



New for Winter!

Junior Lifeguard Program

8-12 years

Develop lifesaving skills through fitness, first aid, and water proficiency. It is recommended that participants have completed Swim Kids 4.

Jan 12 – Feb 9

Sa 1:00 - 4:00pm 556403

Feb 16 – Mar 16

Sa 1:00 - 4:00pm 556404

5/\$150

Bronze Medallion

Jan 8 – Feb 5

Tu 5:00 - 9:00pm 556345

Mar 18 – 22

Mo-Fr 9:00am - 1:00pm 556648

5/\$150

Bronze Cross

Gain an understanding of lifesaving principles. Learn self-rescue techniques, defense and release methods, and tows and carries. Develop stroke efficiency and endurance in a timed swim.

Feb 12 – Mar 12

Tu 5:00 - 9:00pm 556515

Mar 25 – 29

Mo-Fr 9:00am - 1:00pm 556649

10/\$150

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  



Winter
January - March
2019

Aldergrove Credit Union Community Centre Swimming Lessons

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Parent and Tot	6 months - 3 years
Westcoast Preschool	2 - 6 years
Red Cross Swim Kids	6 - 12 years



Recreation Culture
& Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca/swim

PR18-597

Westcoast Preschool

2 - 3 years

30 minutes: 10/\$81.75

Wee Sea Stars

Fr	9:30-10:00am	Jan 11-Mar 15	10	556361
Fr	11:00-11:30am	Jan 11-Mar 15	10	556362

Westcoast Preschool

3 - 6 years

30 minutes: 10/\$76.50 5/\$38.25

Sea Stars

Mo-Fr	10:00-10:30am	Dec 31-Jan 4	5	556238
Mo-Fr	10:30-11:00am	Dec 31-Jan 4	5	556239
Mo-Fr	11:00-11:30am	Dec 31-Jan 4	5	556240
Tu & Th	3:00-3:30pm	Jan 8-Feb 7	10	556318
Tu & Th	5:30-6:00pm	Jan 8-Feb 7	10	556319
We	9:00-9:30am	Jan 9-Mar 13	10	556346
We	10:00-10:30am	Jan 9-Mar 13	10	556347
Fr	9:00-9:30am	Jan 11-Mar 15	10	556359
Fr	10:00-10:30am	Jan 11-Mar 15	10	556360
Sa	1:00-1:30pm	Jan 12-Mar 16	10	556382
Sa	3:00-3:30pm	Jan 12-Mar 16	10	556383
Su	9:30-10:00am	Jan 13-Mar 17	10	556417
Tu & Th	3:00-3:30pm	Feb 12-Mar 14	10	556487
Tu & Th	4:00-4:30pm	Feb 12-Mar 14	10	556488

Sea Urchins

Mo-Fr	11:30am-12:00pm	Dec 31-Jan 4	5	556241
Tu & Th	3:30-4:00pm	Jan 8-Feb 7	10	556320
We	9:30-10:00am	Jan 9-Mar 13	10	556348
We	10:30-11:00am	Jan 9-Mar 13	10	556349
Fr	9:00-9:30am	Jan 11-Mar 15	10	556363
Fr	10:30-11:00am	Jan 11-Mar 15	10	556364
Sa	2:30-3:00pm	Jan 12-Mar 16	10	556384
Sa	3:30-4:00pm	Jan 12-Mar 16	10	556385
Su	9:00-9:30am	Jan 13-Mar 17	10	556418
Tu & Th	4:30-5:00pm	Feb 12-Mar 14	10	556489

Jellyfish

Mo-Fr	9:00-9:30am	Dec 31-Jan 4	5	556242
Mo-Fr	10:30-11:00am	Dec 31-Jan 4	5	556243
Mo-Fr	11:30am-12:00pm	Dec 31-Jan 4	5	556244
Tu & Th	4:00-4:30pm	Jan 8-Feb 7	10	556321
Tu & Th	4:30-5:00pm	Jan 8-Feb 7	10	556322
We	10:00-10:30am	Jan 9-Mar 13	10	556350
Fr	9:30-10:00am	Jan 11-Mar 15	10	556365
Sa	3:30-4:00pm	Jan 12-Mar 16	10	556386
Su	10:00-10:30am	Jan 13-Mar 17	10	556421
Tu & Th	3:00-3:30pm	Feb 12-Mar 14	10	556490
Tu & Th	3:30-4:00pm	Feb 12-Mar 14	10	556492

Salmon

Mo-Fr	9:30-10:00am	Dec 31-Jan 4	5	556245
Tu & Th	3:00-3:30pm	Jan 8-Feb 7	10	556323
We	9:30-10:00am	Jan 9-Mar 13	10	556351
Fr	9:00-9:30am	Jan 11-Mar 15	10	556366
Sa	1:30-2:00pm	Jan 12-Mar 16	10	556387
Su	10:30-11:00am	Jan 13-Mar 17	10	556422
Tu & Th	3:30-4:00pm	Feb 12-Mar 14	10	556494

Sea Lions

Mo-Fr	11:00am-11:30am	Dec 31-Jan 4	5	556247
Tu & Th	5:00-5:30pm	Jan 8-Feb 7	10	556324
We	11:00-11:30am	Jan 9-Mar 13	10	556352
Fr	9:30-10:00am	Jan 11-Mar 15	10	556367
Sa	2:00-2:30pm	Jan 12-Mar 16	10	556388
Tu & Th	4:00-4:30pm	Feb 12-Mar 14	10	556495

Orcas

Mo-Fr	11:00-11:30am	Dec 31-Jan 4	5	556248
Tu & Th	5:00-5:30pm	Jan 8-Feb 7	10	556325
We	9:00-9:30am	Jan 9-Mar 13	10	556353
Fr	10:00-10:30am	Jan 11-Mar 15	10	556368
Sa	2:00-2:30pm	Jan 12-Mar 16	10	556389
Tu & Th	4:00-4:30pm	Feb 12-Mar 14	10	556496

Red Cross Swim Kids

6 - 12 years

Levels 1 – 10

45 minutes: 10/\$92 5/\$46

Swim Kids 1

Mo-Fr	9:00am-9:45am	Dec 31-Jan 4	5	556250
Mo-Fr	10:30-11:15am	Dec 31-Jan 4	5	556266
Tu & Th	4:15-5:00pm	Jan 8-Feb 7	10	556326
Tu & Th	4:30-5:15pm	Jan 8-Feb 7	10	556327
Sa	3:15-4:00pm	Jan 12-Mar 16	10	556390
Su	9:00-9:45am	Jan 13-Mar 17	10	556423
Tu & Th	3:45-4:30pm	Feb 12-Mar 14	10	556497
Tu & Th	5:00-5:45pm	Feb 12-Mar 14	10	556498

Swim Kids 2

Mo-Fr	9:45-10:30am	Dec 31-Jan 4	5	556257
Mo-Fr	11:15am-12:00pm	Dec 31-Jan 4	5	556265
Tu & Th	5:00-5:45pm	Jan 8-Feb 7	10	556328
Tu & Th	5:15-6:00pm	Jan 8-Feb 7	10	556329
Sa	2:30-3:15pm	Jan 12-Mar 16	10	556391
Su	9:45-10:30am	Jan 13-Mar 17	10	556424
Tu & Th	3:00-3:45pm	Feb 12-Mar 14	10	556499
Tu & Th	4:30-5:15pm	Feb 12-Mar 14	10	556500

Swim Kids 3

Mo-Fr	9:00-9:45am	Dec 31-Jan 4	5	556270
Tu & Th	3:00-3:45pm	Jan 8-Feb 5	10	556330
Sa	1:00-1:45pm	Jan 12-Mar 16	10	556393
Su	10:30-11:15am	Jan 13-Mar 17	10	556425
Tu & Th	5:15-6:00pm	Feb 12-Mar 12	10	556501

Swim Kids 4

Mo-Fr	9:45-10:30am	Dec 31-Jan 4	5	556277
Tu & Th	3:45-4:30pm	Jan 8-Feb 7	10	556331
Sa	1:45-2:30pm	Jan 12-Mar 16	10	556392
Su	11:15am-12:00pm	Jan 13-Mar 17	10	556426
Tu & Th	4:30-5:15pm	Feb 12-Mar 14	10	556502

Swim Kids 5

Mo-Fr	11:15am-12:00pm	Dec 31-Jan 4	5	556279
Tu & Th	3:30-4:15pm	Jan 8-Feb 7	10	556332
Tu & Th	4:30-5:15pm	Jan 8-Feb 7	10	556334
Sa	3:15-4:00pm	Jan 12-Mar 16	10	556395
Su	9:45-10:30am	Jan 13-Mar 17	10	556427
Tu & Th	4:30-5:15pm	Feb 12-Mar 14	10	556503

Swim Kids 6

Mo-Fr	10:30-11:15am	Dec 31-Jan 4	5	556285
Tu & Th	5:15-6:00pm	Jan 8-Feb 7	10	556333
Sa	2:30-3:15pm	Jan 12-Mar 16	10	556394
Su	9:00-9:45am	Jan 13-Mar 17	10	556428
Tu & Th	3:45-4:30pm	Feb 12-Mar 14	10	556504

Swim Kids 7

Mo-Fr	9:45-10:30am	Dec 31-Jan 4	5	556290
Tu & Th	3:00-3:45pm	Jan 8-Feb 7	10	556335
Sa	1:00-1:45pm	Jan 12-Mar 16	10	556396
Su	11:15am-12:00pm	Jan 13-Mar 17	10	556429
Tu & Th	3:00-3:45pm	Feb 12-Mar 14	10	556505

Swim Kids 8

Mo-Fr	9:45-10:30am	Dec 31-Jan 4	5	556296
Tu & Th	3:00-3:45pm	Jan 8-Feb 7	10	556336
Sa	1:00-1:45pm	Jan 12-Mar 16	10	556397
Su	11:15am-12:00pm	Jan 13-Mar 17	10	556430
Tu & Th	3:00-3:45pm	Feb 12-Mar 14	10	556506

Swim Kids 9

Mo-Fr	9:00-9:45am	Dec 31-Jan 4	5	556302
Tu & Th	3:45-4:30pm	Jan 8-Feb 7	10	556337
Sa	1:45-2:30pm	Jan 12-Mar 16	10	556398
Su	10:30-11:15am	Jan 13-Mar 17	10	556432
Tu & Th	5:15-6:00pm	Feb 12-Mar 14	10	556507

Swim Kids 10

Mo-Fr	9:00am-9:45pm	Dec 31-Jan 4	5	556307
Tu & Th	3:45-4:30pm	Jan 8-Feb 7	10	556338
Sa	1:45-2:30pm	Jan 12-Mar 16	10	556433
Su	10:30-11:15am	Jan 13-Mar 17	10	556437
Tu & Th	5:15-6:00pm	Feb 12-Mar 14	10	556508

Home School

Swimming Lessons

6 - 12 years

45 minutes: 10/\$92

We	11:30am-12:15pm	Jan 9-Mar 13	10	556357
We	11:30am-12:15pm	Jan 9-Mar 13	10	556358

Preteen Swim Training

10 - 16 years

1 hour: 5/\$45

Sa	1:00-2:00pm	Jan 12-Feb 9	5	556399
Sa	1:00-2:00pm	Feb 16-Mar 16	5	556400

Adult Swimming Lessons

Levels 1 – 3

45 minutes: 10/\$70

Level 1

We	10:30-11:15am	Jan 9-Mar 13	10	556354
Sa	2:00-2:45pm	Jan 12-Mar 16	10	556401

Level 2

We	10:30-11:15am	Jan 9-Mar 13	10	556355
Sa	2:45-3:30pm	Jan 12-Mar 16	10	556402

Level 3

We	10:30-11:15am	Jan 9-Mar 13	10	556356
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Water Safety Instructor

Stroke Prep Course

1 hour: 5/\$45

Su	11:00am-12:00pm	Jan 13-Feb 10	5	556440
Su	11:00am-12:00pm	Feb 17-Mar 17	5	557409

Masters & Triathlon

Swimming Introduction

1 hour: 10/\$90

Mo	6:30-7:30pm	Jan 7-Mar 11	10	557099
We	6:30-7:30pm	Jan 9-Mar 13	10	557100
Fr	10:30-11:30am	Jan 11-Mar 15	10	557101

Personal Swim Session

30 minutes: 10/\$265 55/\$132.50

Mo-Fr	9:00-9:30am	Dec 31-Jan 4	5	556312
Mo-Fr	9:30-10:00am	Dec 31-Jan 4	5	556313
Mo-Fr	10:00-10:30am	Dec 31-Jan 4	5	556314
Mo-Fr	10:30-11:00am	Dec 31-Jan 4	5	556315
Mo-Fr	11:00-11:30am	Dec 31-Jan 4	5	556316
Mo-Fr	11:30am-12:00pm	Dec 31-Jan 4	5	556317
Tu & Th	3:00-3:30pm	Jan 8-Feb 7	10	556339
Tu & Th	3:30-4:00pm	Jan 8-Feb 7	10	556340
Tu & Th	4:00-4:30pm	Jan 8-Feb 7	10	556341
Tu & Th	4:30-5:00pm	Jan 8-Feb 7	10	556342
Tu & Th	5:00-5:30pm	Jan 8-Feb 7	10	556343
Tu & Th	5:30-6:00pm	Jan 8-Feb 7	10	556344
Fr	10:00-10:30am	Jan 11-Feb 8	5	556370
Fr	10:30-11:00am	Jan 11-Feb 8	5	556372
Fr	11:00-11:30am	Jan 11-Feb 8	5	556374
Fr	11:30am-12:00pm	Jan 11-Feb 8	5	556376
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