



Parent & Tot Programs (4 mos - 2.9 yrs old)				Course Name	Code	Day	Timeslot	Course Name	Code	Day	Timeslot							
<b>Parent &amp; Tot 1</b> (4 mos - 18 mos) \$62.00				<b>Pre-School 4</b> \$62.00	19695	Mon	4:00-4:30pm	<b>Swimmer 5</b> \$66.00	19716	Tues	5:30-6:15pm							
19685 Mon 5:00-5:30pm					19898	Mon	6:30-7:00pm		19754	Thurs	5:30-6:15pm							
19718 Tues 11:00-11:30am					19702	Tues	9:00-9:30am		20050	Fri	2:30-3:15pm							
19917 Tues 4:30-5:00pm					19926	Tues	5:00-5:30pm		20033	Sat	10:30-11:15am							
19723 Wed 4:30-5:00pm					19738	Wed	5:30-6:00pm		19765	Sun	9:30-10:15am							
19688 Thurs 5:30-6:00pm					19950	Wed	6:30-7:00pm		<b>Swimmer 6</b> \$66.00									
20035 Fri 10:00-10:30am					19749	Thurs	6:30-7:00pm											
20013 Sat 10:00-10:30am					20042	Fri	3:30-4:00pm											
19728 Sun 9:30-10:00am					19759	Sat	9:30-10:00am											
<b>Parent &amp; Tot 2</b> (18 mos - 2.9 y) \$62.00					<b>Pre-School 5</b> \$62.00				<b>Private Lessons</b> (3 yrs +) \$235.00									
19690 Mon 5:30-6:00pm				19694									Mon	4:00-4:30pm	19687	Mon	4:00-4:30pm	
19706 Tues 10:00-10:30am				19899									Mon	6:30-7:00pm	19900	Mon	4:30-5:00pm	
19918 Tues 5:00-5:30pm				19711									Tues	9:00-9:30am	19901	Mon	5:00-5:30pm	
19734 Wed 5:00-5:30pm				19927									Tues	5:00-5:30pm	19902	Mon	5:30-6:00pm	
19745 Thurs 11:00-11:30am				19739									Wed	5:30-6:00pm	19903	Mon	6:00-6:30pm	
19953 Thurs 4:30-5:00pm				19951									Wed	6:30-7:00pm	19904	Mon	6:30-7:00pm	
20014 Sat 9:00-9:30am				19750									Thurs	6:30-7:00pm	19700	Tues	4:00-4:30pm	
19756 Sun 9:00-9:30am				20043									Fri	3:30-4:00pm	19912	Tues	4:30-5:00pm	
<b>Parent &amp; Tot 3</b> (18 mos - 2.9 y) \$62.00				<b>School Age Programs (6yrs - 14 yrs old)</b>									<b>Swimmer 1</b> \$62.00					
19691 Mon 6:00-6:30pm								19684	Mon	4:30-5:00pm	19913	Tues					5:00-5:30pm	
19707 Tues 5:30-6:00pm								19696	Mon	5:30-6:00pm	19940	Wed					5:00-5:30pm	
19735 Wed 5:30-6:00pm								19697	Mon	6:00-6:30pm	19941	Wed					5:30-6:00pm	
19746 Thurs 10:00-10:30am								19703	Tues	4:00-4:30pm	19942	Wed					6:00-6:30pm	
19954 Thurs 5:00-5:30pm								19928	Tues	5:30-6:00pm	19943	Wed					6:30-7:00pm	
20036 Fri 11:00-11:30am								19929	Tues	6:00-6:30pm	19730	Thurs					4:00-4:30pm	
20015 Sat 11:30-12:00pm								19741	Wed	4:00-4:30pm	19963	Thurs					4:30-5:00pm	
19757 Sun 10:30-11:00am								19944	Wed	4:30-5:00pm	19964	Thurs					5:00-5:30pm	
<b>Pre-School Programs (3yrs - 5.9 yrs old)</b>								<b>Swimmer 2</b> \$62.00				<b>Adult Programs (14 yrs +)</b>						
<b>Pre-School 1</b> \$62.00				19686	Mon	4:00-4:30pm	<b>Adult 1</b> \$70.00											
19893 Mon 4:30-5:00pm				19703	Tues	4:00-4:30pm												
19894 Mon 5:00-5:30pm				19928	Tues	5:30-6:00pm												
19710 Tues 10:30-11:00am				19929	Tues	6:00-6:30pm												
19919 Tues 4:00-4:30pm				19741	Wed	4:00-4:30pm												
19920 Tues 4:30-5:00pm				19944	Wed	4:30-5:00pm												
19921 Tues 6:30-7:00pm				19945	Wed	6:30-7:00pm												
19724 Wed 4:00-4:30pm				19726	Thurs	4:00-4:30pm												
19934 Wed 4:30-5:00pm				19968	Thurs	5:30-6:00pm												
19935 Wed 5:00-5:30pm				19969	Thurs	6:30-7:00pm												
19747 Thurs 10:30-11:00am				20046	Fri	2:30-3:00pm												
19955 Thurs 4:00-4:30pm				20028	Sat	9:00-9:30am												
19956 Thurs 4:30-5:00pm				19992	Sat	10:00-10:30am												
19957 Thurs 5:30-6:00pm				19993	Sat	11:00-11:30am												
20037 Fri 10:30-11:00am				19994	Sat	11:30-12:00pm												
20038 Fri 3:30-4:00pm				19763	Sun	9:30-10:00am												
20016 Sat 9:30-10:00am				20029	Sun	10:30-11:00am												
19973 Sat 10:30-11:00am				<b>Swimmer 3</b> \$62.00				<b>Adult 2</b> \$70.00										
19974 Sat 11:30-12:00pm												19712	Mon	4:00-4:30pm				
19719 Sun 9:00-9:30am												19906	Mon	5:00-5:30pm				
20017 Sun 10:30-11:00am												19907	Mon	6:30-7:00pm				
<b>Pre-School 2</b> \$62.00												19905	Tues	4:30-5:00pm				
19692 Mon 4:30-5:00pm												19930	Tues	6:00-6:30pm				
19895 Mon 5:30-6:00pm												19931	Tues	6:30-7:00pm				
19896 Mon 6:00-6:30pm												19740	Wed	5:00-5:30pm				
19708 Tues 4:00-4:30pm												19946	Wed	6:00-6:30pm				
19922 Tues 5:30-6:00pm												19947	Wed	6:30-7:00pm				
19923 Tues 6:00-6:30pm				19751	Thurs	4:30-5:00pm												
19736 Wed 4:00-4:30pm				19970	Thurs	5:30-6:00pm												
19936 Wed 5:30-6:00pm				19971	Thurs	6:00-6:30pm												
19937 Wed 6:00-6:30pm				20047	Fri	2:00-2:30pm												
19729 Thurs 9:30-10:00am				20030	Sat	10:00-10:30am												
19958 Thurs 4:00-4:30pm				19995	Sat	10:30-11:00am												
19959 Thurs 4:30-5:00pm				19996	Sat	11:00-11:30am												
19960 Thurs 5:00-5:30pm				19762	Sun	10:00-10:30am												
20039 Fri 9:30-10:00am				<b>Swimmer 4</b> \$62.00				<b>Adult 3</b> \$70.00										
20040 Fri 2:30-3:00pm												19713	Mon	4:00-4:30pm				
19758 Sat 9:30-10:00am												19909	Mon	5:30-6:00pm				
19975 Sat 10:00-10:30am												19910	Mon	6:30-7:00pm				
19976 Sat 10:30-11:00am												19908	Tues	4:00-4:30pm				
20018 Sun 10:00-10:30am												19933	Tues	5:00-5:30pm				
<b>Pre-School 3</b> \$62.00												19721	Wed	5:00-5:30pm				
19693 Mon 4:30-5:00pm												19948	Wed	5:30-6:00pm				
19897 Mon 6:30-7:00pm												19752	Thurs	5:00-5:30pm				
19709 Tues 9:30-10:00am												19972	Thurs	6:30-7:00pm				
19924 Tues 4:30-5:00pm				20048	Fri	2:00-2:30pm												
19925 Tues 6:30-7:00pm				19731	Sat	9:00-9:30am												
19737 Wed 4:00-4:30pm				19997	Sat	9:30-10:00am												
19938 Wed 6:00-6:30pm				19998	Sat	10:30-11:00am												
19748 Thurs 9:00-9:30am				20031	Sun	10:00-10:30am												
19961 Thurs 4:00-4:30pm				<b>Swim Abilities (3 yrs - 16 yrs)</b>														
19962 Thurs 6:00-6:30pm								<b>Swim Abilities 1</b> 20012 Fri 2:00-2:45pm										
20041 Fri 3:00-3:30pm																		
19761 Sat 9:00-9:30am																		
19977 Sat 11:00-11:30am																		
19978 Sat 11:30am-12:00pm																		
20019 Sun 9:00-9:30am																		
19714 Mon 5:00-5:30pm																		
19911 Mon 6:30-7:00pm																		
19932 Tues 5:00-5:30pm																		
19742 Wed 6:00-6:30pm																		
19949 Wed 6:30-7:00pm																		
19753 Thurs 5:00-5:30pm																		
20049 Fri 2:00-2:30pm																		
19764 Sat 9:00-9:30am																		
19999 Sat 9:30-10:00am																		
20000 Sat 10:00-10:30am																		
20032 Sun 9:00-9:30am																		

SwimAbilities® is a learn-to-swim program for children requiring extra support, developed with an Occupational Therapist. Caregivers join in the water for one-on-one assistance under a certified instructor's guidance. The program enhances safety, independence, and enjoyment in water activities.

Cost: \$62 for 10 weeks (group lessons); \$115 for 10 weeks (private lessons).

For details, contact:  
• Samantha Derksen at Nicholas Sheran Pool:  
sderksen@recreationexcellence.com 403-320-3047



Parent & Tot Programs (4 mos - 2.9 yrs old)				Course Name	Code	Day	Timeslot	Course Name	Code	Day	Timeslot	
<b>Parent &amp; Tot 1</b> (4 mos - 18 mos) \$62.00	19582	Mon	10:45-11:15am	<b>Pre-School 5</b> \$62.00	19805	Mon	6:00-6:30pm	<b>Swimmer 5</b> \$66.00	19603	Mon	4:15-5:00pm	
	19635	Wed	4:00-4:30pm		19778	Mon	6:30-7:00pm		19636	Wed	4:15-5:00pm	
	19642	Thur	4:00-4:30pm		19622	Tues	6:00-6:30pm		19644	Thurs	4:15-5:00pm	
	19663	Sat	10:00-10:30am		19818	Tues	6:30-7:00pm		19667	Sat	9:00-9:45am	
					19794	Wed	6:00-6:30pm		19879	Sun	9:30-10:15am	
					19655	Wed	6:30-7:00pm					
					19662	Thurs	5:30-6:00pm					
					19826	Thurs	6:30-7:00pm		<b>Swimmer 6</b> \$66.00	19604	Mon	4:15-5:00pm
<b>Parent &amp; Tot 2</b> (18 mos - 2.9y) \$62.00	19617	Tues	4:00-4:30pm		19673	Sat	9:00-9:30am			19632	Wed	4:15-5:00pm
	19616	Wed	10:45-11:15am		19854	Sat	11:00-11:30am			19650	Thurs	4:15-5:00pm
	19668	Sat	10:30-11:00am	19878	Sun	9:00-9:30am	19677	Sat		9:45-10:30am		
							19880	Sun		10:15-11:00am		
<b>Parent &amp; Tot 3</b> (18 mos - 2.9y) \$62.00	19584	Mon	4:00-4:30pm	<b>School Age Programs (6yrs - 14 yrs old)</b>				<b>Private Lessons</b> (3 yrs +) \$235.00	19608	Mon	4:00-4:30pm	
	19633	Tues	4:00-4:30pm	<b>Swimmer 1</b> \$62.00	19595	Mon	5:00-5:30pm		19768	Mon	4:30-5:00pm	
	19634	Wed	10:45-11:15am		19777	Mon	6:00-6:30pm		19769	Mon	5:00-5:30pm	
	19669	Sat	10:30-11:00am		19599	Mon	6:30-7:00pm		19770	Mon	5:30-6:00pm	
<b>Pre-School Programs (3yrs - 5.9 yrs old)</b>					19815	Tues	5:00-5:30pm		19771	Mon	6:00-6:30pm	
					19820	Tues	6:30-7:00pm		19772	Mon	6:30-7:00pm	
<b>Pre-School 1</b> \$62.00	19590	Mon	9:15-9:45am		19602	Tues	6:00-6:30pm		19623	Tues	4:00-4:30pm	
	19767	Mon	10:15-10:45am		19820	Tues	6:30-7:00pm		19807	Tues	4:30-5:00pm	
	19782	Mon	4:30-5:00pm		19643	Wed	5:00-5:30pm		19808	Tues	5:00-5:30pm	
	19779	Mon	5:00-5:30pm		19801	Wed	6:00-6:30pm		19809	Tues	5:30-6:00pm	
	19615	Tues	4:30-5:00pm		19804	Wed	6:30-7:00pm	19810	Tues	6:00-6:30pm		
	19618	Tues	5:00-5:30pm		19828	Thurs	5:00-5:30pm	19811	Tues	6:30-7:00pm		
	19821	Tues	5:30-6:00pm		19658	Thurs	5:30-6:00pm	19651	Wed	4:00-4:30pm		
	19653	Wed	9:45-10:15am		19830	Thurs	6:00-6:30pm	19786	Wed	4:30-5:00pm		
	19796	Wed	4:30-5:00pm		19666	Sat	9:00-9:30am	19787	Wed	5:00-5:30pm		
	19797	Wed	5:00-5:30pm		19861	Sat	10:30-11:00am	19788	Wed	5:30-6:00pm		
	19803	Wed	6:30-7:00pm		19855	Sat	11:00-11:30am	19789	Wed	6:00-6:30pm		
	19664	Thurs	5:00-5:30pm		19881	Sun	9:00-9:30am	19790	Wed	6:30-7:00pm		
	19645	Thurs	5:30-6:00pm					19665	Thurs	4:00-4:30pm		
	19831	Thurs	6:30-7:00pm					19833	Thurs	4:30-5:00pm		
	19661	Sat	9:00-9:30am	<b>Swimmer 2</b> \$62.00	19627	Mon	5:30-6:00pm	19834	Thurs	5:00-5:30pm		
	19859	Sat	11:00-11:30am		19783	Mon	6:30-7:00pm	19835	Thurs	5:30-6:00pm		
	19683	Sat	11:30-12:00pm		19628	Tues	5:30-6:00pm	19836	Thurs	6:00-6:30pm		
	19874	Sun	9:00-9:30am		19822	Tues	6:00-6:30pm	19837	Thurs	6:30-7:00pm		
<b>Pre-School 2</b> \$62.00	19598	Mon	9:45-10:15am		19819	Tues	6:30-7:00pm	19652	Sat	9:00-9:30am		
	19780	Mon	5:00-5:30pm		19637	Wed	5:30-6:00pm	19868	Sat	9:00-9:30am		
	19781	Mon	5:30-6:00pm		19802	Wed	6:30-7:00pm	19863	Sat	9:30-10:00am		
	19784	Mon	6:30-7:00pm		19646	Thurs	4:00-4:30pm	19869	Sat	9:30-10:00am		
	19619	Tues	5:00-5:30pm		19647	Thurs	5:00-5:30pm	19864	Sat	10:00-10:30am		
	19816	Tues	6:00-6:30pm		19832	Thurs	6:30-7:00pm	19870	Sat	10:00-10:30am		
	19614	Wed	9:15-9:45am		19674	Sat	9:30-10:00am	19865	Sat	10:30-11:00am		
	19654	Wed	10:15-10:45am		19862	Sat	10:00-10:30am	19871	Sat	10:30-11:00am		
	19798	Wed	5:00-5:30pm		19856	Sat	11:30am-12:00pm	19866	Sat	11:00-11:30am		
	19799	Wed	5:30-6:00pm		19882	Sun	9:30-10:00am	19872	Sat	11:00-11:30am		
	19631	Thurs	4:30-5:00pm					19867	Sat	11:30am-12:00pm		
	19827	Thurs	6:00-6:30pm					19873	Sat	11:30am-12:00pm		
	19670	Sat	9:30-10:00am	<b>Swimmer 3</b> \$62.00	19774	Mon	4:30-5:00pm	19885	Sun	9:00-9:30am		
	19682	Sat	11:00-11:30am		19601	Mon	5:00-5:30pm	19886	Sun	9:30-10:00am		
	19860	Sat	11:30-12:00pm		19775	Mon	6:00-6:30pm	19887	Sun	10:00-10:30am		
	19875	Sun	9:30-10:00am		19813	Tues	4:30-5:00pm	19888	Sun	10:30-11:00am		
<b>Pre-School 3</b> \$62.00	19596	Mon	5:30-6:00pm		19629	Tues	5:30-6:00pm	<b>Canadian Swim Patrol Programs (12+ yrs)</b>				
	19785	Mon	6:00-6:30pm		19792	Wed	4:30-5:00pm	<b>Rookie Patrol</b> \$66.00	19625	Tues	4:15-5:00pm	
	19620	Tues	5:30-6:00pm		19638	Wed	5:00-5:30pm		19678	Sat	10:30-11:15am	
	19814	Tues	6:30-7:00pm		19795	Wed	6:00-6:30pm	<i>complete Swimmer 6</i>				
	19657	Wed	5:30-6:00pm		19648	Thurs	5:00-5:30pm	<b>Ranger Patrol</b> \$66.00	19624	Tues	4:15-5:00pm	
	19800	Wed	6:00-6:30pm		19823	Thurs	6:00-6:30pm		19679	Sat	10:30-11:15am	
	19660	Thurs	4:30-5:00pm		19676	Sat	9:00-9:30am	<i>complete Rookie</i>				
	19829	Thurs	6:00-6:30pm		19857	Sat	10:00-10:30am	<b>Star Patrol</b> \$66.00	19626	Tue	4:15-5:00pm	
	19671	Sat	10:00-10:30am		19883	Sun	10:00-10:30am		19680	Sat	11:15am-12:00pm	
	19681	Sat	11:30-12:00pm					<i>complete Ranger Patrol</i>				
	19876	Sun	10:00-10:30am	<b>Swimmer 4</b> \$62.00	19773	Mon	4:00-4:30pm	<b>Adult Programs (14 yrs +)</b>				
<b>Pre-School 4</b> \$62.00	19597	Mon	6:00-6:30pm		19600	Mon	5:30-6:00pm	<b>Adult 1</b> \$70.00	19611	Mon	7:00-7:45pm	
	19806	Mon	6:30-7:00pm		19812	Tues	4:00-4:30pm					
	19621	Tues	6:00-6:30pm		19630	Tues	5:00-5:30pm	<b>Adult 2</b> \$70.00	19640	Wed	7:00-7:45pm	
	19817	Tues	6:30-7:00pm		19791	Wed	4:00-4:30pm					
	19793	Wed	6:00-6:30pm		19639	Wed	5:30-6:00pm	<b>Adult 3</b> \$70.00	19641	Wed	7:00-7:45pm	
	19656	Wed	6:30-7:00pm		19649	Thurs	5:30-6:00pm					
	19659	Thur	5:30-6:00pm		19824	Thurs	6:30-7:00pm					
	19825	Thur	6:30-7:00pm		19675	Sat	9:30-10:00am					
	19853	Sat	9:30-10:00am		19858	Sat	10:30-11:00am					
	19672	Sat	10:30-11:00am		19884	Sun	10:30-11:00am					
	19877	Sun	10:30-11:00am									