

MEADOW LAKE
AQUATIC CENTRE



Here at the *Meadow Lake Aquatic Centre* we teach the *Lifesaving Society's* “Swim for Life” program.

THE FOCUS IS ON SWIMMING

The **Swim for Life** program stresses lots of in-water practice to develop solid swimming strokes and skills. We incorporate valuable Water Smart® education that will last a lifetime.

Set 2 – Mondays/Wednesdays

February 6th – March 8th (No class February 20th, 22nd)

Parent and Tot 1,2,3	5:45pm-6:20pm	Swimmer 1,2	5:45pm-6:20pm
Preschool 1,2	4:25pm-5:00pm	Swimmer 3,4	4:25pm-5:00pm
Preschool 3,4	3:45pm-4:20pm	Swimmer 5,6	5:05pm-5:40pm
Preschool 5	5:05pm-5:40pm	Rookie, Ranger, Star	3:45pm-4:20pm

Set 3 – Thursdays

February 2nd – March 30th (No class February 23rd)

Parent and Tot 1,2,3	5:05pm-5:40pm	Swimmer 1,2	5:05pm-5:40pm
Preschool 1,2	5:45pm-6:20pm	Swimmer 3,4	5:45pm-6:20pm
Preschool 3,4	4:25pm-5:00pm	Swimmer 5,6	3:45pm-4:20pm
Preschool 5	3:45pm-4:20pm	Rookie, Ranger, Star	4:25pm-5:00pm

Set B – Saturdays

March 18th – May 13th (No class April 15th)

Parent and Tot 1,2,3	1:00pm-1:35pm	Swimmer 1,2	1:00pm-1:35pm
Preschool 1,2	1:40pm-2:15pm	Swimmer 3,4	1:40pm-2:15pm
Preschool 3,4	2:20pm-2:55pm	Swimmer 5,6	3:00pm-3:35pm
Preschool 5	3:00pm-3:35pm	Rookie, Ranger, Star	2:20pm-2:55pm

Please see our **Public Swimming Lessons Description Chart** for more info on registering in the correct level. Register by dropping into the Aquatic Centre, payment is due upon registration. Cost is \$42.00 per set.