

# Swim Program 2024

\$50/session  
\$125/session  
(Family Rate 3 or more children)

## Swim Program: Cardinal Pool

Both Johnstown and Cardinal community pools will offer swimming lessons by the Lifesaving Society's Swim for Life and Lifesaving Instructional program. Lessons will stress in-water practice to develop solid swimming strokes and skills, as well as Water Smart education which will last a lifetime.

### Please note:

- We can't reschedule group lessons missed due to weather, or mechanical issues. Refunds or credits won't be issued in these cases.
- During thunder or lightning, lessons will pause for 30 minutes after the last clap of thunder or last bolt of lightning.
- If there's a thunderstorm, feel free to call the pool for opening status updates. In heavy rain, the pool may close if staff can't clearly see the pool bottom.

### Cardinal Evening Lessons: Monday and Wednesday

Session 1: July 1<sup>st</sup>, 3<sup>rd</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup> and 24<sup>th</sup>

Session 2: July 29<sup>th</sup>, 31<sup>st</sup>, August 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup> and 21<sup>st</sup>

<b>5:30 p.m. to 6 p.m.</b>	<ul style="list-style-type: none"><li>• Preschool 1</li><li>• Preschool 2</li></ul>
<b>5:30 p.m. to 6:15 p.m.</b>	<ul style="list-style-type: none"><li>• Swimmer 3</li><li>• Swimmer 4</li></ul>
<b>6 p.m. to 6:30 p.m.</b>	<ul style="list-style-type: none"><li>• Preschool 2</li><li>• Swimmer 1</li></ul>
<b>6:15 p.m. to 7 p.m.</b>	<ul style="list-style-type: none"><li>• Swimmer 5</li><li>• Swimmer 6</li></ul>
<b>6:30 p.m. to 7 p.m.</b>	<ul style="list-style-type: none"><li>• Preschool 3</li><li>• Swimmer 2</li></ul>

*Please note: Times and swim level may change.*

# Swim Program 2024

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## Cardinal Evening Lessons: Tuesday and Thursday

Session 1: July 2<sup>nd</sup>, 4<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup> and 25<sup>th</sup>

Session 2: July 30<sup>th</sup>, August 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup> and 22<sup>nd</sup>

<b>5:30 p.m. to 6 p.m.</b>	<ul style="list-style-type: none"> <li>• Parent and Tot</li> <li>• Preschool 1</li> <li>• Preschool 2</li> <li>• Swimmer 1</li> </ul>
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## Cardinal Day Lessons: Monday to Friday

Session 1: July 1<sup>st</sup> to 12<sup>th</sup>

<b>9 a.m. to 9:30 a.m.</b>	<ul style="list-style-type: none"> <li>• Preschool 1</li> <li>• Preschool 2</li> <li>• Swimmer 1</li> </ul>
<b>9 a.m. to 9:45 a.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 4</li> </ul>
<b>9:30 a.m. to 10 a.m.</b>	<ul style="list-style-type: none"> <li>• Preschool 2</li> <li>• Preschool 3</li> <li>• Swimmer 2</li> </ul>
<b>9:45 a.m. to 10:30 a.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 6</li> </ul>
<b>10 a.m. to 10:30 a.m.</b>	<ul style="list-style-type: none"> <li>• Preschool 3</li> <li>• Preschool 4</li> </ul>
<b>10 a.m. to 10:45 a.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 3</li> </ul>
<b>10 a.m. to 11 a.m.</b>	<ul style="list-style-type: none"> <li>• Rookie Ranger Star</li> </ul>
<b>10:30 a.m. to 11:15 a.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 2</li> <li>• Swimmer 3</li> </ul>
<b>10:45 a.m. to 11:15 a.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 2</li> </ul>
<b>11 a.m. to 11:30 a.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 1</li> </ul>
<b>11:15 a.m. to 11:45 a.m.</b>	<ul style="list-style-type: none"> <li>• Parent and Tot</li> </ul>
<b>11:15 a.m. to 12 p.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 4</li> <li>• Swimmer 5</li> </ul>
<b>11:30 a.m. to 12 p.m.</b>	<ul style="list-style-type: none"> <li>• Swimmer 2</li> </ul>

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## Cardinal Day Lessons: Monday to Friday

Session 2: July 15<sup>th</sup> to 26<sup>th</sup>

9 a.m. to 9:30 a.m.	<ul style="list-style-type: none"><li>• Preschool 2</li><li>• Swimmer 1</li></ul>
9 a.m. to 9:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 3</li></ul>
9 a.m. to 10 a.m.	<ul style="list-style-type: none"><li>• Rookie Ranger Star</li></ul>
9:30 a.m. to 10 a.m.	<ul style="list-style-type: none"><li>• Preschool 3</li><li>• Swimmer 2</li></ul>
9:45 a.m. to 10:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 5</li><li>• Swimmer 6</li></ul>
10 a.m. to 10:30 a.m.	<ul style="list-style-type: none"><li>• Preschool 1</li><li>• Preschool 4</li></ul>
10 a.m. to 10:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li></ul>
10:30 a.m. to 11 a.m.	<ul style="list-style-type: none"><li>• Swimmer 1</li><li>• Swimmer 2</li></ul>
10:30 a.m. to 11:15 a.m.	<ul style="list-style-type: none"><li>• Swimmer 3</li></ul>
10:45 a.m. to 11:15 a.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>
11 a.m. to 11:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>
11 a.m. to 11:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li></ul>
11:15 a.m. to 12 p.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li><li>• Swimmer 5</li><li>• Swimmer 6</li></ul>
11:30 a.m. to 12 p.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>

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## Cardinal Day Lessons: Monday to Friday

Session 3: July 29<sup>th</sup> to August 9<sup>th</sup>

9 a.m. to 9:30 a.m.	<ul style="list-style-type: none"><li>• Preschool 1</li><li>• Swimmer 1</li></ul>
9 a.m. to 9:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 3</li></ul>
9 a.m. to 10 a.m.	<ul style="list-style-type: none"><li>• Rookie Ranger Star</li></ul>
9:30 a.m. to 10 a.m.	<ul style="list-style-type: none"><li>• Preschool 3</li><li>• Swimmer 2</li></ul>
9:45 a.m. to 10:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 5</li><li>• Swimmer 6</li></ul>
10 a.m. to 10:30 a.m.	<ul style="list-style-type: none"><li>• Preschool 2</li><li>• Preschool 4</li></ul>
10 a.m. to 10:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li></ul>
10:30 a.m. to 11 a.m.	<ul style="list-style-type: none"><li>• Swimmer 1</li><li>• Swimmer 2</li></ul>
10:30 a.m. to 11:15 a.m.	<ul style="list-style-type: none"><li>• Swimmer 3</li></ul>
10:45 a.m. to 11:15 a.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>
11 a.m. to 11:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>
11 a.m. to 11:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li></ul>
11:15 a.m. to 11:45 a.m.	<ul style="list-style-type: none"><li>• Parent and Tot</li></ul>
11:15 a.m. to 12 p.m.	<ul style="list-style-type: none"><li>• Swimmer 5</li><li>• Swimmer 6</li></ul>
11:30 a.m. to 12 p.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li></ul>

*Please note: Times and swim level may change.*

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## Cardinal Day Lessons: Monday to Friday

Session 4: August 15<sup>th</sup> to 26<sup>th</sup>

9 a.m. to 9:30 a.m.	<ul style="list-style-type: none"><li>• Preschool 1</li><li>• Swimmer 1</li><li>• Swimmer 2</li></ul>
9 a.m. to 9:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 4</li></ul>
9:30 a.m. to 10 a.m.	<ul style="list-style-type: none"><li>• Preschool 2</li><li>• Preschool 3</li><li>• Swimmer 2</li></ul>
9:45 a.m. to 10:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 5</li><li>• Swimmer 6</li></ul>
10 a.m. to 10:45 a.m.	<ul style="list-style-type: none"><li>• Swimmer 3</li><li>• Swimmer 4</li></ul>
10 a.m. to 11 a.m.	<ul style="list-style-type: none"><li>• Rookie Ranger Star</li></ul>
10:30 a.m. to 11:15 a.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>
10:45 a.m. to 11:15 a.m.	<ul style="list-style-type: none"><li>• Swimmer 2</li></ul>
10:45 a.m. to 11:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 3</li></ul>
11 a.m. to 11:30 a.m.	<ul style="list-style-type: none"><li>• Swimmer 1</li></ul>
11:15 a.m. to 12 p.m.	<ul style="list-style-type: none"><li>• Swimmer 5</li><li>• Swimmer 6</li><li>• Swimmer 4</li></ul>
11:30 a.m. to 12 p.m.	<ul style="list-style-type: none"><li>• Parent and Tot</li><li>• Swimmer 2</li></ul>

*Please note: Times and swim level may change.*