

SWIM FOR LIFE

LESSONS FALL 2025



SEPTEMBER 9TH - OCTOBER 7TH (4 WEEK SESSION)

NO CLASSES SEPTEMBER 30TH

MEMBER & PUBLIC REGISTRATION DATE: AUGUST 26TH AT 12 PM - ONLINE & IN-PERSON AVAILABLE FOR EVERYONE

(IN-PERSON REGISTRATION AT THE RECC - 625 ABENAKI RD OR ONLINE)

**** 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.ratheastlinkcommunitycentre.ca/programs/swim-lessons

	Tuesdays September 9 to October 7 (No classes September 30)	Thursdays September 11 to October 2	Saturday September 13 to October 4
Parent & Tot 1			
Parent & Tot 1/2			
Parent & Tot 3			
Preschool 1	4:45 - 5:15 PM	4:45 - 5:15 PM	10:00 - 10:30 AM 10:30 - 11:00 AM
Preschool 2	5:30 - 6:00 PM	4:00 - 4:30 PM	11:35 - 12:05 PM 12:15 - 12:45 PM
Preschool 3	4:00 - 4:30 PM	5:20 - 5:50 PM	9:00 - 9:30 AM
Preschool 4			
Preschool 4/5			
Preschool 5			

Swimmer 1 Beg.	4:35 - 5:15 PM	4:35 - 5:15 PM	11:15 - 11:55 AM
Swimmer 1 Adv.	4:00 - 4:40 PM	5:30 - 6:10 PM	12:00 - 12:40 PM
Swimmer 2	5:20 - 6:00 PM	4:00 - 4:40 PM	9:35 - 10:15 AM
Swimmer 3:	4:45 - 5:25 PM	4:45 - 5:25 PM	
Swimmer 4			10:30 - 11:15 AM
Swimmer 5/6			
Swimmer 7/8/9			

Adult 1	6:05 - 6:45 PM		9:00 - 9:40 AM
Adult 2/3		5:55 - 6:35 PM	

Private 1 person	4:00 - 4:40 PM 5:20 - 6:00 PM 6:05 - 6:45 PM 6:05 - 6:45 PM	4:00 - 4:40 PM 5:20 - 6:00 PM 6:05 - 6:45 PM 6:15 - 6:55 PM	9:00 - 9:40 AM 9:00 - 9:40 AM 9:45 - 10:25 AM 9:45 - 10:25 AM 10:10 - 10:50 AM 10:35 - 11:15 AM 11:35 - 12:15 PM 11:30 - 12:10 PM 12:00 - 12:40 PM 12:20 - 1:00 PM
Semi-Private 1 Lessons can have up to two registrants that are no more than one level apart			

	ANNUAL FAMILY MEMBERSHIPS*	GENERAL
PARENT & TOT	\$18.75	\$37.50
PRESCHOOL 1 to 3	\$18.75	\$37.50
PRESCHOOL 4 to 5	\$23.75	\$47.50
SWIMMER 1 to 3	\$23.75	\$47.50
SWIMMER 4 to 6	\$26.25	\$52.50
SWIMMER 7 to 9	\$28.75	\$57.50
AQUAGO!	\$47.50	\$52.50
ADULT LESSONS	\$23.75	\$47.50
PRIVATE LESSONS*	\$87.75	\$97.50
SEMI-PRIVATE LESSONS* (per child)	\$50.65	\$56.25

*Private lesson registration is in-person only

*Semi-Private lessons can have up to two registrants that are no more than one level apart

*Must be 4 years old by the end of the session to register for private lessons

*Not recommended for Levels 7,8,9

*Waitlists are not available. Please check online for openings if a class is full.

*FAMILY ANNUAL MEMBERS:

(INCLUDING RECC LIFE FAMILY MEMBERSHIPS)

Group Lessons 50% OFF

Private Lessons 10% OFF

Semi-Private Lessons ... 10% OFF

Classes may not run with less than 3 registered participants. All schedules are weather permitting and are subject to change or cancellation. Please check our website at www.therecc.ca or call our Welcome Desk at 902-893-2224 for schedule confirmation.

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 \$81.00, Non-Members \$90.00

**THURSDAYS
SEP 25 - DEC 4
(10 WEEKS)
6:00 - 7:00 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 \$81.00, Non-Members \$90.00

**THURSDAYS
SEP 25 - DEC 4
(10 WEEKS)
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@ratheastlinkcc.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 \$47.50, Non-Members \$52.50

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
SEP 10 - OCT 1
5:00 - 5:40 PM**

LVL 3/4

**WEDNESDAYS
SEP 10 - OCT 1
5:45 - 6:25 PM**