



# 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 7 – Mondays/Wednesday - May 29<sup>th</sup> – June 21<sup>st</sup>

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

### Set 8- Monday to Friday - July 10<sup>th</sup> – July 21<sup>st</sup>

Parent and Tot 1/2/3	9:35am-10:05am	Swimmer 1/2	9:35am-10:05am
Preschool 1/2	10:10am-10:40am	Swimmer 3/4	10:10am-10:40am
Preschool 3/4	10:45am-11:15am	Swimmer 5/6	11:20am-11:50am
Preschool 5	11:20am-11:50am	Swimmer 1/2	10:45am-11:15am

### Set 9 – Monday to Friday – July 24<sup>th</sup> – August 4<sup>th</sup>

Preschool 1/2	11:20am-11:50am	Swimmer 1/2	11:20am-11:50am
Preschool 3/4	9:35am-10:05am	Swimmer 3/4	9:35am-10:05am
Preschool 5	10:10am-10:40am	Swimmer 5/6	10:45am-11:15am
Swimmer 1/2	10:45am-11:15am	Rookie/Ranger/Star	10:10am-10:40am

### Set 10 – Monday to Friday – August 14<sup>th</sup> – August 25<sup>th</sup>

Parent and Tot 1/2/3	10:45am-11:15am	Swimmer 1/2	10:45am-11:15am
Preschool 1/2	11:20am-11:50am	Swimmer 3/4	11:20am-11:50am
Preschool 3/4	9:35am-10:05am	Swimmer 5/6	10:10am-10:40am
Preschool 5	10:10am-10:40am	Swimmer 1/2	9:35am-10:05am

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.