canadian Tire Aquatic Centre

**SEPTEMBER 16 - DECEMBER 20, 2024**

DAY	LANE SWIM & THERAPY POOL	LEISURE SWIM	
Mon & Wed	7:30am - 9:00am 11:00am - 1:00pm 9:00pm - 10:30pm		
Tue & Thu	7:30am - 9:00am 11:00am - 1:00pm 9:00pm - 10:30pm		
Fri	7:30am - 9:00am 11:00am - 1:00pm		
Sat	12:30pm - 2:00pm		2:15pm - 3:45pm
Sun	12:30pm - 2:00pm		2:15pm - 3:45pm

**ADMISSION FEES** (HST Included)

**Under 4 Years**

Free

**4 to 17 Years**

\$3.12 per person (per visit) | \$24.96 for 10 x visits

**Adult (18 to 54 years)**

\$5.00 per person (per visit) | \$40.00 for 10 x visits

**Older Adult (55 years and older)**

\$3.85 per person (per visit) | \$30.78 for 10 x visits

**DESJARDINS DAYS**

For schedules and up-to-date information, please visit [www.aurora.ca/desjardinsdays](http://www.aurora.ca/desjardinsdays)



# GENERAL AQUATIC INFORMATION

## GENERAL POOL RULES

- Disposable and cloth diapers are not permitted in the water. Please use swim diapers designed for pool use.
- Individuals with a serious medical condition should be accompanied in the water with another individual knowledgeable of their condition and inform the lifeguard.
- Those infected with a communicable disease or having open sores on their body will not be admitted to the swimming pool.
- Please do not bring food and/or beverages onto pool decks or viewing galleries. Only water contained in plastic or non-breakable containers is permissible.

## BEFORE SWIMMING LESSONS START

The Town of Aurora Aquatics Team will email session information prior to the first swim lesson. Please ensure your email is updated in e-PLAY to receive this information.

## WHAT LEVEL SHOULD I REGISTER IN?

If you are unsure of your child's swim level, please see one of the Aquatic staff for a free evaluation during any Leisure Swim.

## POOL FOULING/CLOSURE

Where a pool is closed due to a fouling, we will attempt to move classes to a different pool. If less than half the class has passed when this happens and we cannot accommodate moving, a credit may be applied to your account. To reduce these situations, please ensure children not toilet trained are wearing snug fitting plastic pants or swim diapers.

## MAKE-UP LESSONS

Make-up classes or credits due to participant illness or personal commitments will not be available.

## PARENT'S DAY & PICTURE DAY

Parent's Day is week 5 of the season. Picture Day is week 6 of the season. Please refer to the email sent to all parents at the start of the session for all details.

## CELL PHONES, FILMING AND PHOTOGRAPHY

Please note that to ensure the privacy of others, the use of cell phone devices, filming or photography will not be permitted in the change rooms, viewing gallery or pool area during swimming programs or recreational swims.

## STROLLERS, WHEELCHAIRS & ASSISTIVE MOBILITY DEVICES

Strollers are not permitted on the pool deck. Wheelchairs and assistive mobility devices (for example - walkers) are permitted, however the wheels must be cleaned prior to entering the pool area. Water wheelchairs are provided in the change rooms.




## CHANGE ROOM POLICIES

- Children 7 years of age and older are encouraged to use the change room designated for their gender.
- Mixed gender families, unaccompanied children and persons with identified special needs and their caregivers are encouraged to use the family change room.

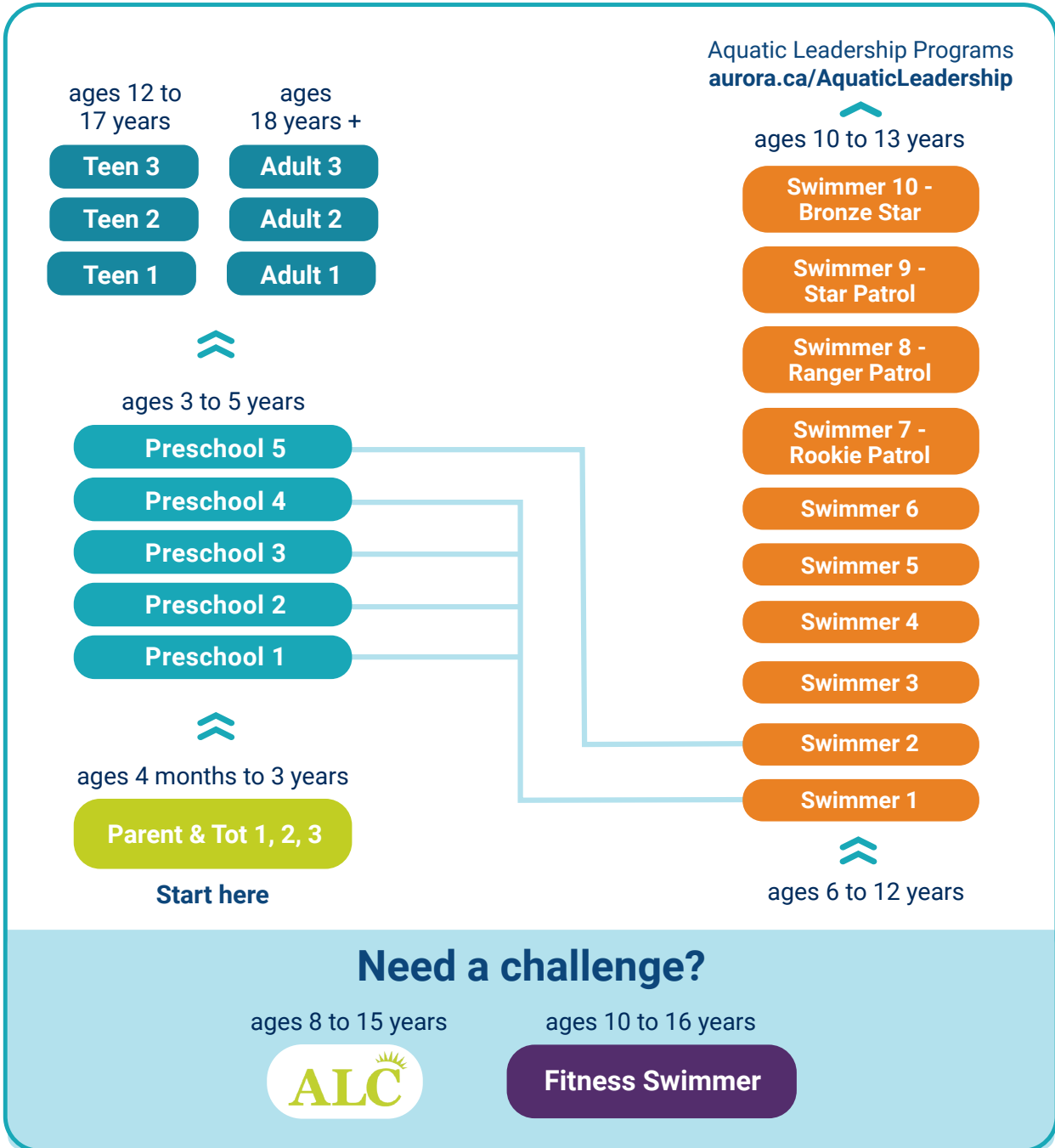
We ask that all patrons cooperate in making the change room experience comfortable for everyone.

Please do not leave clothing or other belongings in the change stalls during your time in the pool.

[www.aurora.ca/aquatics](http://www.aurora.ca/aquatics)

AGE	GUARDIAN		RATIO	DISTANCE	WRISTBAND
Five and under	Must be accompanied by a guardian over the age of 12		One guardian per two children No exceptions 	Within arms reach at all times	<b>RED</b>
Six to nine	Fail swim test	Must be accompanied by a guardian over the age of 12	One guardian per two children not wearing lifejackets 	Within arms reach at all times	<b>YELLOW</b>
			One guardian for up to five children wearing lifejackets 		
	Pass swim test	May swim alone	N/A	N/A	<b>GREEN</b>
Ten and up	May swim alone		N/A	N/A	<b>GREEN</b>

# Town of Aurora LEARN TO SWIM PROGRAM STRUCTURE



## Need a challenge?

ages 8 to 15 years



ages 10 to 16 years



# LEARN TO SWIM

## PARENT & TOT 1

**Age: 4 to 12 months**



The in-water interaction between parent and child is designed to stress the importance of play in developing water-positive attitudes and skills. This class is designed for the 4 to 12 month old to learn to enjoy the water with the parent. These activities and progressions are based on each child's development, and we recommend parents register in the level appropriate to their child's age.  
Note: 1 guardian per child.

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:30pm – 6:00pm	\$104.00/10	32305
Mon	Sept 30	7:00pm – 7:30pm	\$104.00/10	32306
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32307
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32309
Wed	Oct 2	6:30pm – 7:00pm	\$104.00/10	32310
Thu	Oct 3	5:30pm – 6:00pm	\$104.00/10	32311
Thu	Oct 3	7:00pm – 7:30pm	\$104.00/10	32312
Fri	Oct 4	6:45pm – 7:15pm	\$104.00/10	32123
Sat	Oct 5	9:30am – 10:00am	\$104.00/10	32314
Sat	Oct 5	11:30am – 12:00pm	\$104.00/10	32315
Sun	Oct 6	10:00am – 10:30am	\$104.00/10	32316
Sun	Oct 6	12:00pm – 12:30pm	\$104.00/10	32317

## PARENT & TOT 2

**Age: 12 to 24 months**



The in-water interaction between parent and child is designed to stress the importance of play in developing water-positive attitudes and skills. This class is designed for the 12 to 24 month old to learn to enjoy the water with the parent. These activities and progressions are based on each child's development, and we recommend parents register in the level appropriate to their child's age.  
Note: 1 guardian per child.

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:00pm – 6:30pm	\$104.00/10	32318
Mon	Sept 30	7:30pm – 8:00pm	\$104.00/10	32319
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32320
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32321
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32322
Wed	Oct 2	7:00pm – 7:30pm	\$104.00/10	32323
Thu	Oct 3	6:00pm – 6:30pm	\$104.00/10	32324
Thu	Oct 3	7:30pm – 8:00pm	\$104.00/10	32325
Fri	Oct 4	6:15pm – 6:45pm	\$104.00/10	32326
Sat	Oct 5	10:00am – 10:30am	\$104.00/10	32327
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32328
Sun	Oct 6	9:00am – 9:30am	\$104.00/10	32329
Sun	Oct 6	10:30am – 11:00am	\$104.00/10	32330



**Parented Program**  
Note: 1 guardian per child.

## AGE REQUIREMENTS

For parented programs, participants must be the minimum age by the first day of the program. For all other programs, participants must be the minimum age by the last day of the program.



## PARENT & TOT 3

**Age: 2 to 4 years**



The in-water interaction between parent and child is designed to stress the importance of play in developing water-positive attitudes and skills. This class is designed for the participant to learn to enjoy the water with the parent. These activities and progressions are based on each child's development, and we recommend parents register in the level appropriate to their child's age.  
Note: 1 guardian per child.

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$104.00/10	32331
Mon	Sept 30	6:30pm – 7:00pm	\$104.00/10	32332
Tue	Oct 1	6:00pm – 6:30pm	\$104.00/10	32333
Tue	Oct 1	7:30pm – 8:00pm	\$104.00/10	32334
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32335
Wed	Oct 2	6:00pm – 6:30pm	\$104.00/10	32336
Thu	Oct 3	5:00pm – 5:30pm	\$104.00/10	32337
Thu	Oct 3	6:30pm – 7:00pm	\$104.00/10	32338
Fri	Oct 4	7:15pm – 7:45pm	\$104.00/10	32339
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32340
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32341
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32342
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32343
Sun	Oct 6	11:00am – 11:30am	\$104.00/10	32344
Sun	Oct 6	11:30am – 12:00pm	\$104.00/10	32345

## PRESCHOOL – STEP 1

### Age: 3 to 5 years

Preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their face wet and blow bubbles underwater.

Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32596
Tue	Oct 1	6:15pm – 6:45pm	\$104.00/10	32597
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32598
Wed	Oct 2	6:00pm – 6:30pm	\$104.00/10	32599
Fri	Oct 4	6:30pm – 7:00pm	\$104.00/10	32600
Fri	Oct 4	7:45pm – 8:15pm	\$104.00/10	32601
Sat	Oct 5	11:15am – 11:45am	\$104.00/10	32602
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32603
Sun	Oct 6	3:45pm – 4:15pm	\$104.00/10	32604

Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$104.00/10	32346
Mon	Sept 30	5:30pm – 6:00pm	\$104.00/10	32347
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32348
Tue	Oct 1	6:00pm – 6:30pm	\$104.00/10	32349
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32350
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32351
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32352
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32353
Wed	Oct 2	7:30pm – 8:00pm	\$104.00/10	32354
Thu	Oct 3	5:00pm – 5:30pm	\$104.00/10	32355
Thu	Oct 3	5:30pm – 6:00pm	\$104.00/10	32356
Thu	Oct 3	6:00pm – 6:30pm	\$104.00/10	32357
Thu	Oct 3	7:30pm – 8:00pm	\$104.00/10	32358
Fri	Oct 4	6:15pm – 6:45pm	\$104.00/10	32359
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32360
Sat	Oct 5	9:30am – 10:00am	\$104.00/10	32361
Sat	Oct 5	10:00am – 10:30am	\$104.00/10	32362
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32363
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32364
Sat	Oct 5	11:30am – 12:00pm	\$104.00/10	32365
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32366
Sun	Oct 6	9:00am – 9:30am	\$104.00/10	32367
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32368
Sun	Oct 6	10:00am – 10:30am	\$104.00/10	32369
Sun	Oct 6	10:30am – 11:00am	\$104.00/10	32370
Sun	Oct 6	11:00am – 11:30am	\$104.00/10	32371
Sun	Oct 6	11:30am – 12:00pm	\$104.00/10	32372
Sun	Oct 6	12:00pm – 12:30pm	\$104.00/10	32373

## NON-RESIDENT SURCHARGE

A 20% non-resident surcharge will be applied to ALL Learn to Swim fees (including group, semi-private and private) for non-Aurora residents.

## AQUATIC LEADERSHIP INFORMATION

For Aquatic Leadership course offerings, please visit [www.aurora.ca/aquaticleadership](http://www.aurora.ca/aquaticleadership).

## PRESCHOOL – STEP 2

### Age: 3 to 5 years

Preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.

Prerequisite: Preschool – Step 1

Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32605
Tue	Oct 1	5:45pm – 6:15pm	\$104.00/10	32606
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32607
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32608
Wed	Oct 2	7:00pm – 7:30pm	\$104.00/10	32609
Fri	Oct 4	7:00pm – 7:30pm	\$104.00/10	32610
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32611
Sat	Oct 5	11:45am – 12:15pm	\$104.00/10	32612
Sun	Oct 6	4:30pm – 5:00pm	\$104.00/10	32613

Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$104.00/10	32374
Mon	Sept 30	5:30pm – 6:00pm	\$104.00/10	32376
Mon	Sept 30	7:30pm – 8:00pm	\$104.00/10	32377
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32378
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32379
Tue	Oct 1	6:00pm – 6:30pm	\$104.00/10	32380
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32381
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32382
Wed	Oct 2	6:00pm – 6:30pm	\$104.00/10	32383
Thu	Oct 3	5:00pm – 5:30pm	\$104.00/10	32384
Thu	Oct 3	5:30pm – 6:00pm	\$104.00/10	32385
Thu	Oct 3	6:30pm – 7:00pm	\$104.00/10	32386
Thu	Oct 3	7:30pm – 8:00pm	\$104.00/10	32387
Fri	Oct 4	6:45pm – 7:15pm	\$104.00/10	32388
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32389
Sat	Oct 5	9:30am – 10:00am	\$104.00/10	32390
Sat	Oct 5	10:00am – 10:30am	\$104.00/10	32391
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32392
Sat	Oct 5	11:30am – 12:00pm	\$104.00/10	32393
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32394
Sun	Oct 6	9:00am – 9:30am	\$104.00/10	32395
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32396
Sun	Oct 6	10:00am – 10:30am	\$104.00/10	32397
Sun	Oct 6	10:30am – 11:00am	\$104.00/10	32398
Sun	Oct 6	11:00am – 11:30am	\$104.00/10	32399
Sun	Oct 6	11:30am – 12:00pm	\$104.00/10	32400



# LEARN TO SWIM

## PRESCHOOL – STEP 3

### Age: 3 to 5 years

Preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Prerequisite: Preschool – Step 2

#### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32614
Tue	Oct 1	6:00pm – 6:30pm	\$104.00/10	32615
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32616
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32617
Wed	Oct 2	6:30pm – 7:00pm	\$104.00/10	32618
Fri	Oct 4	6:45pm – 7:15pm	\$104.00/10	32619
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32620
Sat	Oct 5	12:30pm – 1:00pm	\$104.00/10	32621
Sun	Oct 6	5:15pm – 5:45pm	\$104.00/10	32622

#### Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$104.00/10	32401
Mon	Sept 30	5:30pm – 6:00pm	\$104.00/10	32402
Mon	Sept 30	7:30pm – 8:00pm	\$104.00/10	32403
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32404
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32405
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32406
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32407
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32408
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32409
Wed	Oct 2	6:30pm – 7:00pm	\$104.00/10	32410
Thu	Oct 3	5:00pm – 5:30pm	\$104.00/10	32411
Thu	Oct 3	6:00pm – 6:30pm	\$104.00/10	32412
Thu	Oct 3	6:30pm – 7:00pm	\$104.00/10	32413
Thu	Oct 3	7:00pm – 7:30pm	\$104.00/10	32414
Fri	Oct 4	6:45pm – 7:15pm	\$104.00/10	32415
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32416
Sat	Oct 5	9:30am – 10:00am	\$104.00/10	32417
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32418
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32419
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32420
Sun	Oct 6	9:00am – 9:30am	\$104.00/10	32421
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32422
Sun	Oct 6	10:30am – 11:00am	\$104.00/10	32423
Sun	Oct 6	11:00am – 11:30am	\$104.00/10	32424
Sun	Oct 6	11:45am – 12:15pm	\$104.00/10	32425
Sun	Oct 6	12:00pm – 12:30pm	\$104.00/10	32426

## PRESCHOOL – STEP 4

### Age: 3 to 5 years

Preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.

Prerequisite: Preschool – Step 3

#### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:45pm – 6:15pm	\$104.00/10	32623
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32624
Wed	Oct 2	6:30pm – 7:00pm	\$104.00/10	32625
Fri	Oct 4	7:15pm – 7:45pm	\$104.00/10	32626
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32627

#### Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$104.00/10	32427
Mon	Sept 30	5:30pm – 6:00pm	\$104.00/10	32428
Tue	Oct 1	6:00pm – 6:30pm	\$104.00/10	32429
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32430
Tue	Oct 1	7:30pm – 8:00pm	\$104.00/10	32431
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32432
Wed	Oct 2	7:30pm – 8:00pm	\$104.00/10	32433
Thu	Oct 3	5:30pm – 6:00pm	\$104.00/10	32434
Thu	Oct 3	6:30pm – 7:00pm	\$104.00/10	32435
Thu	Oct 3	7:00pm – 7:30pm	\$104.00/10	32436
Fri	Oct 4	6:15pm – 6:45pm	\$104.00/10	32437
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32438
Sat	Oct 5	9:30am – 10:00am	\$104.00/10	32439
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32440
Sat	Oct 5	11:45am – 12:15pm	\$104.00/10	32441
Sun	Oct 6	9:00am – 9:30am	\$104.00/10	32442
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32443
Sun	Oct 6	11:15am – 11:45am	\$104.00/10	32444
Sun	Oct 6	12:00pm – 12:30pm	\$104.00/10	32445

## PRESCHOOL – STEP 5

### Age: 3 to 5 years

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Prerequisite: Preschool – Step 4

#### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32628
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32629
Fri	Oct 4	7:30pm – 8:00pm	\$104.00/10	32630
Sat	Oct 5	12:30pm – 1:00pm	\$104.00/10	32631

#### Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:00pm – 6:30pm	\$104.00/10	32446
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32447
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32448
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32449
Wed	Oct 2	7:30pm – 8:00pm	\$104.00/10	32450
Thu	Oct 3	6:00pm – 6:30pm	\$104.00/10	32451
Thu	Oct 3	7:30pm – 8:00pm	\$104.00/10	32452
Fri	Oct 4	6:45pm – 7:15pm	\$104.00/10	32454
Sat	Oct 5	10:00am – 10:30am	\$104.00/10	32455
Sat	Oct 5	11:30am – 12:00pm	\$104.00/10	32456
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32457
Sun	Oct 6	10:45am – 11:15am	\$104.00/10	32458
Sun	Oct 6	11:30am – 12:00pm	\$104.00/10	32459

## INSTRUCTOR REQUESTS

The Aquatics Division does recognize the importance of consistency in instructors and offers parents an opportunity to request the same instructor for repeat sessions. Please visit [www.aurora.ca/learntoswim](http://www.aurora.ca/learntoswim) to complete the Aquatics Instructor Request form no later than 1 week prior to the start of the lesson. We will do our best to accommodate your request.



## SWIMMER 1

**Age: 6 to 12 years**

Swimmers will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32632
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32633
Tue	Oct 1	6:00pm – 6:30pm	\$104.00/10	32634
Tue	Oct 1	7:00pm – 7:30pm	\$104.00/10	32635
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32636
Wed	Oct 2	5:45pm – 6:15pm	\$104.00/10	32637
Wed	Oct 2	7:00pm – 7:30pm	\$104.00/10	32638
Fri	Oct 4	6:45pm – 7:15pm	\$104.00/10	32639
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32640
Sat	Oct 5	11:30am – 12:00pm	\$104.00/10	32641
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32642
Sat	Oct 5	12:30pm – 1:00pm	\$104.00/10	32643
Sun	Oct 6	3:00pm – 3:30pm	\$104.00/10	32644
Sun	Oct 6	4:00pm – 4:30pm	\$104.00/10	32645

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:30pm – 6:00pm	\$104.00/10	32460
Mon	Sept 30	6:00pm – 6:30pm	\$104.00/10	32461
Mon	Sept 30	7:00pm – 7:30pm	\$104.00/10	32462
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32463
Tue	Oct 1	7:30pm – 8:00pm	\$104.00/10	32464
Wed	Oct 2	5:00pm – 5:30pm	\$104.00/10	32465
Wed	Oct 2	7:30pm – 8:00pm	\$104.00/10	32466
Thu	Oct 3	6:00pm – 6:30pm	\$104.00/10	32467
Thu	Oct 3	7:00pm – 7:30pm	\$104.00/10	32468
Fri	Oct 4	6:15pm – 6:45pm	\$104.00/10	32469
Fri	Oct 4	7:15pm – 7:45pm	\$104.00/10	32470
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32471
Sat	Oct 5	9:30am – 10:00am	\$104.00/10	32472
Sat	Oct 5	10:00am – 10:30am	\$104.00/10	32473
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32474
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32475
Sat	Oct 5	11:30am – 12:00pm	\$104.00/10	32476
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32477
Sun	Oct 6	9:00am – 9:30am	\$104.00/10	32478
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32479
Sun	Oct 6	10:00am – 10:30am	\$104.00/10	32480
Sun	Oct 6	11:15am – 11:45am	\$104.00/10	32481
Sun	Oct 6	11:30am – 12:00pm	\$104.00/10	32482

## SWIMMER 2

**Age: 6 to 12 years**

Swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Prerequisite: Preschool – Step 5 or Swimmer 1

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:00pm – 5:30pm	\$104.00/10	32646
Tue	Oct 1	5:30pm – 6:00pm	\$104.00/10	32647
Tue	Oct 1	6:30pm – 7:00pm	\$104.00/10	32648
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32649
Wed	Oct 2	7:00pm – 7:30pm	\$104.00/10	32650
Fri	Oct 4	7:15pm – 7:45pm	\$104.00/10	32651
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32652
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32653
Sat	Oct 5	12:30pm – 1:00pm	\$104.00/10	32654
Sun	Oct 6	3:00pm – 3:30pm	\$104.00/10	32655
Sun	Oct 6	4:30pm – 5:00pm	\$104.00/10	32656

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$104.00/10	32483
Mon	Sept 30	6:30pm – 7:00pm	\$104.00/10	32484
Mon	Sept 30	7:30pm – 8:00pm	\$104.00/10	32485
Wed	Oct 2	5:30pm – 6:00pm	\$104.00/10	32486
Wed	Oct 2	7:00pm – 7:30pm	\$104.00/10	32487
Wed	Oct 2	7:30pm – 8:00pm	\$104.00/10	32488
Fri	Oct 4	5:30pm – 6:00pm	\$104.00/10	32489
Fri	Oct 4	6:00pm – 6:30pm	\$104.00/10	32490
Fri	Oct 4	7:15pm – 7:45pm	\$104.00/10	32491
Sat	Oct 5	9:00am – 9:30am	\$104.00/10	32492
Sat	Oct 5	9:45am – 10:15am	\$104.00/10	32493
Sat	Oct 5	10:00am – 10:30am	\$104.00/10	32494
Sat	Oct 5	10:30am – 11:00am	\$104.00/10	32495
Sat	Oct 5	11:00am – 11:30am	\$104.00/10	32496
Sat	Oct 5	12:00pm – 12:30pm	\$104.00/10	32497
Sun	Oct 6	9:30am – 10:00am	\$104.00/10	32498
Sun	Oct 6	10:00am – 10:30am	\$104.00/10	32499
Sun	Oct 6	11:15am – 11:45am	\$104.00/10	32500
Sun	Oct 6	12:00pm – 12:30pm	\$104.00/10	32501

## SWIM DEVELOPMENT 1 & 2

**Age: 6 to 12 years**

*New!*

This dual-level class is designed for candidates who have unsuccessfully completed Swimmer 1 or Swimmer 2 only. Provides practical skill development for incomplete items.

Prerequisite: previous Swimmer 1 or Swimmer 2 class

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	6:30pm – 7:15pm	\$119.00/10	32657
Sat	Oct 5	10:30am – 11:15am	\$119.00/10	32658
Sat	Oct 5	11:30am – 12:15pm	\$119.00/10	32659

### IS YOUR CHILD TURNING 6 YEARS OLD?

If your child has completed Preschool – Step 5, please register in Swimmer 2. If they are still working on Preschool – Steps 1 to 5, please register in Swimmer 1.

# LEARN TO SWIM

## SWIMMER 3

**Age: 6 to 12 years**

Swimmers will dive, do in-water front somersaults, and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Prerequisite: Swimmer 2

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:00pm – 5:45pm	\$119.00/10	32660
Tue	Oct 1	6:15pm – 7:00pm	\$119.00/10	32661
Wed	Oct 2	5:00pm – 5:45pm	\$119.00/10	32662
Wed	Oct 2	6:15pm – 7:00pm	\$119.00/10	32663
Sat	Oct 5	10:30am – 11:15am	\$119.00/10	32664
Sun	Oct 6	3:30pm – 4:15pm	\$119.00/10	32665

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:00pm – 6:45pm	\$119.00/10	32502
Wed	Oct 2	6:00pm – 6:45pm	\$119.00/10	32503
Fri	Oct 4	5:30pm – 6:15pm	\$119.00/10	32504
Sat	Oct 5	9:00am – 9:45am	\$119.00/10	32505
Sat	Oct 5	9:45am – 10:30am	\$119.00/10	32506
Sat	Oct 5	10:45am – 11:30am	\$119.00/10	32507
Sat	Oct 5	11:15am – 12:00pm	\$119.00/10	32508
Sun	Oct 6	10:00am – 10:45am	\$119.00/10	32509
Sun	Oct 6	10:30am – 11:15am	\$119.00/10	32510
Sun	Oct 6	11:45am – 12:30pm	\$119.00/10	32511

## SWIMMER 4

**Age: 6 to 12 years**

Swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Prerequisite: Swimmer 3

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:00pm – 5:45pm	\$119.00/10	32666
Tue	Oct 1	6:45pm – 7:30pm	\$119.00/10	32667
Wed	Oct 2	5:45pm – 6:30pm	\$119.00/10	32668
Sat	Oct 5	10:30am – 11:15am	\$119.00/10	32669
Sun	Oct 6	3:00pm – 3:45pm	\$119.00/10	32670

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:00pm – 6:45pm	\$119.00/10	32512
Mon	Sept 30	6:45pm – 7:30pm	\$119.00/10	32513
Wed	Oct 2	6:00pm – 6:45pm	\$119.00/10	32514
Fri	Oct 4	5:30pm – 6:15pm	\$119.00/10	32515
Sat	Oct 5	9:00am – 9:45am	\$119.00/10	32516
Sat	Oct 5	9:30am – 10:15am	\$119.00/10	32517
Sat	Oct 5	11:00am – 11:45am	\$119.00/10	32518
Sun	Oct 6	10:30am – 11:15am	\$119.00/10	32519
Sun	Oct 6	11:45am – 12:30pm	\$119.00/10	32520

### LEARN TO SWIM PROGRAMS

Learn to Swim Programs from other municipalities or organizations may differ from our swim program. Please register for a Swim Assessment to confirm the correct level prior to registering. Please visit [www.aurora.ca/learntoswim](http://www.aurora.ca/learntoswim) for full details.

## SWIM DEVELOPMENT 3 & 4

**Age: 6 to 12 years**

This dual-level class is designed for candidates who have unsuccessfully completed Swimmer 3 or Swimmer 4 only. Provides practical skill development for incomplete items.

Prerequisite: previous Swimmer 3 or Swimmer 4 class

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	6:30pm – 7:15pm	\$119.00/10	32671
Sat	Oct 5	11:15am – 12:00pm	\$119.00/10	32672
Sat	Oct 5	12:15pm – 1:00pm	\$119.00/10	32673

## SWIMMER 5

**Age: 6 to 12 years**

Swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

Prerequisite: Swimmer 4

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	6:45pm – 7:30pm	\$119.00/10	32674
Wed	Oct 2	5:00pm – 5:45pm	\$119.00/10	32675
Wed	Oct 2	6:00pm – 6:45pm	\$119.00/10	32676
Sat	Oct 5	11:15am – 12:00pm	\$119.00/10	32677
Sun	Oct 6	4:15pm – 5:00pm	\$119.00/10	32678

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:00pm – 6:45pm	\$119.00/10	32521
Wed	Oct 2	6:00pm – 6:45pm	\$119.00/10	32522
Wed	Oct 2	6:45pm – 7:30pm	\$119.00/10	32523
Fri	Oct 4	5:30pm – 6:15pm	\$119.00/10	32524
Sat	Oct 5	9:00am – 9:45am	\$119.00/10	32525
Sat	Oct 5	10:15am – 11:00am	\$119.00/10	32526
Sat	Oct 5	11:45am – 12:30pm	\$119.00/10	32527
Sun	Oct 6	10:00am – 10:45am	\$119.00/10	32528
Sun	Oct 6	10:45am – 11:30am	\$119.00/10	32529







## SWIMMER 6

### Age: 6 to 12 years

Swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complete the 300 m workout.

Prerequisite: Swimmer 5

### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	6:00pm – 6:45pm	\$119.00/10	32679
Wed	Oct 2	6:00pm – 6:45pm	\$119.00/10	32680
Sat	Oct 5	11:15am – 12:00pm	\$119.00/10	32681

### Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:00pm – 6:45pm	\$119.00/10	32530
Wed	Oct 2	6:00pm – 6:45pm	\$119.00/10	32531
Fri	Oct 4	5:30pm – 6:15pm	\$119.00/10	32532
Sat	Oct 5	9:00am – 9:45am	\$119.00/10	32533
Sat	Oct 5	10:30am – 11:15am	\$119.00/10	32534
Sun	Oct 6	10:00am – 10:45am	\$119.00/10	32535
Sun	Oct 6	10:45am – 11:30am	\$119.00/10	32536

## SWIM DEVELOPMENT 5 & 6

### Age: 6 to 12 years

This dual-level class is designed for candidates who have unsuccessfully completed Swimmer 5 or Swimmer 6 only. Provides practical skill development for incomplete items.

Prerequisite: previous Swimmer 5 or Swimmer 6 class

### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	6:30pm – 7:15pm	\$119.00/10	32682
Sat	Oct 5	10:30am – 11:15am	\$119.00/10	32683
Sat	Oct 5	12:15pm – 1:00pm	\$119.00/10	32684

## SPECIALTY – FAMILY SWIM LESSONS

### Age: 3 to 12 years

Register for this time slot rather than a particular level. A real time saver for large families. Suitable for: Preschool – Steps 1 to 5 and Swimmer 1 to 6. Multiple levels may be combined into a class. Family members may not necessarily be together. Class sizes will vary. A maximum of 4 swimmers per class.

### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 6	12:00pm – 12:30pm	\$166.00/10	32685
Sun	Oct 6	12:30pm – 1:00pm	\$166.00/10	32686

## SWIMMER 7 – ROOKIE PATROL

### Age: 6 to 12 years

Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims. This level must be completed in a group class and is not suitable for private lessons.

Prerequisite: Swimmer 6

### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Oct 1	5:30pm – 6:30pm	\$141.00/10	32687
Sun	Oct 6	3:00pm – 4:00pm	\$141.00/10	32688

### Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	8:30pm – 9:30pm	\$141.00/10	32537
Sat	Oct 5	9:45am – 10:45am	\$141.00/10	32538
Sat	Oct 5	10:45am – 11:45am	\$141.00/10	32539
Sun	Oct 6	11:30am – 12:30pm	\$141.00/10	32540

## SWIMMER 8 – RANGER PATROL

### Age: 6 to 12 years

Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. This level must be completed in a group class and is not suitable for private lessons.

Prerequisite: Swimmer 7 – Rookie Patrol

### Location: AFLC

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 6	3:30pm – 4:30pm	\$141.00/10	32689

### Location: SARC

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	8:00pm – 9:00pm	\$141.00/10	32541
Sat	Oct 5	9:45am – 10:45am	\$141.00/10	32542
Sat	Oct 5	11:30am – 12:30pm	\$141.00/10	32543
Sun	Oct 6	10:00am – 11:00am	\$141.00/10	32544

## DIVING – AURORA FAMILY LEISURE COMPLEX

Please note that due to the depth of the pool at the AFLC, any diving components will not be included in the program. This will not affect the outcome of the participant's ability to complete a swimming level.

# LEARN TO SWIM

## SWIMMER 9 – STAR PATROL

**Age: 6 to 12 years**

Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. This level must be completed in a group class and is not suitable for private lessons. Prerequisite: Swimmer 8 – Ranger Patrol

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 6	4:15pm – 5:15pm	\$141.00/10	32690

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	8:30pm – 9:30pm	\$141.00/10	32545
Sat	Oct 5	11:30am – 12:30pm	\$141.00/10	32546
Sun	Oct 6	9:30am – 10:30am	\$141.00/10	32547

## SWIMMER 10 – BRONZE STAR

**Age: 10 to 13 years**

*New!*

The course will prepare young candidates to be ready for Bronze Medallion. It will focus on lifesaving skills and fitness as well as decision-making and how to take charge in an emergency. This level must be completed in a group class and is not suitable for private lessons.

Note: Swimmer 9 – Star Patrol recommended

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:45pm – 8:00pm	\$158.00/10	32548
Fri	Oct 4	7:45pm – 9:00pm	\$158.00/10	32549
Sat	Oct 5	9:00am – 10:15am	\$158.00/10	32550

## BRONZE PREP

**Age: 12+ years**

*New!*

This class is designed to assist candidates in strengthening skills required to be successful in advanced leadership programs. Practical development for Bronze Medallion and Bronze Cross levels. Not a certification course.

Prerequisite: Swimmer 6

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	6:00pm – 7:00pm	\$141.00/10	32551
Sat	Oct 5	10:00am – 11:00am	\$141.00/10	32552

## TEEN 1

**Age: 12 to 17 years**

Swimmers set their own goals, work to improve their current swimming ability and fitness, and develop water confidence and smooth recognizable strokes. This level works on the basics skills of swimming like those found in Swimmer 1 and 2.

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	6:45pm – 7:30pm	\$134.00/10	32691
Sun	Oct 6	5:00pm – 5:45pm	\$134.00/10	32692

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:45pm – 7:30pm	\$134.00/10	32553

## TEEN 2

**Age: 12 to 17 years**

Swimmers set their own goals, work to improve their current swimming ability and fitness, and develop water confidence and smooth recognizable strokes. This level works on the intermediate skills of swimming like those found in Swimmer 3 and 4.

Prerequisite: Teen 1 or Swimmer 2

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	6:45pm – 7:30pm	\$134.00/10	32693
Sun	Oct 6	5:00pm – 5:45pm	\$134.00/10	32744

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:45pm – 7:30pm	\$134.00/10	32554

## TEEN 3

**Age: 12 to 17 years**

Swimmers set their own goals, work to improve their current swimming ability and fitness, and develop water confidence and smooth recognizable strokes. This level works on the advanced skills of swimming like those found in Swimmer 5 and 6.

Prerequisite: Teen 2 or Swimmer 4

**Location: AFLC**

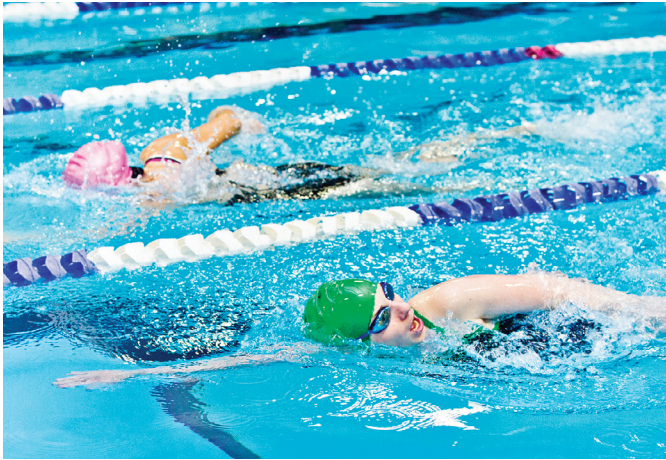
DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Oct 6	5:00pm – 5:45pm	\$134.00/10	32694

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	6:45pm – 7:30pm	\$134.00/10	32555



*New!*



## NATIONAL LIFEGUARD PREP

**Age: 14+ years**

This class is designed to assist candidates in strengthening skills required to be successful in advanced leadership programs. Practical development for National Lifeguard award. Not a certification course. Prerequisite: Bronze Cross

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	7:00pm – 8:00pm	\$141.00/10	32559
Sat	Oct 5	11:00am – 12:00pm	\$141.00/10	32560

## FITNESS SWIMMER

**Age: 10 to 16 years**

Geared toward swimmers who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices, including interval training, sprints and distance swims. Candidates set their own goals to improve overall physical fitness.

Prerequisite: Swimmer 6, Teen 3 or equivalent

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Oct 5	9:00am – 10:00am	\$141.00/10	32561
Sun	Oct 6	11:00am – 12:00pm	\$141.00/10	32562

## AURORA LIFESAVING CLUB

**Age: Blue – 8 to 11 years**

**Green – 12 to 13 years**

**Teal – 14 to 15 years**

The Aurora Lifesaving Club (ALC) is a Town based lifesaving club that engages youth in physical activity and participation in lifesaving sport. This club-based program focuses on keeping youth active in the community and building a sense of belonging while learning lifesaving sport skills. ALC members will develop lifesaving skills and engage in active living through participation in regional and provincial competitions. The perfect youth training program for future lifeguards.

### Benefits of Joining the ALC

- Develop increasingly complex skills in swimming, including stroke correction, endurance and speed.
- Promotes overall physical fitness.

Prerequisite: Swimmer 4

**Location: SARC – Blue (8 to 11 years)**

DAY	DATE	TIME	FEE/CLASS	CODE
Sat	Oct 5	10:30am – 11:30am	\$141.00/10	32563
Sun	Oct 6	9:30am – 10:30am	\$141.00/10	32564

**Location: SARC – Green (12 to 13 years)**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	7:30pm – 8:30pm	\$141.00/10	32565
Sat	Oct 5	11:30am – 12:30pm	\$141.00/10	32566
Sun	Oct 6	10:30am – 11:30am	\$141.00/10	32567

**Location: SARC – Teal (14 to 15 years)**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	8:30pm – 9:30pm	\$141.00/10	32568
Sun	Oct 6	11:30am – 12:30pm	\$141.00/10	32569

## ADULT 1

**Age: 18+ years**

Swimmers set their own goals, work to improve their current swimming ability and fitness, and develop water confidence and smooth recognizable strokes. This level works on the basics skills of swimming like those found in Swimmer 1 and 2.

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	7:15pm – 8:00pm	\$134.00/10	32695

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	6:45pm – 7:30pm	\$134.00/10	32556

## ADULT 2

**Age: 18+ years**

Swimmers set their own goals, work to improve their current swimming ability and fitness, and develop water confidence and smooth recognizable strokes. This level works on the intermediate skills of swimming like those found in Swimmer 3 and 4.

Prerequisite: Teen/Adult 1 or Swimmer 2

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	7:15pm – 8:00pm	\$134.00/10	32696

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	6:45pm – 7:30pm	\$134.00/10	32557

## ADULT 3

**Age: 18+ years**

Swimmers set their own goals, work to improve their current swimming ability and fitness, and develop water confidence and smooth recognizable strokes. This level works on the advanced skills of swimming like those found in Swimmer 5 and 6.

Prerequisite: Teen/Adult 2 or Swimmer 4

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	7:15pm – 8:00pm	\$134.00/10	32697

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	6:45pm – 7:30pm	\$134.00/10	32558

# LEARN TO SWIM

## INCLUSIVE SWIM LESSON

**Age: 3+ years**

### 30-Minute Class

• These classes are for levels Preschool – Step 1 to Swimmer 2.

### 45-Minute Class

• These classes are for levels Swimmer 3 to Swimmer 6.

Inclusive Swim classes are specifically designed for swimmers with disabilities. Aquatic staff are available to facilitate participation in group swim lessons. The Instructor will maintain a one-to-one ratio with the swimmer. The aquatic staff may provide redirection for safety reasons or to provide time for sensory breaks.

Note: Please visit [www.aurora.ca/inclusionservices](http://www.aurora.ca/inclusionservices) to complete an Aquatic Intake Form. Registration for this program will close 7 days prior to the start date. Actual class time will be confirmed after registration is completed.

**Location: AFLC – 30-Minute Class**

**Swim Levels: Preschool – Step 1 to Swimmer 2**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	5:00pm – 7:30pm	\$169.00/10	32698
Sun	Oct 6	3:00pm – 6:00pm	\$169.00/10	32699

**Location: SARC – 30-Minute Class**

**Swim Levels: Preschool – Step 1 to Swimmer 2**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 8:00pm	\$169.00/10	32570
Wed	Oct 2	5:00pm – 8:00pm	\$169.00/10	32571
Sat	Oct 5	9:00am – 12:30pm	\$169.00/10	32572
Sun	Oct 6	9:00am – 12:30pm	\$169.00/10	32573

**Location: AFLC – 45-Minute Class**

**Swim Levels: Swimmer 3 to Swimmer 6**

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Oct 2	5:00pm – 7:30pm	\$210.00/10	32700
Sun	Oct 6	3:00pm – 6:00pm	\$210.00/10	32701

**Location: SARC – 45-Minute Class**

**Swim Levels: Swimmer 3 to Swimmer 6**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 8:00pm	\$210.00/10	32574
Wed	Oct 2	5:00pm – 8:00pm	\$210.00/10	32575
Sat	Oct 5	9:00am – 12:30pm	\$210.00/10	32576
Sun	Oct 6	9:00am – 12:30pm	\$210.00/10	32577

## INCLUSION SERVICES

### Aqua Buddies

Through our volunteer program, we aim to place an available Aqua Buddy in a swim class to provide extra support where needed.

### Inclusive Swim Lessons

Integrated Aquatic classes are specifically designed for swimmers with disabilities. Aquatic staff are available to facilitate participation in group swim lessons. The aquatic staff will maintain a one-to-one instructor to swimmer ratio. The aquatic staff may provide redirection for safety reasons or to provide time for sensory breaks.

### Adapted Privates

Adapted Privates are specifically designed for swimmers with disabilities, and will feature one swimmer with one instructor focusing on specific skills requiring attention.

## PRIVATE LESSONS

**Age: 3+ years**

One swimmer with one instructor focusing on any level from Preschool – Step 1 to Swimmer 6 within the private class, or any goal you may have including fitness, endurance, stroke correction and more. Patrol levels, Bronze Star and Aquatic Leadership certifications cannot be completed during a private swim lesson.

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$294.00/10	32703
Mon	Sept 30	5:30pm – 6:00pm	\$294.00/10	32704
Mon	Sept 30	6:00pm – 6:30pm	\$294.00/10	32705
Mon	Sept 30	6:30pm – 7:00pm	\$294.00/10	32706
Mon	Sept 30	7:00pm – 7:30pm	\$294.00/10	32707
Tue	Oct 1	5:00pm – 5:30pm	\$294.00/10	32708
Tue	Oct 1	5:30pm – 6:00pm	\$294.00/10	32709
Tue	Oct 1	6:00pm – 6:30pm	\$294.00/10	32710
Tue	Oct 1	6:30pm – 7:00pm	\$294.00/10	32711
Tue	Oct 1	7:00pm – 7:30pm	\$294.00/10	32712
Wed	Oct 2	5:00pm – 5:30pm	\$294.00/10	32713
Wed	Oct 2	5:30pm – 6:00pm	\$294.00/10	32714
Wed	Oct 2	6:00pm – 6:30pm	\$294.00/10	32715
Wed	Oct 2	6:30pm – 7:00pm	\$294.00/10	32716
Wed	Oct 2	7:00pm – 7:30pm	\$294.00/10	32717
Thu	Oct 3	5:00pm – 5:30pm	\$294.00/10	32718
Thu	Oct 3	5:30pm – 6:00pm	\$294.00/10	32719
Thu	Oct 3	6:00pm – 6:30pm	\$294.00/10	32720
Thu	Oct 3	6:30pm – 7:00pm	\$294.00/10	32721
Thu	Oct 3	7:00pm – 7:30pm	\$294.00/10	32722
Fri	Oct 4	6:00pm – 6:30pm	\$294.00/10	32723
Fri	Oct 4	6:15pm – 6:45pm	\$294.00/10	32724
Fri	Oct 4	7:45pm – 8:15pm	\$294.00/10	32725
Fri	Oct 4	8:00pm – 8:30pm	\$294.00/10	32726
Fri	Oct 4	8:15pm – 8:45pm	\$294.00/10	32727
Fri	Oct 4	8:30pm – 9:00pm	\$294.00/10	32728
Sat	Oct 5	3:00pm – 3:30pm	\$294.00/10	32729
Sat	Oct 5	3:30pm – 4:00pm	\$294.00/10	32730
Sat	Oct 5	4:00pm – 4:30pm	\$294.00/10	32731
Sat	Oct 5	4:30pm – 5:00pm	\$294.00/10	32732
Sat	Oct 5	5:00pm – 5:30pm	\$294.00/10	32733
Sat	Oct 5	5:30pm – 6:00pm	\$294.00/10	32734
Sun	Oct 6	10:00am – 10:30am	\$294.00/10	32735
Sun	Oct 6	10:30am – 11:00am	\$294.00/10	32736
Sun	Oct 6	11:00am – 11:30am	\$294.00/10	32737
Sun	Oct 6	11:30am – 12:00pm	\$294.00/10	32738

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 4	8:00pm – 8:30pm	\$294.00/10	32578
Fri	Oct 4	9:00pm – 9:30pm	\$294.00/10	32579



## SHALLOW WATER PRIVATE LESSONS

**Age: 3 to 5 years**

These private lessons are taught in shallow water only. Shallow water is best suited for Preschool – Steps 1 to 4 and Swimmer 1 only. Not recommended for Swimmer 2 and higher.

**Location: SARC**

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 30	5:00pm – 5:30pm	\$294.00/10	32580
Mon	Sept 30	7:30pm – 8:00pm	\$294.00/10	32581
Tue	Oct 1	5:00pm – 5:30pm	\$294.00/10	32582
Tue	Oct 1	6:00pm – 6:30pm	\$294.00/10	32583
Tue	Oct 1	7:00pm – 7:30pm	\$294.00/10	32584
Tue	Oct 1	7:30pm – 8:00pm	\$294.00/10	32585
Wed	Oct 2	5:00pm – 5:30pm	\$294.00/10	32586
Wed	Oct 2	5:30pm – 6:00pm	\$294.00/10	32587
Wed	Oct 2	7:30pm – 8:00pm	\$294.00/10	32588
Thu	Oct 3	5:00pm – 5:30pm	\$294.00/10	32589
Thu	Oct 3	5:30pm – 6:00pm	\$294.00/10	32590
Thu	Oct 3	6:30pm – 7:00pm	\$294.00/10	32591
Thu	Oct 3	7:30pm – 8:00pm	\$294.00/10	32592
Sun	Oct 6	9:00am – 9:30am	\$294.00/10	32593
Sun	Oct 6	9:30am – 10:00am	\$294.00/10	32594



## ADAPTED PRIVATE LESSONS

**Age: 3+ years**

Adapted Privates are specifically designed for swimmers with disabilities and will feature one swimmer with one instructor focusing on specific skills requiring attention. For approval, please visit [www.aurora.ca/inclusionsservices](http://www.aurora.ca/inclusionsservices) and complete an Aquatic Intake Form.

**Location: AFLC**

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 3	5:00pm – 5:30pm	\$207.00/10	32739
Thu	Oct 3	5:30pm – 6:00pm	\$207.00/10	32740
Thu	Oct 3	6:00pm – 6:30pm	\$207.00/10	32741
Thu	Oct 3	6:30pm – 7:00pm	\$207.00/10	32742
Thu	Oct 3	7:00pm – 7:30pm	\$207.00/10	32743

## Sensory Swim Drop-in



Going swimming at an indoor or outdoor pool can be an overwhelming sensory experience for individuals with autism, sensory or other learning disabilities.

The Town of Aurora is proud to offer a Sensory Swim geared towards those who have sensory sensitivity and would benefit from swimming in a pool environment with reduced sensory stimulus.

For more information, visit [aurora.ca/SensorySwim](http://aurora.ca/SensorySwim)



## SMALL GROUP PRIVATE SWIM LESSONS

Parents and children can learn to swim together. To obtain a Small Group Private Swim lesson:

- 1 – Register for a Private Swim lesson for one swimmer.
- 2 – Email [reisure@aurora.ca](mailto:reisure@aurora.ca) a minimum of 3 days prior to the start of the lesson to create the Small Group Private Swim lesson.

Note: Cost is \$16.90 per person per class. Maximum of 5 people. Participants should be the same swim ability (for example: all beginners).

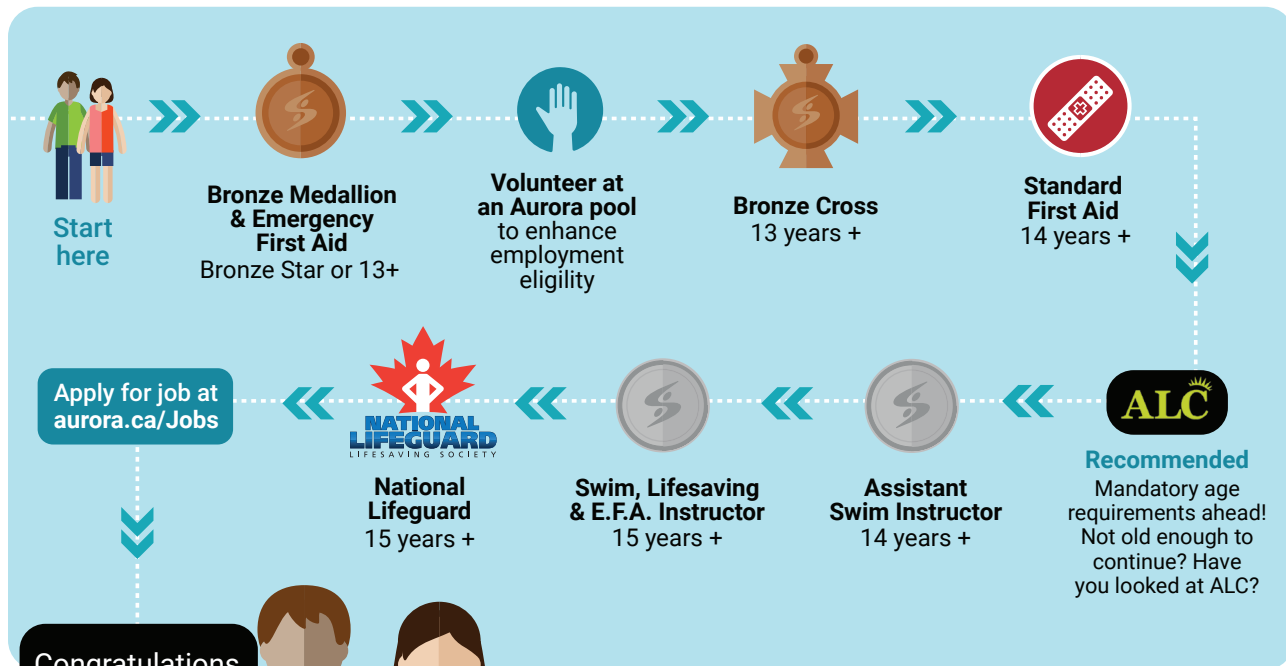
## SEMI-PRIVATE SWIM LESSONS

To obtain a Semi-Private Swim lesson:

- 1 – Register for a Private Swim lesson for one swimmer.
- 2 – Email [reisure@aurora.ca](mailto:reisure@aurora.ca) a minimum of 3 days prior to the start of the lesson to create the Semi-Private Swim lesson.

Note: Cost is \$25.00 per person per class. Participants must be within 1 swim level of each other.

## How to become a Town of Aurora SWIM INSTRUCTOR OR LIFEGUARD



**Congratulations you're hired!**



**Aquatic Leadership registration opens on Monday, August 19, 2024 for all courses from January to December 2025. Full details at [aurora.ca/aquaticleadership](http://aurora.ca/aquaticleadership).**



**AQUATIC LEADERSHIP INFORMATION**  
For Aquatic Leadership course offerings, please visit [www.aurora.ca/aquaticleadership](http://www.aurora.ca/aquaticleadership).

**BEING AN AQUATIC VOLUNTEER**

- It's a rewarding experience!
- It's an opportunity to meet new friends and start networking.
- You receive hours for community involvement or a 25% discount towards future aquatic leadership courses.

Register for an Aquatic Volunteer Orientation Workshop to learn more information.  
For additional information, please contact the Aquatics Team at [aquatics@aurora.ca](mailto:aquatics@aurora.ca)

# JOIN THE HERO ACADEMY!



Earn high school credits with YRDSB's Aquatic Leadership Program and the Town of Aurora.

[www.aurora.ca/AquaticLeadership](http://www.aurora.ca/AquaticLeadership)

## STEPS TO BECOME AN AQUATIC STAFF

In order to be considered for an Aquatic position, you must meet the following requirements.

AQUATIC POSITION	REQUIREMENTS
Aquatic Assistant	<ul style="list-style-type: none"> <li>• Must be 15 years of age (per R.R.O. 1990, Reg 565: Public Pools).</li> <li>• Current Bronze Cross (or higher) certificate.</li> <li>• Current Ministry Approved Standard First Aid (or higher) certificate.</li> <li>• Current Lifesaving Society Assistant Instructor (or higher) certificate.</li> </ul>
Lifeguard	<ul style="list-style-type: none"> <li>• Must be 15 years of age (per R.R.O. 1990, Reg 565: Public Pools).</li> <li>• Current National Lifeguard certificate.</li> <li>• Current Ministry Approved Standard First Aid (or higher) certificate.</li> </ul>
Aquatic Instructor	<ul style="list-style-type: none"> <li>• Must be 15 years of age (per R.R.O. 1990, Reg 565: Public Pools).</li> <li>• Current National Lifeguard certificate.</li> <li>• Current Ministry Approved Standard First Aid (or higher) certificate.</li> <li>• Current Lifesaving Society Swim, Lifesaving &amp; E.F.A. Instructor certificates.</li> </ul>

Go to [www.aurora.ca/recjobs](http://www.aurora.ca/recjobs) to view job positions and full descriptions.