



CLARESHOLM AQUATIC CENTRE WINTER PROGRAM GUIDE 2023



PARENT & TOT LESSONS

MONDAYS & WEDNESDAYS

JANUARY 9 - 18, FEBRUARY 6 - 15, MARCH 6-15 &
APRIL 3-12

11:15-11:45AM PARENT & TOT \$28.50/ SESSION

PRESCHOOL & SWIMMER LESSONS

MONDAYS & WEDNESDAYS

JANUARY 9 - 25

9-9:30AM PRESCHOOL 1/2 \$40

9:30-10AM PRESCHOOL 3 & 4 \$40

FEBRUARY 27 - MARCH 15

11-11:30 AM PRESCHOOL 1/2 \$40

11:30-12PM SWIMMER 1/2 \$46

TUESDAYS & THURSDAYS

JANUARY 10 - 26

9-9:30AM PRESCHOOL 1/2 \$40

9:30-10AM PRESCHOOL 3/4 \$40

AFTER SCHOOL LESSONS

MONDAYS

JANUARY 9 - FEBRUARY 13, FEBRUARY 27 - APRIL 3

3:45 - 4:15 PM PRESCHOOL 1/2 \$40

4:20-5:05 PM SWIMMER 1/2 \$46

5:10-5:55 PM SWIMMER 1/2 \$46

5:10-5:40 PM PRESCHOOL 1/2 \$40

WEDNESDAYS

JANUARY 11 - FEBRUARY 15, MARCH 1 - APRIL 5

3:45 - 4:30 PM PRESCHOOL 1/2 \$40

4:20-5:05 PM SWIMMER 1/2 \$46

5:10-5:55 PM SWIMMER 3/4 \$46

5:10-5:40 PM PRESCHOOL 3/4 \$40

TUESDAYS

JANUARY 10-FEBRUARY 14

3:50-4:20 PM PRESCHOOL 1/2 \$40

4:25-4:55 PM SWIMMER 1/2 \$46

FEBRUARY 28-APRIL 4

3:50-4:20 PM PRESCHOOL 3/4 \$40

4:25-4:55 PM SWIMMER 3/4 \$46

MONDAY - THURSDAY *Sneak in before ball season!*

APRIL 17-20 & APRIL 24-27

3:50-4:35 PM SWIMMER 3/4 \$46

4:00-4:45 PM SWIMMER 1/2 \$46

4:50-5:20 PM PRESCHOOL 3/4 \$40

5:25-5:55 PM PRESCHOOL 1/2 \$40

*SPACES WILL BECOME PRIVATE LESSONS IF NOT FILLED

SATURDAY LESSONS

JANUARY 14 - FEBRUARY 18, MARCH 11 - APRIL 15

10:15-10:45 AM PRESCHOOL 1/2 \$40

10:50-11:20 AM PRESCHOOL 3/4 \$40

11:05-11:50 AM SWIMMER 1/2 \$46

10:15-11:00 AM SWIMMER 3/4 \$46

11:25-12:25 PM SWIMMER 5/6 \$52.50

THURSDAY PRIVATE LESSONS

JANUARY 12 - FEBRUARY 16, MARCH 2 - APRIL 6

3:50 - 4:20 PM PRIVATE \$114

4:00 - 4:30 PM PRIVATE \$114

4:25 - 4:55 PM PRIVATE \$114

5:00 - 5:30 PM PRIVATE \$114

FAMILY & EASTER WEEK LESSONS

TUESDAY-FRIDAY

FEBRUARY 21 - 24 & APRIL 11 - 14

8:30 - 9:45 AM ROOKIE RANGER STAR \$55

8:45 - 9:30 AM SWIMMER 5/6 \$52.50

8:45 - 9:30 AM SWIMMER 1 \$46

9:30 - 10:15 AM SWIMMER 3/4 \$46

9:45 - 10:15 AM PRESCHOOL 3/4 \$40

10:00 - 10:45 AM SWIMMER 2 \$46

10:15 - 10:45 AM PRESCHOOL 1/2 \$40

10:15 - 10:45 AM PRIVATE LESSON \$72.00

JLC SPORT



TUESDAYS 4:00 - 5:00 PM

JANUARY 10 - APRIL 25 \$100

Max 10 participants

The program will focus on Swim Patrol (Rookie, Ranger & Star awards) and Lifesaving Sport. Youth ages 8 to 15 years are welcome, members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work.

Must complete a Swim to Survive challenge to join; roll into pool, tread water 1 minute & swim 50 meters.

JLC VIKINGS



MONDAYS & WEDNESDAYS 4:00-5:00PM

JANUARY 9 - MARCH 29 \$200 23 SESSIONS *NOT FEB 20

COMPETITION DATES TBD

COACH FEES FOR COMPETITIONS INCLUDED

PARTICIPANT PORTION FOR COMPETITIONS \$35

JANUARY 31 9:00-11:00 am Swim-a-thon

* Monies raised used for Competitions*

Additional costs for other competitions TBD

MASK USE IS MANDATORY IN THE SHARED AHS HALLWAY

Office (403) 625-2172

Swim Line (403) 625-3071

cac@clareholm.ca

Reservations: www.claresholm.ca

Claresholm Rec or Claresholm Recreation on Facebook

Address: 212 Fairway Dr West, Claresholm AB T0L0T0



CLARESHOLM AQUATIC CENTRE WINTER PROGRAM GUIDE 2023

Water Exercise Options...

AQUAFIT

MON. WED. & FRI.	7:45-8:45 AM or 1:00 -2:00 PM
JANUARY 2 - 30	\$48.75
FEBRUARY 1 - 27	\$41.25 *not February 20
MARCH 1 - 31	\$52.50
APRIL 3 - 28	\$37.50 *not April 7 & 10

"A low to high impact workout that focuses on cardiovascular system, strength, and is great for people with joint issues" Great workout, great people!

BOOTCAMP + SHALLOW PLAY

TUES. & THURS.	5:00-6:00 PM
JANUARY 3 - 31	\$33.75
FEBRUARY 2 - 28	\$30.00 *not Feb. 21
MARCH 2 - 30	\$33.75
APRIL 4 - 27	\$30.00

"An intense workout for adults targeting the core, cardiovascular system, and strength with zero impact on joints due to buoyancy" Great for Post Partum health!

Bring your kiddos for supervised play while you get your sweat on! Must book children online at Claresholm.ca

Up to 5 children allowed in the program**

SENIORS PROGRAM

TUESDAY & THURSDAY 11:15 - 11:45 AM

Come out and get your groove on to some classic rock. With great people, a smooth 20-30 minute workout, ideal if you're just starting to exercise, have lower mobility, or need rehabilitation due to an injury or surgery.

Use our 10 punch pass for added value!

MASTERS 18 + CLUB

\$172.50 FOR 15 SESSIONS

JAN. 9-MAR. 1 OR MAR 6 - APR. 26

MONDAYS & WEDNESDAYS 8-9PM

WARM UP START AT 7:30AM

A coach will provide Personalized workouts, Stroke Correction & Skill development. Work towards personal goals.

Must be able to swim independently, take direction & circle swim in lane.

MASTERS MOCK MEET

SATURDAY FEBRUARY 25, 2023 8AM-12PM

WARM UPS START AT 7:30AM

MEET FEE \$75.00/ PARTICIPANT



Advanced Courses...

BRONZE STAR



DECEMBER 27, 28 & 29 TUES. - THURS. 8:30 - 12 PM

Course Fee \$80

11+ years, Rookie, Ranger, Star experience an asset.

STANDARD FIRST AID

JANUARY 28 & 29 SAT. & SUN. 8 - 4 PM

Course Fee \$130.00 + Materials \$13.50

Course held at Town Office Community Room

BRONZE MEDALLION



FEBRUARY 4 & 5 SAT & SUN 8 - 4 PM

Course Fee \$130.00 + Materials \$47.50

Must hold a Bronze Star Award or 13+ w/CPR C AED

Combined Bronze Medallion / CPR C AED

Bronze Medallion Course Fee \$130 + Materials \$47.50

BRONZE CROSS



FEBRUARY 11-12

SAT 8-4 PM & SUN 8-4PM

Course Fee

\$130.00 + Materials \$29.50

Must hold a Bronze Medallion Award and Standard First Aid

NATIONAL LIFEGUARD

FEBRUARY 17-19 & 24-26 *SAT. FEB. 25 1-9PM**

FRIDAYS 4 - 8 PM SATURDAY & SUNDAY 8 - 4 PM

Course Fee \$300.00 + Materials \$42.00

Must be 16 yrs+ and hold a Bronze Cross Award and Standard First Aid

LIFESAVING & SWIM INSTRUCTOR



APRIL 14-16 & 22-23

FRIDAY 4-8PM SATURDAY & SUNDAY 8-4PM

Course Fee \$300.00 + Materials \$74.50

Must be 16 yrs+ and hold a Bronze Cross Award

HOMESCHOOL SWIM TIME

REGULAR ADMISSION: INDEPENDENT PROGRAMMING

AVAILABLE FOR STUDENTS. MUST BOOK ONLINE.

TIMESLOT DEPENDENT ON OTHER PROGRAMMING.

TEEN & FAMILY SWIMS!

JOIN US FOR TEEN TUESDAYS OR FAMILY THURSDAYS FROM 6:30-8PM FOR SPECIAL PROGRAMMING!

DATES & EVENTS WILL BE ANNOUNCED

STARTS JANUARY 2023

MASK USE IS MANDATORY IN THE SHARED AHS HALLWAY