

Swim for Life Lessons

Registration for Summer Lessons opens April 4, 2022

All Summer Lessons repeat for 9 weekdays

Dolphin 9:00 AM - 9:30 AM		Swimmer 1 9:00 AM - 9:30 AM		Swimmer 5 9:00 AM - 9:45 AM	
Swimmer 3 9:30 AM - 10:15 AM		Orca 9:30 AM - 10:00 AM			Squid
9:30 AM - 10:15 AM		Swimmer 4 10:00 AM - 10:45 AM		9:45 AM - 10:15 AM	
Swordfish 10:15 AM - 10:45 AM				Swimmer 2 10:15 AM - 10:45 AM	
Swimmer 6 10:45 AM - 11:30 AM		Swordfish 10:45 AM - 11:15 AM		Shark 10:45 AM - 11:15 AM	
Squid 11:30 AM - 12:00 PM		Swimmer 2 11:15 AM - 11:45 AM		Swimmer 1 11:15 AM - 11:45 AM	
Swimmer 1 3:30 PM - 4:00 PM	3:30	Dolphin D PM - 4:00 PM	Swimmer 4 3:30 PM - 4:15		
Squid 4:00 PM - 4:30 PM	Swimmer 5 4:00 PM - 4:45 PM		Swordfish		_
Swimmer 3			4:15 PM - 4:45 PM		_
4:30 PM - 5:15 PM	Orca 4:45 PM - 5:15 PM		Shark 4:45 PM - 5:15 PM		Rookie 4:30 PM - 5:30 PM
Swimmer 6 5:15 PM - 6:00 PM	Swimmer 2 5:15 PM - 5:45 PM		Swimmer 1 5:15 PM - 5:45 PM		

Summer Session	В •	July 1	18 - July	/ 28 (	(Morning)
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Swimmer 3	Parent Tot 1/2	
9:00 AM - 9:45 AM	9:00 AM - 9:30 AM	
Squid	Swimmer 5 9:30 AM - 10:15 AM	
Dolphin	Swimmer 2	
10:15 AM - 10:45 AM	10:15 AM - 10:45 AM	
Swimmer 6 10:45 AM - 11:30 AM		
Orca	Ranger	
11:30 AM - 12:00 PM	11:00 AM - 12:00 PM	
	9:00 AM - 9:45 AM Squid 9:45 AM - 10:15AM Dolphin 10:15 AM - 10:45 AM Swimmer 6 10:45 AM - 11:30 AM	

• 403.845.6977 • poolstaff@trmh.ca •



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Su	ummer Session B • July	18 - July 28 (Afternoon)
Squid 3:30 PM - 4:00 PM	Swimmer 2 3:30 PM - 4:00 PM	Swimmer 6 3:30 PM - 4:15 PM
Swimmer 1 4:00 PM - 4:30 PM	Dolphin 4:00 PM - 4:30 PM	
4.00 min 4.30 min	Orca 4:30 PM - 5:00 PM	Swordfish 4:15 PM - 4:45 PM
Swimmer 5 4:30 PM - 5:15 PM		Shark 4:45 PM - 5:15 PM
Swimmer 3 5:15 PM - 6:00 PM	Swimmer 4 5:00 PM - 5:45 PM	Swimmer 1 5:15 PM - 5:45 PM
5.15 FIVI - 0.00 FIVI		

	Sun	nmer Session C 🛛	Aug. 2 - Aug.
Squid	Swimmer 4	Swimmer 1	Star
9:00 AM - 9:30 AM	9:00 AM - 9:45 AM	9:00 AM - 9:30 AM	
Orca 9:30 AM - 10:00 AM	Swordfish	Dolphin 9:30 AM - 10:00 AM	9:00 AM - 10:00 AM
Swimmer 5	9:45 AM - 10:15 AM	Swimmer 3	Swordfish
10:00 AM - 10:45 AM	Squid 10:15 AM - 10:45 AM	10:00 AM - 10:45 AM	10:00 AM - 10:30 AM Shark
Swordfish	Swimmer 1	Swimmer 6	10:30 AM - 11:00 AM
10:45 AM - 11:15 AM	10:45 AM - 11:15 AM		Swimmer 2
Swimmer 1 11:15 AM - 11:45 AM		10:45 AM - 11:30 AM	11:00 AM - 11:30 AM
Swimmer 5	Swimmer 3	Swordfish	Parent Tot 1/2
3:30 PM - 4:15 PM	3:30 PM - 4:15 PM	3:30 PM - 4:00 PM	3:30 PM - 4:00 PM
Orca	Squid	Swimmer 2	Swimmer 4
4:15 PM - 4:45 PM	4:15 PM - 4:45 PM	4:00 PM - 4:30 PM	4:00 PM - 4:45 PM
Swimmer 1	Shark	Swimmer 6	Dolphin
4:45 PM - 5:15 PM	4:45 PM - 5:15 PM	4:30 PM - 5:15 PM	4:45 PM - 5:15 PM
Swimmer 3		Parent Tot 2/3	Swimmer 1
5:15 PM - 6:00 PM		5:15 PM - 5:45 PM	5:15 PM - 5:45 PM

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	Summer Sessio	n D • Aug. 15 - Aug.	
Swimmer 1 9:00 AM - 9:30 AM	Swimmer 5 9:00 AM - 9:45 AM	Swordfish 9:00 AM - 9:30 AM	
Dolphin 9:30 AM - 10:00 AM	Squid	Swimmer 3 9:30 AM - 10:15 AM	
Swimmer 6 10:00 AM - 10:45 AM	9:45 AM - 10:15 AM Orca 10:15 AM - 10:45 AM	Swimmer 2 10:15 AM - 10:45 AM	
Shark 10:45 AM - 11:15 AM	Parent Tot 2/3 10:45 AM - 11:15 AM	Swimmer 4 10:45 AM - 11:30 AM	
Parent Tot 1/2 11:15 AM - 11:45 AM	Swimmer 1 11:15 AM - 11:45 AM		
Squid 3:30 PM - 4:00 PM	Swimmer 4 3:30 PM - 4:15 PM	Swimmer 2 3:30 PM - 4:00 PM	
Swimmer 3 4:00 PM - 4:45 PM	Swordfish	Swimmer 1 4:00 PM - 4:30 PM	
Dolphin 4:45 PM - 5:15 PM	4:15 PM - 4:45 PM Orca 4:45 PM - 5:15 PM	Swimmer 5 4:30 PM - 5:15 PM	
Swimmer 6	Swimmer 1 5:15 PM - 5:45 PM	Shark 5:15 PM - 5:45 PM	

Keep an eye on our website for special events for:

National Lifejacket day May 20th

National Water Safety week June 5 - 11

National Drowning Prevention week July 17 - 23



https://www.rockymtnhouse.com/p/credit-unionco-op-aquatic-centre

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