

Adult Swimming Lessons 16+ years

Level 1

We	10:30-11:15am	Sep 25-Oct 23	5/\$35	576438
Sa	2:00-2:45pm	Sep 28-Oct 26	5/\$35	576436
We	10:30-11:15am	Oct 30-Nov 27	5/\$35	577230
Sa	2:00-2:45pm	Nov 2-30	5/\$35	576437

Level 2

We	10:30-11:15am	Sep 25-Oct 23	5/\$35	576446
Sa	2:45-3:30pm	Sep 28-Oct 26	5/\$35	576444
We	10:30-11:15am	Oct 30-Nov 27	5/\$35	577231
Sa	2:45-3:30pm	Nov 2-30	5/\$35	576445

Level 3

We	10:30-11:15am	Sep 25-Oct 23	5/\$35	577234
Sa	2:45-3:30pm	Sep 28-Oct 26	5/\$35	576452
We	10:30-11:15am	Oct 30-Nov 27	5/\$35	577235
Sa	2:45-3:30pm	Nov 2-30	5/\$35	577233

Advanced Aquatics courses for children, youth and adults

Emergency First Aid with CPR C 14+ years

Sa	9:00am-6:00pm	Sep-28	1/\$93	578572
Sa	9:00am-6:00pm	Oct-19	1/\$93	578573
Sa	9:00am-6:00pm	Nov-16	1/\$93	578574
Sa	9:00am-6:00pm	Dec-14	1/\$93	578575

Standard First Aid 14+ years

Sa-Su	9:00am-6:00pm	Sep 28-29	2/\$160	578567
Sa-Su	9:00am-6:00pm	Oct 19-20	2/\$160	578569
Sa-Su	9:00am-6:00pm	Nov 16-17	2/\$160	578570
Sa-Su	9:00am-6:00pm	Dec 14-15	2/\$160	578571

Junior Lifeguard Program 8-12 years

Sa	1:00-2:30pm	Sep 28-Nov 30	10/\$150	577240
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Masters & Triathlon Swimming 16+ years

Mo	7:00-8:00pm	Sep 23-Nov 25	8/\$72	580309
We	7:00-8:00pm	Sep 25-Nov 27	10/\$90	580310

Masters & Triathlon Swimming Introduction 16+ years

Fr	10:30-11:30am	Sep 27-Nov 29	10/\$90	577238
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Water Sports 8-14 years

Tu	6:00-6:45pm	Nov 5-26	4/\$36	582503
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Preteen Swim Training 10-16 years

Sa	1:00-2:00pm	Sep 28-Oct 26	5/\$45	576333
Sa	1:00-2:00pm	Nov 2-30	5/\$45	577239

Bronze Medallion 13+ years

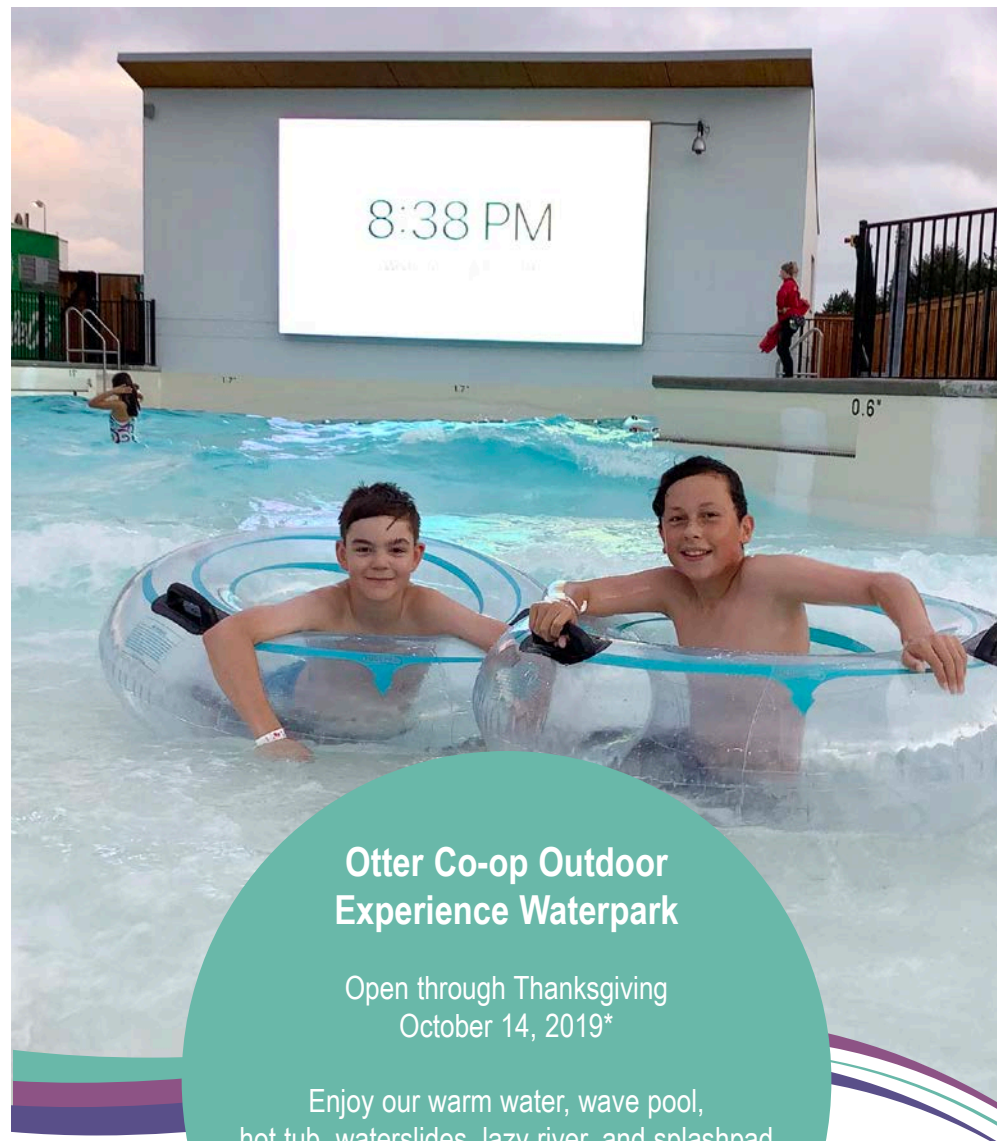
We	5:00-9:00pm	Sep 25-Oct 23	5/\$170	577243
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Bronze Cross 13+ years

We	5:00-9:00pm	Oct 30-Nov 27	5/\$170	577249
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Water Safety Instructor Stroke Prep Course 15+ years

Su	11:00am-12:00pm	Sep 29-Oct 27	5/\$45	576404
Su	11:00am-12:00pm	Nov 3-Dec 1	5/\$45	576405



Otter Co-op Outdoor Experience Waterpark

Open through Thanksgiving
October 14, 2019*

Enjoy our warm water, wave pool, hot tub, waterslides, lazy river, and splashpad this fall! Check schedules and plan your visit at tol.ca/swim

*Date subject to change

Aldergrove Credit Union Community Centre

27032 Fraser Highway

604.857.4299

604.857.4298

Mon - Sat	6:30am - 9:30pm
Sun	7:00am - 9:00pm

tol.ca/swim



Fall
September - December
2019

Aldergrove Credit Union Community Centre Swimming Lessons

6 months - 12 years



Recreation Culture & Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca/swim

PR19-475

