

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Adult

Adult 1

16 and up

Adult swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build confidence in the water.

CHDRC Pool Programs

W	Apr 16-Jun 18	9:00am-9:55am	10wks	55775	\$118.82
W	Apr 16-Jun 18	9:00pm-9:55pm	10wks	55774	\$118.82

Dunbarton Pool Programs

T	Apr 15-Jun 17	7:00pm-7:55pm	10wks	56100	\$118.82
Sa	Apr 19-Jun 21	9:00am-9:55am	10wks	56099	\$118.82

Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	2:15pm-2:45pm	10wks	56101	\$118.82
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Adult 2

16 and up

Adult swimmers will practice different entries into deep water including dives, rolls, and tuck jumps (cannonballs). As they work on building strength and endurance, they will aim to be able to tread water for 1-2 minutes. New underwater skills are introduced such as handstands in shallow water and front somersaults (in water). Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

CHDRC Pool Programs

W	Apr 16-Jun 18	9:00pm-9:55pm	10wks	55776	\$118.82
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Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	2:45pm-3:15pm	10wks	56102	\$118.82
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Adult 3

16 and up

2025 Spring Aquatics

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Swimmers will work towards mastering front crawl, back crawl, and breaststroke. Challenging skills such as shallow dives, stride entries, and compact jumps will be completed as well as a focus on developing lifesaving kicks. Swimmers can expect to improve their fitness levels as they work on completing 300m workouts and 25-50m sprints.

CHDRC Pool Programs

W	Apr 16-Jun 18	9:00pm-9:55pm	10wks	55777	\$118.82
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Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	3:15pm-3:45pm	10wks	56103	\$118.71
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Aquafit

Aquafit - AquaMotion - CHDRC

15 and up

This program takes advantage of the benefits of water to help those with arthritis. The program involves strengthening and resistance, range of motion exercises, relaxation techniques to help reduce pain, maintain or increase joint mobility and improve endurance.

CHDRC Pool Programs

M	Apr 14-Jun 16	1:00pm-1:45pm	8wks	55778	\$76.72
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W	Apr 16-Jun 18	2:00pm-2:45pm	10wks	55779	\$95.90
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F	Apr 25-Jun 20	1:00pm-1:45pm	9wks	55780	\$86.31
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Aquafit - Basic

15 and up

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities. The buoyancy of water reduces the impact to your joints during exercise and the movement of your body through the water creates at least 12 times the resistance of land exercise. Aquafit is excellent for those with arthritis, back problems, osteoporosis, pre/post-natal and for those who have been working out regularly or for those who have not been active in a while. These classes stress cardiovascular and muscular endurance, strength and flexibility using a variety of basic moves. Work at your own pace and bring a water bottle to stay hydrated.

CHDRC Pool Programs

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M	Apr 14-Jun 23	9:00am-9:55am	9wks	55781	\$108.97
M	Apr 14-Jul 7	8:00pm-8:55pm	11wks	55782	\$133.19
T	Apr 15-Jun 24	9:00am-9:55am	11wks	55783	\$133.19
W	Apr 16-Jun 25	1:00pm-1:55pm	11wks	55784	\$133.19
W	Apr 16-Jun 25	8:00pm-8:55pm	11wks	55785	\$133.19
Th	Apr 17-Jun 26	9:00am-9:55am	11wks	55786	\$133.19
F	Apr 25-Jun 27	9:00am-9:55am	10wks	55787	\$121.08

Dunbarton Pool Programs

T	Apr 15-Jun 24	8:00pm-8:55pm	11wks	56104	\$133.19
Th	Apr 17-Jun 26	8:00pm-8:55pm	11wks	56105	\$133.19

Aquafit - Deep H2O

15 and up

Want to sculpt your body without pounding your joints? This is the class for you! It can be a great extension to your regular workout or is excellent as a standalone program.

CHDRC Pool Programs

T	Apr 15-Jun 17	12:00pm-12:50pm	10wks	55788	\$121.08
Th	Apr 17-Jun 19	12:00pm-12:50pm	10wks	55789	\$121.08

Aquafit - Nice and Easy

15 and up

This class takes a gentle approach to improving fitness. For those who have specific injuries that restrict them from regular aquafit or for those who wish to exercise without the stress associated with land activities. Walking, marching and water resistance exercises increase flexibility, coordination & overall fitness levels.

CHDRC Pool Programs

T	Apr 15-Jun 17	1:00pm-1:45pm	10wks	55790	\$95.90
Th	Apr 17-Jun 19	1:00pm-1:45pm	10wks	55791	\$95.90

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All ages

Private Lessons -

3 and up

Private lessons are a great alternative to group or semi-private lessons. Private classes guarantee a maximum of 1 participant per class, are 1/2 hour in duration, and are offered once per week for 10 weeks. All Lifesaving Society programs are offered as well as Adult and Youth swim levels.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55889	\$288.35
S	Apr 20-Jun 22	9:30am-10:00am	9wks	55890	\$288.35
S	Apr 20-Jun 22	10:00am-10:30am	9wks	55891	\$288.35
S	Apr 20-Jun 22	10:30am-11:00am	9wks	55892	\$288.35
S	Apr 20-Jun 22	11:00am-11:30am	9wks	55893	\$288.35
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	55894	\$288.35
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	55895	\$288.35
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	55909	\$288.35
M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	55911	\$288.35
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	55910	\$288.35
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	55912	\$288.35
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	55913	\$288.35
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	55896	\$288.35
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	55897	\$288.35
M	Apr 14-Jun 23	8:00pm-8:30pm	9wks	55898	\$288.35
M	Apr 14-Jun 23	8:30pm-9:00pm	9wks	55899	\$288.35
W	Apr 16-Jun 18	9:00am-9:30am	10wks	55905	\$320.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	55914	\$320.39
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55906	\$320.39
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	55907	\$320.39
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55908	\$320.39
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55901	\$320.39
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	55902	\$320.39

2025 Spring Aquatics

Programs listed may be subject to change

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W	Apr 16-Jun 18	8:00pm-8:30pm	10wks	55903	\$320.39
W	Apr 16-Jun 18	8:30pm-9:00pm	10wks	55904	\$320.39
Th	Apr 17-Jun 19	4:00pm-4:30pm	10wks	55900	\$320.39
Th	Apr 17-Jun 19	4:30pm-5:00pm	10wks	55915	\$320.39
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	55916	\$320.39
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	55917	\$320.39
Th	Apr 17-Jun 19	6:00pm-6:30pm	10wks	55918	\$320.39
Th	Apr 17-Jun 19	6:30pm-7:00pm	10wks	55919	\$320.39
Th	Apr 17-Jun 19	7:00pm-7:30pm	10wks	55920	\$320.39
Th	Apr 17-Jun 19	7:30pm-8:00pm	10wks	55921	\$320.39
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55881	\$288.35
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55882	\$288.35
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	55883	\$288.35
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55884	\$288.35
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	55885	\$288.35
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55886	\$288.35
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	55887	\$288.35
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	55888	\$288.35

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	10wks	56151	\$320.39
S	Apr 20-Jun 22	9:30am-10:00am	10wks	56152	\$320.39
S	Apr 20-Jun 22	10:00am-10:30am	10wks	56153	\$320.39
S	Apr 20-Jun 22	10:30am-11:00am	10wks	56154	\$320.39
S	Apr 20-Jun 22	11:00am-11:30am	10wks	56155	\$320.39
S	Apr 20-Jun 22	11:30am-12:00pm	10wks	56156	\$320.39
S	Apr 20-Jun 22	12:30pm-1:00pm	10wks	56157	\$320.39
S	Apr 20-Jun 22	1:00pm-1:30pm	10wks	56158	\$320.39
S	Apr 20-Jun 22	1:30pm-2:00pm	10wks	56159	\$320.39
M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	56136	\$288.35
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	56142	\$288.35
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	56143	\$288.35

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M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	56144	\$288.35
T	Apr 15-Jun 17	5:30pm-6:00pm	10wks	56137	\$320.39
T	Apr 15-Jun 17	6:00pm-6:30pm	10wks	56138	\$320.39
T	Apr 15-Jun 17	6:30pm-7:00pm	10wks	56139	\$320.39
T	Apr 15-Jun 17	7:00pm-7:30pm	10wks	56140	\$320.39
T	Apr 15-Jun 17	7:30pm-8:00pm	10wks	56141	\$320.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56145	\$320.39
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	56146	\$320.39
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56147	\$320.39
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56148	\$320.39
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	56149	\$320.39
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	56150	\$320.39

Semi Private - Adult

18 and up

Learners of all ages (starting at 3 yrs) and all swim levels may take advantage of semi private instruction. Semi Private classes guarantee a maximum of 3 participants per class, and are 1/2 hour (30 minutes) in duration. These low ratio classes are offered at various times at both pools.

CHDRC Pool Programs

S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	55927	\$175.69
M	Apr 14-Jun 23	8:30pm-9:00pm	9wks	55928	\$175.69

Semi Private - Preschool 1 | 2

At least 3 but less than 6

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. Becoming comfortable with floats and glides and moving safely in shallow water will help them gain confidence with their water skills.

CHDRC Pool Programs

W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	55930	\$195.21
Th	Apr 17-Jun 19	4:00pm-4:30pm	10wks	55935	\$195.21

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Dunbarton Pool Programs

T	Apr 15-Jun 17	6:00pm-6:30pm	10wks	56166	\$195.21
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Semi Private - Rookie | Ranger

At least 6 but less than 16

CHDRC Pool Programs

Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	55950	\$175.69
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Semi Private - Swimmer 1

At least 6 but less than 13

Swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water (assisted and unassisted), opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, vertical whip kick with an aid, and swimming front crawl and back crawl, they will swim themselves right in to the next level.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55956	\$175.69
S	Apr 20-Jun 22	11:00am-11:30am	9wks	55957	\$175.69
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	55958	\$175.69
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	55959	\$175.69
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55960	\$195.21
Th	Apr 17-Jun 19	4:30pm-5:00pm	10wks	55961	\$195.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55951	\$175.69
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55952	\$175.69
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	55953	\$175.69
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55954	\$175.69
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	55955	\$175.69

Dunbarton Pool Programs

W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56172	\$195.21
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Semi Private - Swimmer 1 | 2

At least 6 but less than 13

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Swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water (assisted and unassisted), opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, vertical whip kick with an aid, and swimming front crawl and back crawl, they will swim themselves right in to the next level.

Dunbarton Pool Programs

S	Apr 20-Jun 22	10:00am-10:30am	10wks	56175	\$195.21
S	Apr 20-Jun 22	1:30pm-2:00pm	10wks	56176	\$195.21
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	56173	\$175.69
T	Apr 15-Jun 17	5:30pm-6:00pm	10wks	56174	\$195.21

Semi Private - Swimmer 2

At least 6 but less than 13

Swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water (assisted and unassisted), opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, vertical whip kick with an aid, and swimming front crawl and back crawl, they will swim themselves right in to the next level.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55965	\$175.69
S	Apr 20-Jun 22	11:00am-11:30am	9wks	55967	\$175.69
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	55969	\$175.69
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	55966	\$175.69
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	55968	\$175.69
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55970	\$195.21
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	55972	\$195.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	55971	\$195.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55962	\$175.69
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55963	\$175.69
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	55964	\$175.69

Dunbarton Pool Programs

W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56177	\$195.21
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2025 Spring Aquatics

Programs listed may be subject to change

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Semi Private - Swimmer 3

At least 6 but less than 13

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

CHDRC Pool Programs

S	Apr 20-Jun 22	10:30am-11:00am	9wks	55977	\$175.69
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	55978	\$175.69
M	Apr 14-Jun 23	8:00pm-8:30pm	9wks	55976	\$175.69
M	Apr 14-Jun 23	8:30pm-9:00pm	9wks	55980	\$175.69
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	55973	\$195.21
Th	Apr 17-Jun 19	6:30pm-7:00pm	10wks	55979	\$195.21
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55974	\$175.69
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	55975	\$175.69

Dunbarton Pool Programs

S	Apr 20-Jun 22	10:30am-11:00am	10wks	56179	\$195.21
T	Apr 15-Jun 17	7:30pm-8:00pm	10wks	56178	\$195.21

Semi Private - Swimmer 4

At least 6 but less than 16

Preschoolers will kick and glide their way through the water on their fronts and backs, while gaining some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing front crawl and work on their ability to tread water.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	9wks	55981	\$175.69
S	Apr 20-Jun 22	10:00am-10:30am	9wks	55984	\$175.69
M	Apr 14-Jun 23	8:30pm-9:00pm	9wks	55985	\$175.69
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	55986	\$195.21
Th	Apr 17-Jun 19	6:30pm-7:00pm	10wks	55988	\$195.21

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	55982	\$175.69
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55987	\$175.69
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	55983	\$175.69

Dunbarton Pool Programs

S	Apr 20-Jun 22	11:00am-11:30am	10wks	56182	\$195.21
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	56180	\$175.69
T	Apr 15-Jun 17	7:30pm-8:00pm	10wks	56181	\$195.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56183	\$195.21

Semi Private - Swimmer 5

At least 6 but less than 16

Swimmers will build up their advanced skill sets and will be challenged with a whole new variety of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus, as swimmers will need to complete longer distance swims and interval training sessions for all their strokes. They will also refine their strokes to increase their swimming strength, power, and endurance.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	9wks	55992	\$175.69
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55993	\$195.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55990	\$195.21
W	Apr 16-Jun 18	8:00pm-8:30pm	10wks	55994	\$195.21
Th	Apr 17-Jun 19	6:00pm-6:30pm	10wks	55991	\$195.21
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55989	\$175.69

Dunbarton Pool Programs

S	Apr 20-Jun 22	11:30am-12:00pm	10wks	56185	\$195.21
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	56186	\$175.69
T	Apr 15-Jun 17	5:00pm-5:30pm	10wks	56184	\$195.21

Semi Private - Swimmer 6

At least 6 but less than 16

2025 Spring Aquatics

Programs listed may be subject to change

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Swimmers will build up their advanced skill sets and will be challenged with a whole new variety of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus, as swimmers will need to complete longer distance swims and interval training sessions for all their strokes. They will also refine their strokes to increase their swimming strength, power, and endurance.

CHDRC Pool Programs

S	Apr 20-Jun 22	10:30am-11:00am	9wks	55997	\$175.69
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55996	\$195.21
W	Apr 16-Jun 18	8:30pm-9:00pm	10wks	55999	\$195.21
Th	Apr 17-Jun 19	6:00pm-6:30pm	10wks	55998	\$195.21
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55995	\$175.69

Dunbarton Pool Programs

S	Apr 20-Jun 22	12:30pm-1:00pm	10wks	56187	\$195.21
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Children

Ranger Patrol

At least 6 but less than 16

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

CHDRC Pool Programs

W	Apr 16-Jun 18	6:45pm-7:30pm	10wks	55922	\$118.82
Sa	Apr 19-Jun 21	11:45am-12:30pm	9wks	55923	\$106.94

Dunbarton Pool Programs

S	Apr 20-Jun 22	11:00am-11:45am	10wks	56162	\$118.82
T	Apr 15-Jun 17	7:00pm-7:45pm	10wks	56160	\$115.36
W	Apr 16-Jun 18	5:00pm-5:45pm	10wks	56161	\$118.82

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Rookie Patrol

At least 6 but less than 16

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350 m workout and 100 m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self-rescue techniques, victim recognition, and using throwing assists.

CHDRC Pool Programs

S	Apr 20-Jun 22	11:00am-11:45am	9wks	55925	\$106.94
W	Apr 16-Jun 18	5:00pm-5:45pm	10wks	55926	\$118.82
Sa	Apr 19-Jun 21	11:00am-11:45am	9wks	55924	\$106.94

Dunbarton Pool Programs

S	Apr 20-Jun 22	1:00pm-1:45pm	10wks	56165	\$118.82
M	Apr 14-Jun 23	5:00pm-5:45pm	9wks	56163	\$106.94
T	Apr 15-Jun 17	6:15pm-7:00pm	10wks	56164	\$118.82

Star Patrol

At least 6 but less than 16

Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100 m swims. It demands good physical conditioning as swimmers will be challenged with a 600 m workout, 300 m timed swim, and a 25 m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

CHDRC Pool Programs

S	Apr 20-Jun 22	12:00pm-12:45pm	9wks	56001	\$106.94
W	Apr 16-Jun 18	7:30pm-8:15pm	10wks	56002	\$118.82

Dunbarton Pool Programs

S	Apr 20-Jun 22	1:00pm-1:45pm	10wks	56189	\$118.82
W	Apr 16-Jun 18	5:45pm-6:30pm	10wks	56188	\$115.36

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Swimmer 1

At least 6 but less than 13

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	56018	\$97.39
S	Apr 20-Jun 22	9:30am-10:00am	9wks	56017	\$97.39
S	Apr 20-Jun 22	10:00am-10:30am	9wks	56019	\$97.39
S	Apr 20-Jun 22	10:30am-11:00am	9wks	56020	\$97.39
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	56021	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	56006	\$97.39
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	56010	\$97.39
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	56009	\$97.39
M	Apr 14-Jun 23	8:00pm-8:30pm	9wks	56028	\$97.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56008	\$108.21
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	56029	\$108.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56012	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56007	\$108.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	56022	\$108.21
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	56023	\$108.21
Th	Apr 17-Jun 19	4:00pm-4:30pm	10wks	56024	\$108.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	56025	\$108.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	56026	\$108.21
Th	Apr 17-Jun 19	6:30pm-7:00pm	10wks	56027	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	56003	\$97.39
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	56013	\$97.39
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	56014	\$97.39
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	56004	\$97.39

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	56011	\$97.39
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	56005	\$97.39
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	56015	\$97.39
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	56016	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	10wks	56194	\$108.21
S	Apr 20-Jun 22	12:00pm-12:30pm	10wks	56195	\$108.21
M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	56196	\$97.39
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	56192	\$97.39
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	56191	\$97.39
T	Apr 15-Jun 17	5:30pm-6:00pm	10wks	56197	\$108.21
T	Apr 15-Jun 17	5:30pm-6:00pm	10wks	56198	\$108.21
T	Apr 15-Jun 17	7:00pm-7:30pm	10wks	56190	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56193	\$108.21

Swimmer 1 | 2

At least 6 but less than 13

For females only ages 6-12. A combination of Swimmer 1 and 2. This swim time is for females only. Additionally, the viewing area is not available to spectators.

Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	2:15pm-2:45pm	10wks	56200	\$108.21
Sa	Apr 19-Jun 21	3:45pm-4:15pm	10wks	56199	\$108.21

Swimmer 2

At least 6 but less than 13

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10 m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	9wks	56049	\$97.39
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2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

S	Apr 20-Jun 22	10:00am-10:30am	9wks	56051	\$97.39
S	Apr 20-Jun 22	10:30am-11:00am	9wks	56052	\$97.39
S	Apr 20-Jun 22	11:00am-11:30am	9wks	56053	\$97.39
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	56033	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	56034	\$97.39
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	56035	\$97.39
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	56037	\$97.39
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	56036	\$97.39
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	56050	\$108.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56044	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56046	\$108.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	56045	\$108.21
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	56038	\$108.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	56047	\$108.21
Th	Apr 17-Jun 19	6:00pm-6:30pm	10wks	56048	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	56031	\$97.39
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	56040	\$97.39
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	56041	\$97.39
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	56030	\$97.39
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	56042	\$97.39
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	56043	\$97.39
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	56032	\$97.39
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	56039	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	10wks	56208	\$108.21
S	Apr 20-Jun 22	10:30am-11:00am	10wks	56204	\$108.21
S	Apr 20-Jun 22	12:00pm-12:30pm	10wks	56205	\$108.21
M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	56206	\$97.39
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	56207	\$97.39
T	Apr 15-Jun 17	5:00pm-5:30pm	10wks	56203	\$108.21
T	Apr 15-Jun 17	6:30pm-7:00pm	10wks	56201	\$108.21

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56202	\$108.21
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Swimmer 3

At least 6 but less than 13

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	56070	\$97.39
S	Apr 20-Jun 22	9:30am-10:00am	9wks	56063	\$97.39
S	Apr 20-Jun 22	10:00am-10:30am	9wks	56056	\$97.39
S	Apr 20-Jun 22	10:30am-11:00am	9wks	56057	\$97.39
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	56058	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	56064	\$97.39
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	56060	\$97.39
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	56065	\$97.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56071	\$108.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56066	\$108.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	56059	\$108.21
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	56067	\$108.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	56068	\$108.21
Th	Apr 17-Jun 19	6:00pm-6:30pm	10wks	56069	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	56054	\$97.39
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	56061	\$97.39
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	56062	\$97.39
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	56055	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	10:00am-10:30am	10wks	56214	\$108.21
S	Apr 20-Jun 22	11:00am-11:30am	10wks	56213	\$108.21
S	Apr 20-Jun 22	12:30pm-1:00pm	10wks	56215	\$108.21

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	56209	\$97.39
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	56216	\$97.39
T	Apr 15-Jun 17	5:00pm-5:30pm	10wks	56212	\$108.21
T	Apr 15-Jun 17	7:30pm-8:00pm	10wks	56210	\$108.21
T	Apr 15-Jun 17	6:30pm-7:00pm	10wks	56217	\$108.21
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	56211	\$108.21

Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	3:45pm-4:15pm	10wks	56218	\$108.21
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Swimmer 4

At least 6 but less than 16

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	56075	\$97.39
S	Apr 20-Jun 22	10:00am-10:30am	9wks	56078	\$97.39
S	Apr 20-Jun 22	11:00am-11:30am	9wks	56076	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	56079	\$97.39
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	56084	\$97.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56086	\$108.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56081	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56083	\$108.21
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	56080	\$108.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	56085	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	56072	\$97.39
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	56073	\$97.39
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	56077	\$97.39
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	56082	\$97.39

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	56074	\$97.39
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Dunbarton Pool Programs

S	Apr 20-Jun 22	11:30am-12:00pm	10wks	56224	\$108.21
S	Apr 20-Jun 22	1:00pm-1:30pm	10wks	56225	\$108.21
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	56220	\$97.39
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	56219	\$97.39
T	Apr 15-Jun 17	5:00pm-5:30pm	10wks	56223	\$108.21
T	Apr 15-Jun 17	7:00pm-7:30pm	10wks	56221	\$108.21
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56222	\$108.21

Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	2:45pm-3:15pm	10wks	56226	\$108.21
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Swimmer 5

At least 6 but less than 16

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

CHDRC Pool Programs

S	Apr 20-Jun 22	10:30am-11:15am	9wks	56090	\$106.94
M	Apr 14-Jun 23	8:00pm-8:45pm	9wks	56089	\$106.94
W	Apr 16-Jun 18	6:00pm-6:45pm	10wks	56088	\$118.82
Sa	Apr 19-Jun 21	10:15am-11:00am	9wks	56087	\$106.94

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:30am-10:15am	10wks	56229	\$118.82
T	Apr 15-Jun 17	5:30pm-6:15pm	10wks	56227	\$118.82
W	Apr 16-Jun 18	5:00pm-5:45pm	10wks	56228	\$118.82

Swimmer 5 | 6

At least 6 but less than 16

For females only ages 6- 12years. A combination of Swimmer 5 & 6. This swim time is for females only. Additionally, the viewing area is not available to spectators.

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Dunbarton Pool Programs – Female Only

Sa	Apr 19-Jun 21	3:15pm-3:45pm	10wks	56230	\$108.21
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Swimmer 6

At least 6 but less than 16

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300 m workout required to complete the level.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:45am-10:30am	9wks	56093	\$106.94
W	Apr 16-Jun 18	7:30pm-8:15pm	10wks	56092	\$118.82
Sa	Apr 19-Jun 21	11:00am-11:45am	9wks	56091	\$106.94

Dunbarton Pool Programs

S	Apr 20-Jun 22	10:15am-11:00am	10wks	56233	\$118.82
M	Apr 14-Jun 23	5:45pm-6:30pm	9wks	56231	\$106.94
W	Apr 16-Jun 18	5:45pm-6:30pm	10wks	56232	\$118.82

Parent & Tot

Parent & Tot 1

At least 4m but less than 1y 1m

Designed for the 4 to 12-month-old to learn to enjoy the water with the parent. Tots will float and splash, and parents will learn how to enter and exit the water safely with their baby.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55794	\$97.39
M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	55795	\$97.39
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	55796	\$108.21
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	55793	\$97.39

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Parent & Tot 1 | 2

At least 4m but less than 2y 1m

Designed for the 4 to 24-month-old to learn to enjoy the water with the parent. Tots will float and splash, and parents will learn how to enter and exit the water safely with their baby. Tots will learn to blow bubbles and get their face wet.

CHDRC Pool Programs

W	Apr 16-Jun 18	10:00am-10:30am	10wks	55797	\$108.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	55798	\$108.21

Parent & Tot 2 - CHDRC

At least 1 but less than 2y 1m

Instructors will lead sessions to help parents with children learn basic water safety skills in a welcoming environment. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time.

CHDRC Pool Programs

S	Apr 20-Jun 22	10:00am-10:30am	9wks	55801	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	55802	\$97.39
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	55803	\$97.39
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55804	\$108.21
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55799	\$97.39
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	55800	\$97.39

Parent & Tot 3

At least 2 but less than 4

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating. Parents and toddlers will be introduced to different iterations of these fundamental skills.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	9wks	55811	\$97.39
S	Apr 20-Jun 22	10:30am-11:00am	9wks	55806	\$97.39
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	55807	\$97.39

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	55808	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55809	\$108.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	55812	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55810	\$97.39
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55805	\$97.39

Preschool

Semi Private

Semi Private - Preschool 1 | 2

At least 3 but less than 6

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. Becoming comfortable with floats and glides and moving safely in shallow water will help them gain confidence with their water skills.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55931	\$175.69
S	Apr 20-Jun 22	10:00am-10:30am	9wks	55936	\$175.69
S	Apr 20-Jun 22	10:30am-11:00am	9wks	55932	\$175.69
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	55929	\$175.69
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55933	\$175.69
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55934	\$175.69

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	10wks	56167	\$195.21
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Semi Private - Preschool 3

At least 3 but less than 6

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Preschoolers will work on becoming more independent with their water skills, moving their way through the water on their fronts and backs. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, floating and gliding with various buoyant aids and rollover glides. They will practice their flutter kick on their backs, working their way in deeper water to practice on various types of entries.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	9wks	55941	\$175.69
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	55939	\$175.69
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	55938	\$175.69
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	55942	\$175.69
W	Apr 16-Jun 18	10:00am-10:30am	10wks	55943	\$195.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55937	\$195.21
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	55940	\$175.69

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	10wks	56169	\$195.21
S	Apr 20-Jun 22	12:30pm-1:00pm	10wks	56170	\$195.21
T	Apr 15-Jun 17	6:30pm-7:00pm	10wks	56168	\$195.21

Semi Private - Preschool 4 | 5

At least 3 but less than 6

Preschoolers will gain some independence in deep water, working towards achieving important swimming milestones. They will practice jumping into deeper water, sideways and roll entries, as well as front and back crawl. These swimmers in training will work on completing 5m distance swim of front crawl and work on their ability to tread water.

CHDRC Pool Programs

S	Apr 20-Jun 22	11:00am-11:30am	9wks	55944	\$175.69
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55948	\$195.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	55945	\$195.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55949	\$195.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	55947	\$195.21
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	55946	\$175.69

Dunbarton Pool Programs

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

T	Apr 15-Jun 17	7:00pm-7:30pm	10wks	56171	\$195.21
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Preschool

Preschool 1

At least 3 but less than 6

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water will help them gain confidence with their water skills.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55830	\$97.39
S	Apr 20-Jun 22	10:00am-10:30am	9wks	55819	\$97.39
S	Apr 20-Jun 22	10:30am-11:00am	9wks	55824	\$97.39
S	Apr 20-Jun 22	11:00am-11:30am	9wks	55815	\$97.39
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	55816	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	55831	\$97.39
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	55818	\$97.39
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	55820	\$97.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	55837	\$108.21
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55821	\$108.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	55832	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55822	\$108.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55833	\$108.21
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	55823	\$108.21
Th	Apr 17-Jun 19	4:30pm-5:00pm	10wks	55834	\$108.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	55835	\$108.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	55836	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55825	\$97.39
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55826	\$97.39
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	55827	\$97.39

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55828	\$97.39
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	55813	\$97.39
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55817	\$97.39
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	55829	\$97.39
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	55814	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	10wks	56115	\$108.21
S	Apr 20-Jun 22	10:30am-11:00am	10wks	56116	\$108.21
S	Apr 20-Jun 22	1:30pm-2:00pm	10wks	56117	\$108.21
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	56111	\$97.39
M	Apr 14-Jun 23	6:30pm-7:00pm	9wks	56110	\$97.39
T	Apr 15-Jun 17	5:30pm-6:00pm	10wks	56113	\$108.21
T	Apr 15-Jun 17	6:00pm-6:30pm	10wks	56112	\$108.21
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56114	\$108.21

Preschool 1 | 2

At least 3 but less than 6

Please see our leisure guide for lesson descriptions and requirements.

CHDRC Pool Programs

W	Apr 16-Jun 18	9:30am-10:00am	10wks	55838	\$108.21
W	Apr 16-Jun 18	10:30am-11:00am	10wks	55839	\$108.21

Preschool 2

At least 3 but less than 6

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	9wks	55851	\$97.39
S	Apr 20-Jun 22	10:30am-11:00am	9wks	55847	\$97.39

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

S	Apr 20-Jun 22	11:00am-11:30am	9wks	55843	\$97.39
S	Apr 20-Jun 22	11:30am-12:00pm	9wks	55844	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	55852	\$97.39
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	55853	\$97.39
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	55845	\$97.39
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	55854	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55855	\$108.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55856	\$108.21
W	Apr 16-Jun 18	7:30pm-8:00pm	10wks	55846	\$108.21
Th	Apr 17-Jun 19	5:00pm-5:30pm	10wks	55857	\$108.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	55858	\$108.21
Th	Apr 17-Jun 19	6:30pm-7:00pm	10wks	55859	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55840	\$97.39
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55848	\$97.39
Sa	Apr 19-Jun 21	11:00am-11:30am	9wks	55849	\$97.39
Sa	Apr 19-Jun 21	11:30am-12:00pm	9wks	55850	\$97.39
Sa	Apr 19-Jun 21	12:30pm-1:00pm	9wks	55841	\$97.39
Sa	Apr 19-Jun 21	12:00pm-12:30pm	9wks	55842	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:30am-10:00am	10wks	56123	\$108.21
S	Apr 20-Jun 22	12:00pm-12:30pm	10wks	56124	\$108.21
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	56120	\$97.39
M	Apr 14-Jun 23	6:00pm-6:30pm	9wks	56118	\$97.39
T	Apr 15-Jun 17	5:00pm-5:30pm	10wks	56122	\$108.21
T	Apr 15-Jun 17	6:30pm-7:00pm	10wks	56119	\$108.21
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	56121	\$108.21

Preschool 3

At least 3 but less than 6

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for practice on various types of entries.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55869	\$97.39
S	Apr 20-Jun 22	10:00am-10:30am	9wks	55862	\$97.39
S	Apr 20-Jun 22	12:00pm-12:30pm	9wks	55863	\$97.39
M	Apr 14-Jun 23	7:30pm-8:00pm	9wks	55864	\$97.39
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	55870	\$108.21
W	Apr 16-Jun 18	5:30pm-6:00pm	10wks	55871	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	55866	\$108.21
W	Apr 16-Jun 18	7:00pm-7:30pm	10wks	55865	\$108.21
Th	Apr 17-Jun 19	4:00pm-4:30pm	10wks	55872	\$108.21
Th	Apr 17-Jun 19	5:30pm-6:00pm	10wks	55867	\$108.21
Th	Apr 17-Jun 19	6:00pm-6:30pm	10wks	55868	\$108.21
Sa	Apr 19-Jun 21	9:30am-10:00am	9wks	55860	\$97.39
Sa	Apr 19-Jun 21	10:30am-11:00am	9wks	55861	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	10wks	56129	\$108.21
M	Apr 14-Jun 23	5:00pm-5:30pm	9wks	56126	\$97.39
T	Apr 15-Jun 17	5:00pm-5:30pm	10wks	56128	\$108.21
T	Apr 15-Jun 17	5:30pm-6:00pm	10wks	56125	\$108.21
W	Apr 16-Jun 18	5:00pm-5:30pm	10wks	56130	\$108.21
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	56127	\$108.21

Preschool 4 | 5

At least 3 but less than 6

Please see our leisure guide for program descriptions and requirements.

CHDRC Pool Programs

S	Apr 20-Jun 22	9:00am-9:30am	9wks	55878	\$97.39
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2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

S	Apr 20-Jun 22	9:30am-10:00am	9wks	55874	\$97.39
S	Apr 20-Jun 22	12:30pm-1:00pm	9wks	55875	\$97.39
M	Apr 14-Jun 23	7:00pm-7:30pm	9wks	55879	\$97.39
W	Apr 16-Jun 18	6:00pm-6:30pm	10wks	55876	\$108.21
Th	Apr 17-Jun 19	4:30pm-5:00pm	10wks	55880	\$108.21
Sa	Apr 19-Jun 21	9:00am-9:30am	9wks	55877	\$97.39
Sa	Apr 19-Jun 21	10:00am-10:30am	9wks	55873	\$97.39

Dunbarton Pool Programs

S	Apr 20-Jun 22	10:00am-10:30am	10wks	56131	\$108.21
S	Apr 20-Jun 22	12:00pm-12:30pm	10wks	56134	\$108.21
M	Apr 14-Jun 23	5:30pm-6:00pm	9wks	56135	\$97.39
T	Apr 15-Jun 17	6:00pm-6:30pm	10wks	56132	\$108.21
W	Apr 16-Jun 18	6:30pm-7:00pm	10wks	56133	\$108.21

Youth

Leadership

Bronze Cross

12 and up

This course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. An endurance swim of 400 metres in 11 minutes must be completed by the end of the course.

Requirements to register: must have Bronze Medallion and Emergency or Standard First Aid. Proof of prerequisites are required at the first class.

Dunbarton Pool Programs

S	Apr 20-Jun 22	2:00pm-4:30pm	10wks	56106	\$203.00
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Bronze Medallion & Emergency First Aid

12 and up

2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

LSS Bronze Medallion and Emergency First Aid challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness form the basis of the training. Candidates acquire the assessment and problem solving skills needed to make good decisions in, on and around the water. Please note: An endurance swim of 400 metres or 20 lengths in 12 minutes must be completed prior to the end of the course in order for candidates to be successful. Requirements to register: must be 13 years of age by exam date or have successfully completed the Bronze Star. Proof of prerequisites will be required at the first class. Please ensure that candidates have the required prerequisites.

Dunbarton Pool Programs

Sa	Apr 19-Jun 21	12:00pm-2:00pm	10wks	56107	\$236.90
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Lifesaving Society Swim For Life Instructor

14y 9m and up

This course prepares the instructor to teach and evaluate the swimming strokes and skills found in the Swim For Life swim program. Candidates acquire teaching methods, planning skills and stroke development drills and correction techniques. Upon successful completion, candidates are qualified to teach the Lifesaving Society Swim Program. 100% attendance is required at all sessions is required. Prerequisites: 15 years of age by the end of the course and have Bronze Cross certification.

CHDRC Pool Programs

W	Apr 16-Jun 18	6:00pm-8:30pm	10wks	55792	\$219.39
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Youth

Youth

Bronze Star

At least 10 but less than 13

Bronze Star is the first level in the Bronze family and an excellent preparation for Bronze Medallion. Candidates perform self-rescues, lifesaving strokes and fitness swim drills and challenges. Registrants should be 10-12 yrs and have a minimum of Swimmer 6 or Canadian Swim Patrol experience would be an asset.

Dunbarton Pool Programs

Sa	Apr 19-Jun 21	11:00am-12:00pm	10wks	56108	\$124.13
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2025 Spring Aquatics

Programs listed may be subject to change

2/24/2025

Teen Swimmer

At least 12 but less than 17

Whether you're just starting out or just want help with your strokes, our Teen program is for you. No matter what your age, set your own goals and work with certified instructors to learn to swim, or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Teen levels. We've organized the content of each level like this: Entries and exits Surface support Underwater skills Swim to Survive® skills Movement / Swimming skills Fitness Water Smart® education

CHDRC Pool Programs

Th	Apr 17-Jun 19	7:00pm-7:45pm	10wks	56094	\$118.82
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Youth Fitness Swimmer

At least 12 but less than 16

This program is designed for swimmers who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on training principles and practices including interval training, sprint and distance swims. Great for youth who are between levels, preparing for Leadership courses or just looking to stay active. Participants set their own goals.

CHDRC Pool Programs

Th	Apr 17-Jun 19	6:00pm-6:45pm	10wks	56095	\$124.13
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Dunbarton Pool Programs

Sa	Apr 19-Jun 21	10:00am-11:00am	10wks	56234	\$124.13
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