

ADVANCED LEADERSHIP LIFE SAVING

Bronze Medallion & Emergency First Aid

Must be 13yrs
This program will teach you the understanding of the life-saving principles. Exam date will follow the completion of the course. Proof of age must be provided.
Instructor: TBA
Date: TBA
Time: 6-8pm Fee \$101.00

Bronze Cross & Standard First Aid

Must be 14yrs and hold Bronze Medallion must provide copy of proof. This course is designed for lifesavers who want the challenge of more advanced lifesaving training.
Date: TBA
Time: TBA
Fee: \$115.00
Instructor: TBA

National Lifeguard & AEC

Candidates must be 16yrs old on or before exam date. Proofs must be provided. They must also have completed Bronze Cross Book \$24.00 Alert Manual (not included in cost of course)
Fee \$345.00
Date: To Be Announced (must have 6 or more names to run course)

HEALTHY LIFESTYLE PROGRAM

WATER WALKING

Gentle moving and stretching while walking and concentrating on individual muscle groups. This workout will leave you feeling refreshed and toned. Water Walking will be offered Mon and Wed from 2-3pm (must have 6 to run class). Dates: April 19-June 28, 2017. 9 (No class on May 22,2017 Victoria Day).

Fee: Adult \$62.00
Senior \$54.00
Instructor: Charlene MacIntyre

WATER EXERCISE

DAYS - Mon., Wed and Fri. 1-2 pm, and on Tues and Thurs from 9-10 am.
DATES: April 18-June 29, 2017 (closed April 18 Easter Monday and May 22,2017 Victoria Day).
FEES: Adult
1 day per week \$ 62.00
2 days per week \$110.00
3 days or more per week \$119.00
Senior Rate (+55)
1 day per week \$54.00
2 days per week \$85.00
3 days or more per week \$93.00

Fees: Youth \$5.00
Adult \$6.50
Senior \$5.75
Family (immediate only) \$19.75

NEW* Mom and Tot (under age 3) \$7.00

WATER FITNESS will be on Tues and Thurs from 1-2pm.
DATES: April 18 to June 22.

RED CROSS ADVANCED LEADERSHIP

RED CROSS WATER SAFETY COURSE

Participants will learn to become instructors for the Red Cross Swim Program. Must be 15yrs and have completed AWS1 course Dates To be announced.
Practice Teaching will be assigned and must be completed in full prior to employment. Fee \$228.00

RED CROSS WATER SAFETY INSTRUCTOR RECERT COURSE

Is your certification coming up for renewal? If so please make sure we have your name for the course. Dates and time: TBA

Fee: \$75.00

RED CROSS STANDARD FIRST AID & CPR -LEVEL B COURSE

Learn ABC's first aid for bleeding, shock, sprains breaks, head injuries and injuries from heat and cold plus much more. Dates: To be announced.
Fee: \$105.00

RED CROSS EMERGENCY & CPR LEVEL B

Learn the basics for first aid. Someone in your family may be glad you did.
Dates: To be announced
Fee: \$79.00

RED CROSS STANDARD & EMERGENCY FIRST AID RECERTIFICATION

If it is time for a recertification now is the time to do it. Date: Will be confirmed with sufficient numbers registered. We will take names and run a course when we have eight or more interested.

LANE SWIMMING

Stop in on your way home after work, and enjoy a swim. Mon. - Thurs. 6:00-7:00 pm
Sat. 10-11am Sat. April 23 during lessons

NOON SWIMS

This is an excellent opportunity for you to enjoy the pool each afternoon.

Time: 12:00-1pm Monday-Friday

WEEKEND SWIMS

Fri. 7:00-8:30 pm
Sat. 1-2:30pm & 3:30-5 pm
Sun. 1-2:30pm & 3:30-5 pm

Watch for Toonie Swims Dates and times listed on front page of flyer

EVENING SWIMS

Adults ONLY
Tues. 8:00-9:30 pm

LEISURE SWIMS

ALL AGES,
Thursday, 8 - 9:30 pm with sports in small pool (organized by pool staff)
FEES:

Youth \$5.00
Adult \$6.50
Senior \$5.75
Family (immediate only) \$19.75

NEW* Mom and Tot (under age3) \$7.00
Lanes \$7.00

SPIN BIKE CLASSES

Spin classes are a great way to improve your cardio and muscle endurance. Enjoy the class and make new friends while you improve your fitness level

EARLY MORNING SPINNING

Day: To be announced.
Time: 6:00 am -6:50 am
Fee: \$42.00
Instructor: TBA

SPIN AND SWIM

Day: Wed. Oct. 7th 2015 - Nov. 18th 2015
Time: 10:30-11:30
Fee: \$42.00
Instructor: Gary Dupuis



BIRTHDAY PARTIES AND POOL PARTIES

Book your party and special event at the pool!
Pool rates for Birthdays
1 hr: up to 20 people \$110.00
1 hr: 20-45 people \$144.00
1 hour Group/Team rate: \$156.00

*This rate includes lifeguards and a room for a party for one hour. Room for 30 people max.

*Receive Dairy Queen coupon and A-1 Pizza coupon. Dollar value \$2.50.

Call the pool to book today **625-2594**.

You must complete and sign pool contract.

School in-service day, come to the POOL when school is out for teacher in-service. Keep in mind the pool is open for swims and all children pay only \$2. each. Tell your friends.....

Check in for the public swim schedule by calling **625-2594** or check the website www.townofporthawkesbury.ca

\ POOL RATES and MEMBERSHIPS

POOL PASSES

Youth & Teen	20 pass	\$ 95.00
Adult	20 pass	\$125.00
Senior	20 pass	\$110.00
Family	10 pass	\$192.50

POOL MEMBERSHIPS

	1 Month	3 Month	6 Month	1 year
Family	\$178.00	\$208.00	\$362.00	\$645.00
Individual	\$ 71.00	\$109.00	\$154.00	\$266.00
Sr & Youth	\$ 40.00	\$ 70.00	\$103.00	\$154.00

Receive \$5.00 off a Learn to Swim class or Water Exercise class with membership purchase.