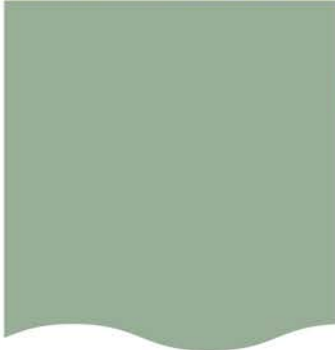


SCHEDULES & PROGRAMS

FALL WINTER 2024/25



TOWN OF
PEACE RIVER
ALBERTA



Peace Regional Pool
7201 98 Street
(780) 624-3720
www.peaceriver.ca

Peace Regional Pool



PEACE REGIONAL POOL is one of the most popular facilities in Peace River among visitors and residents alike. Over 60,000 people visit the Pool on an annual basis! This fabulous facility was opened to the public on June 24 1989, and will celebrate its 35th anniversary in 2024. The Pool has many attractions that cater to a wide range of visitors, from an aqua aerobics program, to a steam room for those that like to take it easy.

In addition to its physical attractions, the Pool is open throughout the year and hosts a full range of programming options. Our programs include (but are not limited to) private rentals, aqua aerobics, swimming lessons for ages 4 months to 99+, and lifeguarding and instructor courses. We offer everything you need so you can start your aquatic career at the Peace Regional Pool!

Make your next swimming experience at the Peace Regional Pool! We would love to see you!

**7201 98 Street
(780) 624-3720**

www.peaceriver.ca

Supervision of Children

Children **under 8 years of age** must be accompanied by a parent/guardian or a responsible person who is a **minimum of 14 years of age**. The parent/guardian or responsible person **MUST be within arms reach of the child at ALL TIMES**. Children 8 and above **may still be asked to complete a swim test** at the discretion of the lifeguards. During Family Swims, an adult (person 18yrs or older) must be **in the water** with all persons 17yrs or younger.

Programs and Services

Early Bird Swimming	Swim Lessons	Private Rentals	Porpoises Swim Club
Water Walking	Private Lessons	Activity Room Rentals	Wahoos Swim Club
Aqua Aerobics / Zumba	Parent & Tot Programs	Lifeguarding Courses	Goggles and Other Retail
Public/Family Swims	Adult/Senior Programs	Instructor Courses	Special Events
Lane Swim	Mermaid Programs	First Aid Courses	Diving Board & Rope
Free Swims	School Rentals	Babysitting Courses	Steam Room

2024 Free Swims!

All Free Swims are held on Mondays from 6:30-8:30pm

Sponsored by

Date(s)

Manzer Environmental

November 4

Family Resource Network

November 18

Do you own a business interested in becoming a sponsor? Inquiries can be sent to pool@peaceriver.ca

ADMISSIONS & PASSES

	Single Admission	Monthly Pass	6 Month Pass	Yearly Pass	10 Use (Save 10%)
Family*	\$16.00	\$96.00	\$384.00	\$576.00	N/A
Adult (18-64)	\$6.25	\$50.00	\$225.00	\$300.00	\$56.25
Youth (8-17) Senior (65+)	\$4.25	\$34.00	\$153.00	\$204.00	\$38.25
Preschool (4-7)	\$2.25	\$18.00	\$81.00	\$108.00	\$20.25
Tots (0-3)	FREE	FREE	FREE	FREE	FREE



*Our family rate can include up to 5 people, limited to 2 adults.
Groups exceeding 5 members will be charged accordingly.



We are an all inclusive facility! The use of all our operating attractions are included in the admission rates.



POOL RULES AND GUIDELINES

Parent & Tot

This time is designated for adults to bring their young children to calm playtime in shallow water.

Family Swim

Come swimming and meet other families during our Family Swim times. All children (0-17) must be accompanied by an adult (18+) into the water, no exceptions.

Public Swim

Everyone is welcome! Children 8+ years of age can swim without parental supervision. Note that children 8+ may still be asked to complete a swim test at the discretion of the lifeguards. Children between 0-7 years of age must be accompanied by a responsible person 14+, and stay within arms' reach at all times.

Family/Lane Swim

One double lane occupies part of the main pool for lane swimming, while the rest of the pool is for Family Swim. The rope and diving board are not open during this swim.

Parent to Child Ratios

Children 0-7 years require 1 adult for every 4 children to be within arms' reach at all times. Family Swim and Private Rentals require 1 adult for every 10 children 8-17 years.

Bather Safety Guidelines

- No street shoes may be worn past the boot room area.
- Children under 8 years of age must be actively supervised and within arms' reach of a responsible person 14+ at all times.
- Patrons must take a cleansing shower before entering the pool.
- Proper swim attire must be worn at all times (no cut-off jeans, white t-shirts, unclean clothes, etc)
- Young children (35 months and under), and anyone who is incontinent must wear protective, water resistant swimwear in order to minimize the possibility of contamination.
- No pets are allowed onto the premises, except for seeing eye dogs or other service animals used to assist persons with disabilities.
- Diving in the shallow end is not permitted.
- Roughhousing or putting other swimmers at risk is not permitted.
- Spitting, or otherwise polluting the water is prohibited.
- No glass containers of any kind are permitted on the pool deck.
- Foul language and other disrespectful behavior is not permitted and are grounds for expulsion from the facility.
- Any persons with diarrhea or a history of diarrhea over the previous two weeks must not use the facility.
- No chewing gum in the facility, outside of the lobby and boot room.
- Intoxicated persons are not allowed inside the facility.
- Food must be consumed within designated areas only.

Refund Policy

All refund/credit requests are subject to a \$10 cancellation fee unless a doctor's note is provided. All refund/credit requests must be received at least 2 weeks in advanced of the program start date, otherwise a refund/credit will not be granted. Please allow up to 10 days for refunds processed online, and 8 weeks for refunds processed on paper. Goggles and other retail items are not refundable.



PEACE RIVER'S MOST POPULAR FACILITY
THE PEACE REGIONAL POOL

**FREE SWIM EVENTS
KIDS PARTY ROOM
PRIVATE RENTALS**

**CALL US TO
BOOK YOUR
NEXT SWIMMING
EXPERIENCE!**

780-624-3720



Course & Lesson Rates

	Details	Age/Prerequisite	Cost
Swimming Lessons	8 x 30 Minute Lessons	Parent & Tot 1 - Preschool 5	\$50.00
Swimming Lessons	8 x 40 Minute Lessons	Swimmer 1 - 6	\$60.00
Swimming Lessons	8 x 60 Minute Lessons	Swim Patrol, Adult Lessons	\$70.00
Private Lessons	60 Minute Lessons	All ages	\$55.00 GST may apply
SwimAbilities	8 x 45 Minute Lessons	SwimAbilities 1-4 Swimmers requiring specialized needs	\$65.00
Mermaid Club	8 x 45 Minute Lessons	Ages 6 - 17 (Swimmer 2 - 3) Guppies	\$65.00
Mermaid Club	8 x 55 Minute Lessons	Ages 6 - 17 (Swimmer 4 - 6+) Sirens - Tritons	\$75.00
Adult Mermaid Programs	8 x 60 Minute Lessons	Ages 16+ Mermaid Fitness	\$75.00 \$10.00 (drop-in)
Bronze Star	15 hours	Swim Patrol experience	\$130.00
Bronze Medallion	15 hours	13 years or Bronze Star IFA w/ CPR C	\$170.00
Bronze Cross	20 hours	Bronze Medallion and IFA w/ CPR C	\$175.00
Intermediate First Aid/CPR	16 hours	None	\$180.00
Intermediate First Aid/CPR Recert	8 hours	Current IFA w/ CPR C certification	\$125.00
LSSI (Swim Instructor)	32 hour course (LSSI only) 40 hour course (w/Swim Abilities)	15 years old , Bronze Cross, IFA w/ CPR C & AED	\$395.00 \$400.00
LSSI Recert	40 hours	Previous SI certification	\$115.00
SwimAbilities Instructor	12 hour course	15 years old, Swim Instructor (LSSI)	\$150.00
NL (National Lifeguard)	Lifeguard certification 40 hour course	15 years old , Bronze Cross, IFA w/ CPR C & AED	\$330.00
NL Recert	4 hours	Previous NL certification	\$100.00
Babysitting Course	8 hours	11 - 13 years	\$60.00

Did you know?

You can register & pay for all our programs online at www.peaceriver.ca/registration



Private Rentals

Want to book the *entire* pool for a birthday or special event? We do private rentals on select Saturdays & Sundays!



	GST Details	Age Category	Cost
Adult	GST included	18 and up only	\$160.00 (hourly)
Youth/Family	GST included	All ages	\$140.00 (hourly)
Activity Room	GST included	All ages	\$35.00 (hourly)
Schools	GST may apply	All ages	\$45.00 (hourly) GST may apply
Swim Meets	GST included	All ages	\$110.00 (hourly)
Swim Clubs (youth)	GST included	---	\$70.00 (hourly)
Sponsored Swims	GST included	All ages	\$325.00 (Charged to Sponsor)

An additional \$30.00/hour will be charged for each additional lifeguard needed



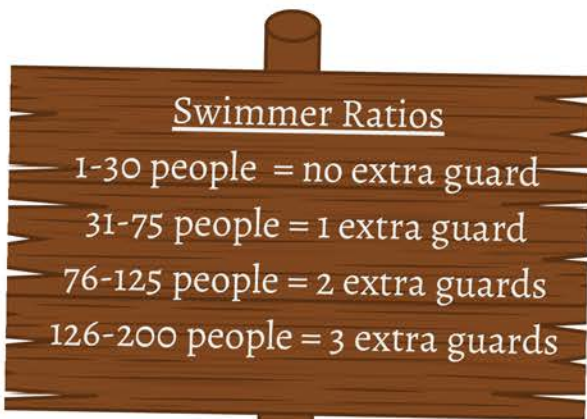
Child to adult ratios must be met during all rental times. Children 0-7 years require 1 adult in the water for every 4 children. Children 8-17 years require 1 adult in the water for every 10 children

OCTOBER, NOVEMBER, AND DECEMBER RENTALS

OPEN AUGUST 22 [AT] 1:00PM

JANUARY, FEBRUARY, AND MARCH RENTALS

OPEN DECEMBER 5 [AT] 8:00AM



Call us to book a private rental today!

780-624-3720

Lifesaving Courses

Intermediate First Aid with CPR Level C & AED

A comprehensive two-day course offering First Aid, cardiopulmonary resuscitation (CPR), and AED skills for those who need training. It is a prerequisite for lifeguarding courses, but is also workplace certified!

Full Course Dates	Full Course Times
December 4-5	9:00-5:00pm
January 25-26	9:00-5:00pm
Recert Dates	Recert Times
November 16	9:00-5:00pm
February 20	8:00-4:00pm

Bronze Star

This course develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their strokes, acquire self-rescue skills, and apply fitness principles to workouts. Bronze Star is a fun but optional introduction to the lifesaving sport.

Prerequisite: Swim Patrol experience

Dec 3, 5, 10, 12, 17, 19	4:00-6:00pm
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Bronze Medallion

This course challenges candidates both physically and mentally. Judgement, knowledge, skill, and fitness form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to succeed.

Prerequisites: 13+ years old or completed Bronze Star, and IFA w/ CPR C & AED

October 18 & 19-20	4-9pm & 8-4pm
February 7 & 8-9	4-9pm & 8-4pm

Bronze Cross

This course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills, while learning the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Prerequisites: Bronze Medallion and IFA w/ CPR C & AED

November 22-24	8:00-4:00pm
March 7-9	8:00-4:00pm

Swim Instructor (LSSI)

Swim instructors are responsible for teaching and evaluating participants of the Swim For Life and Canadian Swim Patrol programs. This course prepares instructors to apply leadership competencies and strategies while teaching and evaluating.

Prerequisites: 15+ years old, IFA w/ CPR C & AED, Bronze Cross

Not running in Fall/Winter 2024/25 season

National Lifeguard (NL)

The National Lifeguard program develops the basic lifeguarding skills, principles, and decision making process to help lifeguards evaluate and adapt to various aquatic facilities and emergencies.

Prerequisites: 15+ years old, IFA w/ CPR C & AED, Bronze Cross

Recert Course Dates	Recert Course Times
February 18	8:00-1:00pm

Lifesaving Society Instructor (LSI)

Not to be confused with the Swim Instructor (LSSI) course, Lifesaving Society Instructor is a continuation of the leadership competencies taught in Swim Instructor. LSIs are responsible for teaching and evaluating participants in the Bronze Medals. Lifesaving Society Instructor is a prerequisite for other advanced instructor certifications.

Prerequisites: Swim Instructor (LSSI)

Full Course Dates	Full Course Times
October 1-2	8:00-4:00pm



Flexible hours, competitive wages, and a wonderful and supportive work environment.

Lifeguarding is also the perfect part-time job for students or the stay-at-home parent!

Ask us how you can become part of our team!

Adult Classes

Scared Stiff

For those who are "scared stiff", this course fosters the basic knowledge, skills, and attitudes needed to stay safe in and around the water. Classes are designed to develop a swimmer's confidence in the water with basic flotation, movement, and breathing skills.

Adult 1

This course is a great starting point for swimmers already comfortable in the water looking to begin and develop their strokes. You'll work towards a 10-15m swim on your front and back.

Adult 2

Kick it up a notch in Adult 2 with interval training workouts of 4 x 25m kicking and front/back crawl. You'll be able to perform dive entries, demonstrate breaststroke arms, and breaststroke breathing for 10-15m while gaining confidence!

Adult 3

No sweat (or at least none that anyone can see)! In Adult 3, you'll have the opportunity to learn eggbeater, stride entries, and compact jumps. You'll master front crawl, back crawl, and breaststroke. Whew!

Fitness Swimmer (Adult Swim Club)

New name, same club! Formerly known as Adult Swim Club, Fitness Swimmer is for advanced swimmers looking for advanced workouts and further stroke development.

[For ages 16 and up]

Tuesdays/Thursdays 6:00-7:00pm	
Sundays 10:00-11:00am	
October 20 - Dec 15 No lesson Nov 10 (Sundays)	Adult 1/2
October 3-29 (Tuesday/Thursday)	Fitness Swimmer, Scared Stiff
November 5-28 (Tuesday/Thursday)	Adult 2/3, Fitness Swimmer
January 7-30 (Tuesday/Thursday)	Scared stiff, Adult 1/2, Fitness Swimmer
February 4-27 (Tuesday/Thursday)	Adult 2/3, Fitness Swimmer
March 4-27 (Tuesday/Thursday)	Scared Stiff, Adult 1/2, Fitness Swimmer

Aqua Aerobics & Aqua Zumba

No registration necessary! Drop in during designated times for an instructor-led fitness hour! Exercises and workout intensity may vary between instructors. See pool schedule for times.

Additional Classes and Courses

Private Lessons

Private lessons are available for \$55.00 per hour. They are intended to assist in the improvement of specific strokes, skills, and general comfort in the water with a focus on 1-on-1 instruction. It is important to note that private lessons are not intended to be a fast-track to our regularly scheduled lessons. Inquire at the front desk!

Red Cross Babysitting Course

Learn the basics of babysitting, how to prevent accidents, and basic First Aid training. This course is intended for kids 11-13 years of age, but anyone over the age of 11 can register!

Junior Lifeguard Club

Calling all future lifeguards! Junior Lifeguard Club provides an fun and energetic environment for swimmers to beat their personal bests. JLC is a great option for swimmers who are wanting "more" than just regular swimming lessons.

Prerequisite: Swimmer 4 or equivalent (Swim to Survive ready)



Babysitting Courses	
November 2	10:00-6:00pm
February 1	10:00-6:00pm

Junior Lifeguard Club	
October 3, 8, 10, 15, 17, 22, 24, 29	6:00-7:00pm
February 4, 6, 11, 13, 18, 20, 25, 27	6:00-7:00pm

Additional Dates & Information

Special Events	
DA Thomas Swim	February 5 - April 30, 2024
See page 3 for our Sponsored Swims!	

Tea Time Wednesdays

Every Wednesday!
9 am - 11 am

Join us for tea, coffee, & snacks in the pool lobby before or after your swim!



Statutory Schedule Days	
-October 14, November 11, December 27, February 17-	
Parent & Tot / Lane	12:30-1:30pm
Family Swim	1:30-3:30pm
Public Swim	3:30-5:30pm

Extra Public Swims	
10:00-12:00pm	October 11 December 23, 30, 31 January 2, 3 March 5, 6, 24, 25, 26, 27, 28
1:00-3:00pm	October 11 December 23, 30, 31 January 2, 3 March 5, 6, 24, 25, 26, 27, 28
4:00-5:30pm	December 23, 30 January 2, 3

Pool Closures	
September	Annual shutdown
October 13	Thanksgiving
October 31 (After 6:00pm)	Halloween
December 24, 25, 26	Christmas
December 31 (After 4:00pm)	New Year's Eve
January 1	New Year's Day

Pool Programs

Program + Description	Age Group	Beach area	Diving board	Rope	Sauna
Parent + Tot This time is designed for adults to bring their young children for calm playtime in the beach area.	Must be of the age to still have calm playtime	✓			✓
Family Swim All Children 0-17 yrs old must be accompanied by an adult in the water at all times. No exceptions.	Families, all ages	✓	✓	✓	✓
Public Swim Children 8 years and older do not require parental supervision. Children under 8 years must be within arms reach of a responsible person 14 years or older.	All ages	✓	✓	✓	✓
Lane / Earlybird Swim 3 double lanes. Fast, medium & leisure.	Capable of swimming lanes				✓
Family/Lane One double lane open. The rest of the pool is for families to enjoy	All ages	✓			✓
Water Walking For people who like to walk in the water.	Capable of swimming lanes				✓
Senior/Adult Swim This is an adult only time. One triple lane is open. The rest of the pool can be used for leisure time.	18 and older				✓
Water Aerobics Is an aerobics class designed for cardiovascular and muscle fitness.	All ages that are able to participate				✓
Rentals This time is set aside so that the public can rent the pool for private functions.	All ages	✓	✓	✓	✓



PEACE REGIONAL POOL

Effective September 30 - December 21, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Earlybird 6:30-8:00	Closed	Earlybird 6:30-8:00	Closed	Earlybird 6:30-8:00	Closed
	Water Walking / Lane / Parent & Tot 8:00-9:00		Water Walking / Lane / Parent & Tot 8:00-9:00		Water Walking / Lane / Parent & Tot 8:00-9:00	
	Aqua Aerobics / Lane / Parent & Tot 9:00-10:00		Aqua Aerobics / Lane / Parent & Tot 9:00-10:00		Aqua Aerobics / Lane / Parent & Tot 9:00-10:00	
Specialty Lessons 10:00-11:00	School Rentals 10:00-12:00					Lessons 10:00-12:00
Lane / Parent & Tot 12:30-1:30	Lane / Parent & Tot 12:00-1:00					Lane / Parent & Tot 12:30-1:30
Family Swim 1:30-3:30	School Rentals 1:00-3:00					Family Swim 1:30-3:30
Public Swim 3:30-5:30	Adult & Senior Swim 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Public Swim 3:30-5:30
Closed	Swim Club 4:00-6:00	Swim Club / Lessons 4:00-6:00	Swim Club 4:00-6:00	Swim Club / Lessons 4:00-6:00	Swim Club 4:00-6:00	Rentals
	Family / Lane 6:00-7:30	Adult Lessons 6:00-7:00pm	Family / Lane 6:00-7:30	Adult Lessons 6:00-7:00pm	Family / Lane 6:00-7:30	
		Aqua Zumba 7:00-8:00		Aqua Zumba 7:00-8:00		
Public Swim 7:30-8:30	Lane Swim 8:00-9:00	Public Swim 7:30-8:30	Lane Swim 8:00-9:00	Public Swim 7:30-8:30		

Sponsored Swims | 6:30-8:30pm | **Nov 4** | Manzer Environmental | **Nov 18** | PR Family Resource Network

Extra Public Swims | 10:00-12:00pm | **Oct 11** | 1:00-3:00pm | **Oct 11**

STAT Schedule | Parent & Tot/Lane 12:30-1:30 | Family Swim 1:30-3:30 | Public Swim 3:30-5:30 | **Oct 14, Nov 11**

Closed | All Day | **Oct 13** | After 6:00pm | **Oct 31**



PEACE REGIONAL POOL

Effective December 22 - 28, 2024



Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28			
Closed	Earlybird 6:30-8:00				Closed	Closed			
	Water Walking / Lane / Parent & Tot 8:00-9:00								
	Aqua Aerobics / Lane / Parent & Tot 9:00-10:00								
	Public Swim 10:00-12:00								
Lane / Parent & Tot 12:30-1:30	Lane / Parent & Tot 12:00-1:00				Closed	Closed	Closed	Lane / Parent & Tot 12:00-1:00	Lane / Parent & Tot 12:30-1:30
Family Swim 1:30-3:30	Public Swim 1:00-3:00							Family Swim 1:30-3:30	Family Swim 1:30-3:30
Public Swim 3:30-5:30	Adult & Senior Swim 3:00-4:00							Public Swim 3:30-5:30	Public Swim 3:30-5:30
Closed	Public Swim 4:00-5:30							Closed	Closed
	Family / Lane 6:00-7:30								
Closed	Public Swim 7:30-8:30				Closed	Closed	Closed	Closed	Closed

Merry Christmas from the Peace Regional Pool!



PEACE REGIONAL POOL

Effective December 29 - January 4, 2025



Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Closed	Earlybird 6:30-8:00	Closed	Closed	Closed	Earlybird 6:30-8:00	Closed
	Water Walking / Lane / Parent & Tot 8:00-9:00				Water Walking / Lane / Parent & Tot 8:00-9:00	
	Aqua Aerobics / Lane / Parent & Tot 9:00-10:00				Aqua Aerobics / Lane / Parent & Tot 9:00-10:00	
	Public Swim 10:00-12:00				Public Swim 10:00-12:00	
Lane / Parent & Tot 12:30-1:30	Lane / Parent & Tot 12:00-1:00	Lane / Parent & Tot 12:00-1:00	Closed	Lane / Parent & Tot 12:00-1:00	Lane / Parent & Tot 12:00-1:00	Lane / Parent & Tot 12:30-1:30
Family Swim 1:30-3:30	Public Swim 1:00-3:00	Public Swim 1:00-3:00		Public Swim 1:00-3:00	Public Swim 1:00-3:00	Family Swim 1:30-3:30
Public Swim 3:30-5:30	Adult & Senior Swim 3:00-4:00	Maintenance 3:00-4:00		Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Public Swim 3:30-5:30
Closed	Public Swim 4:00-5:30	Closed		Closed	Public Swim 4:00-5:30	Public Swim 4:00-5:30
	Family / Lane 6:00-7:30		Family Swim 6:00-7:30		Family / Lane 6:00-7:30	
	Public Swim 7:30-8:30		Lane Swim 8:00-9:00		Public Swim 7:30-8:30	

HAPPY NEW YEAR FROM THE PEACE REGIONAL POOL!

PEACE REGIONAL POOL

Effective January 5 - April 30, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rentals	Earlybird 6:30-8:00	Closed	Earlybird 6:30-8:00	Closed	Earlybird 6:30-8:00	Closed
	Water Walking / Lane / Parent & Tot 8:00-9:00		Water Walking / Lane / Parent & Tot 8:00-9:00		Water Walking / Lane / Parent & Tot 8:00-9:00	
	Aqua Aerobics / Lane / Parent & Tot 9:00-10:00		Aqua Aerobics / Lane / Parent & Tot 9:00-10:00		Aqua Aerobics / Lane / Parent & Tot 9:00-10:00	
	School Rentals 10:00-12:00					Lessons 10:00-12:00
Lane / Parent & Tot 12:30-1:30	Lane / Parent & Tot 12:00-1:00					Lane / Parent & Tot 12:30-1:30
Family Swim 1:30-3:30	School Rentals 1:00-3:00					Family Swim 1:30-3:30
Public Swim 3:30-5:30	Adult & Senior Swim 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Public Swim 3:30-5:30
Closed	Swim Club 4:00-6:00	Swim Club / Lessons 4:00-6:00	Swim Club 4:00-6:00	Swim Club / Lessons 4:00-6:00	Swim Club 4:00-6:00	Rentals
	Family / Lane 6:00-7:30	Adult Lessons 6:00-7:00pm	Family / Lane 6:00-7:30	Adult Lessons 6:00-7:00pm	Family / Lane 6:00-7:30	
		Aqua Zumba 7:00-8:00		Aqua Zumba 7:00-8:00		
Public Swim 7:30-8:30	Lane Swim 8:00-9:00	Public Swim 7:30-8:30	Lane Swim 8:00-9:00	Public Swim 7:30-8:30		

Sponsored Swims | 6:30-8:30pm | Check our Facebook for updates!
Extra Public Swims | 10:00-12:00pm | **March 5, 6, 24, 25, 26, 27, 28** | 1:00-3:00pm | **March 5, 6, 24, 25, 26, 27, 28**
STAT Schedule | Parent & Tot/Lane 12:30-1:30 | Family Swim 1:30-3:30 | Public Swim 3:30-5:30 | **Feb 17, April 18, 21**
Closed | All Day | **April 20**

Everyone ages 6-17 is
welcome to register!

MERMAID CLUB



Do you long to trade in your legs for a fin and splash around in the sea? Then become a Peace Regional Mermaid by registering in Mermaid Club!

Mermaid Club focuses on skills and safety involved while swimming with a monofin and looking like a glorious mermaid. Skills include: dolphin kick, underwater swimming, breathing techniques, rollovers, vertical kicking, sculling, butterfly, and more mer-mentous tricks!



Guppies

Dates	Times
November 5-28 Tues/Thurs	5:30-6:00pm

A beginner class for aspiring merfolk in Swimmer 2 to Swimmer 3. No mermaid experience necessary, just a willingness to swim with a monofin and submerge underneath the water.

Cost: \$65.00



Sirens

An intermediate class for swimmers in Swimmer 4 to Swimmer 6. Swimmers need to have a basic understanding of dolphin kick and be capable of swimming unassisted in the deep end.

Cost: \$75.00

Dates	Times
November 5-28 Tues/Thurs	6:05-6:50pm

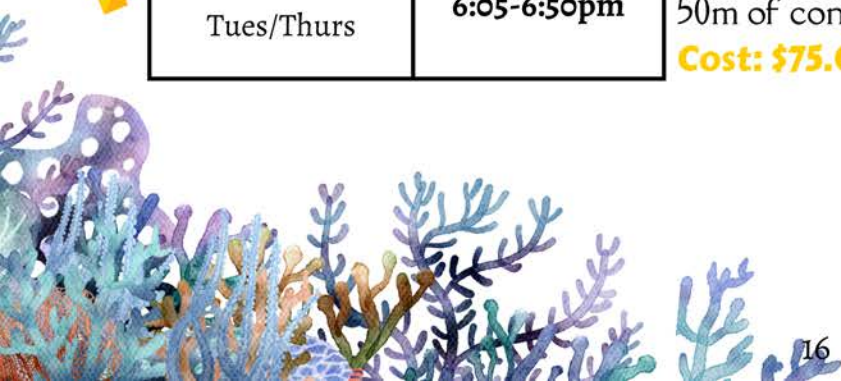


Tritons

Dates	Times
November 5-28 Tues/Thurs	6:05-6:50pm

An advanced class for swimmers above Swimmer 6. Swimmers need to be proficient at dolphin kick and capable of swimming at least 50m of continuous dolphin kick.

Cost: \$75.00



SwimAbilities

October 20 - December 15
Sundays

No lesson November 10

What is SwimAbilities?

SwimAbilities® is a learn to swim program geared for children who require additional supports. SwimAbilities® provides lessons where the caregiver is in the water to provide 1-on-1 focus while being under the direction of a certified instructor. SwimAbilities® assists children and their caregivers to increase safety, independence, and enjoyment in and around the water.

\$65.00
No GST

Groups

SwimAbilities 1/2

10:15-11:00am

SwimAbilities 3/4

10:15-11:00am

The Peace Regional Pool is proud to be offering the SwimAbilities® program starting this fall!





PARENTED SWIMMING LESSONS

AGES 4 MONTHS - 3 YEARS

[FALL SESSIONS]

Parent & Tot 1

Dates	Times
October 21-30 Monday/Wednesday	3:00-3:30pm
November 18-27 Monday/Wednesday	3:30-4:00pm

Parent & Tot 2

Dates	Times
October 7-18 Monday/Wednesday	3:00-3:30pm No lesson Oct 14 Friday lesson Oct 18
November 23- Dec 14 Saturdays	10:00-10:30am

Parent & Tot 3

Dates	Times
October 19-Nov 16 Saturdays	10:00-10:30am No lesson Nov 9
November 4-15 Monday/Wednesday	3:30-4:00pm No lesson Nov 11 Friday lesson Nov 15

Parent & Tot 1 4– 12 Months
 Parent & Tot 2 12– 24 Months
 Parent & Tot 3 2– 3 Years

PARENTED LESSONS ARE AGE SPECIFIC

Each session contains four lessons with an instructor as well as a 3-use swim pass to use to bring your child to the pool and practice.

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.

You can now register and pay online for all our courses! Simply go to www.peaceriver.ca/registration. Give us a call if you need any assistance with registering online.

PRESCHOOL SWIMMING LESSONS

AGES 3-5 YEARS OLD

Preschool

1

Dates	Times
October 3-29 Tuesday/Thursday	4:45-5:15pm
October 19- Dec 14 Saturdays	10:45-11:15am No lesson Nov 9
November 4-27 Monday/Wednesday	3:00-3:30pm No lesson Nov 11 Friday lesson Nov 15
November 5-28 Tuesday/Thursday	4:45-5:15pm
December 2-18 Mon/Wed/Fri	3:30-4:00pm

[FALL SESSIONS]

All *Preschool* lessons are based on skills and abilities. In order to advance, the child must successfully complete the previous level

2

Preschool

Dates	Times
October 3-29 Tuesday/Thursday	4:00-4:30pm
October 7-30 Monday/Wednesday	3:30-4:00pm No lesson Oct 14 Friday lesson Oct 18
December 2-18 Mon/Wed/Fri	3:00-3:30pm

Preschool

3

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.

4

Preschool

Dates	Times
October 19-Dec 14 Saturdays	11:30-12:00pm No lesson Nov 9

Preschool

5



SWIMMING LESSONS AGES 5 YEARS AND UP

[FALL SESSIONS]

All *Swimmer* lessons are based on skills and abilities. In order to advance, the child must successfully complete the previous level.

Swimmer 1

Dates	Times
October 3-29 Tuesday/Thursday	4:35-5:15pm
October 19-Dec 14 Saturdays	10:00-10:40am No lesson Nov 9
October 19-Dec 14 Saturdays	11:10-11:50am No lesson Nov 9
November 5-28 Tuesday/Thursday	4:00-4:40pm



Swimmer 2

Dates	Times
October 3-29 Tuesday/Thursday	4:00-4:40pm
October 19-Dec 14 Saturdays	10:00-10:40am No lesson Nov 9
October 19-Dec 14 Saturdays	10:35-11:15am No lesson Nov 9
November 5-28 Tuesday/Thursday	5:20-6:00pm

Swimmer 3

Dates	Times
October 3-29 Tuesday/Thursday	5:20-6:00pm
October 19 - Dec 14 Saturdays	11:20-12:00pm No lesson Nov 9

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.



LESSONS CONTINUED AGES 5 YEARS AND UP

Swimmer

4

Dates	Times
October 3-29 Tuesday/Thursday	5:20-6:00pm
October 19-Dec 14 Saturdays	10:45-11:25pm No lesson Nov 9
November 5-28 Tuesday/Thursday	4:45-5:25pm

[FALL SESSIONS]

Withdrawals must be made with 2 weeks' notice to receive a refund or credit

See our Refund Policy on [page 5](#) for more details

Swim Patrol

Dates	Times
October 19-Dec 14 Saturdays	10:00-11:00am No lesson Nov 9
<p>Rookie, Ranger, and Star Patrol are offered together under one class - Swim Patrol!</p> <p>Bring your previous <u>Swim Patrol</u> progress chart to the first day of class so your instructor can track your progress throughout Rookie, Ranger, and Star Patrol!</p>	



5

Swimmer Swimmer

6

Dates	Times
October 19-Dec 14 Saturdays	11:20-12:00pm No lesson Nov 9
November 5-28 Tuesday/Thursday	4:00-4:40pm

Has your child completed Swimmer 6 and is wondering what the next step is?

Register them into the Swim Patrol program to fine tune their strokes and help them to succeed in the Bronze programs!

CONTACT US:

(780) 624-3720
 @PeaceRegionalPool
 pool@peaceriver.ca
 peaceriver.ca/Pool

WINTER LESSON REGISTRATION OPENS DECEMBER 5 [AT] 8:00AM



PARENTED SWIMMING LESSONS

AGES 4 MONTHS - 3 YEARS

[WINTER SESSIONS]

Parent & Tot

1

Dates	Times
January 11-Feb 1 Saturdays	11:30-12:00pm
March 17-26 Monday/Wednesday	3:00-3:30pm

Parent & Tot

2

Dates	Times
January 6-15 Monday /Wednesday	3:00-3:30pm
March 3-12 Monday/Wednesday	3:00-3:30pm

Parent & Tot

3

Dates	Times
January 20-29 Monday/Wednesday	3:00-3:30pm
February 8-Mar 8 Saturdays	11:30-12:00pm No lesson Feb 15

Parent & Tot 1
Parent & Tot 2
Parent & Tot 3

4- 12 Months
12- 24 Months
2- 3 Years

PARENTED LESSONS ARE AGE SPECIFIC

Each session contains four lessons with an instructor as well as a 3-use swim pass to use to bring your child to the pool and practice.

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.



WINTER LESSON REGISTRATION OPENS DECEMBER 5 [AT] 8:00AM

PRESCHOOL SWIMMING LESSONS

AGES 3-5 YEARS OLD

[WINTER SESSIONS]

All *Preschool* lessons are based on skills and abilities. In order to advance, the child must successfully complete the previous level

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.

1

Preschool

Dates	Times
January 7-30 Tuesday/Thursday	4:00-4:30pm
January 11- March 8 Saturdays	10:00-10:30am No lesson Feb 15
February 3-26 Monday/Wednesday	3:00-3:30pm No lesson Feb 17
February 4-27 Tuesday/Thursday	4:45-5:15pm
March 3-26 Monday/Wednesday	3:30-4:00pm
March 4-27 Tuesday/Thursday	4:00-4:30pm

2

Preschool

Dates	Times
January 6-29 Monday/Wednesday	3:30-4:00pm
January 11-March 8 Saturdays	10:45-11:15am No lesson Feb 15
February 3-26 Monday/Wednesday	3:30-4:00pm No lesson Feb 17
March 4-27 Tuesday/Thursday	5:30-6:00pm

Preschool

3

Dates	Times
January 6-29 Monday/Wednesday	3:30-4:00pm
January 11-March 8 Saturdays	10:45-11:15am No lesson Feb 15
February 3-26 Monday/Wednesday	3:30-4:00pm No lesson Feb 17
March 4-27 Tuesday/Thursday	5:30-6:00pm

4

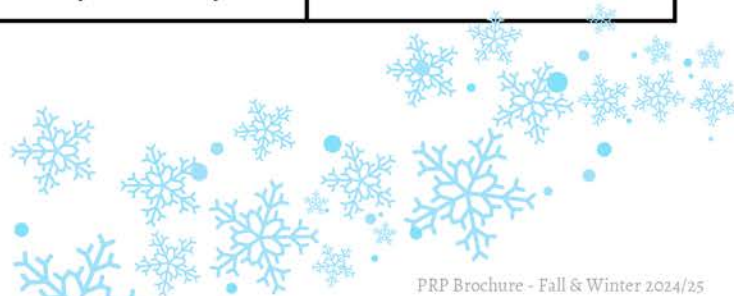
Preschool

Dates	Times
January 7-30 Tuesday/Thursday	4:45-5:15pm

Preschool

5

Dates	Times
January 7-30 Tuesday/Thursday	4:45-5:15pm



SWIMMING LESSONS

AGES 5 YEARS OLD AND UP

[WINTER SESSIONS]

WE REQUIRE
2 WEEKS NOTICE
TO ISSUE A CREDIT OR
REFUND DUE TO
WITHDRAWAL

See our Refund Policy on [page 5](#) for more details

Swimmer 1

Dates	Times
January 7-30 Tuesday/Thursday	5:20-6:00pm
January 11 - Mar 8 Saturdays	10:00-10:40am No lesson Feb 15
January 11 - Mar 8 Saturdays	11:20-12:00pm No lesson Feb 15
February 4-27 Tuesday/Thursday	5:20-6:00pm
March 4-27 Tuesday/Thursday	4:00-4:40pm

Swimmer 2

Dates	Times
January 7-30 Tuesday/Thursday	4:35-5:15pm
January 11 - Mar 8 Saturdays	10:00-10:40am No lesson Feb 15
January 11 - Mar 8 Saturdays	10:45-11:25am No lesson Feb 15
February 4-27 Tuesday/Thursday	4:00-4:40pm
March 4-27 Tuesday/Thursday	4:35-5:15pm

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.

Swimmer 3

Dates	Times
January 7-30 Tuesday/Thursday	4:00-4:40pm
January 11 - Mar 8 Saturdays	11:20-12:00pm No lesson Feb 15
March 4-27 Tuesday/Thursday	5:20-6:00pm



WINTER LESSON REGISTRATION OPENS DECEMBER 5 [AT] 8:00AM

LESSONS CONTINUED AGES 5 YEARS AND UP

[WINTER SESSIONS]

Swimmer

4

Dates	Times
January 11 - Mar 8 Saturdays	10:35-11:15am No lesson Feb 15
February 4-27 Tuesday/Thursday	4:00-4:40pm
March 4-27 Tuesday/Thursday	4:45-5:25pm

IMPORTANT:

Program times, dates and details are subject to change without notice. For up to date information on any of these programs, please phone the Peace Regional Pool. Thank you.

5

Swimmer Swimmer

6

Dates	Times
January 7-30 Tuesday/Thursday	5:20-6:00pm
January 11 - Mar 8 Saturdays	10:00-10:40am No lesson Feb 15

Swim Patrol



Dates	Times
January 11 - Mar 8 Saturdays	10:50-11:50am No lesson Feb 15
February 4-27 Tuesday/Thursday	4:50-5:50pm
Rookie, Ranger, and Star Patrol are offered together under one class - Swim Patrol! Bring your previous <u>Swim Patrol</u> progress chart to the first day of class so your instructor can track your progress throughout Rookie, Ranger, and Star Patrol!	

All *Swimmer* lessons are based on skills and abilities. In order to advance, the child must successfully complete the previous level.

Has your child completed Swimmer 6 and is wondering what the next step is?

Register them into the Swim Patrol program to fine tune their strokes and help them to succeed in the Bronze programs!

You can now register and pay online for all our courses! Simply go to www.peaceriver.ca/registration. Give us a call if you need any assistance with registering online.

PRP



TOWN OF
PEACE RIVER
ALBERTA



For more information about our pool programs and services, please give us a call at 780-624-3720 and we will be happy to answer any questions you may have!

Thank you