



# Niagara-on-the-Lake

Aquatics Programming – Summer 2024  
April 17, 2024 - COTW General

# Agenda

- Aquatic Programs 2023
- New to Aquatics 2024
- Pool Schedules
- Daily Daytime Swimming Lessons
- Weekly Evening Swimming Lessons
- Swim Team/Aquatic Leadership
- Aquatic Registration



# Aquatic Programs Summer 2023



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## **Two (2) 2-Week Sessions**

- Morning Daily Group Swimming Lessons
- Morning Daily Advanced Lessons

## **Private & Semi Private Lessons**

- Six (6) 30-minute lessons, mutually agreed upon time and day with instructor subject to pool and instructor availability.

# Aquatic Programs 2023

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## **Aquatic Leadership**

- Bronze Medallion & Bronze Cross crash course

## **Electrifying Eels Swim Team**

- Niagara Pool: Practices Tues/Thurs 12:00 p.m. – 1:00 p.m.
- St Davids. Pool: Practices Mon/Wed 12:00 p.m. – 1:00 p.m.

## **Drop-in Swimming**

- Lane Swim, Public Swim, Family Swim

# New to Aquatics Summer 2024



# New to Aquatics Summer 2024

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## **Group Lessons, Advanced Lessons and Private Swimming Lessons**

- Resident and Non-Resident Fees and Registration Dates
- All classes pre-scheduled in ActiveNET
- Weekly Evening Lessons Monday-Friday
- Daily Morning Lessons in three (3) two week sessions

## **Drop-in Swimming Schedule**

- Aqua Fitness
- Early evening Lane Swim and Public Swim
- Summer Camp swimming at Niagara and St. Davids

# New to Aquatics Summer 2024

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## Technology & Customer Experience Advancements

- Use ActiveNET to track swimming lesson class data
- LTE iPad at Niagara Pool and St. Davids Pool
- Purchase of ActiveNET POS module for accurate drop-in record keeping
- Pool Membership sales online



# Summer 2024 Pool Schedules



# Summer 2024 Pool Schedules

Visit [www.notl.com/aquatics-programs](http://www.notl.com/aquatics-programs)



# Aqua Fitness

**Daily class options Monday-Friday**

**45 minute workout – 15 minute leisure**

**Drop-in – no registration required**

**Aquatics staff trained to instruct**



## Daily Daytime Swimming Lessons



# Group Swim Lessons: Daily Daytime

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**Ten (10) 30-minute lessons offered Monday - Friday in three 2-week sessions during July and August.**

**Learn to Swim Levels:** Lifesaving Society Parent & Tot (4 months - 3 years old), Preschool (3-5 years old) and Swimmer (5-12 years old).

**Cost:** Residents \$61.00 / Non-Residents \$66.00

**Session 1:** July 1 - 12

**Session 2:** July 15 - 26

**Session 3:** August 5 – August 16

# Advanced Swim Lessons: Daily Daytime

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**Ten (10) 1-hour lessons offered Monday - Friday in three 2-week sessions during July or August**

**Swim Levels Offered:** Lifesaving Society Canadian Swim Patrol and Lifesaving Society Bronze Star.

**Cost:** Resident \$77.75 / Non-Resident \$84.00

**Session 1:** July 1 - 12 (Bronze Star – Niagara Pool)

**Session 2:** July 15 – 26 (Canadian Swim Patrol – St. Davids Pool)

**Session 3:** August 5 - August 16 (Bronze Star – St Davids Pool / Canadian Swim Patrol – Niagara Pool)

# Private/Semi-Private Lessons: Daily Daytime

**Five (5) 30-minute lessons offered at the same time Monday - Friday in a 1-week session during July and August.**

Semi-private lessons can be done with friends and family within two swim levels of each other (up to three people).

**Cost – Private Lesson:** Resident \$147.90 (per participant) / Non-Resident \$159.75 (per participant)

**Cost – Semi-Private Lesson:** Resident \$74.35 (per participant) / Non-Resident \$80.40 (per participant)

**Week 1:** July 1 - 5

**Week 2:** July 8 - 12

**Week 3:** July 15 - 19

**Week 4:** July 22 - 26

**Week 5:** No Classes

**Week 6:** August 5 – 9

**Week 7:** August 12 - 16

**Week 8:** August 19 - 23

**Week 9:** No Classes

# Daily Daytime: Lesson Scheduling

## Niagara Pool – Session 3

| Wendy C.                 | Erwin W.                   | Nick R. (Head Guard) |
|--------------------------|----------------------------|----------------------|
| Private<br>9:30-10:00    | Private<br>9:30-10:00      | Head Guard           |
| Pre 1/2<br>10:00-10:30   | Swimmer 5/6<br>10:00-10:30 |                      |
| Pre 3<br>10:30-11:00     | Swimmer 1<br>10:30-11:00   | CSP<br>10:30-11:30   |
| Swimmer 2<br>11:00-11:30 | Swimmer 3/4<br>11:00-11:30 |                      |
| Private<br>11:30-12:00   | Private<br>11:30-12:00     |                      |

## St. Davids Pool – Session 3

| Adriana V.             | Sandra O.                  | Gary Z. (Head Guard)      |
|------------------------|----------------------------|---------------------------|
| Private<br>9:30-10:00  | Private<br>9:30-10:00      | Bronze Star<br>9:30-10:30 |
| Pre 4/5<br>10:00-10:30 | Swimmer 3/4<br>10:00-10:30 |                           |
| Pre 1/2<br>10:30-11:00 | Swimmer 1/2<br>10:30-11:00 |                           |
| Pre 3<br>11:00-11:30   | Swimmer 5/6<br>11:00-11:30 | P&T 1/2/3<br>11:00-11:30  |
| Private<br>11:30-12:00 | Private<br>11:30-12:00     |                           |



## Weekly Early Evening Swimming Lessons



# Group Swim Lessons: Weekly Evening

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**Eight (8) 30-minute lessons offered once per week during July and August, with options Monday - Friday.**

**Time:** Between 4:00 p.m.-5:30 p.m.

**Swim Levels Offered:** Lifesaving Society Parent & Tot (4 months - 3 years old), Preschool (3-5 years old) and Swimmer (5-12 years old).

**Cost:** Residents \$48.80 / Non-Residents \$52.80

**Monday Lessons:** July 1 – August 19

**Tuesday Lessons:** July 2 – August 20

**Wednesday Lessons:** July 3 – August 21

**Thursday Lessons:** July 4 – August 22

**Friday Lessons:** July 5 – August 23



# Advanced Swim Lessons: Weekly Evening

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**Eight (8) 1-hour lessons offered once per week during July and August, with options Tuesday and Thursday.**

**Time:** Tuesday or Thursday 4:30 p.m. – 5:30 p.m.

**Swim Levels Offered:** Lifesaving Society Canadian Swim Patrol and Lifesaving Society Bronze Star.

**Cost:** Resident \$69.30 / Non-Resident \$75.60

**Tuesday Lessons:** July 2 – August 20 (Bronze Star – Niagara Pool)

**Thursday Lessons:** July 4 – August 22 (Canadian Swim Patrol – St Davids)

# Private/Semi-Private Lessons: Weekly Evening

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**Eight (8) 30-minute Lessons same day and time once per week**

**Cost – Private Lesson:** Resident \$236.00 (per participant) / Non-Resident \$255.60 (per participant)

**Cost – Semi-Private Lesson:** Resident \$118.96 (per participant) / Non-Resident \$128.64 (per participant)

**Monday Lessons:** July 1 – August 19

**Tuesday Lessons:** July 2 – August 20

**Wednesday Lessons:** July 3 – August 21

**Thursday Lessons:** July 4 – August 22

**Friday Lessons:** July 5 – August 23

# Swim Team & Aquatic Leadership



# Electrifying Eels Swim Team

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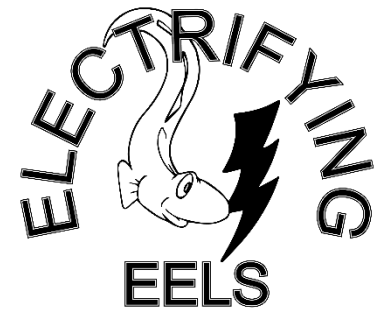
**Season Cost:** Resident \$140.00 / Non-Resident - \$151.25

## **Practice Schedule:**

Niagara Pool: Monday & Wednesday 12:00 p.m. - 1:00 p.m. (First Practice: July 1)

St. Davids Pool: Tuesday & Thursday 12:00 p.m. - 1:00 p.m. (First Practice: July 2)

**Season Dates:** Monday, July 1 – Friday, August 30



# BECOME A LIFEGUARD & INSTRUCTOR



**BRONZE  
MEDALLION**

**BRONZE  
CROSS**

**NATIONAL  
LIFEGUARD**

**SWIM &  
LIFESAVING  
INSTRUCTOR**

**APPLY TO LIFEGUARD IN  
NIAGARA-ON-THE-LAKE!**



**1**

## **Bronze Medallion**

**Get started on the path to become a lifeguard**

**Prerequisites:** 13 years of age, or successful completion of Bronze Star

Learn about the 4 components of water rescue education: judgement, knowledge, skill, and fitness.

**2**

## **Bronze Cross**

**Learn more advanced lifesaving and supervision skills**

**Prerequisites:** Bronze Medallion and Emergency First Aid with CPR-B

Challenge yourself with more advanced training and be introduced to aquatic safety supervision.

**3**

## **National Lifeguard - Pool**

**Canada's only nationally recognized lifeguard certification**

**Prerequisites:** 15 years of age, and successful completion of Bronze Cross

Develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the lifeguard's role.

**4**

## **LSS Swim & Lifesaving Instructor**

**Learn to teach swimming lessons, first aid, and leadership**

**Prerequisites:** 15 years of age, and successful completion of Bronze Cross

Develop an understanding of lesson planning, class management, aquatic safety and supervision, and leadership as a Swim Instructor.

**5**

## **Apply to Lifeguard in Niagara-on-the-Lake!**

**Work for the Town you love! Meet great people, teach & build lifelong skills**

**Required Qualifications:** 15 years of age, National Lifeguard, Swim & Lifesaving Instructor

Summer 2024 employment opportunities are available for Lifeguarding, Swim Instructing, Wading Pool Staff (Standard First Aid ONLY)

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# Aquatic Registration



# Aquatic Registration

**Summer 2024**

**Session Dates:**  
July 1 – August 30  
**Total Weeks:**  
9 Weeks

**Programs Viewable to Public:**  
April 17

**Registration (Residents)**  
May 1

**Registration (Non-Residents)**  
May 8



Home Activities Reservations Calendars

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Acti

Q Search

When

In progress

| ACTIVITY CATEGORIES                   |  | AGE CATEGORIES |        |
|---------------------------------------|--|----------------|--------|
| Bronze Medal Programs                 | St. Davids Pool: Group Lessons (Daytime) | Adult          | Senior |
| Niagara Pool: Advanced Swim Lessons   | St. Davids Pool: Group Lessons (Evening) | Family         | Youth  |
| Niagara Pool: Group Lessons (Daytime) | St. Davids Pool - Advanced Swim Lessons  |                |        |
| Niagara Pool: Group Lessons (Evening) | St. Davids Pool - Private Swim Lessons   |                |        |
| Niagara Pool -                        |  |                |        |





**Thank you.  
Any Questions?**