

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 4 – Mondays/Wednesdays**  
**March 20<sup>th</sup> – April 12<sup>th</sup>**

Preschool 1/2	5:45pm-6:20pm	Swimmer 1/2	3:45pm-4:20pm
Preschool 3/4	5:05pm-5:40pm	Swimmer 3/4	5:45pm-6:20pm
Preschool 5	3:45pm-4:20pm	Swimmer 5/6	4:25pm-5:00pm
Swimmer 1/2	4:25pm-5:00pm	Adult 1/2/3	5:05pm-5:40pm

**Set 5 – Mondays/Wednesdays**  
**April 24<sup>th</sup> – May 17<sup>th</sup>**

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

**Set 6 – Thursdays**  
**April 27<sup>th</sup> – June 15<sup>th</sup>**

Preschool 1/2	5:05pm-5:40pm	Swimmer 1/2	5:05pm-5:40pm
Preschool 3/4	4:25pm-5:00pm	Swimmer 3/4	4:25pm-5:00pm
Preschool 5	5:45pm-6:20pm	Swimmer 5/6	3:45pm-4:20pm
Swimmer 1/2	3:45pm-4:20pm	Adult 1/2/3	5:45pm-6:20pm

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.