Credit Union Co-op
Aquatic Centre

Registration for Winter Lessons opens August 31

All Lessons run once a week for 9 weeks

Winter Mondays ▪ Jan. 4 - Mar. 8

AM	No lesson: February 15		PM
Dolphin 8:55 AM - 9:25 AM	Parent/Tot 1/2 8:55 AM - 9:25 AM	Orca/Shark 4:00 PM - 4:30 PM	Swimmer 3 4:00 PM - 4:45 PM
Parent/Tot 2/3 9:30 AM - 10:00 AM	Squid 9:30 AM - 10:00 AM	Swordfish 4:35 PM - 5:05 PM	Swimmer 1 4:50 PM - 5:20 PM
Swordfish 10:05 AM - 10:35 AM	Orca/Shark 10:05 AM - 10:35 AM	Swimmer 5 5:10 PM - 5:55 PM	Squid 5:25 PM - 5:55 PM
		Adult 1 7:30 PM - 8:15 PM	

Winter Tuesdays ▪ Jan. 5 - Mar. 9

No Lesson : February 16

Squid 4:00 PM - 4:30 PM	Swimmer 2 4:00 PM - 4:30 PM
Swimmer 1 4:35 PM - 5:05 PM	Swimmer 4 4:35 PM - 5:20 PM
Swordfish 5:10 PM - 5:40 PM	Squid 5:25 PM - 5:55 PM
Swimmer 6 5:45 PM - 6:30 PM	Dolphin 6:00 PM - 6:30 PM

Winter Wednesdays ▪ Jan. 6 - Mar. 10

No Lesson: February 17

Swimmer 1 4:00 PM - 4:30 PM	Swimmer 4 4:00 PM - 4:45 PM
Swordfish 4:35 PM - 5:05 PM	Swimmer 2 4:50 PM - 5:20 PM
Swimmer 5 5:10 PM - 5:55 PM	Squid 5:25 PM - 5:55 PM
Adult 3 7:30 PM - 8:15 PM	

▪ 403.845.6977 ▪ poolstaff@rockymtnhouse.com ▪

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Winter Thursdays ▪ Jan. 7 - Mar. 11

No Lesson: February 18

Adult 2 3:00 PM - 3:45 PM	
Parent/Tot 2/3 4:00 PM - 4:30 PM	Swimmer 2 4:00 PM - 4:30 PM
Squid 4:35 PM - 5:05 PM	Swimmer 3 4:35 PM - 5:20 PM
Swimmer 1 5:10 PM - 5:40 PM	Dolphin 5:25 PM - 5:55 PM
Swimmer 5 5:45 PM - 6:30 PM	Swordfish 6:00 PM - 6:30 PM

Winter Fridays ▪ Jan. 8 - Mar. 12

No Lesson: February 19

Swimmer 2 4:00 PM - 4:30 PM	Orca/Shark 4:00 PM - 4:30 PM	Junior Lifeguard Club 4:00 PM - 5:30 PM
Swordfish 4:35 PM - 5:05 PM	Swimmer 3 4:35 PM - 5:20 PM	
Squid 5 5:10 PM - 5:40 PM	Swimmer 1 5:25 PM - 5:55 PM	

Winter Saturdays ▪ Jan. 9 - Feb. 13

* 6 weeks

11:00 AM - 12:00 PM	Rookie/Ranger Patrol	Star Patrol

https://rockymtnhouse.com/p/credit-union-co-op-aquatic-centre

▪ Lifesaving Society Swim for Life Transition letter & Transition Chart ▪

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