



Kemptville Pool 2022 Aquatics Program

Important Note – Registration Start Date

Registration for all 2022 aquatics programs will begin online at 7:00 a.m. on Wednesday, May 18, 2022, on a first-come, first-served basis.

Contacts

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Welcome to the Kemptville Pool 2022 Season!

Whether you are a returning patron or are new to our pool, we are excited to welcome you this season. The information contained in this package will prepare you for participating in our programming this summer. Please take the time to review prior to registering for programs and visiting our facility. Direct questions to the Recreation Coordinator (contact information on front page).

Ongoing Impact of Covid-19 on Pool Operations

We are pleased to be returning to more familiar pool programming and operations for the first time since the pandemic began. Unfortunately, we are experiencing a shortage of qualified lifeguards which has resulted in a need to continue to offer scaled back programming. The number of group and private lessons has been reduced and some capacity restrictions are in place based on current staffing levels. A shortage of certified lifeguards is a Canada-wide issue due to the long interruption in training due to Covid-19. We have added more Bronze Level certification classes and hope to see more young people pursue lifeguard certification to close the gap in future years.

Please self-screen for Covid-19 using the provincial screening tool prior to attending.

Use of Equipment

A limited number of PFDs and goggles are available to borrow.

Public, Family, and Adult/Lane Swim

The most up to date schedule for Public, Family, and Adult/Lane Swimming is available on the community calendar at www.northgrenville.ca. We have returned to a pay at the door system (cash only) with no requirement to reserve tickets in advance.

Thunderstorms, Rain, and Other Interruptions

In the event of a clap of thunder or lightning there are no lessons for 20 minutes after the last clap of thunder and 30 minutes after lightning. In the event of a thunderstorm, you are welcome to call the pool to ask about the situation. In the event of pouring rain, the pool will be closed if staff on duty are unable to clearly see the bottom of the pool. We are unable to make up group lessons missed due to thunderstorms, mechanical problems, or necessary maintenance procedures (such as for pool fouling) and no refunds or credits will be issued.

Registration

Online registration is available through our website at:

<https://www.northgrenville.ca/play/recreation/program-registration>.

We will open registration for all 2022 aquatics programs at 7:00 am on Wednesday, May 18, 2022. You can also click on the hyperlinked barcodes in the program listing in this document and it will take you directly to that program in our registration system. Full payment is required at the time of registration. If the program you are interested in is full, you have the option of putting your name on a waiting list. If a space opens, you will be contacted to confirm your registration or to pass the spot to the next in line.

Prior to registration dates, you can create a family account or sign into your existing account to ensure you remember your user ID and password. If you run into trouble, we are an email or a phone call away (recprograms@northgrenville.on.ca or 613-258-9569 ext. 123).

Unforeseen Circumstances

Due to the unpredictability of Covid-19 (protective measures), weather and pool maintenance issues; pool programming and safety requirements are subject to change.

Program-Specific Information

Returning to In-water Instruction

Our instructors will be returning to in-water instruction this season. There will be no requirement for family members to assist younger swimmers in water.

Aqua Fitness/Aqua Zumba

We are unable to offer aqua fitness this season. We have increased availability of Adult/Lane Swim times and encourage adults to enjoy these or any other public or family swim time.

Bluefins Swim Team

This year, the Bluefins Swim Team will be returning to one senior and one junior group, each group practicing daily Monday through Thursday. A Kemptville swim meet is scheduled for Saturday August 13th, 2022, and other swim meet dates will be circulated when received.

JR Team: Swimmers aged 6 to 10, having completed Swimmer Level 2 (or equivalent) and able to swim at least 200-metres continuously (8 lengths of the pool) of a core stroke (front crawl, back crawl, breaststroke) are welcome. JR team practices are Monday through Thursday from 3:15 p.m. to 4:00 p.m.

SR Team: Swimmers aged 11-16, having completed Swimmer Level 3 (or equivalent) and able to swim at least 200-metres continuously (8 lengths of the pool) of a core stroke (front crawl, back crawl, breaststroke) are welcome. SR team practices are Monday through Thursday from 4:00 p.m. to 5:00 p.m.

Lifesaving Swim Program Descriptions

Parent and Tot Club (4 - 35 months)

This exciting program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Ages 4 months to 36 months, one adult must accompany each child in the water. Register for either Tuesdays 6:15 - 6:45 p.m. or Thursdays 6:15 p.m. – 6:45 p.m.

Preschool A/B (3 to 5 years)

Through songs and games, children will learn to get in and out of the water with assistance. Wearing PFDs, they will try floats, glides on front and back, and side rolls as well as learning the importance of water smart messages. They will learn to blow bubbles and get their face wet; some children may feel comfortable to fully submerge themselves. With a buoyant aid, kids will work on moving through the water kicking on their front and back.

Preschool C/D/E (3 to 5 years)

Wearing a PFD, these youngsters will try jumping into chest-deep water and should progress to jumping into the deeper water wearing a PFD and getting out by themselves. They will work on moving efficiently through the water on their front and back, and while wearing a PFD. They will learn to support themselves at the surface, recover objects from the bottom and open their eyes underwater, as well as attempting side rolls wearing a PFD. They will master short (3-5-metre) swims on their front and back and will work towards swimming front and back crawl and attempt whip kick in vertical position. Children will also learn the importance of water smart messages.

Swimmer 1 (minimum 6 years)

These beginners will become comfortable jumping into water, opening their eyes and exhaling underwater. Floating, gliding, side roll entries, kicking and an introduction to sculling will give them the foundation needed to be comfortable in the water, and develop swimming strokes in future levels. Children will also learn the importance of water smart messages. Enroll at six years old as an introduction.

Swimmer 2

Participants will jump into deep water, learn to support themselves with an aid, and learn the foundation of effective whip kick. They will build confidence in both deep and shallow water, and develop breaststroke, front, and back crawl over short distances. Completion of Swimmer 1 or Preschool E is strongly recommended. Children will continue to learn the importance of water smart messages.

Swimmer 3

These swimmers will dive, jump, and roll into the water and develop water smart attitudes. They will improve their front and back crawl, tread water, add propulsion to their whip kick, swim underwater and continue to build endurance with swims of up to 50-metres.

Swimmer 4

Swimmers will refine entry and surface dives. They will learn the eggbeater kick, sculling and breaststroke while continuing to improve their front and back crawl and work towards a 100-metre endurance swim. Children will continue to learn the importance of water smart messages.

Swimmer 5

These swimmers will master shallow dives, eggbeater, and foot-first sculling. Surface dives will take them down to underwater swims while sprints and interval training will improve both the efficiency and endurance of their breaststroke, front, and back crawls. Children will continue to learn the importance of water smart messages.

Swimmer 6

These swimmers will perfect their swimming strokes while building up to a 300-metre endurance swim. They will perfect a variety of movement and underwater skills while continuing to build fitness and efficiency through sprints and interval swim training. Children will continue to learn the importance of water smart messages.

Swimmer 7 (Rookie Patrol)

These swimmers will begin the exciting journey into advanced swimming and basic lifesaving. They will complete a 350-metre workout and learn the water-safety skills that can save lives. Perfect for kids looking for more than just swimming lessons.

Swimmer 8 (Ranger Patrol)

These junior lifesavers will continue to build water strength and fitness while practicing the ins and outs of lifesaving kicks, approaches, entries, underwater searches, object support and first aid skills. Swimmers will complete a 200-metre swim in six minutes or better.

Swimmer 9 (Star Patrol)

These junior lifesavers will work towards a challenging 600-metre workout and complete a 300-metre swim in nine minutes or better. They will continue to perfect exciting lifesaving skills like underwater searches, safe victim removals, whistle communication, towing rescue, and resuscitation.

Private Swim Lessons

Earn a badge, overcome a fear of water, or master a skill. Private lessons are available for children, youth, and adults. A certified instructor will work one-on-one. In 2022 there is a limited number of private lesson timeslots available due to a staffing shortage. Private lesson packages typically include four or five 30-minute lessons.

Bronze Level Certifications

Bronze Star (Prerequisite: min. 11 years)

Designed for youth who want to take Bronze Medallion and are not the required 13 years of age. Prepares candidates for timed swims and rescue skills required at the Bronze Medallion level.

Bronze Medallion & Emerg. First Aid/CPR B (Prerequisite: min. 13 years or Bronze Star)

The Bronze Medallion Award teaches rescuers tows and carries, and defense methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim.

Bronze Cross (Prerequisite: Bronze Medallion & Emergency First Aid/CPR B)

Bronze Cross is 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 and Instructor certification.

2022 Aquatics Programs - Kemptville Pool

Saturday & Season Programs

Session	Level	Time	Instructor	PIN
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Preschool A/B	9:15-9:45	2	00001197
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Preschool A/B	9:50-10:20	1	00001198
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Preschool C/D/E	8:40-9:10	2	00001199
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Preschool C/D/E	9:50-10:20	2	00001200
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 1	9:15-9:45	1	00001201
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 1	11:15-11:45	1	00001202
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 2	8:40-9:10	1	00001203
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 2	11:15-11:45	2	00001204
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 3	8:40-9:25	3	00001205
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 3	10:25-11:10	1	00001206
Saturday (June 18-Aug 27, excl. Aug 13 10 class)	Swimmer 4	10:25-11:10	2	00001207
Saturday (June 18-July 16 5 class)	Private	9:30-10:00	3	00001208
Saturday (June 18-July 16 5 class)	Private	10:05-10:35	3	00001209
Saturday (June 18-July 16 5 class)	Private	10:40-11:10	3	00001210
Saturday (June 18-July 16 5 class)	Private	11:15-11:45	3	00001211
Saturday (July 23-Aug 27, excl. Aug 13 5 class)	Private	9:30-10:00	3	00001212
Saturday (July 23-Aug 27, excl. Aug 13 5 class)	Private	10:05-10:35	3	00001213
Saturday (July 23-Aug 27, excl. Aug 13 5 class)	Private	10:40-11:10	3	00001214
Saturday (July 23-Aug 27, excl. Aug 13 5 class)	Private	11:15-11:45	3	00001215
Swim Team JR (July 4-August 25, excl. Aug 1)	Swim Team JR	Mon-Thurs: 3:15-4:00	Coach	00001216
Swim Team SR (July 4-August 25, excl. Aug 1)	Swim Team SR	Mon-Thurs: 4:00-5:00	Coach	00001217
Parent & Tot Club Tuesdays (July 5-Aug 23)	Parent & Tot Club	Tues: 6:15-6:45	12	00001218
Parent & Tot Club Thursdays (July 7-Aug 25)	Parent & Tot Club	Thurs: 6:15-6:45	12	00001219

2022 Aquatics Programs - Kemptville Pool
Swim Session 1 - July 4-July 15, 2022
(Mon-Fri)

Level	Time	Instructor	PIN
Preschool A/B	9:05-9:35	6	00001220
Preschool A/B	9:20-9:50	1	00001221
Preschool A/B	9:40-10:10	7	00001222
Preschool A/B	9:55-10:25	2	00001223
Preschool A/B	10:30-11:00	3	00001224
Preschool C/D/E	9:20-9:50	2	00001225
Preschool C/D/E	9:40-10:10	6	00001226
Preschool C/D/E	9:55-10:25	3	00001227
Preschool C/D/E	10:30-11:00	4	00001228
Preschool C/D/E	11:20-11:50	1	00001229
Swimmer 1	8:30-9:00	7	00001230
Swimmer 1	9:20-9:50	3	00001231
Swimmer 1	9:55-10:25	4	00001232
Swimmer 1	10:15-10:45	6	00001233
Swimmer 2	8:30-9:00	6	00001234
Swimmer 2	9:05-9:35	7	00001235
Swimmer 2	9:20-9:50	4	00001236
Swimmer 2	10:45-11:15	1	00001237
Swimmer 2	11:20-11:50	2	00001238
Swimmer 3	9:55-10:40	1	00001239
Swimmer 3	10:30-11:15	2	00001240
Swimmer 3	11:05-11:50	3	00001241
Swimmer 4	8:30-9:15	1	00001242
Swimmer 4	10:50-11:35	6	00001243
Swimmer 5	8:30-9:15	2	00001244
Swimmer 6	8:30-9:15	3	00001245
Swimmer 7/8/9	8:30-9:15	4	00001246
Swimmer 7/8/9	11:05-11:50	4	00001247
Bronze Star	8:30-9:30	5	00001248

Level	Time	Instructor	PIN
Private (July 4-July 8 5 classes)	9:35-10:05	5	00001249
Private (July 4-July 8 5 classes)	10:10-10:40	5	00001250
Private (July 4-July 8 5 classes)	10:15-10:45	7	00001251
Private (July 4-July 8 5 classes)	10:45-11:15	5	00001252
Private (July 4-July 8 5 classes)	10:50-11:20	7	00001253
Private (July 4-July 8 5 classes)	11:20-11:50	5	00001254
Private (July 4-July 8 5 classes)	11:25-11:55	7	00001255
Private (July 11-July 15 5 classes)	9:35-10:05	5	00001256
Private (July 11-July 15 5 classes)	10:10-10:40	5	00001257
Private (July 11-July 15 5 classes)	10:15-10:45	7	00001258
Private (July 11-July 15 5 classes)	10:45-11:15	5	00001259
Private (July 11-July 15 5 classes)	10:50-11:20	7	00001260
Private (July 11-July 15 5 classes)	11:20-11:50	5	00001261
Private (July 11-July 15 5 classes)	11:25-11:55	7	00001262

2022 Aquatics Programs - Kemptville Pool
Swim Session 2 - July 18-July 29, 2022
(Mon-Fri)

Level	Time	Instructor	PIN
Preschool A/B	9:05-9:35	6	00001263
Preschool A/B	9:20-9:50	1	00001264
Preschool A/B	9:40-10:10	7	00001265
Preschool A/B	9:55-10:25	2	00001266
Preschool A/B	10:30-11:00	3	00001267
Preschool C/D/E	9:20-9:50	2	00001268
Preschool C/D/E	9:40-10:10	6	00001269
Preschool C/D/E	9:55-10:25	3	00001270
Preschool C/D/E	10:30-11:00	4	00001271
Preschool C/D/E	11:20-11:50	1	00001272
Swimmer 1	8:30-9:00	7	00001273
Swimmer 1	9:20-9:50	3	00001274
Swimmer 1	9:55-10:25	4	00001275
Swimmer 1	10:15-10:45	6	00001276
Swimmer 2	8:30-9:00	6	00001277
Swimmer 2	9:05-9:35	7	00001278
Swimmer 2	9:20-9:50	4	00001279
Swimmer 2	10:45-11:15	1	00001280
Swimmer 2	11:20-11:50	2	00001281
Swimmer 3	9:55-10:40	1	00001282
Swimmer 3	10:30-11:15	2	00001283
Swimmer 3	11:05-11:50	3	00001284
Swimmer 4	8:30-9:15	1	00001285
Swimmer 4	10:50-11:35	6	00001286
Swimmer 5	8:30-9:15	2	00001287
Swimmer 6	8:30-9:15	3	00001288
Swimmer 7/8/9	8:30-9:15	4	00001289
Swimmer 7/8/9	11:05-11:50	4	00001290
Bronze Medallion (July 18-July 22) Exam: July 22	8:00-12:30	5	00001291
Bronze Cross (July 25-July 29) Exam: July 29	8:00-12:30	5	00001292

Level	Time	Instructor	PIN
Private (July 18-July 22 5 classes)	10:15-10:45	7	00001293
Private (July 18-July 22 5 classes)	10:50-11:20	7	00001294
Private (July 18-July 22 5 classes)	11:25-11:55	7	00001295
Private (July 25-July 29 5 classes)	10:15-10:45	7	00001296
Private (July 25-July 29 5 classes)	10:50-11:20	7	00001297
Private (July 25-July 29 5 classes)	11:25-11:55	7	00001298

2022 Aquatics Programs - Kemptville Pool
Swim Session 3 - August 2-August 12, 2022
(Mon-Fri, no class Aug.1)

Level	Time	Instructor	PIN
Preschool A/B	9:20-9:50	1	00001299
Preschool A/B	9:55-10:25	2	00001300
Preschool A/B	10:30-11:00	3	00001301
Preschool C/D/E	9:20-9:50	2	00001302
Preschool C/D/E	9:55-10:25	3	00001303
Preschool C/D/E	10:30-11:00	4	00001304
Preschool C/D/E	11:20-11:50	1	00001305
Swimmer 1	9:20-9:50	3	00001306
Swimmer 1	9:55-10:25	4	00001307
Swimmer 2	9:20-9:50	4	00001308
Swimmer 2	10:45-11:15	1	00001309
Swimmer 2	11:20-11:50	2	00001310
Swimmer 3	9:55-10:40	1	00001311
Swimmer 3	10:30-11:15	2	00001312
Swimmer 3	11:05-11:50	3	00001313
Swimmer 4	8:30-9:15	1	00001314
Swimmer 4	11:05-11:50	4	00001315
Swimmer 5	8:30-9:15	2	00001316
Swimmer 6	8:30-9:15	3	00001317
Swimmer 7/8/9	8:30-9:15	4	00001318
Bronze Star	8:30-9:30	5	00001319
Private (Aug. 2-Aug. 5 4 classes)	8:30-9:00	6	00001320
Private (Aug. 2-Aug. 5 4 classes)	9:05-9:35	6	00001321
Private (Aug. 2-Aug. 5 4 classes)	9:35-10:05	5	00001322
Private (Aug. 2-Aug. 5 4 classes)	9:40-10:10	6	00001323
Private (Aug. 2-Aug. 5 4 classes)	10:10-10:40	5	00001324
Private (Aug. 2-Aug. 5 4 classes)	10:15-10:45	6	00001325
Private (Aug. 2-Aug. 5 4 classes)	10:45-11:15	5	00001326
Private (Aug. 2-Aug. 5 4 classes)	10:50-11:20	6	00001327

Level	Time	Instructor	PIN
Private (Aug. 2-Aug. 5 4 classes)	11:20-11:50	5	00001328
Private (Aug. 2-Aug. 5 4 classes)	11:25-11:55	6	00001329
Private (Aug. 8-Aug 12 5 classes)	8:30-9:00	6	00001330
Private (Aug. 8-Aug 12 5 classes)	9:05-9:35	6	00001331
Private (Aug. 8-Aug 12 5 classes)	9:35-10:05	5	00001332
Private (Aug. 8-Aug 12 5 classes)	9:40-10:10	6	00001333
Private (Aug. 8-Aug 12 5 classes)	10:10-10:40	5	00001334
Private (Aug. 8-Aug 12 5 classes)	10:15-10:45	6	00001335
Private (Aug. 8-Aug 12 5 classes)	10:45-11:15	5	00001336
Private (Aug. 8-Aug 12 5 classes)	10:50-11:20	6	00001337
Private (Aug. 8-Aug 12 5 classes)	11:20-11:50	5	00001338
Private (Aug. 8-Aug 12 5 classes)	11:25-11:55	6	00001339

2022 Aquatics Programs - Kemptville Pool
Swim Session 4 - August 15-August 26, 2022
(Mon-Fri)

Level	Time	Instructor	PIN
Preschool A/B	9:20-9:50	1	00001340
Preschool A/B	9:55-10:25	2	00001341
Preschool A/B	10:30-11:00	3	00001342
Preschool C/D/E	9:20-9:50	2	00001343
Preschool C/D/E	9:55-10:25	3	00001344
Preschool C/D/E	10:30-11:00	4	00001345
Preschool C/D/E	11:20-11:50	1	00001346
Swimmer 1	9:20-9:50	3	00001347
Swimmer 1	9:55-10:25	4	00001348
Swimmer 2	9:20-9:50	4	00001349
Swimmer 2	10:45-11:15	1	00001350
Swimmer 2	11:20-11:50	2	00001351
Swimmer 3	9:55-10:40	1	00001352
Swimmer 3	10:30-11:15	2	00001353
Swimmer 3	11:05-11:50	3	00001354
Swimmer 4	8:30-9:15	1	00001355
Swimmer 4	11:05-11:50	4	00001356
Swimmer 5	8:30-9:15	2	00001357
Swimmer 6	8:30-9:15	3	00001358
Swimmer 7/8/9	8:30-9:15	4	00001359
Bronze Medallion (August 15-August 19) Exam: Aug 19	8:00-12:30	5	00001360
Bronze Cross (August 22-August 26) Exam: Aug 26	8:00-12:30	5	00001361