



SWIM LESSON SCHEDULE

North Queens Aquatic Centre
SUMMER 2026



SESSION DATES



SESSION 1

July 20 - July 31
Monday - Friday

SESSION 2

August 3 - August 14
Monday - Friday

SESSION 3

August 17 - August 28
Monday - Friday

REGISTRATION DETAILS



DATES

July 14, 15, & 16



TIMES

9:00AM to 4:00PM



LOCATION

North Queens Aquatic Centre
9708 Highway 8, Caledonia

SWIMMING SESSION FEES



INDIVIDUAL

\$55/session Parent & Tot - Swimmer 6
\$65/session Rookie, Ranger, Star



FAMILY RATE

\$130/session*
(*3+ swimmers in same household)

Note: Space is limited, and preference will be given to those who register on registration days. Payment due at time of registration – Cash or cheque only. Should spaces remain once the registration period is over, additional availability may be possible.

Financial assistance available for approved applicants through “Recreation for ALL”.

LESSON INFORMATION



Lessons run 30-60 minutes based on level.



Lessons run Monday to Friday for two weeks.



Space is limited. Register early!

PARENT & TOT + PRESCHOOL LESSONS



LEVEL	SESSION 1 July 20 - July 31 Monday - Friday	SESSION 2 August 3 - August 14 Monday - Friday	SESSION 3 August 17 - August 28 Monday - Friday
Parent & Tot 1 (For parents and children, 4 months to 3 years of age)	12:35PM - 1:05PM	_____	_____
Parent & Tot 2 (For parents and children, 4 months to 3 years of age)	_____	12:35PM - 1:05PM	_____
Parent & Tot 3 (For parents and children, 4 months to 3 years of age)	_____	_____	12:35PM - 1:05PM
Preschool 1 (Children 3 to 5 years of age)	12:00PM - 12:30PM	_____	12:35PM - 1:05PM
Preschool 2 (Children 3 to 5 years of age)	12:00PM - 12:30PM	_____	_____
Preschool 3 (Children 3 to 5 years of age)	_____	12:00PM - 12:30PM	_____
Preschool 4 (Children 3 to 5 years of age)	_____	12:00PM - 12:30PM	12:00PM - 12:30PM
Preschool 5 (Children 3 to 5 years of age)	_____	_____	12:00PM - 12:30PM



WHAT TO EXPECT

- ✓ Water Confidence
- ✓ Songs & Games
- ✓ Basic Swim Skills
- ✓ Safe & Fun Learning

Questions? Call: 902-682-2009 or Email: nqac@regionofqueens.com

SWIMMER LESSONS



SWIM FOR LIFE



LEVEL	SESSION 1 July 20 - July 31 Monday - Friday	SESSION 2 August 3 - August 14 Monday - Friday	SESSION 3 August 17 - August 28 Monday - Friday
Swimmer 1 (Children 5 years and older)	11:25AM to 11:55AM	11:25AM to 11:55AM	_____
Swimmer 2 (Children 5 years and older)	11:25AM to 11:55AM	11:25AM to 11:55AM	_____
Swimmer 3 (Children 5 years and older)	10:50AM to 11:20AM	_____	11:25AM to 11:55AM
Swimmer 4 (Children 5 years and older)	10:50AM to 11:20AM	_____	11:25AM to 11:55AM
Swimmer 5 (Children 5 years and older)	_____	10:50AM to 11:20AM	10:50AM to 11:20AM
Swimmer 6 (Children 5 years and older)	_____	10:50AM to 11:20AM	10:50AM to 11:20AM
Swimmer 7 (Rookie)	10:00AM to 10:45AM	_____	10:00AM to 10:45AM
Swimmer 8 (Ranger)	_____	10:00AM to 10:45AM	_____
Swimmer 9 (Star)	_____	10:00AM to 10:45AM	10:00AM to 10:45AM

WHAT TO EXPECT

- ✓ Water Safety
- ✓ Stroke Development
- ✓ Confidence Building
- ✓ Endurance & Fitness



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