

2024 Fall Aquatics Programs

Adult

Adult Swim

Adult 1 - CHDRC

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	Sep 18-Nov 20	9:00pm-9:55pm	10wks	51953	\$126.56
W	Sep 18-Nov 20	9:00am-9:55am	10wks	51956	\$126.56

Adult 1 - Dunbarton

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.

DIP Programs

T	Sep 17-Nov 19	7:00pm-7:55pm	10wks	51955	\$126.56
Sa	Sep 14-Nov 16	9:00am-9:55am	10wks	51954	\$126.56

Adult 1 - Females Only - Dunbarton

13 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.

DIP Programs

Sa	Sep 14-Nov 16	2:15pm-2:45pm	10wks	51951	\$109.61
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Adult 2 - CHDRC

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	Sep 18-Nov 20	9:00pm-9:55pm	10wks	51958	\$126.56
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Adult 2 - Females Only - Dunbarton

13 and up

Adult swimmers will practice different entries into deep water including dives, rolls, and tuck jumps

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(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.

DIP Programs

Sa	Sep 14-Nov 16	2:45pm-3:15pm	10wks	51957	\$109.61
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Adult 3 - CHDRC

16 and up

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

		wks			
W	Sep 18-Nov 20	9:00pm-9:55pm	10wks	51960	\$126.56

Adult 3 - Females Only - Dunbarton

13 and up

Adult 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 25-50 m sprints.

DIP Programs

Sa	Sep 14-Nov 16	3:15pm-3:45pm	10wks	51959	\$109.61
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Adult

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	Sep 16-Dec 9	1:00pm-1:45pm	12wks	51961	\$111.73
W	Sep 18-Dec 11	2:00pm-2:45pm	13wks	51962	\$121.04
F	Sep 20-Dec 13	1:00pm-1:45pm	13wks	51963	\$121.04

Aquafit - Basic - CHDRC

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

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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 awhile. 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

M	Sep 16-Dec 16	9:00am-9:55am	13wks	51966	\$152.82
M	Sep 16-Dec 16	8:00pm-8:55pm	13wks	51967	\$152.82
T	Sep 17-Dec 10	9:00am-9:55am	13wks	51968	\$152.82
W	Sep 18-Dec 11	1:00pm-1:55pm	13wks	51969	\$152.82
W	Sep 18-Dec 11	8:00pm-8:55pm	13wks	51970	\$152.82
Th	Sep 19-Dec 12	9:00am-9:55am	13wks	51971	\$152.82
F	Sep 20-Dec 13	9:00am-9:55am	13wks	51972	\$152.82

Aquafit - Basic - Dunbarton

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 awhile. 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.

DIP Programs

T	Sep 17-Dec 10	8:00pm-8:55pm	13wks	51964	\$152.82
Th	Sep 19-Dec 12	8:00pm-8:55pm	13wks	51965	\$152.82

Aquafit - Deep H2O - CHDRC

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 stand alone program. You should be comfortable in deep water.

Water-belts are provided.

CHDRC Pool - Programs

T	Sep 17-Dec 10	12:00pm-12:50pm	13wks	51973	\$121.04
Th	Sep 19-Dec 12	12:00pm-12:50pm	13wks	51974	\$121.04

Aquafit - Nice and Easy - CHDRC

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	Sep 17-Dec 10	1:00pm-1:45pm	13wks	51975	\$121.04
Th	Sep 19-Dec 12	1:00pm-1:45pm	13wks	51976	\$121.04

2024 Fall Aquatics Programs

Adult

General Programs

Standard First Aid & C.P.R. - CHDRC

13 and up

Learn all aspects of first aid and CPR. Topics include legal implications of first aid, circulatory emergencies such as heart attacks & strokes, diabetic emergencies, seizures, fractures, sprains, bleeding, exposure to heat & cold, burns, poisoning, abdominal and chest injuries and more. Includes CPR-C. Recommended for ages 13 and up. Certification is recognized by the WSIB. Annual recertification in CPR is recommended. 100% ATTENDANCE AT ALL SESSIONS IS MANDATORY. Please note : Standard First Aid and CPR-C are prerequisites for NLS.

CHDRC Arena O'Brien Room B

S,Sa Oct 26-Oct 27 9:00am-4:00pm 2wks 52235 \$145.49

All ages

Private

Private Lessons - CHDRC

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	Sep 15-Nov 24	9:00am-9:30am	10wks	52121	\$311.06
S	Sep 15-Nov 24	9:30am-10:00am	10wks	52122	\$311.06
S	Sep 15-Nov 24	10:00am-10:30am	10wks	52123	\$311.06
S	Sep 15-Nov 24	10:30am-11:00am	10wks	52124	\$311.06
S	Sep 15-Nov 24	11:00am-11:30am	10wks	52125	\$311.06
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	52126	\$311.06
S	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52127	\$311.06
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52141	\$311.06
M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	52128	\$311.06
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52129	\$311.06
M	Sep 16-Nov 25	8:00pm-8:30pm	10wks	52130	\$311.06
M	Sep 16-Nov 25	8:30pm-9:00pm	10wks	52131	\$311.06
M	Sep 16-Nov 25	5:30pm-6:00pm	10wks	52142	\$311.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	52143	\$311.06
M	Sep 16-Nov 25	6:00pm-6:30pm	10wks	52144	\$311.06
M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	52145	\$311.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52133	\$311.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52134	\$311.06
W	Sep 18-Nov 20	8:00pm-8:30pm	10wks	52135	\$311.06
W	Sep 18-Nov 20	8:30pm-9:00pm	10wks	52136	\$311.06
W	Sep 18-Nov 20	9:00am-9:30am	10wks	52137	\$311.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	52138	\$311.06

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W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52139	\$311.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52140	\$311.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53119	\$311.06
Th	Sep 19-Nov 21	4:00pm-4:30pm	10wks	52132	\$311.06
Th	Sep 19-Nov 21	4:30pm-5:00pm	10wks	53124	\$311.06
Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53131	\$311.06
Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53142	\$311.06
Th	Sep 19-Nov 21	6:00pm-6:30pm	10wks	53152	\$311.06
Th	Sep 19-Nov 21	6:30pm-7:00pm	10wks	53160	\$311.06
Th	Sep 19-Nov 21	7:00pm-7:30pm	10wks	53170	\$311.06
Th	Sep 19-Nov 21	7:30pm-8:00pm	10wks	53181	\$311.06
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52113	\$311.06
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52114	\$311.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52115	\$311.06
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52116	\$311.06
Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52117	\$311.06
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52118	\$311.06
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52119	\$311.06
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52120	\$311.06

Private Lessons - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	9:00am-9:30am	10wks	52107	\$311.06
S	Sep 15-Nov 17	9:30am-10:00am	10wks	52108	\$311.06
S	Sep 15-Nov 17	10:00am-10:30am	10wks	52109	\$311.06
S	Sep 15-Nov 17	10:30am-11:00am	10wks	52110	\$311.06
S	Sep 15-Nov 17	11:00am-11:30am	10wks	52111	\$311.06
S	Sep 15-Nov 17	11:30am-12:00pm	10wks	52112	\$311.06
S	Sep 15-Nov 17	12:30pm-1:00pm	10wks	53269	\$311.06
S	Sep 15-Nov 17	1:00pm-1:30pm	10wks	53272	\$311.06
S	Sep 15-Nov 17	1:30pm-2:00pm	10wks	53274	\$311.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	52085	\$311.06
M	Sep 16-Nov 25	6:00pm-6:30pm	10wks	52096	\$311.06
M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	52097	\$311.06
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52100	\$311.06
T	Sep 17-Nov 19	5:30pm-6:00pm	10wks	52086	\$311.06
T	Sep 17-Nov 19	6:00pm-6:30pm	10wks	52087	\$311.06
T	Sep 17-Nov 19	6:30pm-7:00pm	10wks	52088	\$311.06
T	Sep 17-Nov 19	7:00pm-7:30pm	10wks	52089	\$311.06
T	Sep 17-Nov 19	7:30pm-8:00pm	10wks	52090	\$311.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	52101	\$311.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	52102	\$311.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52103	\$311.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52104	\$311.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52105	\$311.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52106	\$311.06

2024 Fall Aquatics Programs

All ages

Semi Private

Semi Private - Adult - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	12:00pm-12:30pm	10wks	53227	\$189.52
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Semi Private - Preschool 1 | 2 - CHDRC

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	Sep 18-Nov 20	5:00pm-5:30pm	10wks	52160	\$189.52
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Th	Sep 19-Nov 21	4:00pm-4:30pm	10wks	53120	\$189.52
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Semi Private - Preschool 1 | 2 - Dunbarton

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.

DIP Programs

T	Sep 17-Nov 19	6:00pm-6:30pm	10wks	52156	\$189.52
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Semi Private - Rookie | Ranger - CHDRC

At least 6 but less than 16

CHDRC Pool - Programs

Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52177	\$189.52
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Semi Private - Swimmer 1 - CHDRC

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

M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52190	\$189.52
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2024 Fall Aquatics Programs

Semi Private - Swimmer 1 - CHDRC

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	Sep 15-Nov 24	9:00am-9:30am	10wks	52186	\$189.52
S	Sep 15-Nov 24	11:00am-11:30am	10wks	52187	\$189.52
M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	52189	\$189.52
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52180	\$189.52
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52181	\$189.52
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52183	\$189.52
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52184	\$189.52
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52185	\$189.52

Semi Private - Swimmer 1 - Dunbarton

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.

DIP Programs

W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52196	\$189.52
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Semi Private - Swimmer 1 | 2 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	10:00am-10:30am	10wks	52194	\$189.52
S	Sep 15-Nov 17	1:30pm-2:00pm	10wks	53275	\$189.52
M	Sep 16-Nov 25	5:30pm-6:00pm	10wks	52191	\$189.52
T	Sep 17-Nov 19	5:30pm-6:00pm	10wks	52192	\$189.52

Semi Private - Swimmer 1- CHDRC

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

W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	52195	\$189.52
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2024 Fall Aquatics Programs

Th Sep 19-Nov 21 4:30pm-5:00pm 10wks 53125 \$189.52

Semi Private - Swimmer 2 - CHDRC

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	Sep 15-Nov 24	9:00am-9:30am	10wks	52200	\$189.52
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52201	\$189.52
S	Sep 15-Nov 24	11:00am-11:30am	10wks	52202	\$189.52
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	53226	\$189.52
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52203	\$189.52
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52197	\$189.52
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52198	\$189.52
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52199	\$189.52

Semi Private - Swimmer 2 - Dunbarton

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.

DIP Programs

W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52206	\$189.52
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Semi Private - Swimmer 2-CHDRC

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 - Rentals

W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52205	\$189.52
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53237	\$189.52
Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53144	\$189.52

Semi Private - Swimmer 3 - CHDRC

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	Sep 15-Nov 24	10:30am-11:00am	10wks	52213	\$189.52
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	52214	\$189.52

2024 Fall Aquatics Programs

M	Sep 16-Nov 25	8:00pm-8:30pm	10wks	52212	\$189.52
M	Sep 16-Nov 25	8:30pm-9:00pm	10wks	53232	\$189.52
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52207	\$189.52
Th	Sep 19-Nov 21	6:30pm-7:00pm	10wks	53161	\$189.52
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52210	\$189.52
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52211	\$189.52

Semi Private - Swimmer 3 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	10:30am-11:00am	10wks	52209	\$189.52
T	Sep 17-Nov 19	7:30pm-8:00pm	10wks	52208	\$189.52

Semi Private - Swimmer 4 - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	9:30am-10:00am	10wks	52218	\$189.52
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Semi Private - Swimmer 4 - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	10:00am-10:30am	10wks	52221	\$189.52
M	Sep 16-Nov 25	8:30pm-9:00pm	10wks	52222	\$189.52
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52223	\$189.52
Th	Sep 19-Nov 21	6:30pm-7:00pm	10wks	53162	\$189.52
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52219	\$189.52
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52220	\$189.52
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52224	\$189.52

Semi Private - Swimmer 4 - Dunbarton

At least 6 but less than 13

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.

2024 Fall Aquatics Programs

DIP Programs

S	Sep 15-Nov 17	11:00am-11:30am	10wks	52217	\$189.52
M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	52215	\$189.52
T	Sep 17-Nov 19	7:30pm-8:00pm	10wks	52216	\$189.52
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	53287	\$189.52

Semi Private - Swimmer 5 - CHDRC

At least 6 but less than 13

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

		wks			
S	Sep 15-Nov 24	9:30am-10:00am	10wks	53223	\$189.52
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52231	\$189.52
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	53251	\$189.52
W	Sep 18-Nov 20	8:00pm-8:30pm	10wks	53255	\$189.52
Th	Sep 19-Nov 21	6:00pm-6:30pm	10wks	53153	\$189.52
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52225	\$189.52

Semi Private - Swimmer 5 - Dunbarton

At least 6 but less than 13

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.

DIP Programs

S	Sep 15-Nov 17	11:30am-12:00pm	10wks	52228	\$189.52
M	Sep 16-Nov 25	6:00pm-6:30pm	10wks	53280	\$189.52
T	Sep 17-Nov 19	5:00pm-5:30pm	10wks	52227	\$189.52

Semi Private - Swimmer 6 - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	10:30am-11:00am	10wks	52234	\$189.52
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52233	\$189.52
W	Sep 18-Nov 20	8:30pm-9:00pm	10wks	53256	\$189.52
Th	Sep 19-Nov 21	6:00pm-6:30pm	10wks	53154	\$189.52

2024 Fall Aquatics Programs

Semi Private - Swimmer 6 - CHDRC

At least 6 but less than 15

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

Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52232	\$189.52
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Semi Private - Swimmer 6 - Dunbarton

At least 6 but less than 13

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.

DIP Programs

S	Sep 15-Nov 17	12:30pm-1:00pm	10wks	53271	\$189.52
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Children

Swim Kids - ages 6+

Ranger Patrol - CHDRC

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	Sep 18-Nov 20	6:45pm-7:30pm	10wks	52149	\$115.36
Sa	Sep 14-Nov 23	11:45am-12:30pm	10wks	52150	\$115.36

Ranger Patrol - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	11:00am-11:45am	10wks	52148	\$115.36
T	Sep 17-Nov 19	7:00pm-7:45pm	10wks	52146	\$115.36
W	Sep 18-Nov 20	5:00pm-5:45pm	10wks	52147	\$115.36

2024 Fall Aquatics Programs

Rookie Patrol - CHDRC

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

Sa	Sep 14-Nov 23	11:00am-11:45am	10wks	52154	\$115.36
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Rookie Patrol - CHDRC

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	Sep 15-Nov 24	11:00am-11:45am	10wks	52155	\$115.36
W	Sep 18-Nov 20	5:00pm-5:45pm	10wks	53234	\$115.36

Rookie Patrol - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	1:00pm-1:45pm	10wks	52153	\$115.36
M	Sep 16-Nov 25	5:00pm-5:45pm	10wks	52151	\$115.36

Rookie Patrol - Dunbarton

At least 6 but less than 17

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.

DIP Programs

T	Sep 17-Nov 19	6:15pm-7:00pm	10wks	52152	\$115.36
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Star Patrol - CHDRC

At least 6 but less than 16

2024 Fall Aquatics Programs

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	Sep 15-Nov 17	12:00pm-12:45pm	10wks	52239	\$115.36
M	Sep 16-Nov 25	8:00pm-8:45pm	10wks	52238	\$115.36
W	Sep 18-Nov 20	7:30pm-8:15pm	10wks	52240	\$115.36

Star Patrol - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	1:00pm-1:45pm	10wks	53300	\$115.36
W	Sep 18-Nov 20	5:45pm-6:30pm	10wks	52237	\$115.36

Swimmer 1 - CHDRC

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	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52251	\$105.06
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52255	\$105.06
S	Sep 15-Nov 24	9:30am-10:00am	10wks	52265	\$105.06
S	Sep 15-Nov 24	9:00am-9:30am	10wks	52266	\$105.06
S	Sep 15-Nov 24	10:00am-10:30am	10wks	52267	\$105.06
S	Sep 15-Nov 24	10:30am-11:00am	10wks	52268	\$105.06
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	52269	\$105.06
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52254	\$105.06
M	Sep 16-Nov 25	8:00pm-8:30pm	10wks	53231	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52252	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	52253	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52259	\$105.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52270	\$105.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52271	\$105.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	53243	\$105.06
Th	Sep 19-Nov 21	4:00pm-4:30pm	10wks	53121	\$105.06
Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53133	\$105.06
Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53145	\$105.06
Th	Sep 19-Nov 21	6:30pm-7:00pm	10wks	53164	\$105.06
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52248	\$105.06

2024 Fall Aquatics Programs

Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52249	\$105.06
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52250	\$105.06
Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52257	\$105.06
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52260	\$105.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52261	\$105.06
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52262	\$105.06
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52263	\$105.06

Swimmer 1 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	9:30am-10:00am	10wks	52247	\$105.06
S	Sep 15-Nov 17	12:00pm-12:30pm	10wks	53266	\$105.06
M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	52243	\$105.06
M	Sep 16-Nov 25	6:00pm-6:30pm	10wks	52245	\$105.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	53277	\$105.06
T	Sep 17-Nov 19	7:00pm-7:30pm	10wks	52241	\$105.06
T	Sep 17-Nov 19	5:30pm-6:00pm	10wks	53283	\$105.06
T	Sep 17-Nov 19	5:30pm-6:00pm	10wks	53286	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52246	\$105.06

Swimmer 1 | 2 - Females Only - Dunbarton

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.

DIP Programs

Sa	Sep 14-Nov 16	3:45pm-4:15pm	10wks	51982	\$105.06
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Swimmer 1 | 2 - Females Only - Dunbarton

At least 6 but less than 13

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

DIP Programs

Sa	Sep 14-Nov 16	2:15pm-2:45pm	10wks	51986	\$105.06
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Swimmer 2 - CHDRC

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	Sep 15-Nov 24	11:30am-12:00pm	10wks	52281	\$105.06
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2024 Fall Aquatics Programs

S	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52282	\$105.06
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52283	\$105.06
S	Sep 15-Nov 24	9:30am-10:00am	10wks	53224	\$105.06
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52284	\$105.06
M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	52285	\$105.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52286	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52292	\$105.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52293	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52294	\$105.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	53244	\$105.06
Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53134	\$105.06
Th	Sep 19-Nov 21	6:00pm-6:30pm	10wks	53156	\$105.06
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52278	\$105.06
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52279	\$105.06
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52280	\$105.06
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52287	\$105.06
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52288	\$105.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52289	\$105.06
Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52290	\$105.06
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52291	\$105.06

Swimmer 2 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	10:30am-11:00am	10wks	52277	\$105.06
S	Sep 15-Nov 17	12:00pm-12:30pm	10wks	53267	\$105.06
S	Sep 15-Nov 17	9:00am-9:30am	10wks	53299	\$105.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	53278	\$105.06
M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	53281	\$105.06
T	Sep 17-Nov 19	6:30pm-7:00pm	10wks	52274	\$105.06
T	Sep 17-Nov 19	5:00pm-5:30pm	10wks	52276	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52275	\$105.06

Swimmer 2- CHDRC

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	Sep 15-Nov 24	10:00am-10:30am	10wks	52295	\$105.06
S	Sep 15-Nov 24	10:30am-11:00am	10wks	52296	\$105.06
S	Sep 15-Nov 24	11:00am-11:30am	10wks	52297	\$105.06

2024 Fall Aquatics Programs

Swimmer 3 - CHDRC

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	Sep 15-Nov 24	10:00am-10:30am	10wks	52308	\$105.06
S	Sep 15-Nov 24	10:30am-11:00am	10wks	52309	\$105.06
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	52310	\$105.06
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52312	\$105.06
S	Sep 15-Nov 24	9:30am-10:00am	10wks	52315	\$105.06
S	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52316	\$105.06
S	Sep 15-Nov 24	9:00am-9:30am	10wks	53221	\$105.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52311	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52318	\$105.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52319	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53238	\$105.06
Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53135	\$105.06
Th	Sep 19-Nov 21	6:00pm-6:30pm	10wks	53157	\$105.06
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52306	\$105.06
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52307	\$105.06
Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52313	\$105.06
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52314	\$105.06

Swimmer 3 - CHDRC

At least 6 but less than 13

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

M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52317	\$105.06
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Swimmer 3 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	11:00am-11:30am	10wks	52305	\$105.06
S	Sep 15-Nov 17	10:00am-10:30am	10wks	53262	\$105.06
S	Sep 15-Nov 17	12:30pm-1:00pm	10wks	53270	\$105.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	52299	\$105.06
M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	53282	\$105.06
T	Sep 17-Nov 19	7:30pm-8:00pm	10wks	52301	\$105.06
T	Sep 17-Nov 19	5:00pm-5:30pm	10wks	52304	\$105.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	52303	\$105.06

2024 Fall Aquatics Programs

Swimmer 3 - Dunbarton

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.

DIP Programs

T	Sep 17-Nov 19	6:30pm-7:00pm	10wks	53284	\$105.06
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Swimmer 3 - Females Only - Dunbarton

At least 6 but less than 13

For females only ages ages 6-12. This swim time is for females only. Additionally, the viewing area is not available to spectators.

DIP Programs

Sa	Sep 14-Nov 16	3:45pm-4:15pm	10wks	51983	\$105.06
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Swimmer 4 - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	9:00am-9:30am	10wks	52331	\$105.06
S	Sep 15-Nov 24	11:00am-11:30am	10wks	52332	\$105.06
S	Sep 15-Nov 24	10:00am-10:30am	10wks	52334	\$105.06
S	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52335	\$105.06
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52340	\$105.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52336	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52337	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52339	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53239	\$105.06
Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53147	\$105.06
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52328	\$105.06
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52329	\$105.06
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52330	\$105.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52333	\$105.06
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52338	\$105.06

Swimmer 4 - Dunbarton

At least 6 but less than 13

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.

DIP Programs

2024 Fall Aquatics Programs

S	Sep 15-Nov 17	11:30am-12:00pm	10wks	52327	\$105.06
S	Sep 15-Nov 17	1:00pm-1:30pm	10wks	53273	\$105.06
M	Sep 16-Nov 25	6:00pm-6:30pm	10wks	52320	\$105.06
M	Sep 16-Nov 25	5:30pm-6:00pm	10wks	52321	\$105.06
T	Sep 17-Nov 19	7:00pm-7:30pm	10wks	52322	\$105.06
T	Sep 17-Nov 19	5:00pm-5:30pm	10wks	52326	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	52325	\$105.06

Swimmer 4 - Females Only - Dunbarton

At least 6 but less than 13

For females only ages 6-12. This swim time is for females only. Additionally, the viewing area is not available to spectators.

DIP Programs

Sa	Sep 14-Nov 16	2:45pm-3:15pm	10wks	51984	\$105.06
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Swimmer 5 - CHDRC

At least 6 but less than 13

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.

Sa	Sep 14-Nov 23	10:15am-11:00am	10wks	52345	\$115.36
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Swimmer 5 - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	10:30am-11:15am	10wks	52348	\$115.36
M	Sep 16-Nov 25	8:00pm-8:45pm	10wks	52347	\$115.36
W	Sep 18-Nov 20	6:00pm-6:45pm	10wks	52346	\$115.36

Swimmer 5 - Dunbarton

At least 6 but less than 13

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.

DIP Programs

S	Sep 15-Nov 17	9:30am-10:15am	10wks	52344	\$115.36
T	Sep 17-Nov 19	5:30pm-6:15pm	10wks	52342	\$115.36
W	Sep 18-Nov 20	5:00pm-5:45pm	10wks	52343	\$115.36

2024 Fall Aquatics Programs

Swimmer 5 | 6 - Females Only - Dunbarton

At least 6 but less than 13

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.

DIP Programs

Sa	Sep 14-Nov 16	3:15pm-3:45pm	10wks	51985	\$105.06
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Swimmer 6 - CHDRC

At least 6 but less than 13

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	Sep 15-Nov 24	9:45am-10:30am	10wks	52355	\$115.36
W	Sep 18-Nov 20	7:30pm-8:15pm	10wks	52354	\$115.36
Sa	Sep 14-Nov 23	11:00am-11:45am	10wks	52353	\$115.36

Swimmer 6 - Dunbarton

At least 6 but less than 13

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.

DIP Programs

S	Sep 15-Nov 17	10:15am-11:00am	10wks	52352	\$115.36
M	Sep 16-Nov 25	5:45pm-6:30pm	10wks	52349	\$115.36
W	Sep 18-Nov 20	5:45pm-6:30pm	10wks	52351	\$115.36

Parent & Tot

Parent & Tot

Parent & Tot 1 - CHDRC

At least 4m but less than 1y 1m

Please see our leisure guide for program descriptions and requirements.

CHDRC Pool - Programs

S	Sep 15-Nov 24	9:00am-9:30am	10wks	51993	\$105.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	51994	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	51995	\$105.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	51992	\$105.06

Parent & Tot 1 | 2 - CHDRC

At least 4m but less than 1y 1m

Please see our leisure guide for program descriptions and requirements.

2024 Fall Aquatics Programs

CHDRC Pool - Programs

Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53127	\$105.06
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Parent & Tot 1 | 2 - CHDRC

At least 4m but less than 2y 1m

Please see our leisure guide for program descriptions and requirements.

CHDRC Pool - Programs

W	Sep 18-Nov 20	10:00am-10:30am	10wks	51996	\$105.06
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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	Sep 15-Nov 24	10:00am-10:30am	10wks	51999	\$105.06
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Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	51997	\$105.06
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Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	51998	\$105.06
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Parent & Tot 2 - CHDRC

At least 1 but less than 2y 1m

Please see our leisure guide for program descriptions and requirements.

CHDRC Pool - Programs

M	Sep 16-Nov 25	5:30pm-6:00pm	10wks	52001	\$105.06
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Parent & Tot 2 - CHDRC

At least 1y 4m but less than 2y 1m

Please see our leisure guide for program descriptions and requirements.

CHDRC Pool - Programs

W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	52002	\$105.06
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Parent & Tot 3 - CHDRC

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	Sep 15-Nov 24	10:30am-11:00am	10wks	52004	\$105.06
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S	Sep 15-Nov 24	9:30am-10:00am	10wks	52009	\$105.06
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W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52007	\$105.06
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Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53138	\$105.06
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Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52003	\$105.06
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2024 Fall Aquatics Programs

Preschool

Parent & Tot

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	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52000	\$105.06
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Parent & Tot 3 - CHDRC

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

M	Sep 16-Nov 25	6:00pm-6:30pm	10wks	52005	\$105.06
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W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	52006	\$105.06
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Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52008	\$105.06
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Preschool

Semi Private

Semi Private - Preschool 1 | 2 - CHDRC

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	Sep 15-Nov 24	10:00am-10:30am	10wks	53225	\$189.52
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M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	52159	\$189.52
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Semi Private - Preschool 1 | 2 - CHDRC

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

2024 Fall Aquatics Programs

S	Sep 15-Nov 24	9:00am-9:30am	10wks	52161	\$189.52
S	Sep 15-Nov 24	10:30am-11:00am	10wks	52162	\$189.52
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52163	\$189.52
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52164	\$189.52

Semi Private - Preschool 1 | 2 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	9:00am-9:30am	10wks	52158	\$189.52
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Semi Private - Preschool 3 - CHDRC

At least 3 but less than 6

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 to deeper water for practice on various types of entries.

CHDRC Pool - Programs

M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	53230	\$189.52
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52167	\$189.52
W	Sep 18-Nov 20	10:00am-10:30am	10wks	53233	\$189.52

Semi Private - Preschool 3 - CHDRC

At least 3 but less than 6

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 to deeper water for practice on various types of entries.

CHDRC Pool - Programs

S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52168	\$189.52
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	52169	\$189.52
S	Sep 15-Nov 24	9:30am-10:00am	10wks	53222	\$189.52
Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52170	\$189.52

Semi Private - Preschool 3 - Dunbarton

At least 3 but less than 6

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.

DIP Programs

S	Sep 15-Nov 17	9:30am-10:00am	10wks	52166	\$189.52
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2024 Fall Aquatics Programs

S	Sep 15-Nov 17	12:30pm-1:00pm	10wks	53268	\$189.52
T	Sep 17-Nov 19	6:30pm-7:00pm	10wks	52165	\$189.52

Semi Private - Preschool 4 | 5 - CHDRC

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, sideway 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

W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52173	\$189.52
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	53241	\$189.52
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	53253	\$189.52
Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53132	\$189.52

Semi Private - Preschool 4 | 5 - CHDRC

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, sideway 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.

S	Sep 15-Nov 24	11:00am-11:30am	10wks	52172	\$189.52
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Semi Private - Preschool 4 | 5 - CHDRC

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, sideway 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

Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52174	\$189.52
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Semi Private - Preschool 4 | 5 - Dunbarton

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, sideway 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.

DIP Programs

T	Sep 17-Nov 19	7:00pm-7:30pm	10wks	52171	\$189.52
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2024 Fall Aquatics Programs

Preschool

Swim Preschool

Preschool 1 - CHDRC

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	Sep 15-Nov 24	11:00am-11:30am	10wks	52021	\$105.06
S	Sep 15-Nov 24	11:30am-12:00pm	10wks	52022	\$105.06
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52024	\$105.06
S	Sep 15-Nov 24	10:00am-10:30am	10wks	52025	\$105.06
S	Sep 15-Nov 24	10:30am-11:00am	10wks	52030	\$105.06
S	Sep 15-Nov 24	9:00am-9:30am	10wks	52036	\$105.06
S	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52037	\$105.06
M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	52026	\$105.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	52027	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52028	\$105.06
W	Sep 18-Nov 20	7:30pm-8:00pm	10wks	52029	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52038	\$105.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52039	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53235	\$105.06
Th	Sep 19-Nov 21	4:30pm-5:00pm	10wks	53123	\$105.06
Th	Sep 19-Nov 21	5:00pm-5:30pm	10wks	53128	\$105.06
Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53139	\$105.06
Sa	Sep 14-Nov 23	11:00am-11:30am	10wks	52019	\$105.06
Sa	Sep 14-Nov 23	12:30pm-1:00pm	10wks	52020	\$105.06
Sa	Sep 14-Nov 23	11:30am-12:00pm	10wks	52023	\$105.06
Sa	Sep 14-Nov 23	9:00am-9:30am	10wks	52031	\$105.06
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52032	\$105.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52033	\$105.06
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52034	\$105.06
Sa	Sep 14-Nov 23	12:00pm-12:30pm	10wks	52035	\$105.06

Preschool 1 - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	9:00am-9:30am	10wks	52018	\$105.06
S	Sep 15-Nov 17	10:30am-11:00am	10wks	53263	\$105.06
S	Sep 15-Nov 17	1:30pm-2:00pm	10wks	53276	\$105.06
M	Sep 16-Nov 25	6:30pm-7:00pm	10wks	52010	\$105.06
M	Sep 16-Nov 25	5:30pm-6:00pm	10wks	52012	\$105.06
T	Sep 17-Nov 19	6:00pm-6:30pm	10wks	52013	\$105.06
T	Sep 17-Nov 19	5:30pm-6:00pm	10wks	52014	\$105.06

2024 Fall Aquatics Programs

W Sep 18-Nov 20 5:00pm-5:30pm 10wks 52017 \$105.06

Preschool 1 | 2 - CHDRC

At least 3 but less than 6

Please see our leisure guide for lesson descriptions and requirements.

CHDRC Pool - Programs

W Sep 18-Nov 20 9:30am-10:00am 10wks 52040 \$105.06
 W Sep 18-Nov 20 10:30am-11:00am 10wks 52041 \$105.06

Preschool 2 - CHDRC

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 Sep 15-Nov 24 11:00am-11:30am 10wks 52051 \$105.06
 S Sep 15-Nov 24 11:30am-12:00pm 10wks 52052 \$105.06
 S Sep 15-Nov 24 10:30am-11:00am 10wks 52055 \$105.06
 S Sep 15-Nov 24 9:30am-10:00am 10wks 52059 \$105.06
 S Sep 15-Nov 24 12:00pm-12:30pm 10wks 52060 \$105.06
 S Sep 15-Nov 24 12:30pm-1:00pm 10wks 52061 \$105.06
 M Sep 16-Nov 25 7:00pm-7:30pm 10wks 52053 \$105.06
 W Sep 18-Nov 20 7:30pm-8:00pm 10wks 52054 \$105.06
 W Sep 18-Nov 20 6:00pm-6:30pm 10wks 52062 \$105.06
 W Sep 18-Nov 20 6:30pm-7:00pm 10wks 52063 \$105.06
 W Sep 18-Nov 20 7:00pm-7:30pm 10wks 52064 \$105.06
 Th Sep 19-Nov 21 5:00pm-5:30pm 10wks 53129 \$105.06
 Th Sep 19-Nov 21 5:30pm-6:00pm 10wks 53140 \$105.06
 Th Sep 19-Nov 21 6:30pm-7:00pm 10wks 53159 \$105.06
 Sa Sep 14-Nov 23 9:00am-9:30am 10wks 52048 \$105.06
 Sa Sep 14-Nov 23 12:30pm-1:00pm 10wks 52049 \$105.06
 Sa Sep 14-Nov 23 12:00pm-12:30pm 10wks 52050 \$105.06
 Sa Sep 14-Nov 23 9:30am-10:00am 10wks 52056 \$105.06
 Sa Sep 14-Nov 23 11:00am-11:30am 10wks 52057 \$105.06
 Sa Sep 14-Nov 23 11:30am-12:00pm 10wks 52058 \$105.06

Preschool 2 - Dunbarton

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.

DIP Programs

S Sep 15-Nov 17 9:30am-10:00am 10wks 53260 \$105.06
 S Sep 15-Nov 17 12:00pm-12:30pm 10wks 53264 \$105.06
 M Sep 16-Nov 25 6:00pm-6:30pm 10wks 52042 \$105.06
 M Sep 16-Nov 25 5:30pm-6:00pm 10wks 52045 \$105.06
 T Sep 17-Nov 19 6:30pm-7:00pm 10wks 52043 \$105.06
 T Sep 17-Nov 19 5:00pm-5:30pm 10wks 52047 \$105.06

2024 Fall Aquatics Programs

W Sep 18-Nov 20 5:30pm-6:00pm 10wks 52046 \$105.06

Preschool 3 - CHDRC

At least 3 but less than 6

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	Sep 15-Nov 24	10:00am-10:30am	10wks	52071	\$105.06
S	Sep 15-Nov 24	12:00pm-12:30pm	10wks	52072	\$105.06
S	Sep 15-Nov 24	9:00am-9:30am	10wks	53219	\$105.06
M	Sep 16-Nov 25	7:30pm-8:00pm	10wks	52073	\$105.06
W	Sep 18-Nov 20	7:00pm-7:30pm	10wks	52074	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52075	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53236	\$105.06
W	Sep 18-Nov 20	5:30pm-6:00pm	10wks	53240	\$105.06
Th	Sep 19-Nov 21	5:30pm-6:00pm	10wks	53141	\$105.06
Th	Sep 19-Nov 21	6:00pm-6:30pm	10wks	53151	\$105.06
Th	Sep 19-Nov 21	4:00pm-4:30pm	10wks	53257	\$105.06
Sa	Sep 14-Nov 23	9:30am-10:00am	10wks	52069	\$105.06
Sa	Sep 14-Nov 23	10:30am-11:00am	10wks	52070	\$105.06

Preschool 3 - Dunbarton

At least 3 but less than 6

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.

DIP Programs

S	Sep 15-Nov 17	9:00am-9:30am	10wks	53261	\$105.06
M	Sep 16-Nov 25	5:00pm-5:30pm	10wks	52066	\$105.06
T	Sep 17-Nov 19	5:30pm-6:00pm	10wks	52065	\$105.06
T	Sep 17-Nov 19	5:00pm-5:30pm	10wks	52068	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52067	\$105.06
W	Sep 18-Nov 20	5:00pm-5:30pm	10wks	53285	\$105.06

Preschool 4 | 5 - CHDRC

At least 3 but less than 6

Please see our leisure guide for program descriptions and requirements.

CHDRC Pool - Programs

S	Sep 15-Nov 24	9:30am-10:00am	10wks	52081	\$105.06
S	Sep 15-Nov 24	12:30pm-1:00pm	10wks	52082	\$105.06
S	Sep 15-Nov 24	9:00am-9:30am	10wks	53220	\$105.06
M	Sep 16-Nov 25	7:00pm-7:30pm	10wks	53229	\$105.06
W	Sep 18-Nov 20	6:00pm-6:30pm	10wks	52083	\$105.06
Th	Sep 19-Nov 21	4:30pm-5:00pm	10wks	53258	\$105.06
Sa	Sep 14-Nov 23	10:00am-10:30am	10wks	52080	\$105.06

2024 Fall Aquatics Programs

Sa Sep 14-Nov 23 9:00am-9:30am 10wks 52084 \$105.06

Preschool 4 | 5 - Dunbarton

At least 3 but less than 6

Please see our leisure guide for program descriptions and requirements.

DIP Programs

S	Sep 15-Nov 17	10:00am-10:30am	10wks	52076	\$105.06
S	Sep 15-Nov 17	12:00pm-12:30pm	10wks	53265	\$105.06
M	Sep 16-Nov 25	5:30pm-6:00pm	10wks	53279	\$105.06
T	Sep 17-Nov 19	6:00pm-6:30pm	10wks	52078	\$105.06
W	Sep 18-Nov 20	6:30pm-7:00pm	10wks	52079	\$105.06

Youth

Leadership

Bronze Cross - Dunbarton

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.

DIP Programs

S	Sep 15-Nov 17	2:00pm-4:30pm	10wks	51978	\$189.52
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Bronze Medallion & Emergency First Aid - Dunbarton

12y 7m and up

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.

DIP Programs

Sa	Sep 14-Nov 16	12:00pm-2:00pm	10wks	51980	\$230.00
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Lifesaving Society Swim For Life Instructor - CHDRC

15 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

2024 Fall Aquatics Programs

by the end of the course and have Bronze Cross certification.

CHDRC Pool - Programs

W Sep 18-Nov 20 6:00pm-8:30pm 10wks 51988 \$213.00

National Lifeguard - Dunbarton

15 and up

National Lifeguard pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in swimming pool environments. Please note: an endurance swim of 400 metres or 16 lengths in 10 minutes is required to be successful in NL. ALL SESSIONS ARE MANDATORY. Requirements to register: must hold a Bronze Cross Award, have Standard First Aid and CPR-C and be 15 years of age by the exam date. Recognized Standard First Aid Agencies are Lifesaving Society or a training agency approved by the Ontario government. Proof of prerequisites is required at the first class. To receive a refund, cancellations for Aquatic Leadership Courses must be received in writing at least five business days prior to the first day of the program. Please ensure that candidates have the required prerequisites.

DIP Programs

S,F-Sa Nov 29-Dec 15 5:00pm-7:00pm 4wks 51989 \$353.69

Youth

Youth

Bronze Star - Dunbarton

At least 10 but less than 12y 1m

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.

DIP Programs

Sa Sep 14-Nov 16 11:00am-12:00pm 10wks 51981 \$120.51

Teen Swimmer - CHDRC

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 Sep 19-Nov 21 7:00pm-7:45pm 10wks 52356 \$115.36

Youth Fitness Swimmer - CHDRC

At least 12 but less than 16

2024 Fall Aquatics Programs

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	Sep 19-Nov 21	6:00pm-6:45pm	10wks	53259	\$120.51
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Youth Fitness Swimmer - Dunbarton

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.

DIP Programs

Sa	Sep 14-Nov 16	10:00am-11:00am	10wks	52357	\$120.51
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