

# 2025 STONY PLAIN OUTDOOR POOL SUMMER GUIDE



REGISTRATION DAY  
Tuesday,  
June 3  
9 AM

ONLINE @

trileisure.com | BY PHONE | IN PERSON

TRILEISURE.COM/SPOP

 stonyplainoutdoorpool

 780-963-2600

 SPOP@trileisure.com

5210 55 AVE, STONY PLAIN, AB





# STONY PLAIN OUTDOOR POOL & SPRAY PARK

The Stony Plain Public Outdoor Swimming Pool has been making a splash in the community for 53 years! We are thrilled to operate the Outdoor Pool again in partnership with the Town of Stony Plain.

## POOL HOURS:

Mon-Fri: 6:30 am-9:00 pm  
Sat/Sun: 10:00am -8:30 pm  
Holidays: 10:00 am-8:00 pm

## ADMISSION RATES

	Single Swim	12 Swims Multi-Pass*	Season Pass*
Child (6 & Under)	FREE	FREE	FREE
Child (7-12 years)	\$5.00	\$50.00	\$100.00
Student (13-17 years)	\$6.00	\$60.00	\$110.00
Adult (18-54)	\$7.50	\$75.00	\$125.00
Senior (55+)	\$6.00	\$60.00	\$110.00
Family	\$20.00	\$200.00	\$290.00
AquaFit	\$6.75	\$67.50	

## WADING POOL HOURS\*

### May-June 27

Monday-Friday:

2:30 PM-9:00 PM

Saturday-Sunday & Holidays:

10:30 AM-8:30 PM

### June 27-August 15

Monday-Friday:

2:00 PM-9:00 PM

Saturday-Sunday & Holidays:

10:00 AM-8:30 PM

### August 16-September 1

Monday-Friday:

1:00 PM-4:00 PM,

7:00 PM-9:00 PM

Saturday-Sunday & Holidays:

10:00 AM-8:30 PM

\*Subject to operation

## AIR QUALITY

We use a real-time air quality map to determine the air quality at the pool. It can be accessed at this web-site: [Real-Time Air Quality Map | PurpleAir](#).

If the air quality is at a 7 (high risk) or higher, the pool will be closed until the air quality level has improved. The decision to reopen the pool will be based on an air quality level that is consistently below 7 at the pool location.

## WEATHER

We must clear the pool in extreme weather (lightning, air quality, thunderstorms). According to legislation, we must wait 30 minutes before re-opening the pool after the last sound of thunder or the sight of lightning at the pool location.

We will not teach lessons in under 10-degree weather. Your TLC/SPOP account will be credited for any lessons missed due to inclement weather. Closures due to weather will be posted on the SPOP Facebook page.

## THREE WAYS TO REGISTER FOR LESSONS:

- 1. Online at Trileisure.com (click on the pink **LOGIN** button in the navigation bar above)
- 2. Call the TLC (780-960-5080, press 0)
- 3. In-person at the pool office or at the TLC

LEVEL	PRICING FOR 2025
Parented Preschool	\$65
Swimmer (1-3)	\$65
Swimmer (4-6)	\$75
Rookie, Ranger, Star Patrol	\$105
Bronze Star	\$115
Bronze Cross	\$152
Bronze Medallion	\$196
Private Swim Lessons	\$96 - 4 classes/\$120 - 5 classes

## FAQS:

### What happens after I login?

Please proceed to the first class as listed on your registration confirmation receipt that you will receive via email. You will **NOT** be contacted before the first class, unless the course is cancelled.

### What else does my course registration include?

Course registration fees do not include access to the pool before or after class. General admission or a facility pass is required.

### Course cancellations and refunds

Courses with insufficient enrollment may be cancelled three days prior to the course start date. We will contact you via phone in these cases and will offer a full credit or refund if you prefer.

Unexpected cancelled classes during the scheduled length of the course (due to facility closures for example), will result in either a class credit/refund.

### Course withdrawal refund policy

**With 10+ days' notice** - If you provide 10+ days notice ahead of a course start date, course withdrawals are available subject to an administration fee which is 15% of the course registration fee (up to a maximum of \$25). Transferring to an alternative course (if a place is available) is not subject to the 15% administration fee.

**With less than 10 days' notice** - Inside 10 days prior to a course date, course withdrawals do not qualify for any refund, credit or course transfer.

\*Back-to-back sequential level registration in progressive courses can result in no refund, credit, or transfer if a repeat level is needed. Consideration for credits/refunds will be made for medical reasons accompanied by a doctor's certificate or in extenuating circumstances.

### Waiting lists

Waiting lists are available for all courses. You will be contacted if a place becomes available in the course in which you are waitlisted. If demand is sufficient and appropriate space and instructors are available, another course might be added. We will contact you directly with that information. Wait listing can be done online or by calling the front desk.



# PARENTED



## Parent & Tot 1-Jellyfish (4–12 MONTHS) - \$65

Parents will learn strategies to help them with their babies to become comfortable in the water. Getting wet, various ways to hold their child in the water to experience buoyancy and movement, and water safety messages will help them begin their journey towards becoming little swimmers.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	11:55 AM (60777) 10 classes
Jul 21-Aug 1	M-F	30 min	9:35 AM (60778) 10 classes
Aug 5-15	M-F	35 Min	10:15 AM (60779) 9 classes
Aug 18-29	M-F	30 min	5:10 PM (60780) 10 classes



## Parent & Tot 2-Tadpole (12–24 MONTHS) - \$65

Parents and their babies will learn more about fun ways to get wet, start blowing bubbles and experience floating on their fronts and backs as well as moving through the water in a variety of ways.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	11:55 AM (60781) 10 classes
Jul 21-Aug 1	M-F	30 min	9:35 AM (60782) 10 classes
Aug 5-15	M-F	35 Min	10:15 AM (60783) 9 classes
Aug 18-29	M-F	30 min	5:10 PM (60784) 10 classes



## Parents & Tots 3-Seahorse (24–36 MONTHS) - \$65

Parents will help their toddlers become more comfortable in the water by learning to put their faces in the water and trying to submerge, float more independently on their fronts and backs, along with learning to kick and swim.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	11:55 AM (60785) 10 classes
Jul 21-Aug 1	M-F	30 min	9:35 AM (60786) 10 classes
Aug 5-15	M-F	35 Min	10:15 AM (60787) 9 classes
Aug 18-29	M-F	30 min	5:10 PM (60788) 10 classes



There is no charge to use the Wading Pool, however, please note that it is not actively supervised by lifeguards. The Wading Pool is closed to the public during scheduled swim lessons.

## PARENTED (in the water)

classes that are participation/age based



**Parent & Tot 1**  
(4–12 MONTHS)  
Jellyfish



**Parent & Tot 2**  
(12–24 MONTHS)  
Tadpole



**Parent & Tot 3**  
(24–36 MONTHS)  
Seahorse

## NON-PARENTED

classes are skill based and progressive (children must complete one level before moving on to the next)



**Unparented  
Preschool 1**  
Puffer



**Unparented  
Preschool 2**  
Sea Lion



**Unparented  
Preschool 3**  
Manta Ray



**Unparented  
Preschool 5**  
Orca



**Unparented  
Preschool 4**  
Dolphin

**SWIMMER 2 BEGINNER**  
(if the child turns 6 yrs old)

**SWIMMER 1 ADVANCED**  
(if the child turns 6 yrs old)



# Non-Parented



## Preschool 1 - Puffer Fish (36 MONTHS–5 YRS) - \$65

This is the first level in the Tri Leisure Preschool Program where children learn through fun games and songs to blow bubbles, float on their fronts and backs with assistance, and do front and back glides with assistance.


CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	35 min	9:00 AM (60789) 9:35 AM (60790) 10:10 AM (60791) 12:40 PM (60792) 1:15 PM (60793) 10 classes
Jul 21-Aug 1	M-F	30 min	9:00 AM (60794) 10:55 AM (60795) 11:30 AM (60796) 12:00 PM (60797) 12:40 PM (60798) 10 classes
Aug 5-15	M-F	35 min	9:00 AM (60799) 10:20 AM (60800) 11:45 AM (60801) 11:55 AM (60802) 12:55 PM (60803) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60804) 9:35 AM (60805) 10:10 AM (60806) 10:55 AM (60807) 12:20 PM (60808) 4:00 PM (60809) 5:10 PM (60810) 5:45 PM (60811) 10 classes



## Preschool 2 - Sea Lion (4–5 YEARS) - \$65

Swimmers work on independent front and back floats and glides and learn to add a kick with their glides. They'll begin to learn how to do rhythmic breathing as well as becoming more comfortable going underwater.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:00 AM (60812) 9:35 AM (60813) 10:10 AM (60814) 10:45 AM (60815) 12:05 PM (60816) 12:55 PM (60817) 10 classes
Jul 21-Aug 1	M-F	30 min	9:00 AM (60818) 10:10 AM (60819) 11:45 AM (60820) 12:05 PM (60821) 1:10 PM (60822) 10 classes
Aug 5-15	M-F	35 min	9:40 AM (60823) 10:20 AM (60824) 11:10 AM (60825) 12:30 PM (60826) 1:05 PM (60827) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60828) 9:35 AM (60829) 11:30 AM (60830) 4:00 PM (60831) 4:35 PM (60832) 6:20 PM (60833) 10 classes

We will not have lessons in under 10-degree weather. Your TLC/SPOP account will be credited for any missed classes. Closures due to weather will be posted on the  Stony Plain Outdoor Pool Facebook page.





## Preschool 3 - Manta Ray (4–5 YEARS) - \$65

Swimmers add more to their water competency by floating longer on front and back, rolling over in their floats, gliding farther with kicking and doing roll-over glides. They also experience some deep water by slipping into water over their heads, submerging to blow bubbles and doing deep water floats.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:00 AM (60834) 10:10 AM (60835) 12:00 PM (60836) 1:15 PM (60837) 10 classes
Jul 21-Aug 1	M-F	30 min	9:35 AM (60838) 10:10 AM (60839) 12:35 PM (60840) 1:15 PM (60841) 10 classes
Aug 5-15	M-F	35 min	9:40 AM (60842) 12:20 PM (60843) 1:10 PM (60844) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60845) 11:30 AM (60846) 12:20 PM (60847) 5:10 PM (60848) 5:45 PM (60849) 10 classes



## Preschool 4-Dolphin (4–5 YEARS) - \$65

Swimmers further develop their front and back glides with kick and are introduced to a side glide as well as swimming on their front. They also learn to jump into deep water and return safely to the side.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:35 AM (60850) 10 classes
Jul 21-Aug 1	M-F	30 min	10:10 AM (60851) 1:15 PM (60852) 10 classes
Aug 5-15	M-F	35 min	9:40 AM (60853) 9 classes
Aug 18-29	M-F	30 min	10:25 AM (60854) 5:45 PM (60855) 10 classes



## Preschool 5-Orca (4–5 YEARS) - \$65

Swimmers increase the distances in their front, back, and side glides, swim on their front and learn to swim on their backs. They also jump into deep water wearing a PFD/lifejacket, do some surface support and swims or kicks for 5 metres.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:35 AM (60856) 10 classes
Jul 21-Aug 1	M-F	30 min	10:10 AM (60857) 1:15 PM (60858) 10 classes
Aug 5-15	M-F	35 min	9:40 AM (60859) 9 classes
Aug 18-29	M-F	30 min	10:25 AM (60860) 5:45 PM (60861) 10 classes

## Swimmer 1 Beginner (6-12 years) - \$65

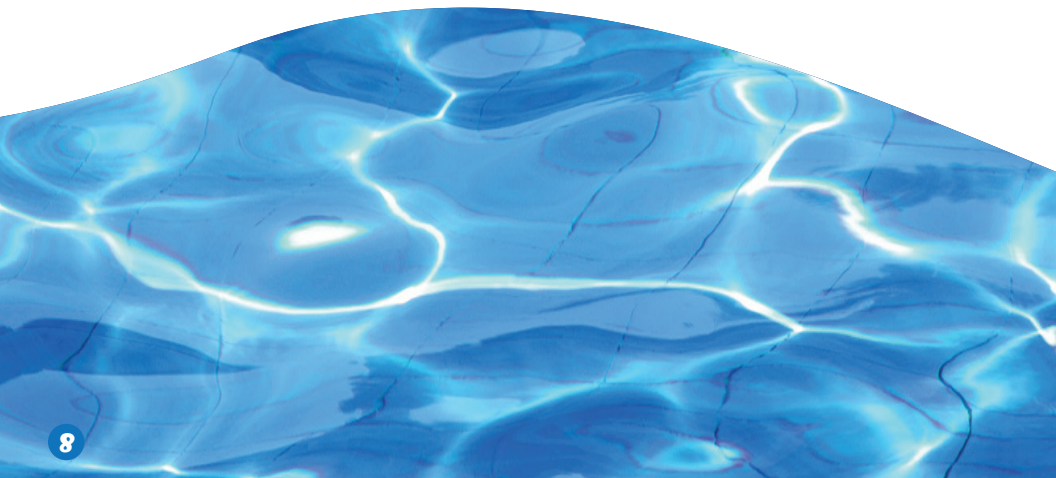
Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into shallow water, submerging and opening their eyes underwater and breath control. They will learn floats and glides, glides with kicking, and begin swimming on their front.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:35 AM (60862) 10:10 AM (60863) 11:20 AM (60864) 12:35 PM (60865) 10 classes
Jul 21-Aug 1	M-F	30 min	9:00 AM (60866) 10:45 AM (60867) 11:25 AM (60868) 12:20 PM (60869) 1:10 PM (60870) 10 classes
Aug 5-15	M-F	35 min	10:20 AM (60871) 10:55 AM (60872) 11:00 AM (60873) 1:10 PM (60874) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60875) 10:10 AM (60876) 10:45 AM (60877) 10:55 AM (60878) 12:05 PM (60879) 4:35PM (60880) 5:25 PM (60881) 10 classes

## Swimmer 1 Advanced (6-12 years) - \$65

Building on the skills from Swimmer 1 - Beginner, swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:00 AM (60882) 10:45 AM (60883) 11:25 AM (60884) 12:20 PM (60885) 10 classes
Jul 21-Aug 1	M-F	30 min	9:00 AM (60886) 9:50 AM (60887) 10:45 AM (60888) 11:30 AM (60889) 10 classes
Aug 5-15	M-F	35 min	9:00 AM (60890) 9:55 AM (60891) 11:40 AM (60892) 12:25 PM (60893) 1:00 PM (60894) 9 classes
Aug 18-29	M-F	30 min	9:35 AM (60895) 10:10 AM (60896) 11:30 AM (60897) 12:05 PM (60898) 4:00 PM (60899) 6:20 PM (60900) 10 classes





## Swimmer 2 Beginner (6-12 years) | - \$65

Swimmers will gain comfort in deeper water by jumping into water over their heads and returning to safety. They will learn more about breath control and be challenged by the introduction of various skills including flutter kicking on their front, back and side, and rolling over in their glides. Distances will be increased for their front swim and a back swim will be introduced.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:00 AM (60901) 10:40 AM (60902) 11:20 AM (60903) 12:05 PM (60904) 1:15 PM (60905) 10 classes
Jul 21-Aug 1	M-F	30 min	10:40 AM (60906) 11:30 AM (60907) 12:20 PM (60908) 12:35 PM (60909) 10 classes
Aug 5-15	M-F	35 min	9:00 AM (60910) 9:40 AM (60911) 10:50 AM (60912) 11:50 AM (60913) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60914) 9:35 AM (60915) 11:45AM (60916) 4:00 PM (60917) 4:35 PM (60918) 6:20 PM (60919) 10 classes

## Swimmer 2 Advanced (6-12 years) - \$65

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including vertical whip kick with an aid and swimming front crawl and back crawl for 10 meters. Swimmers will get to work on their Swim to Survive Skills and be introduced to interval training

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:35 AM (60920) 10:45 AM (60921) 11:20 AM (60922) 11:45 AM (60923) 12:40 PM (60924) 10 classes
Jul 21-Aug 1	M-F	30 min	9:35 AM (60925) 10:10 AM (60926) 12:40 PM (60927) 1:10 PM (60928) 10 classes
Aug 5-15	M-F	35 min	9:00 AM (60929) 10:20 AM (60930) 1:00 PM (60931) 9 classes
Aug 18-29	M-F	30 min	9:35 AM (60932) 10:10 AM (60933) 10:45 AM (60934) 12:20 PM (60935) 4:00 PM (60936) 4:35 PM (60937) 5:10 PM (60938) 10 classes

**NO CLASSES  
JULY 1  
OR AUGUST 5.**

### Swimmer 3 Beginner (6-12 years) - \$65

Swimmers will learn kneeling dives and be challenged with the introduction of some fun skills such as handstands and somersaults, as well as learning more about breath control. They will continue to work on their flutter kick, whip kick and front and back crawl. Increased distances in their interval training and a distance swim challenge are also included.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:00 AM (60939) 10:10 AM (60940) 10:45 AM (60941) 11:55 AM (60942) 10 classes
Jul 21-Aug 1	M-F	30 min	9:35 AM (60943) 11:00 AM (60944) 10 classes
Aug 5-15	M-F	35 min	11:25 AM (60945) 1:25 PM (60946) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60947) 9:35 AM (60948) 12:05 PM (60949) 4:00 PM (60950) 10 classes

### Swimmer 3 Advanced (6-12 years) - \$65

Swimmers will make a splash with their forward roll entries and continue to work on their kneeling dives, somersaults, and handstands. Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front, and back crawl, and interval training.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	30 min	9:35 AM (60951) 12:40 PM (60952) 10 classes
Jul 21-Aug 1	M-F	30 min	10:25 AM (60953) 12:55 PM (60954) 10 classes
Aug 5-15	M-F	35 min	10:35 AM (60955) 12:45 PM (60956) 9 classes
Aug 18-29	M-F	30 min	9:00 AM (60957) 11:45 AM (60958) 5:10 PM (60959) 10 classes

### Swimmer 4 Beginner (6-12 years) - \$75

Swimmers start moving towards an intermediate level of swimming. Swimmers will tread water for 45 seconds and learn to swim underwater for 5 meters. Swimmers will improve their front crawl, back crawl, and whip kick on their backs and be introduced to elementary back stroke as well as doing whip kick on their fronts.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	45 min	9:50 AM (60960) 10 classes
Jul 21-Aug 1	M-F	45 min	9:00 AM (60961) 11:30 AM (60962) 10 classes
Aug 5-15	M-F	50 min	9:00 AM (60963) 11:10 AM (60964) 9 classes
Aug 18-29	M-F	45 min	10:45 AM (60965) 4:35 PM (60966) 10 classes

## Swimmer 4 Advanced - \$75

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 meters. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute and swim 50 meters. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	45 min	10:45 AM (60967) 10 classes
Jul 21-Aug 1	M-F	45 min	9:50 AM (60968) 11:45 AM (60969) 10 classes
Aug 5-15	M-F	50 min	9:55 AM (60970) 12:05 PM (60971) 9 classes
Aug 18-29	M-F	45 min	10:45 AM (60972) 5:45 PM (60973) 10 classes

## Swimmer 5 (6-12 Years) - \$75

Swimmers will be challenged with a whole new set of skills: shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	50 min	9:00 AM (60974) 10 classes
Jul 21-Aug 1	M-F	45 min	9:00 AM (60975) 12:55 PM (60976) 10 classes
Aug 5-15	M-F	50 min	9:00 AM (60977) 11:50 AM (60978) 9 classes
Aug 18-29	M-F	45 min	9:35 AM (60979) 5:45 PM (60980) 10 classes

## Swimmer 6 (6-12 Years) \$75

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance—critical for success in the 300 m workout required to complete the level.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	50 min	9:00 AM (60981) 10 classes
Jul 21-Aug 1	M-F	45 min	9:00 AM (60982) 12:55 PM (60983) 10 classes
Aug 5-15	M-F	50 min	9:00 AM (60984) 11:50 AM (60985) 9 classes
Aug 18-29	M-F	45 min	9:35 AM (60986) 5:45 PM (60987) 10 classes

### Rookie Patrol (10-13 Years) - \$105

Rookie Patrol lays the foundation of the Swim Patrol Program. It includes 4 main components: stroke refinement, fitness, first aid and lifesaving.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	60 min	12:40 PM (60988) 10 classes
Jul 21-Aug 1	M-F	60 min	12:05 PM (60989) 10 classes
Aug 15-15	M-F	70 min	9:00 AM (60990) 9 classes
Aug 18-29	M-F	60 min	6:00 PM (60991) 10 classes

### Ranger Patrol (10-13 Years) - \$105

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol, fitness levels will increase, more first aid skills are added and lifesaving skills expanded.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	60 min	12:40 PM (60992) 10 classes
Jul 21-Aug 1	M-F	60 min	12:05 PM (60993) 10 classes
Aug 15-15	M-F	70 min	9:00 AM (60994) 9 classes
Aug 18-29	M-F	60 min	6:00 PM (60995) 10 classes

### Star Patrol (10-13 Years) - \$105

Star Patrol will prepare swimmers for the Bronze Star award. Strokes will continue to be refined, fitness challenges will be harder, first aid and lifesaving skills will be enhanced. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

CLASS DATES	DAYS	LENGTH	START TIMES
Jul 7-18	M-F	60 min	12:40 PM (60996) 10 classes
Jul 21-Aug 1	M-F	60 min	12:05 PM (60997) 10 classes
Aug 15-15	M-F	70 min	9:00 AM (60998) 9 classes
Aug 18-29	M-F	60 min	6:00 PM (60999) 10 classes

We must clear the pool in extreme weather (lightning, air quality, thunderstorms).

According to legislation, we must wait 30 minutes before re-entering the pool after the last sound of thunder or the sight of lightning.



### Bronze Star - \$115

This course is a pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion and a fun introduction to lifesaving sport. Bronze Star develops proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

CLASS DATES	DAYS	START TIMES
Jul 28- Aug 1	M-F	9:00AM-11:30AM (60719)

### Bronze Medallion - \$196

This course teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR A.

**Prerequisite:** Bronze Star or 13 years of age.

CLASS DATES	DAYS	START TIMES
Aug 5-8	Tu-F	8:30 AM -2:00 PM (60720)

### Bronze Cross - \$152

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard (NL) certification.

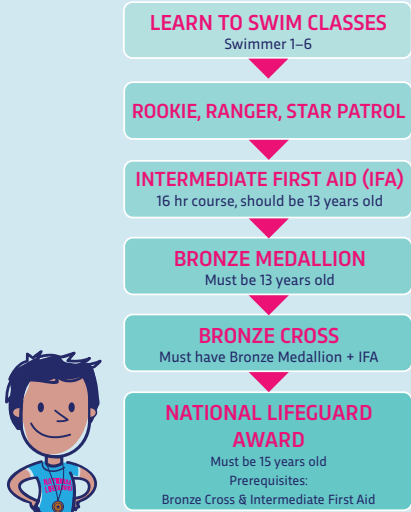
**Prerequisite:** Bronze Medallion & current Intermediate First Aid.

CLASS DATES	DAYS	START TIMES
Aug 11-14	M-Th	8:30 AM-2:00 PM (60721)

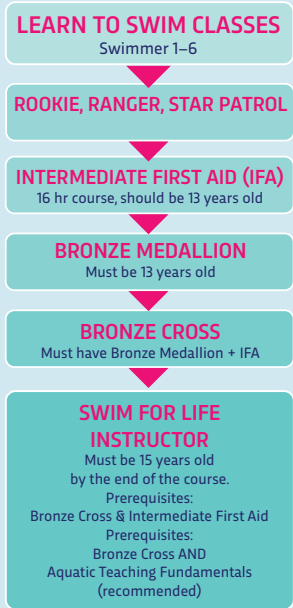


## AQUATICS PROGRESSION

The courses required to become a Lifeguard



The courses required to become an Aquatics Instructor



# Private Lessons



**FOUR CLASSES:** \$96 / 2<sup>nd</sup> person + \$60

**MINIMUM AGE IS 6**

**FIVE CLASSES:** \$120 / 2<sup>nd</sup> person + \$75

One-on-one time is spent working on swim criteria in the participant's specific swimming level. For an additional cost, a second participant of similar swimming skills may be registered in a private lesson. Please bring the original progress card to the instructor at the start of the session so they can check off items that have been completed.

**Contact a Customer Experience Representative at 780-960-5080 to register if more than one participant will be enrolled in one lesson.**

CLASS DATES	DAYS	# OF CLASSES	START TIMES
Jul 7-11	M-F	FIVE	10:10 AM (60722) 10:45 AM (60723) 11:30 AM (60724) 11:30 AM (60725) 12:05 PM (60726) 12:40 PM (60727) 1:10 PM (60728) 1:15 PM (60729) 5 classes
Jul 14-18	M-F	FIVE	10:10 AM (60730) 10:45 AM (60731) 11:30 AM (60732) 11:30 AM (60733) 12:05 PM (60734) 12:40 PM (60735) 1:10 PM (60736) 1:15 PM (60737) 5 classes
Jul 21-25	M-F	FIVE	9:50 AM (60738) 10:25 AM (60739) 10:45 AM (60740) 11:00 AM (60741) 12:05 PM (60742) 5 classes
Jul 28-Aug 1	M-F	FIVE	10:45 AM (60743) 12:05 PM (60744) 5 classes
*Aug 5-8	Tu-F	FOUR	11:00 AM (60745) 11:45 AM (60746) 12:20 PM (60747) 12:35 PM (60748) 4 classes
Aug 11-15	Tu-F	FIVE	11:00 AM (60749) 11:45 AM (60750) 12:20 PM (60751) 12:35 PM (60752) 5 classes
Aug 18-22	M-F	FIVE	10:10 AM (60753) 10:10 AM (60754) 11:10 AM (60755) 11:30 AM (60756) 11:45 AM (60757) 12:05 PM (60758) 4:00 PM (60759) 4:35 PM (60760) 4:35 PM (60761) 5:10 PM (60762) 5:45 PM (60763) 6:20 PM (60764) 5 classes
Aug 25-29	M-F	FIVE	10:10 AM (60765) 10:10 AM (60766) 11:10 AM (60767) 11:30 AM (60768) 11:45 AM (60769) 12:05 PM (60770) 4:00 PM (60771) 4:35 PM (60772) 4:35 PM (60773) 5:10 PM (60774) 5:45 PM (60775) 6:20 PM (60776) 5 classes



# Combo Aquafit

Come experience an invigorating class at the Stony Plain Outdoor Pool that will get your heart pumping and muscles working with a variety of movements. Using music that is easy on the ears and movements that support joint movement for all bodies, you will work at your own pace to leave this class feeling happy and rejuvenated.

CLASS DATES	DAYS	LENGTH	TIME
May 20 -August	Tu/Th	45 min	7:15-8:00PM
May 20-August 28	Tu/Th	45 min	8:15-9:00PM

## AquaFit Guidelines

- Health Screening:** Let the Instructor know about any medical issues, injuries, or limitations before class starts.
- Depth Awareness:** Be mindful of your comfort level in the water and stay in safe areas where you can maintain balance.
- Warm-Up:** Start each class with a proper warm-up to get your muscles ready and prevent injuries.
- Inclusivity:** Create a welcoming space where everyone feels included, no matter their age, ability, or fitness level.
- Punctuality:** Arrive on time so the class can start promptly.
- Respect:** Follow the Instructor's guidance and avoid disruptive behaviour
- Noise Levels:** Keep conversations low during instruction to avoid distractions.
- Personal Space:** Give others enough room to move safely.





[TRILEISURE.COM/SPOP](http://TRILEISURE.COM/SPOP)

 [stonyplainoutdoorpool](https://www.facebook.com/stonyplainoutdoorpool)

 780-963-2600

 [SPOP@trileisure.com](mailto:SPOP@trileisure.com)

5210 55 AVE, STONY PLAIN, AB



The TLC operates the Stony Plain Outdoor Pool in partnership with the Town of Stony Plain.