

# SWIM FOR LIFE

## LESSONS WINTER 2026



### JANUARY 13TH - MARCH 13TH (8 WEEK SESSION)

NO CLASSES JANUARY 27, 28, 29 & 30

RECC MEMBER REGISTRATION DATE: JANUARY 6TH AT 12 PM - IN-PERSON ONLY (625 ABENAKI RD OR ONLINE)

PUBLIC MEMBER REGISTRATION DATE: JANUARY 7TH AT 12 PM - IN-PERSON OR ONLINE REGISTRATION

\*\* All Private or Semi-Private lessons remain as in-person registration only for members or the public

Not sure if you have an active account login? Please contact our welcome desk team for assistance in advance of registration by calling 902-893-2224

ONLINE REGISTRATION: [www.rathestlinkcommunitycentre.ca/programs/swim-lessons](http://www.rathestlinkcommunitycentre.ca/programs/swim-lessons)

	<b>Tuesdays</b> Jan 13 <sup>th</sup> - Mar 10 <sup>th</sup> No Classes Jan 27 <sup>th</sup>	<b>Wednesday</b> Jan 14 <sup>th</sup> - Mar 11 <sup>th</sup> No classes Jan 28 <sup>th</sup>	<b>Thursday</b> Jan 15 <sup>th</sup> - Mar 12 <sup>th</sup> No classes Jan 29 <sup>th</sup>	<b>Friday</b> Jan 16 <sup>th</sup> - Mar 13 <sup>th</sup> No classes Jan 30 <sup>th</sup>
Parent & Tot 1/2				11:00 - 11:30
Parent & Tot 3				11:35 - 12:05
Parent and Tot 2/3		3:45 - 4:15		
Preschool 1	4:45 - 5:15		4:45 - 5:15	
Preschool 2	4:00 - 4:30			
Preschool 3	5:05 - 5:35	4:45 - 5:15	4:00 - 4:30	
Preschool 4	5:20 - 6:00			
Preschool 4/5			5:00 - 5:40	
Preschool 5				

Swimmer 1 Beg	4:00 - 4:40	4:00 - 4:40	4:35 - 5:15
Swimmer 1 Adv	5:20 - 6:00		4:00 - 4:40
Swimmer 2	4:35 - 5:15	4:00 - 4:40	5:45 - 6:25
Swimmer 3		4:00 - 4:40	
Swimmer 4	4:45 - 5:40		4:00 - 4:55
Swimmer 5/6	6:05 - 7:00		4:45 - 5:40
Swimmer 7/8/9	4:00 - 5:00		

Adult 1 (Prices + HST)		6:05 - 6:45	
Adult 2 (Prices + HST)		6:05 - 6:45	
Adult 3 (Prices + HST)		6:15 - 6:55	

Private lessons (1 registrant) Semi-private (max 2 registrants)  Lessons can have up to two registrants that are no more than one level apart	4:00 - 4:40 5:40 - 6:20 5:45 - 6:25 6:05 - 6:45 6:25 - 7:05 6:30 - 7:10	4:45 - 5:25 4:45 - 5:25 5:20 - 6:00 5:30 - 6:10 5:30 - 6:10	4:00 - 4:40 5:20 - 6:00 5:20 - 6:00 5:45 - 6:25 6:05 - 6:45 6:05 - 6:45 6:30 - 7:10 6:30 - 7:10
---	--	---	--

**\*FAMILY ANNUAL MEMBERS:**

(INCLUDING RECC LIFE FAMILY MEMBERSHIPS)

**Group Lessons ..... 50% OFF**  
**Private Lessons ..... 10% OFF**  
**Semi-Private Lessons ... 10% OFF**

## JR LIFEGUARDS NIPPERS (UNDER 12 YRS)



Nippers are the kids nipping at the heels of their local idols, and want to do the cool lifeguard thing. This program is for kids aged 8-12 who have a strong swimming background and want to learn new lifesaving and lifesaving sport related skills. The program has no set criteria for evaluation, instead a waterlog is used to track participants personal bests and show their progress with skills. Skills include, swimming strokes, general first aid and rescue knowledge, water safety, team building, basic teaching principles, and physical strength. Many kids come back for multiple sessions to stay involved with their friends and continually get stronger in the water.

Members \$68.25, General (Non-Members) \$75.60

**THURSDAYS**  
**JAN 15 - MAR 12**  
 (NO CLASS JAN 29)  
**6:00 - 6:45 PM**

## JR LIFEGUARDS GROMMS (12 YRS & OLDER\*)



Gromms are the up and comers, the soon to be the real deal, and in the lifesaving world these are the kids working on their path to be a lifeguard. This program is for kids aged 12-15 with a strong swimming background and either Bronze experience or previous junior guard experience. The Gromms work the same as the nippers with a log book tracking personal bests. This program gives the kids a bit more responsibility with a more communal teaching environment, long time kids helping newcomers, passing on skills and sharing knowledge. There are also opportunities with this program for shadow guarding and teaching with facility staff to learn more about the role lifeguards have on the pool deck beyond watching people swim.

Members \$68.25, General (Non-Members) \$75.60

**THURSDAYS**  
**JAN 15 - MAR 12**  
 (NO CLASS JAN 29)  
**7:00 - 8:00 PM**

\*Gromms are the up and comers, the soon to be the real deal, and \*participants who are under the age of twelve may register for this program with the approval of the instructor. Contact the Aquatics and Youth Programming Supervisor at mmcculloch@rattheastlinkcc.ca for further inquiries.

## AQUAGO!



AquaGO! Will introduce young swimmers to the exciting world of synchronized swimming! Swimmers in this class will enjoy aquatic games and activities, as well as learning basic synchronized swimming skills, and physical fitness. This level is for new, and returning AquaGO! participants who are comfortable in the water.

Members \$63.00, Non-Members \$78.00

**Prerequisites:** Swimmers must be 5-12 years old, and be able to float comfortably unassisted on their front and back. Completion of Preschool 4 or Swimmer 1 is strongly recommended.

\*\*This course requires you to register as a member on the **Sport NS website**, with an attached fee of \$20.00 per school year for each attendee.\*\*

## LVL 1/2

**WEDNESDAYS**  
**JAN 14 - MAR 11**  
 (NO CLASS JAN 28)  
**5:00 - 5:40 PM**

## LVL 3/4

**WEDNESDAYS**  
**JAN 14 - MAR 11**  
 (NO CLASS JAN 28)  
**5:00 - 5:40 PM**