



SWIM LESSONS

FALL 2022

| | Tuesday | Wednesday | Thursday | Saturday | Sunday |
|--|----------------------------------|------------|-----------------------------------|---|--------------|
| Starfish/Duck Parent and Tot 1-2 | 5-5:30pm | 10-10:30am | | 9-9:30am | |
| Sea Turtle Parent and Tot 3 | | 10-10:30am | 5-5:30pm | 9-9:30am | |
| Sea Otter Preschool 2 | 9-9:30am 5-5:30pm 5:30-6pm | 5:30-6pm | 9-9:30am 5-5:30pm 5:30-6pm | 9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am | 11-11:30am |
| Salamander Preschool 3 | 9-9:30am 5-5:30pm 6-6:30pm | 5:30-6pm | 9:30-10am 6-6:30pm 6:30-7pm | 9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am | 11:30am-12pm |
| Sunfish Preschool 4 | 5:30-6pm | 6-6:30pm | 6-6:30pm | 9:30-10am 10:30-11am | 11-11:30am |
| Crocodile/Whale Preschool 5 | 6-6:30pm | | 5:30-6pm | 10-10:30am | 11:30am-12pm |
| Level 1 Swimmer 1 | 5:30-6pm 6:30-7pm | 5:30-6pm | 5-5:30pm 6-6:30pm 6:30-7pm | 9-9:30am 11-11:30am | |
| Level 2 Swimmer 1 | 6-6:30pm 6:30-7pm | 6-6:30pm | 5-5:30pm 6-6:30pm | 9:30-10am 11:30-12pm | |
| Level 3 Swimmer 2 | 5:30-6pm 6-6:30pm | 6-6:30pm | 5:30-6pm | 10-10:30am 11-11:30am | |
| Level 4 Swimmer 3 | 5-5:30pm | 6:30pm | 5:30-6pm | 10:30-11am | |
| Level 5/6 Swimmer 4/Swimmer 5 | 6:30-7pm | | 6:30-7pm | 11:30-12pm | |
| Level 7/8 Swimmer 6/Rookie Patrol | 6:30-7:15pm | | | 11:30-12:15pm | |
| Level 9/10 Ranger Patrol/Star Patrol | | | 6:30-7:15 | | 12-12:45pm |

| Adult Lessons | | | | | |
|---------------------------|-------------|--|---------------|--|--|
| Swim Basics 1 | Monday 2pm | | | | |
| Swim Basics 2 | Monday 2:30 | | | | |
| Advanced Courses | | | | | |
| Bronze Star | | | Sundays 5-6pm | | |
| Bronze Medallion | | | Sundays 5-7pm | | |
| Bronze Cross | | | Sundays 5-7pm | | |
| National Lifeguard | | | January 2023 | | |

The Town of Arnprior will be transitioning from Red Cross Swim Lessons to Lifesaving Society Swim Lessons effective January 2023. Refer to updated names above.

