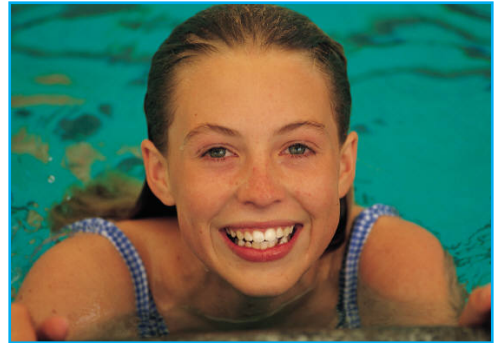


Aquatics Index – Online Activities Guide

Recreation Centres	2
Pool Admission Standards	3
Fitness / Aquafit	4-6
Recreational Swims - Fall	7
Recreational Swims - Winter.....	8
Swim Level Info Chart.....	9
Lifeguard Information	10-11
Swim Lessons – John Dolson Centre	12-13
Swim Lessons – W.G. Johnson Centre	14-15



John Dolson Centre

212 South Street, 519-740-4681 ext. 4527
Hours: Monday 8am-9pm, Tuesday 8am-10:00pm,
 Wednesday 8am –10pm, Thursday 8am-10:00pm,
 Friday 8am-8:15pm, Saturday 8am-7:15pm,
 Sunday 1:30-7:00pm
 Holiday hours: call Center for times

Facility Features

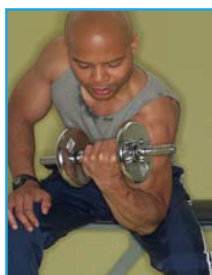
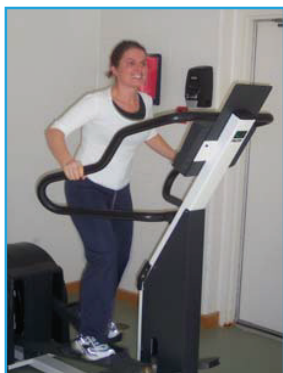
- Pool: 25m by 15m, bleachers on deck
- fully accessible
- 1 metre diving board, slide
- dry sauna
- gym shared with St. Ambrose School
- available for rentals for birthday parties
- Sonic Bounce – Inflatable Amusement (available for rental with gym)

W. G. Johnson Centre

31 Kribs Street, 519-740-4681 ext. 4469
Hours: Monday to Thursday 6am to 10pm
 Friday 6am-9pm
 Saturday 8am to 8pm
 Sunday 8am to 5pm
 Holiday hours: call Centre for times

Facility Features

- Pool: 23m by 12m (available for rentals)
- fully accessible
- 1 metre diving board
- giant water slide, whirlpool
- conditioning centre
- dry sauna
- 50+ Recreation Centre-Ted Wake Lounge
- gym (available for rentals)



Lockers

Lockers are available for \$0.25 or you can bring your own lock. Locks must be removed daily.

Change Rooms

Please use age appropriate change rooms for children 6 years of age or older.

Floating Devices

You are welcome to bring wearable floatation devices to use in the shallow end. However, if children are using floatation devices you must remain within arms reach. Please mark your name on anything you bring to our facilities.

Rentals

For information on renting a pool, gym, or meeting room, please see page

Pool Fouling

All children not toilet trained must wear an article of clothing that will keep fecal matter contained in the event of a fouling.

We suggest you use: Plastic pants Little Swimmers pool pant diapers. (Little Swimmers are available for purchase at the pools for a minimal fee)

Standard diapers are not allowed.

A pool fouling will cause a closure of our pools anywhere from 18 – 24 hours. The Ministry of Health enforces this regulation. Your co-operation is greatly appreciated.

Showers


Showering before you enter the pool will keep it clean for your swimming experience. We also ask that shoes not be worn in the shower area as Health Regulations require the shower area to be kept clean and disinfected. Booties are available at front desk.


Lost and Found


Have you left something behind? Articles in the lost and found bins at both the John Dolson Centre and the W.G. Johnson Centre are kept for one month, at which time they are cleared out of the facilities.


City of Cambridge Pool Admission Standards


ALONG WITH THE WRIST BANDS, ADMISSION INTO THE POOLS
WILL BE AS FOLLOWS:

 Children under the age of 6 years may not be admitted to the swimming pool unless they are accompanied by a parent or guardian who is at least **13 years of age** and be responsible for their direct supervision in the water, with a maximum of two children for each parent or guardian.

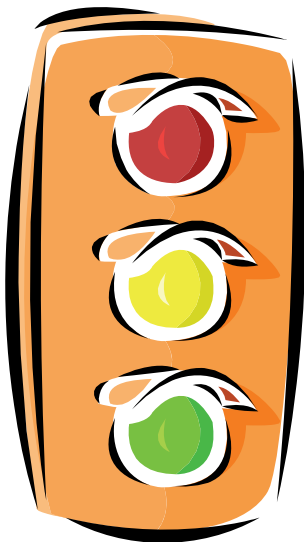
 Children between the age of 6 & 10 years, who are non-swimmers **and or weak swimmers** must be accompanied by a parent or guardian who is at least **13 years of age** and be responsible for their direct supervision in the water. The ratio of non-swimmers to parent or guardian is a maximum of 4 bathers to one parent or guardian (4:1). The ratio of non-swimmers to parent or guardian may be increased to a maximum of 8 bathers to one parent (8:1) if lifejackets/PFD's are worn by all swimmers in their charge.

 Children between 6 & 10 years of age who are swimmers (able to demonstrate comfort in the water and pass the facility swim test) may be admitted to the swimming pool unaccompanied.

 Guardian or group leaders are responsible for the children in their care while in the facility and must directly supervise the children in the water at all times.

 Guardians or group leaders should be at least **13 years of age**.

UNSURE?



BE SURE!

Red: Non-Swimmer, that cannot meet the swim requirement, may wear a lifejacket or use a buoyant aid and must be accompanied by a parent or guardian in the water within arm's reach in the shallow end only.

**Lifejacket or PFD's may be used in the deep end only on specific swims. (Swim to Survive Swims)

Yellow: Weak Swimmer, that does not meet the swim requirement, or does not wish to participate in the deep end swim test, must be accompanied by a parent or guardian in the water within arm's reach in the shallow end only.

Green: Strong Swimmer, has either successfully passed the Red Cross Swim Kids Level 4 or equivalent, or has met the swim requirement to swim in the deep end.

PLEASE NOTE

Lifeguard Staff may ask a child to do a swim test at anytime which could result in the colour of a child's band changing.

Dolson Centre Programs (Aquafit runs Jan 2 - Mar 9)

Mon	Tue	Wed	Thu	Fri
	Aquafit 8:45 – 9:30 am		Aquafit 8:45 – 9:30 am	Aquafit 8:45 – 9:30 am
Aquafit 9:40 – 10:25am	♦ Water Arthritis & Common Movement Disorders Pool 9:35 – 10:30 am	Aquafit 9:40 – 10:25am	♦ Water Arthritis & Common Movement Disorders Pool 9:35 – 10:30 am	♦ Arthritis 9:35 – 10:30 am
Aquafit 1 – 1:45 pm	Aquafit 1 – 1:45 pm		Aquafit 1 – 1:45 pm	
	♦ Baby Fat Boot Camp 2:00 – 2:45pm		♦ Baby Fat Boot Camp 2:00 – 2:45pm	
Good News Church ♦ Meditation 7 – 7:45pm John Dolson Gym ♦ Boot Camp 8 – 8:45pm ♦ Pilates 8:45 – 9:30pm	Good News Church ♦ Zumba 16+ 7 – 8pm 8:15 – 9:15pm	John Dolson Pool ♦ Kids Fit 7:15 – 8pm John Dolson Gym ♦ Zumba 16+ 7 – 8pm ♦ Yoga 8 – 9pm	John Dolson Gym ♦ Zumba 16+ 7:15 – 8:15pm ♦ Boot Camp 8:45 – 9:30pm	♦ = need to register in advance for this program
Aquafit 8:20 – 9:05 pm	Aquafit 8:20 – 9:05 pm	Aquafit 8:20 – 9:05 pm	Aquafit 8:20 – 9:05 pm	

New

Water Arthritis /Common Movement Disorders Program - The goal of this program is to enhance or maintain physical performance, thus improve quality of life. Water-based exercises will help those afflicted with Movement Disorders and other neuromuscular conditions. With the support of water, floatation aids, and your care giver you will be able to enjoy a non-impacted movement class that may not be possible on land. Doctor letter is required. The pool is equipped with a pool lift and easy stairs.

Birthday Party Packages at the Dolson Centre

Choose from several party packages available to meet your needs and budget. John Dolson Centre offers great rates for your private pool and gym parties!

Shark Attack

Sink your teeth into this!



➤ One Hour Private Pool Time

\$106.95 + H.S.T

(Invite up to 25 guests, over 25 guests requires an additional lifeguard at a fee of \$24.20 + H.S.T.)

Lagoon Adventure Package

One hour of fun is just not enough ...

Extend your time and add in something SONIC!

➤ One Hour Private Pool Time

➤ One Hour in Gym

\$134.50 + H.S.T

(Invite up to 25 guests, over 25 guests requires an additional lifeguard at a fee of \$24.20 + H.S.T.)

(Add Sonic Bounce \$55.20+ H.S.T.)



Gym Rentals

Want to rent the gym for a family function or special event. Gym rentals are only \$34.70 / hour + H.S.T.

The Sonic Bounce

The John Dolson Centre offers a variety of Birthday Party Packages. Check this out for an extra \$55.20 / hour + H.S.T., you could rent our Sonic Bounce. What a GREAT WAY to entertain your children. For more information please call 519-740-4681 Ext. 4527.

We are always happy to help you!



Presentation Party Packages

The package you choose will be two hours in our Gym with one of our staff members to conduct an hour and a half of fun filled activities and a half hour for you to eat and open presents. Choose from a variety of Presentation Packages. Dates and Times vary according to facility schedule. Max 10 Children

Cost: \$137.90 + H.S.T

Over 10 children requires an additional staff at a fee of \$24.20 + H.S.T.







Choose from the following themes:

- **Finding Nemo**
- **Sponge Bob**
- **Princess Package**
- **Pirate Exploration**



Johnson Centre Fitness Drop-In Programs

Jan 9 – Mar 31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			*Aquafit 8:15-9 am			Aquafit 8:10-8:55 am
		*Gentle Aqua 9:15-10 am		*Gentle Aqua 9:15-10 am		
 Karate 9-10:25 am	* Total Body Core 9:00-9:55 am	*Hi Lo 9:00-9:55 am	*Bootcamp 9:00-9:55 am	*Step-up 9:00-9:55 am	*Total Body Core 9:00-9:55 am	Step II Plus 9:05-10 am
Flex and Core 10:35-11:25 am	New Cardio BootCamp 10:05-11 am	*Total Body Core 10:05-11 am	New Cycle 9:15-10 am	New *Total Body Core 10:05-11 am	New Zumba 10:05-11 am	H.A.B.I.T. 10:05-11 am
Open Gym 11:35 am-1:30 pm		Open Gym 12:05-1 pm	New Baby Fat BootCamp (Land) 10:05-11 am	*Open Gym 12:05 am-1 pm		
Basketball 1:35-3 pm		◆ Line Dancing Intermediate 1 – 2:30pm				Open Gym 1:35-3:30 pm
<p><i>Group exercise Policy: any class which averages less than 8 participants over the course of 2 successive weeks may be changed or removed from the schedule.</i></p> 	Aquafit 2:15-3 pm	◆ Line Dancing Beginner 2:35- 3:30pm	Aquafit 2:15-3 pm	Aquafit 2:15-3 pm	Aquafit 2:15-3 pm	
	Open Gym 4:05-5 pm	Open Gym 4:05-5 pm		Open Gym 4:05-5 pm	Open Gym 4:05-6 pm	
		*Total Body Core 6:05-7 pm	*Body Blast 6:30-7:20 pm			
	*Bootcamp 6:30-7:25 pm	*Step + ABS 7:05-8 pm		*Bootcamp 6:30-7:25 pm	 Karate 6-7:15 pm (Activities Room)	Open Gym 6:35-7:55 pm
	 Karate 7:30-8:30 pm		 Karate 7:20-8:30 pm			
	Aquafit 8:05-8:50 pm					*= Babysitting Available
Open Gym 8:35-9:45 pm	Open Gym 8:35-9:45 pm	Open Gym 8:35-9:45 pm	Open Gym 8:35-9:45 pm			

PLEASE NOTE:

- Descriptions for the above Drop-in Fitness classes can be found on page 29.
- Please refer to page 32 for prices and descriptions of these classes with this symbol: ◆
- **Outdoor footwear is not permitted:** Please ensure to bring a pair of dry shoes to change into for gym fitness programs.
- Only non-breakable water bottles allowed.
- Any program which averages less than **eight** participants over the course of two successive weeks may be changed or removed from the schedule. This applies to babysitting as well.

New

PRE-REGISTRATION IS REQUIRED FOR **MONTHLY** PASS-HOLDERS (blue card) FOR CLASSES IN THIS DISPLAY BOX (NO 10, 20, 40 ACTIVITY PASSES). These classes do not start until the week of Jan. 9:



Conditioning Centre

Hours are Monday to Thursday 6 am-10 pm; Friday 6 am-9 pm, Saturday 8 am-8 pm and Sunday 8 am-5 pm.

Learn how to use our equipment safely and effectively at an orientation clinic on the first Thursday of each month at 7 pm. Participants 13 & 14 years are able to participate in the conditioning centre once they have completed an orientation clinic and attend with a parent or guardian 18 years or older. Participants 15 years or older are able to participate in the conditioning centre on their own.

Gym Drop-In Programs Class Descriptions

Aquafit

Experience the benefits of training in the “liquid gym” – tone & balance core muscles; increase your heart, bone and joint strength; and increase circulation and weight loss. (Floatation belts are available).

Gentle Aqua

This class will suit pregnant women, individuals with arthritis or anyone with health issues that make exercise on land difficult. Instructor: Connie Jasinskas, M.Sc. Author and Instructor-Trainer, CALA Aquanatal and Healing Waters

Step + Abs

Get your cardio in with basic Step Patterns and drills, finish off with an abs work out.

Step Up

An awesome cardio work out which uses Intermediate step patterns combining both basic moves with new moves. This class also has options for any level.

Step II Plus

This high intensity class uses the step from all sides and angles with advanced patterns and formats.

Total Body Core

Want a full body work out? This class is for you! Using a variety of equipment such as Weights and resistance equipment, to give your muscles a solid strength and endurance workout

Boot Camp

Move from exercise to exercise working on both a cardio and strength, this class is going to make you sweat!

H.A.B.I.T.

Give your Hips, Abs, Buttocks and Inner Thighs a workout specifically for them!

Flex and Core

Work towards improving your Flexibility while you give your core a great workout.

Body Blast

A high energy combination impact class followed by muscular endurance, core and relaxing stretch segment. Ideal for beginners to the advanced

Karate

The art of empty hand fighting. Correcting and building aspects. Respecting ones opponent is a cardinal rule. Students are taught character, sincerity, effort, etiquette and self-control. Ages 8+



Hi Lo

This class consists of High and Low aerobic impact exercises, which will leave you satisfied.

Cardio Kick

This class combines the best of two worlds: group exercise and Martial Arts. No equipment needed! Each workout starts with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and cool down that work together to transform your body.

Step and Drill

Using steps you will enjoy cardio and strength drills.

Gym Drop-In Programs

Drop-in Rates Apply

Sunday	Open Gym	11:35am-1:30pm
	Basketball	1:35-3 pm
Monday	Open Gym	4:05-5 pm
	Open Gym	8:35-9:45 pm
Tuesday	Open Gym	12:05-1 pm
	Open Gym	4:05-5 pm
	Open Gym	8:35-9:45 pm
Wednesday	Open Gym	8:35-9:45 pm
Thursday	Open Gym	12:05am-1pm
	Open Gym	4:05-5 pm
Friday	Open Gym	4:05-6 pm
Saturday	Open Gym	1:35-3:30 pm
	Open Gym	6:35-7:55 pm

Babysitting Hours

Mon	8 to 11:30am & 5:30 to 7:30 pm
Tue	8 to 11:30am & 5 to 8 pm
Wed	8 to 11:30am & 5 to 7:30 pm
Thu	8 to 11:30 am & 5 to 7:30 pm
Fri	8 to 11:30 am
	\$2.25 per child per hour

Personal Training

Your key to success!



- ❖ Sessions and packages for all fitness levels
- ❖ Prices from only \$38.25 + taxes
- ❖ Certified and professional staff
- ❖ Customized packages to help you meet your goals
- ❖ Discounts for couples and group training



For more information please call 519 740-4681 ext 4457 or 4459 or stop by the WG Johnson Centre

Recreational Swims	John Dolson Centre 519.740.4681 ext. 4527 Sept 19 – Dec 23	W.G. Johnson Centre 519.740.4681 ext. 4469 Sep 6-Dec 23
Type of Swim	Closed Sept. 6 – 18, reopen Sept. 19	
Adult Lane Swim (18 years and over)	Mon – Fri, 11:35 am – 1 pm Tues & Thurs, 9:05 – 10:05 pm (pool shared)	Mon – Fri, 6 – 8:10 am Mon – Fri, 11:35 am – 1 pm Tue, Thu, 3:05 – 4 pm Mon,-Thu 8:55-10:00 pm (Pool Shared with other programs) Sat 5:35-6:30 pm Sun 8:00 – 8:55 am
Teen & Adult Swim (13 – 17years)	Wed, 9:05 – 10:05pm	
Family Swim (Children must be accompanied by someone 18 years or older)	Sat, 6 – 7:15 pm	Mon, Wed, Fri, 3:0 –4 pm Sat & Sun 2:35-3:30 pm
Leisure Swims	Mon – Fri, 10:35 – 11:30 am Mon, Wed, & Fri 7:20 – 8:20 pm Sat & Sun 1:30 – 3 pm Toonie Swims Mon & Fri, 3 – 4 pm	Tue, Thu 7:05–8 pm Fri, 1:05 –2 pm & 7:35–8:55 pm Sat &Sun 1:05-2:30 pm Sat 6:35-7:55 pm
Swim to Survive Lifejackets available to use in the deep end.	Tues, 10:35 – 11:30 am Sun, 5:30 – 7pm (Family Swim)	Mon & Wed 10:30 – 11:30 am



Drop-In Program Rates: per activity

Type	Per Activity	10 Activity	20 Activity	40 Activity
Youth (17 & under)	\$2.92*	\$24.19*	\$45.41*	\$87.43*
Adults (18 – 49 years)	\$4.07*	\$33.83*	\$63.86*	\$122.28*
Seniors (50 +)	\$3.23*	\$26.39*	\$49.61*	\$94.97*
Family	\$9.25	\$76.93	\$145.19	\$260.97
Tots (2 & under)	\$0.66* child			

Annual Aquatics Pass Rates: for aquafit or recreational swims.

Adult 18 – 49 years	\$269.45*
Senior (50 +)	\$207.75*

Please note, taxes are not included in the above fees.

Activity Pass Rates: for specific activities during the time period of the pass.

Monthly	Dolson	Johnson
Youth (17 & Under)	\$22.12*	\$25.27*
Adults	\$37.77*	\$39.57*
Senior (50 +)	\$27.12*	\$29.78*
Family	\$60.20*	\$72.88*

City of Cambridge Family Definition

A family consists of a maximum of 6 family members, residing at the same address (maximum of 3 adults, minimum of 1 adult). Children must be 17 years of age and younger. A grandparent, not necessarily residing at the same address, can act as a substitute for the parent.



Recreational Swims

Please note City of Cambridge pool admission standards are in effect. Please refer to page .

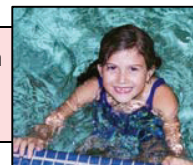
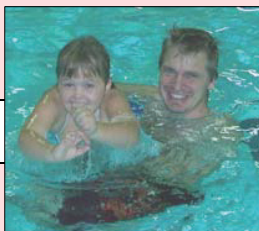
Serious Medical Conditions

To all program participants: If you have a serious medical condition, please remember to let your instructor or the lifeguards know about it.

This will assist us in case of an emergency. Thank you for your assistance.

Recreational Swims

Recreational Swims	John Dolson Centre 519.740.4681 ext. 4527 Jan 2 – Mar 11	W.G. Johnson Centre 519.740.4681 ext. 4469 Jan 9 – Mar 11
Type of Swim	*Jan. 2 – 6, daily leisure swim 1:45 – 4 pm	
Adult Lane Swim (18 years and over)	Mon – Fri, 11:35 am – 1 pm Tues & Thurs, 9:05 – 10:05 pm (pool shared)	Mon – Fri, 6 – 8:10 am Mon – Fri, 11:35 am – 1 pm Tue, Thu, 3:05 – 4 pm Mon,-Thu 8:55-10:00 pm (Pool Shared with other programs) Sat 5:35-6:30 pm Sun 8:00 – 8:55 am
Teen & Adult Swim (13 – 17years)	Wed, 9:05 – 10:05pm	
Family Swim (Children must be accompanied by someone 18 years or older)	Sat, 6 – 7:15 pm	Mon, Wed, Fri, 3:05 –4 pm Sat & Sun 2:35-3:30 pm
Leisure Swims	Mon – Fri, 10:35 – 11:30 am Mon, Wed, & Fri 7:20 – 8:20 pm Sat & Sun 1:30 – 3 pm Toonie Swims Mon & Fri, 3 – 4 pm	Tue, Thu 7:05–8 pm Fri, 1:05 –2 pm & 7:35–8:55 pm Sat & Sun 1:05-2:30 pm Sat 6:35-7:55 pm
Swim to Survive Lifejackets available to use in the deep end.	Tues, 10:35 – 11:30 am Sun, 5:30 – 7pm (Family Swim)	Mon & Wed 10:30 – 11:30 am



Drop-In Program Rates: per activity

Type	Per Activity	10 Activity	20 Activity	40 Activity
Youth (17 & under)	\$2.92*	\$24.19*	\$45.41*	\$87.43*
Adults (18 – 49 years)	\$4.07*	\$33.83*	\$63.86*	\$122.28*
Seniors (50 +)	\$3.23*	\$26.39*	\$49.61*	\$94.97*
Family	\$9.25	\$76.93	\$145.19	\$260.97
Tots (2 & under)	\$0.66* child			

Annual Aquatics Pass Rates: for aquafit or recreational swims.

Adult 18 – 49 years	\$269.45*
Senior (50 +)	\$207.75*

***Please note, taxes are not included in the above fees.**

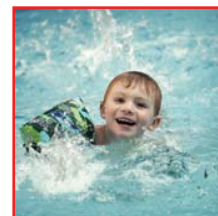
***For the John Dolson Centre Christmas Break schedule, please call 519-740-4681 ext. 4527**

Activity Pass Rates: for specific activities during the time period of the pass.

Monthly	Dolson	Johnson
Youth (17 & Under)	\$22.12*	\$25.27*
Adults	\$37.77*	\$39.57*
Senior (50 +)	\$27.12*	\$29.78*
Family	\$60.20*	\$72.88*

City of Cambridge Family Definition

A family consists of a maximum of 6 family members, residing at the same address (maximum of 3 adults, minimum of 1 adult). Children must be 17 years of age and younger. A grandparent, not necessarily residing at the same address, can act as a substitute for the parent.



Recreational Swims

Please note City of Cambridge pool admission standards are in effect. Please refer to page 13.

Serious Medical Conditions

To all program participants: If you have a serious medical condition, please remember to let your instructor or the lifeguards know about it. This will assist us in case of an emergency. Thank you for your assistance.

Aquatic Lesson Level Information

City of Cambridge	Red Cross Swim Kids
Preschool Program (Parented)	Red Cross Swim Progression is based on skill evaluation
<p>Waterbabies Ages 3month – 1yr. An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, songs and play in the water. Completed and over 1yr of age goes to Kinderswim.</p>	<p>Swim Kids Level 1 Ages 6+ Will learn to submerge head; exhale through mouth and nose; front and back floats unassisted; front and back glides unassisted; swim on front 5 meters unassisted Completed and 6yrs of age or older goes to RCSK-Level 2</p>
<p>Kinderswim Ages 1 – 5yrs For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs, and active water play. Completed and over 2yrs of age goes to Clams.</p>	<p>Swim Kids Level 2 Ages 6+ Will learn front and back float unassisted for 5 seconds; front and back glide with kick 5m; swim 10m Completed and 6yrs of age or older goes to RCSK-Level 3</p>
<p>Clams Ages 2 – 5yrs This level develops skills in swimming, glides, and floating, and builds awareness of deep water and safe entries. Parent participation is required for the 1st 5 classes of this level. Completed and 2 yrs of age goes to Penguin. Completed and 3-5yrs of age goes to Starfish. Completed and 6yrs of age or older goes to RCSK-Level 1</p>	<p>Swim Kids Level 3 Ages 6+ Will learn float in deep water for 5 seconds; surface support in deep water for 20 seconds; front and back glides with kick 10m; front crawl with proper breathing technique; swim 15m Completed and 6yrs of age or older goes to RCSK-Level 4</p>
Preschool Program (Unparented)	<p>Swim Kids Level 4 Ages 6+ Will learn treading water for 45 seconds; front crawl with proper technique 10m; back glide with kick 10m; distance swim 25m Completed and 6yrs of age or older goes to RCSK-Level 5</p>
<p>Penguin Age 2 yrs To bring non-swimmers to the point where they can float with some assistance and to increase safety awareness. If 2yrs of age they stay in Penguin. Completed and 3-5yrs of age they go to Starfish. Completed and 6yrs of age they go to RCSK-Level 1.</p>	<p>Swim Kids Level 5 Ages 6+ Will learn dolphin kick 5m; treading water 1 min.; front crawl 15m; back crawl 15m; whip kick; distance swim 50m Completed and 6yrs of age or older goes to RCSK-Level 6</p>
<p>Starfish Age 3 – 5yrs To bring non-swimmers to the point where they can float with some assistance and to increase safety awareness. Completed and 3-5yrs of age they go to Guppy. Completed and 6yrs of age they go to RCSK-Level 1</p>	<p>Swim Kids Level 6 Ages 6+ Will learn sculling 5m; front dive; front crawl 25m; elementary back stroke 25m; distance swim 75m Completed and 6yrs of age or older goes to RCSK-Level 7</p>
<p>Guppy Age 3 – 5yrs To increase active water safety skills and to increase elementary propulsion skill. Completed and 3-5yrs of age they go to Tadpole. Completed and 6yrs of age they go to RCSK-Level 2</p>	<p>Swim Kids Level 7 Ages 6+ Will learn eggbeater kick; front crawl 50m; back crawl 50m; elementary back stroke 25m; whip kick 15m; distance swim 150m Completed and 6yrs of age or older goes to RCSK-Level 8</p>
<p>Tadpole Age 3 – 5yrs To develop front and back swimming skills and to continue to increase safety awareness. Completed and 3-5yrs of age they go to Duck. Completed and 6yrs of age they go to RCSK-Level 2</p>	<p>Swim Kids Level 8 Ages 6+ Will learn eggbeater kick and dolphin kick; front crawl 75m; elementary back stroke 50m; breaststroke 15m; distance swim 300m Completed and 6yrs of age or older goes to RCSK-Level 9</p>
<p>Duck Age 3 – 5yrs To introduce children to the concept of “Personal Assist”, to increase swimming ability and their endurance on their front & back. Completed and 3-5yrs of age they go to Seahorse.</p>	<p>Swim Kids Level 9 Ages 6+ Will learn surface dives; standing dives; front crawl 100m; back crawl 100m; elementary back stroke 50m; breast stroke 25m; distance swim 400m Completed and 6yrs of age or older goes to RCSK-Level 10</p>
<p>Seahorse Age 3 – 5yrs To further increase ability in self-rescue methods and increase swimming skills. Completed and 3-5yrs of age stays in seahorse Completed and 6yrs of age they go to RCSK-Level 3</p>	<p>Swim Kids Level 10 Ages 6+ Will learn surface dives; dolphin kick; butterfly drill 10m; front crawl 100m; back crawl 100m; elementary back stroke 50m; breast stroke 50m; distance swim 500m</p>


LEADERSHIP PATH

BECOME A LIFESAVER

BRONZE STAR





BRONZE MEDALLION & EMERGENCY FIRST AID/CPR-B
Pre-requisite – Bronze Star or Age 13




BRONZE CROSS
Pre-requisite – Bronze Medallion & Emergency First Aid / CPR - B




STANDARD FIRST AID CPR-C/AED
Recommended – Age 12




FOLLOWING THE LEADERSHIP PATH

Once completing either or both the *Red Cross Swim kids program* or the *Canadian Swim Patrol Program* you can start the leadership path.


You begin your journey by working towards becoming a **LIFESAVER**. A **LIFESAVER** is a certified volunteer who is trained to deal with both aquatic and other emergencies. As you progress along the **LIFESAVER** path you will learn more and more challenging skills


Once you have completed the **LIFESAVER** path, you can work towards your professional certification of **LIFEGUARD** and **SWIM INSTRUCTOR**

Becoming a **LIFEGUARD** takes you through the NLS program

Becoming a **SWIM INSTRUCTOR** take you through the AWSI and WSI program Instructor

BECOME A SWIM INSTRUCTOR

Assistant Water Safety Instructor (AWSI) 
Pre-requisite – Bronze Cross or NLS & Age 15

Water Safety Instructor (WSI) 
Pre-requisite – AWSI & Age 16


Want to know more about each program? Check out these websites!

www.lifesavingsociety.com

and www.redcross.ca

Leadership courses can be found on page 16.

Lifesaving Instructor
Pre-requisite – Bronze Cross or NLS & Age 16



BECOME A LIFEGUARD

National Lifeguard Service (NLS)
Pre-requisite – Bronze Cross and standard First Aid & Age 16



Have all your certifications?
Want a job?

To apply head to www.cambridge.ca or drop by the John Dolson Centre or the W.G Johnson Centre

Aquatic Leadership Courses

Course Pre-requisites	Description	John Dolson Centre 519-740-4681 ext. 4527	W.G. Johnson Centre 519-740-4681 ext. 4467
Lifesaving Swim Patrol (Rookie/Ranger/Star)	Enriched training for those who want to develop swim strokes and skills	Saturdays, Jan 7 – Mar 3, 5 – 6pm Res. \$67.30 & Non-Res. \$80.75 Bar Code: Rookie 165473 Bar Code: Ranger 165472 Bar Code: Star 165474	Sun, Jan 8-Mar 4, 4:30-5:30 pm Res. \$67.30 & Non-Res. \$80.75 Bar Code 165773 Rookie Bar Code 165772 Ranger Bar Code 165774 Star
Lifesaving Bronze Star Pre-req. Swim Patrol recommended	Excellent preparation for success in Bronze Medallion. CPR skills.	Saturdays, Jan 7 – Mar 3, 3 – 4pm Res. \$75.85 Non-Res. \$89.30 Bar Code: 165471	Sundays, Jan 15-Mar 4, 5–6:30pm Resident \$75.85 Non-Resident \$89.30 Bar Code 165768
Jr. Lifeguard Club Learn what it takes to be a Lifeguard.	An action-packed challenge for kids.	Saturdays, Jan 7 – Mar 3, 4 – 5pm Res. \$75.85 & Non-Res. \$89.30 Bar Code: 165475	
Bronze Medallion & Emergency First Aid Pre-req. Must be 13 yrs of age on or before exam or Bronze Star	Involves challenges in decision making & rescues.	Saturdays, Jan 7 – Mar 3 (3 – 6 pm) Exam: Sat, Mar 24, 9 – 1pm Res. \$129.02 + H.S.T. Non-Res. \$142.90 + H.S.T. *Combined if low registration Bar Code: 165470	Sundays, Jan 8-Mar 4, 5–8 pm Exam: Sun, Mar 4, 5–8 pm Resident \$129.02 + HST Non-Resident \$142.90 + HST *Combined if low registration Bar Code 165766
Bronze Cross Pre-req. Must be 14 yrs of age on or before the exam & Bronze Med./SR.RA/EFA	Dealing with more difficult emergency procedures, rescues, & spinal injuries.	Saturdays, Jan 7 – Mar 3 (3 – 6 pm) Exam: Sat, Mar 24, 3 – 6 pm Res. \$90.33 + H.S.T. Non-Res. \$104.94 + H.S.T. *Combined if low registration Bar Code: 165469	Sundays, Jan 15-Mar 4, 5–8 pm Exam: Sun, Mar 4, 5–8 pm Resident \$90.33 + HST Non-Resident \$104.94 + HST *Combined if low registration Bar Code 165767
Red Cross Assistant Water Safety Instructors Pre-req. Must be 15 yrs & Bronze Cross.	Designed for those who want to become swimming instructors.	Sat/Sun, Sat 1 – 8:30pm Sun 8:30am – 8:30pm Res. \$168.38 + H.S.T. Non-Res. \$184.94 + H.S.T. Bar Code:	Sat, Jan 28 & Sun, Jan 29 and Sat, Feb 25 & Sun, Feb 26 9 am – 6 pm Resident \$168.38 + HST Non-Resident \$184.94 + HST Bar Code 165922
Red Cross Water Safety & Lifesaving Instructors Pre-req. 16yrs of age, current Red Cross Assistant Water Safety Instructors with 20 hours Ass't Teaching Hrs.	This program provides the training necessary to teach Red Cross & LSSC Courses.	start at 6 pm Cost: Res. \$255.56 + H.S.T. Non-Res. \$278.71 + H.S.T. Bar Code:	Red Cross Water Safety Instructor-Only) Fri, Mar 2, 5-9 pm Sat, Mar 3, 9 am-8 pm Sun, Mar 4, 9 am-7 pm Resident \$182.52 + HST Non-Resident \$198.98 + HST Bar Code 165923
NLS Pre-req. 16 yrs of age by exam date & Bronze Cross and Standard First Aid	This gives the candidate the ability to develop the skills & knowledge to become a lifeguard.	start at 6pm Res. \$180.80 + H.S.T. Non-Res. \$203.95 + H.S.T. Bar Code:	Sun, Jan 29-Feb 26, 11 am-8 pm Exam Sun, Mar 5, 3-8 pm Resident \$180.80 + HST Non-Resident \$203.95 + HST Bar Code 165769
Lifesaving Society Standard First Aid/ CPR C / AED	Designed to train individuals in the skills to perform first aid, resuscitation & CPR.	Sat, Dec 17 & Sun Dec 18 8:30 am – 6:30pm Res. \$144.69 + H.S.T. Non-Res. \$165.19 + H.S.T. Bar Code: 164414	Sat, Jan 28 & Sun, Jan 29 8:30 am-5:30 pm Resident \$144.69 + HST Non-Resident \$165.19 + HST Bar Code 165770
Lifesaving Society A.E.D. – Provider Pre-req. CPR B or C		Sat, Jan 14, 10am – 2pm Res. \$65 + H.S.T. Non-Res. \$78.32 + H.S.T. Bar Code: 164419	Sat, Jan 21, 9 am-1 pm Resident \$65 + HST Non-Resident \$78.32 + HST Bar Code 165792
Recerts Red Cross Water Safety Instructors	Must show proof of your WSI.	Sun, Dec 18, 8:30am – 1:30pm Bar Code: 164415 Res. \$115.90 + H.S.T. Non-Res. \$133.28 + H.S.T.	*Withdrawals or transfers 5 business days or less prior to the start of the course will receive no refund. Withdrawals or transfers greater than 5 business days prior to the start of the course will receive a full refund minus a 15% or \$5 (whichever is greater) administration fee whether the amount is left on the account or is to be refunded.
NLS	Must show proof of your NLS	Sat., Dec 17, 8:30am – 2:30pm Res. \$115.40 + H.S.T. Non-Res. \$132.28 + H.S.T. Bar Code: 164416	

Please note: all fees include materials and exam fees where applicable.

New Refund Policy: Please see page 10 for information on the New Refund Policy for Aquatic Leadership Courses.



John Dolson Centre Aquatic Lessons – John Dolson Centre

		Winter Session						
		Jan 9 – Mar 5 Lessons are cancelled Feb 20 Picture Day Feb 6 *Mondays - 8 Weeks	Jan 10 – Mar 6 Picture Day Feb 7	Jan 11 – Mar 7 Picture Day Feb 8	Jan 12 – Mar 8 Picture Day Feb 9	Jan 6– Mar 2 Picture Day Feb 3	Jan 7 – Mar 3 Picture Day Feb 4	Jan 8 – Mar 4 Picture Day Feb 5
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimkids 1 (30min)		*5:35pm 165511 *6:45pm 165512	5:30pm 165513 7pm 165514	6:30pm 165515	5:30pm 165516 6:30pm 165517	6:20pm 165518	9am 165519 10am 165520	3pm 165521
Swimkids 2 (30min)		*6:20pm 165525	6:30pm 165526	5:35pm 165535	5:30pm 165527 7:30pm 165528	5:35pm 165529	9:30am 165530 12:30pm 165531	4pm 165532
Swimkids 3 (30min)		*5:45pm 165533	6:15pm 165534	5:35pm 165535	5:30pm 165536 7pm 165537	6:50pm 165538	11:30am 165539	3pm 165540
Swimkids 4 (30min)		*6:35pm 165542	5:30pm 165543	5:35pm 165544	6pm 165545 6:30pm 165546		9am 165547 9:30am 165548 10:30am 165549	3:30pm 165550 4:45pm 165551
Swimkids 5 (45min)		*5:35pm 165552	6pm 165553	6:35pm 165554	5:30pm 165555 7pm 165556	6:35pm 165557	12:15pm 165558	3:30pm 165559
Swimkids 6 (45min)		*6:05pm 165560	6:45pm 165561		7:30pm 165562	6:05pm 165563 6:35pm 165564	10:45am 165565	4pm 165566
Swimkids 7 (45min)		*5:35pm 165567	5:30pm 165568	6:05pm 165569	7:30pm 165570	5:35pm 165571		
Swimkids 8 (60min)			6pm 165573	5:35pm 165574			9am 165576	3pm 165577
Swimkids 9 (60min)			6:30pm 165578				10am (9/10)	
Swimkids 10 (60min)					5:30pm 165523		10am (9/10)	
Privates (30min) Res. \$168.80 Non-Res. \$202.56		*5:50pm 165486 *6:20pm 165487 *6:50pm 165488	5:30pm 165489 6pm 165490 6:30pm 165491 7pm 165492	5:45pm 165493 6:15pm 165494 6:45pm 165495	5:45pm 165496 6:15pm 165497 6:45pm 165498 7:15pm 165499 7:45pm 165500	5:45pm 165501 6:15pm 165502 6:45pm 165503	9am 165504 9:30am 165505 10am 165506 10:30am 165507 11am 165508 11:45am 165509 12:15pm 165509 12:45pm 165509	3pm 165504 3:30pm 165505 4pm 165506 4:30pm 165507 5pm 165508
Semi-private (30min) Res. \$113.95 Non Res. \$136.74								



Winter Lesson Fees 2012

	*Monday's - 8 Weeks		*Monday's - 8 Weeks	
	Resident	Non-Resident	Resident	Non-Resident
WB/KS	\$46.09	\$55.33	\$51.85	\$62.25
Clams - RCSK 4	\$49.07	\$58.89	\$55.20	\$66.25
RCSK 5 - 7	\$50.53	\$60.62	\$56.85	\$68.20
RCSK 8 - 10	\$51.51	\$61.82	\$57.95	\$69.55

**Winter Registration
Private Lessons
Can now be booked online!**



Photography Procedures:
Due to the City of Cambridge Photography Procedure, pictures can only be taken of your own children on the 5th Week of Lessons. Photographic equipment is not permitted in any of our change rooms or washroom facilities.

Registration information can be found on pages 9, 10 & 11
Swim Lesson Registration starts Saturday, December 10 at 8 am

W. G. Johnson Centre Aquatic Lessons

AGES 3 month - 5 years	8 Lesson Session						
	Jan 9 –Mar 5 (No class Feb 20)	Jan 10 -Feb 28	Jan 11 -Feb 29	Jan 12 –Mar 1	Jan 13 –Mar 2	Jan 14 –Mar 3	Jan 15 –Mar 4
Waterbabies with parent (3 mos-1 year) \$46.09/NR \$55.33	Monday 6:30pm 165106	Tuesday 10:30am 5pm 165107 165108	Wednesday 9am 6pm 165109 165110	Thursday 5:30pm 165111	Friday 9am 165112	Saturday 9:30am 11:30 am 165113 165114	Sunday 10am 165115
Kinderswim with parent (1-5yrs) \$46.09/NR \$55.33	10am 6pm 165010 165001	10am 6:30pm 165002 165003	9:30am 5pm 165004 165005	6pm 165006	9:30am 165007	11am 165008	10:45am 165009
Clams (2-5 years) with parent \$49.07/NR \$58.89	9:30am 6:30pm 164933 164934	10am 6pm 6:30pm 164935 164936 164937	10am 5pm 6pm 164938 164939 164940	11am 4pm 5pm 6pm 164941 164942 164943 164944	10am 5:30pm 6pm 164945 164946 164947	9am 9:30am 11am 164948 164949 164950	9:30am 10:30am 11:30am 164953 164951 164952
Penguin (2 years) Pre-requisite: Clams \$49.07/NR \$58.89	6:30pm 165116	11am 165117	4pm 165118		9am 165119	10:30am 11:30am 165120 165121	10am 165122

Due to new City of Cambridge Policy children must meet the age requirement of their registered swimming level on the first day of lessons.

AGES 3 – 5 years 30 min classes	8 Lesson Session						
	Jan 9 –Mar 5 (No class Feb 20)	Jan 10 -Feb 28	Jan 11 -Feb 29	Jan 12 –Mar 1	Jan 13 –Mar 2	Jan 14 –Mar 3	Jan 15 –Mar 4
Starfish 3-5 years \$49.07/NR \$58.89	Monday 9:30am 6pm 7pm 7:30pm 165123 165124 165125 165126	Tuesday 11am 4pm 5pm 5:30pm 6:30pm 165127 165128 165129 165130 165131	Wednesday 10am 4:30pm 5pm 6pm 165132 165133 165134 165135	Thursday 10am 4:30pm 5pm 6:30pm 165136 165137 165138 165139	Friday 10am 5:30pm 7pm 165140 165141 165150	Saturday 9am 9:30am 10:30am 11:30am 165142 165143 165144 165145	Sunday 9am 9:45am 10:30am 11:30am 165146 165147 165148 165149
Guppy 3-5 years \$49.07/NR \$58.89	9am 6pm 6:30pm 7pm 7:30pm 164968 164969 164970 164971 164972	10:30am 5pm 6pm 6:30pm 164973 164974 164975 164976	9:30am 4pm 5pm 5:30pm 6:30pm 164977 164978 164979 164980 164981	10am 11am 4pm 5pm 6pm 6:30pm 164982 164983 164984 164985 164986 164987	9:30am 6pm 7pm 164988 164989 164999	9am 9:30am 10:00am 11:30am 164990 164991 164992 164993	9:30am 10am 10:30am 11am 11:30am 164994 164995 164996 164997 164998
Tadpole 3-5 years \$49.07/NR \$58.89	7:30pm 165090	4:30pm 5:30pm 165091 165092	9am 4:30pm 5:30pm 165093 165094 165095	10:30am 4:30pm 5:30pm 165096 165097 165098	6:30pm 7pm 165099 165104	10am 11am 165100 165101	9am 11am 165102 165103
Duck 3-5 years \$49.07/NR \$58.89	10am 6pm 164954 164955	4:30pm 5:30pm 164956 164957	4:30pm 5:30pm 164958 164959	10:30am 4:30pm 5:30pm 164960 164961 164962	6:30pm 164963	10am 11am 164964 164965	9am 11am 164966 164967
Seahorse/Dolphin 3-5 years \$49.07/NR \$58.89	9am 165151	5pm 165152	7pm 165153	5:30pm 165154		10:30am 165155	9:30am 165156

Photography Policy

Policy C-30.110 prohibits the use of cell phones and other photographic equipment in washrooms and change room facilities in City owned facilities. Photographs and/or video cameras are allowed during the 5th week of lessons only. Staff will communicate this in advance.



Registration information can be found on pages 9, 10 & 11
Swim Lesson Registration starts Saturday, December 10 at 8 am

W. G. Johnson Centre Aquatic Lessons

AGES 6+	8 Lesson Session							
	Jan 9 –Mar 5 (No class Feb 20)	Jan 10 -Feb 28	Jan 11 -Feb 29	Jan 12 –Mar 1	Jan 13 –Mar 2	Jan 14 –Mar 3	Jan 15 –Mar 4	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swimkids 1 \$49.07/NR\$58.89 30 min	7pm 7:30pm 165011 165012	4pm 5:30pm 165013 165014	4pm 5:30pm 165015 165016	4:30pm 6:30pm 165017 165018	5:30pm 6:30pm 165019 165020	9am 10:30am 165021 165022	9am 10:30am 165023 165024	
Swimkids 2 \$49.07/NR\$58.89 30.30 min	7pm 165160	4:30pm 6pm 165161 165162	4:30pm 6:30pm 7:30pm 165163 165164 165165	5pm 6pm 165166 165167	6pm 7PM 165168 165170	10am 11am 165169 165171	9:30am 10:15am 11:30am 165172 165173 165174	
Swimkids 3 \$49.07/NR\$58.89 30 min	7:30pm 165031	5pm 5:30pm 165032 165033	5pm 5:30pm 7pm 165034 165035 165043	4pm 5pm 165036 165037	5:30pm 165038	9am 11:30am 165039 165040	9am 10am 165041 165042	
Swimkids 4 \$49.07/NR\$58.89 30 min	6:30pm 165047	4pm 4:30pm 6:00pm 165045 165046 165044	4:30pm 6:30pm 7:30am 165048 165049 165050	4:30pm 5:30pm 6:30pm 165051 165052 165053	6:30pm 165054	9:30am 10am 10:30am 165055 165056 165057	9:30am 11am 165058 165059	
Swimkids 5 \$50.53/NR \$60.62 45 min	6pm 165061	4pm 165062	5pm 6:30pm 165063 165070	4:30pm 6:15pm 165064 165065	5:30pm 6:45pm 165066 165068	9:30am 165067	9am 165069	
Swimkids 6 \$50.53/NR \$60.62 45 min	6:45pm 165175	5:15pm 165176	5:45pm 165177	5:15pm 165178	6:15pm 165179	10:30am 165180	11:15am 165181	
Swimkids 7 \$50.53/NR \$60.62 45 min	7:15pm 165071	4:30pm 165072	7:15pm 165075		6:00pm 165073	11:15am 165074		
Swimkids 8 \$51.51/NR \$61.82 1 hour	6pm 165077		6pm 165078	5pm 165079		9am 165080	11pm 165081	
Swimkids 9 \$51.51/NR \$61.82 1 hour		6pm 165085		6pm 165086	5:30pm 165087	9am 165088	10pm 165089	
Swimkids 10 \$51.51/NR \$61.82 1 hour		6pm 165026		6pm 165027	5:30pm 165028	9am 165029	10pm 165030	
Privates \$150.04 / 30 min NR \$175.68 Semi-private \$101.29 / 30 min NR \$121.55	6pm 7pm 7:30pm 165296 165297 165298	6pm 6:30pm 165299 165300	4pm 4:30pm 6pm 6:30pm 7pm 7:30pm 165301 165302 165303 165304 165305 165306	4pm 4:30pm 6pm 6:30pm 165307 165308 165309 165310	5:30pm 6pm 6:30pm 7:00pm 165311 165312 165313 165314	9am 10am 10:30am 11am 11:30am 165315 165316 165317 165318 165319	9am 9:30am 10am 10:30am 11am 11:30am 165320 165321 165322 165323 165324	



Private & Semi-Private Lessons are available on-line

Lesson set for those who would benefit from one-on-one attention. Semi-privates must be booked with a partner.

