

SCHEDULES & PROGRAMS

FALL & WINTER 2023/24



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 celebrated its 34th anniversary in 2023. 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

2023 Free Swims!

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

Sponsored by

AUPE

Family Resource Network

United Rentals

Date(s)

November 27

November 20

November 6, December 18

Check our Facebook page or website for Holiday Free Swims (see page 10) & 2024 Free Swims

ADMISSIONS & PASSES

	Single Admission	Monthly Pass	6 Month Pass	Yearly Pass	10 Use (Save 10%)	Summer Pass (July-August)
Family*	\$16.00	\$96.00	\$384.00	\$576.00	N/A	\$130.00
Adult (18-64)	\$6.25	\$50.00	\$225.00	\$300.00	\$56.25	\$78.00
Youth (8-17) Senior (65+)	\$4.25	\$34.00	\$153.00	\$204.00	\$38.25	\$54.00
Preschool (4-7)	\$2.25	\$18.00	\$81.00	\$108.00	\$20.25	N/A
Tots (0-3)	FREE	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.



**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	\$45.00
Swimming Lessons	8 x 40 Minute Lessons	Swimmer 1 - 6	\$55.00
Swimming Lessons	8 x 60 Minute Lessons	Swim Patrol, Adult Lessons	\$65.00
Private Lessons	60 Minute Lessons	All ages	\$50.00 GST may apply
Mermaid Club	8 x 45 Minute Lessons	Ages 6 - 17 (Swimmer 2 - 3) Guppies	\$50.00
Mermaid Club	8 x 55 Minute Lessons	Ages 6 - 17 (Swimmer 4 - 6+) Sirens - Tritons	\$62.00
Adult Mermaid Programs	8 x 60 Minute Lessons	Ages 16+ Mermaid Fitness	\$74.00
Bronze Star	15 hours	Swim Patrol experience	\$125.00
Bronze Medallion	15 hours	13 years or Bronze Star IFA w/ CPR C	\$165.00
Bronze Cross	20 hours	Bronze Medallion and IFA w/ CPR C	\$170.00
Intermediate First Aid/CPR	16 hours	None	\$175.00
Intermediate First Aid/CPR Recert	8 hours	Current IFA w/ CPR C certification	\$125.00
LSSI (Swim Instructor)	32 hour course	15 years old , Bronze Cross, IFA w/ CPR C & AED	\$393.00
LSSI Recert	40 hours	Previous SI certification	\$115.00
NL (National Lifeguard)	Lifeguard certification 40 hour course	15 years old , Bronze Cross, IFA w/ CPR C & AED	\$320.00
NL Recert	4 hours	Previous NL certification	\$95.00
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



Pool Rentals

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

THE ACTIVITY ROOM IS
AVAILABLE FOR RENT
ANY DAY OF
THE WEEK!

	GST Details	Age Category	Cost
Adult	GST included	18 and up only	\$150.00 (hourly)
Youth/Family	GST included	All ages	\$125.00 (hourly)
Activity Room	GST included	All ages	\$30.00 (hourly)
Schools	GST may apply	All ages	\$45.00 (hourly) GST may apply
Swim Meets	GST included	All ages	\$105.00 (hourly)
Swim Clubs (youth)	GST included	---	\$67.00 (hourly)
Sponsored Swims	GST included	All ages	\$320.00 (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 time. 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, & DECEMBER RENTALS OPEN SEPTEMBER 7 [AT] 12:00PM

JANUARY, FEBRUARY, & MARCH RENTALS OPEN DECEMBER 7 [AT] 8:00AM

Available rental dates may be affected by alternate programming and are subject to change at the discretion of the Peace Regional Pool

Swimmer Ratios

- 1-30 people = no extra guard
- 31-75 people = 1 extra guard
- 76-125 people = 2 extra guards
- 126-200 people = 3 extra guards



Call us to book a
private rental today!

780-624-3720

PRP Brochure - Fall & Winter 2023/24

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
September 16-17	9:00 -5:00pm
November 15-16	9:00-5:00pm
January 20-21	9:00-5:00pm
Recert Dates	Recert Times
September 26	9:00 - 5:00pm
March 16	9:00-5:00pm

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

Not running in Fall & Winter 2023/24

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 17, 19, 24, 26	4:00-9:00pm
February 9-11	4:00-9:00pm (Feb 9), 8:00-3:00pm (Feb 10,11)

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 7, 9, 14, 16, 21	4:00-9:00pm
March 8-10	8:00-4:00pm

Swim Instructor (SI/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 2023/24

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

Not running in Fall & Winter 2023/24




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 a part of our team!



***Looking for Standard First Aid? Intermediate First Aid is the same course under a new name!**

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	
October 17 - November 2	Mermaid Fitness Drop-in only for October
November 7 - 30	Fitness Swimmer, Scared Stiff
December 5 - January 2 No lesson Dec 26	Fitness Swimmer, Mermaid Fitness, Adult 1
January 9 - February 1	Fitness Swimmer, Adult 1, Adult 2/3
February 6 - 29	Mermaid Fitness, Scared Stiff, Adult 1/2
March 5 - 28	Fitness Swimmer, Scared Stiff, Adult 2/3

Mermaid Fitness

Adults can be merfolk too! This new workout oriented course incorporates a monofin to simulate a mermaid's tail. Improve your dolphin kick, rhythmic breathing, your core, and more!

Prerequisites: Comfortable swimming 50m w/ legs only

ADDITIONAL CLASSES & COURSES

Private Lessons

Private lessons are available for \$50.00 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!

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.



Babysitting Courses	
October 21	10:00-6:00pm
November 18	10:00-6:00pm
December 2	10:00-6:00pm
February 3	10:00-6:00pm

Drop-in Fitness Classes	
Aqua Aerobics	Mon/Wed/Fri 9:00-10:00am
Aqua Zumba (October - April)	Tues/Thurs 7:00-8:00pm

ADDITIONAL DATES & INFORMATION

Special Events	
Private Rentals Day	December 17
Holiday Free Swims Dec 29, Jan 2, 3, 4, 5 4:00-5:30pm	December 29 Peace Valley Dental
	Check our Facebook page for updates!
MacKenzie Swim	February 5 - - April 24, 2024
See page 3 for our other 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!



Extra Public Swims	
November 13	10:00-12:00pm 1:00-3:00pm
December 28, 29	10:00-12:00pm 1:00-3:00pm
January 2, 3, 4, 5	10:00-12:00pm 1:00-3:00pm
March 7, 8	1:00-3:00pm
March 28	1:00-3:00pm

Statutory Schedule Days	
November 11, December 27, February 19, March 29-	
Parent & Tot / Lane	12:30-1:30pm
Family Swim	1:30-3:30pm
Public Swim	3:30-5:30pm

Pool Closures	
Sept 9 - Oct 15	Annual Shutdown
October 31	Closed after 7:00pm
December 17	Private Rentals only
December 24, 25, 26	Christmas
January 1	New years
February 24, 25	Wahoos Swim meet
March 31	Easter Sunday

LOOKING FOR MORE PRIVATE RENTALS?

Sunday, December 17 is Private Rentals Day! 1-hour slots will be available throughout the day.

**Available for booking on
September 7th at 12:00pm**

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

OCTOBER 16 - DECEMBER 23, 2023

SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rentals	Earlybird Lane 6:30-8:00	Closed	Earlybird Lane 6:30-8:00	Closed	Earlybird Lane 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 Lessons 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 Lessons 1:00-3:00					Family Swim 1:30-3:30
Public Swim 3:30-5:30	Adult & Senior Swim / Lessons 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim / Lessons 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 Swim 6:00-7:30	Adult Lessons 6:00-7:00	Family / Lane Swim 6:00-7:30	Adult Lessons 6:00-7:00	Family / Lane Swim 6:00-7:30	
		Aqua Zumba 7:00-8:00		Aqua Zumba 7:00-8:00		
	Public Swim 7:30-8:30	Lane 8:00-9:00	Public Swim 7:30-8:30	Lane 8:00-9:00	Public Swim 7:30-8:30	

Sponsored Swims | 6:30-8:30pm | **October 30, November 6, November 20, December 4, December 18**
Extra Public Swims | 10:00-12:00pm | **November 13, December 28, 29** | 1:00-3:00pm | **November 13, December 28, 29**
STAT Schedule | Parent & Tot/Lane 12:30-1:30 | Family 1:30-3:30 | Public 3:30-5:30 | **November 11, December 27**
Closed | All Day | **Dec. 24, 25, 26** | Closed at 7:00pm | **Oct. 31** | Closed for Private Rentals | **Dec. 17**

PEACE REGIONAL POOL

DECEMBER 24-30 | CHRISTMAS 2023

SUBJECT TO CHANGE

Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30			
Closed C H R I S T M A S E V E	Closed C H R I S T M A S D A Y	Closed B O X I N G D A Y	Closed	Closed	Earlybird Lane 6:30-8:00	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		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		
			Public Swim 3:30-5:30		Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Public Swim 3:30-5:30		
			Closed	Closed	Closed	Closed	Lessons 4:00-6:00	Free Swim Peace Valley Dental 4:00-5:30	Closed
							Adult Lessons 6:00-7:00	Family / Lane Swim 6:00-7:30	
							Family Swim 7:00-8:00		
Lane 8:00-9:00	Public Swim 7:30-8:30								

HAPPY HOLIDAYS FROM THE PEACE REGIONAL POOL!

PEACE REGIONAL POOL

DECEMBER 31 - JANUARY 6 | NEW YEAR'S 2024

SUBJECT TO CHANGE

Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	
Closed	Closed H A P P Y N E W Y E A R	Closed	Earlybird Lane 6:30-8:00	Closed	Earlybird Lane 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		
		Lane / Parent & Tot 12:30-1:30	Public Swim 10:00-12:00				
Family Swim 1:30-3:30		Lane / Parent & Tot 12:00-1:00					Lane / Parent & Tot 12:30-1:30
Public Swim 3:30-5:30		Public Swim 1:00-3:00					Family Swim 1:30-3:30
Closed		Maintenance 3:00-4:00	Adult & Senior Swim / Lessons 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim 3:00-4:00	Public Swim 3:30-5:30	
		Free Swims Check our Facebook for sponsors! 4:00-5:30					Closed
		Adult Lessons 6:00-7:00	Family / Lane Swim 6:00-7:30	Maintenance 6:00-7:00	Family / Lane Swim 6:00-7:30		
		Family Swim 7:00-8:00		Family Swim 7:00-8:00			
		Lane 8:00-9:00	Public Swim 7:30-8:30	Lane 8:00-9:00	Public Swim 7:30-8:30		

We look forward to seeing you in 2024!

PEACE REGIONAL POOL

JANUARY 7 - APRIL 30, 2024

SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rentals	Earlybird Lane 6:30-8:00	Closed	Earlybird Lane 6:30-8:00	Closed	Earlybird Lane 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 Lessons 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 Lessons 1:00-3:00					Family Swim 1:30-3:30
Public Swim 3:30-5:30	Adult & Senior Swim / Lessons 3:00-4:00	Maintenance 3:00-4:00	Adult & Senior Swim / Lessons 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 Swim 6:00-7:30	Adult Lessons 6:00-7:00	Family / Lane Swim 6:00-7:30	Adult Lessons 6:00-7:00	Family / Lane Swim 6:00-7:30	
		Aqua Zumba 7:00-8:00		Aqua Zumba 7:00-8:00		
	Public Swim 7:30-8:30	Lane 8:00-9:00	Public Swim 7:30-8:30	Lane 8:00-9:00	Public Swim 7:30-8:30	

Sponsored Swims | Check our Facebook & website for updates on 2024 Free Swims!

Extra Public Swims | 1:00-3:00pm | **March 7, 8, March 28, April 2, 3, 4, 5, April 19** | 4:00-5:30pm | **April 29, 30**

STAT Schedule | Parent & Tot/Lane 12:30-1:30 | Family 1:30-3:30 | Public 3:30-5:30 | **February 19, March 29, April 1**

Closed | All Day | **February 24, 25, March 31**

Everyone ages 6-17 is
welcome to register!

Back by
popular
demand!

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
December 5-21 Tues/Thurs Mer-party Dec 28 4:00-6:00pm	4:00 - 4:45pm 5:00 - 5:45pm

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: \$50.00

Sirens

Dates	Times
December 5-21 Tues/Thurs Mer-party Dec 28 4:00-6:00pm	4:00 - 4:55pm

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: \$62.00

Tritons

Dates	Times
December 5-21 Tues/Thurs Mer-party Dec 28 4:00-6:00pm	5:00 - 5:55pm

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: \$62.00

**Are you an adult interested
in mermaid programs?
See page 9 for info on
Mermaid Fitness!**



RED CROSS TO SWIM FOR LIFE CONVERSION



LIFESAVING SOCIETY®
The Lifeguarding Experts

Swim Kids to Swim for Life 2015



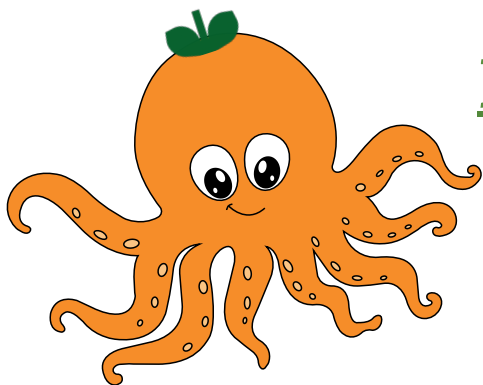
	In which level did you last enroll?	Did you complete or incomplete?	Continue in ...
Parented	Starfish	Based on Age	Parent and Tot 1 (4 – 12 months)
	Duck	Based on Age	Parent and Tot 2 (12 – 24 months)
	Sea turtle	Based on Age	Parent and Tot 3 (2 – 3 years)
Pre-School Aged (3-5 yrs)	Sea Otter	Incomplete Sea turtle	Preschool 1
		Complete Sea turtle	Preschool 1
	Salamander	Incomplete Salamander	Preschool 1
		Complete Salamander	Preschool 2
	Sunfish	Incomplete Sunfish	Preschool 2
		Complete Sunfish	Preschool 3
	Crocodile	Incomplete Crocodile	Preschool 4
		Complete Crocodile	Preschool 5
School Aged (5 + years)	Swim Kids 1	Incomplete Swim Kids 1	Swimmer 1
		Complete Swim Kids 1	Swimmer 2
	Swim Kids 2	Incomplete Swim Kids 2	Swimmer 2
		Complete Swim Kids 2	Swimmer 2
	Swim Kids 3	Incomplete Swim Kids 3	Swimmer 2
		Complete Swim Kids 3	Swimmer 3
	Swim Kids 4	Incomplete Swim Kids 4	Swimmer 3
		Complete Swim Kids 4	Swimmer 3
	Swim Kids 5	Incomplete Swim Kids 5	Swimmer 3
		Complete Swim Kids 5	Swimmer 4
	Swim Kids 6	Incomplete Swim Kids 6	Swimmer 4
		Complete Swim Kids 6	Swimmer 5
	Swim Kids 7	Incomplete Swim Kids 7	Swimmer 5
		Complete Swim Kids 7	Swimmer 6
	Swim Kids 8	Incomplete Swim Kids 8	Swimmer 6
		Complete Swim Kids 8	Rookie Patrol
	Swim Kids 9	Complete or Incomplete Swim Kids 9	Rookie Patrol
	Swim Kids 10	Incomplete Swim Kids 10	Ranger Patrol
		Complete Swim Kids 10	Star Patrol

GO FURTHER!

Looking for more? Try these Lifesaving Society programs:

Bronze Medallion * Bronze Cross * National Lifeguard

For more information on the transition and a list of FAQs go to peaceriver.ca/pool



PARENTED SWIMMING LESSONS

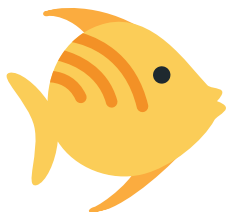
AGES 4 MONTHS - 3 YEARS

[FALL SESSIONS]

Parent & Tot

1

Dates	Times
November 25 - Dec 16 Saturdays	10:00-10:30am



Parent & Tot

3

Dates	Times
October 20-27 Mon/Wed/Fri	3:00-3:30pm
November 20-29 Monday/Wednesday	3:00-3:30pm

Parent & Tot

2

Dates	Times
November 1-15 Monday/Wednesday	3:00-3:30pm No lessons Nov 13
October 21 - Nov 18 Saturdays	10:00-10:30 No lessons Nov 11

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.

DID YOU KNOW?



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

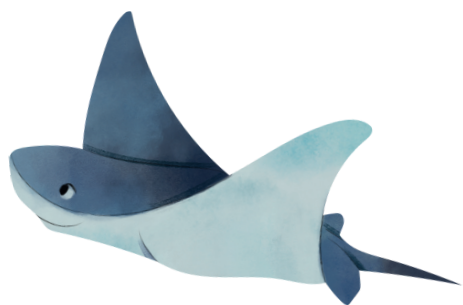
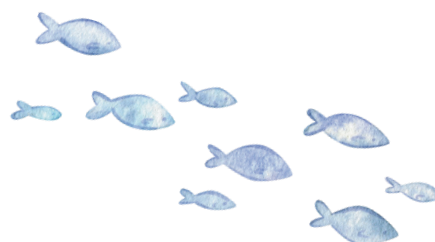
[FALL SESSIONS]

Preschool

1

Date	Times
October 21 - Dec 16 Saturdays	10:45-11:15am No lessons Nov 11
October 21 - Dec 16 Saturdays	11:30-12:00 <u>Taught in French</u> No lessons Nov 11
December 4-20 Mon/Wed/Fri	3:00-3:30pm

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.



2

Preschool

Date	Time
November 1-29 Monday/Wednesday	3:30-4:00pm No lessons Nov 13
December 4-20 Mon/Wed/Fri	3:30-4:00pm

Preschool

3

4

Preschool

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

Preschool

5

SWIMMING LESSONS AGES 5 YEARS AND UP

Swimmer 1

Date	Time
October 21 - Dec 16 Saturdays	10:45-11:25am No lessons Nov 11
October 21 - Dec 16 Saturdays	10:00-10:40am No lessons Nov 11
November 7 - 30 Tuesday/Thursday	5:20-6:00pm



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

Swimmer 2

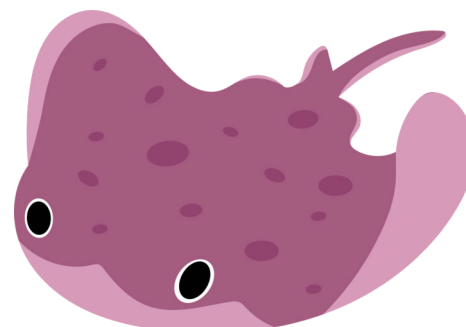
Date	Time
October 21 - Dec 16 Saturdays	11:20-12:00 No lessons Nov 11
November 7 - 30 Tuesday/Thursday	4:00-4:40pm

Swimmer 3

Date	Time
October 21 - Dec 16 Saturdays	10:00-10:40am No lessons Nov 11

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

Date	Time
October 21 - Dec 16 Saturdays	10:35-11:15 No lessons Nov 11



Swim Patrol

Date	Time
See Winter 2024 (page 25)	Check our Facebook for updates!
<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>	



[FALL 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

5

Swimmer

Date	Time
October 21 - Dec 16 Saturdays	11:20 - 12:00pm No lessons Nov 11

6

Swimmer

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





PARENTED SWIMMING LESSONS

AGES 4 MONTHS - 3 YEARS

[WINTER SESSIONS]

Parent & Tot

1

Dates	Times
January 22 -31 Monday/Wednesday	3:30-4:00pm
March 4 - 13 Monday/Wednesday	3:30-4:00pm

Parent & Tot

2

Dates	Times
January 13 -Feb 3 Saturdays	11:30-12:00pm
February 5 - 14 Mon/Wed/Fri	3:00- 3:30pm No lessons Feb 9, 16, 19
March 18 - 27 Monday/Wednesday	3:30- 4:00pm

Parent & Tot

3

Dates	Times
January 8 - 17 Monday/Wednesday	3:30 - 4:00pm
February 21 - 28 Mon/Wed/Fri	3:00- 3:30pm No lessons Feb 9, 16, 19
February 10 - March 16 Saturday	11:30 - 12:00pm No lessons Feb 17, 24

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:

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Thank you.





PRESCHOOL SWIMMING LESSONS

AGES 3-5 YEARS OLD

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

[WINTER SESSIONS]

IMPORTANT:

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1 Preschool

Date	Times
January 9 - Feb 1 Tuesday/Thursday	5:30 - 6:00pm
January 8 - 31 Monday/Wednesday	3:00- 3:30pm
January 13 - March 16 Saturday	10:45 - 11:15am No lessons Feb 17, 24
March 4 - 27 Monday/Wednesday	3:00- 3:30pm
March 5 - 28 Tuesday/Thursday	4:00- 4:30pm

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

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



2 Preschool

Date	Time
January 9 - Feb 1 Tuesday/Thursday	4:45 - 5:15pm
January 13 - March 16 Saturday	11:30 - 12:00pm No lessons Feb 17, 24
February 5 - 28 Mon/Wed/Fri	3:30 - 4:00pm No lesson Feb 9, 16, 19
March 5 - 28 Tuesday/Thursday	4:45-5:15pm

Preschool

3

4 Preschool

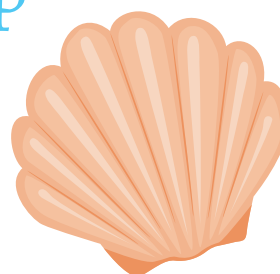
Dates	Times
February 6 - 29 Tuesday/Thursday	5:30 - 6:00pm

Preschool

5

SWIMMING LESSONS

AGES 5 YEARS OLD AND UP



Swimmer

1

Date	Time
January 9 - Feb 1 Tuesday/Thursday	4:00-4:40pm
January 13 - March 16 Saturdays	10:00 - 10:40am No lessons Feb 17, 24
January 13 - March 16 Saturdays	11:20- 12:00pm No lessons Feb 17, 24
February 6 - 29 Tuesday/Thursday	4:00-4:40pm
March 5 - 28 Tuesday/Thursday	4:35 - 5:15pm
March 5 - 28 Tuesday/Thursday	5:20- 6:00pm

[WINTER SESSIONS]

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

Swimmer

2

Date	Time
January 13 - March 16 Saturdays	10:00- 10:40am No lessons Feb 17, 24
January 13 - March 16 Saturdays	10:45- 11:25am No lessons Feb 17, 24
February 6 - 29 Tuesday/Thursday	4:45 - 5:25pm
March 5 - 28 Tuesday/Thursday	5:20 -6:00pm

IMPORTANT:

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LESSONS CONTINUED
AGES 5 YEARS AND UP

Swimmer

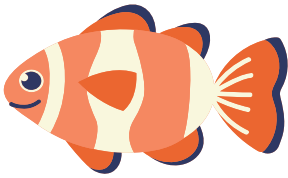
3

Date	Time
January 9 - Feb 1 Tuesday/Thursday	4:00 - 4:40pm
January 13 - March 16 Saturday	10:45 - 11:25am No lessons Feb 17, 24
February 6 - 29 Tuesday/Thursday	4:00 - 4:40pm

IMPORTANT:

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[WINTER SESSIONS]



Swimmer

4

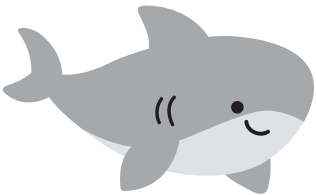
Date	Time
January 9 - Feb 1 Tuesday/Thursday	5:20-6:00pm
January 13 - March 16 Saturdays	10:00-10:40am No lesson Feb 17, 24
March 5 - 28 Tuesday/Thursday	4:00 - 4:40pm

5

Swimmer Swimmer

6

Date	Time
January 9 - Feb 1 Tuesday/Thursday	4:45-5:25pm
January 13 - March 16 Saturdays	10:00-10:40am No lessons Feb 17, 24



Swim Patrol



Date	Time
January 13 - March 16 Saturdays	10:45-11:45am No lessons Feb 17, 24
<p>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!</p>	

Thank you!



The Peace Regional Pool would like to give a HUGE thank you to all of our sponsors who helped make our Free Swims and special events possible in 2023!

**Do you own a business interested in becoming a sponsor?
Inquire at 780-624-3720 or pool@peaceriver.ca**



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