

FREE Community Water Smart Events

Family Swim To Survive

Think you and your family has what it takes to survive an unexpected fall in the water? Roll into the pool find out!

Date: Saturday February 17th

Time: 1:00pm-2:30pm

Your First Ten Minutes at the Pool

Do you know what a proper fitting lifejacket looks like? What does “within arm’s reach” really mean? Jump in the pool to find out!

Date: Sunday March 17th

Time: 1:00pm-2:30pm

Drowning Prevention

How long does it really take to drown? Do you know it’s safe before you go? How do you know spring ice is rotten? Bring your kids to the pool to find out!

Date: Saturday February 17th

Time: 1:00pm-2:30pm

Be a Water Smart Boater

Does your family have everything you need to be safe when you out on the water? Join us at the pool for Safe Boating Awareness month.

Date: Sunday May 12th

Time: 1:00pm-2:30pm

**BE WATER
SMART**[®]

Aquatic Fitness Classes

Elder’s Range of Motion

Elder’s Range of Motion is a gentle in-water fitness class designed to improve range of motion, functional fitness, and reduce pain to enhance quality of life and improve health.

Cost: No cost. Ask for your complimentary 10-punch pass at the MSC front desk.

Time: Wednesdays 1:30pm-2:30pm

No class February 28th

Shallow Water Aquafit

Aquafit is a great way to maintain cardio and resistance training while reducing impact on joints. Jump into this high-energy class!

Drop-In: \$8.00/class

10-punch Pass: \$60.00

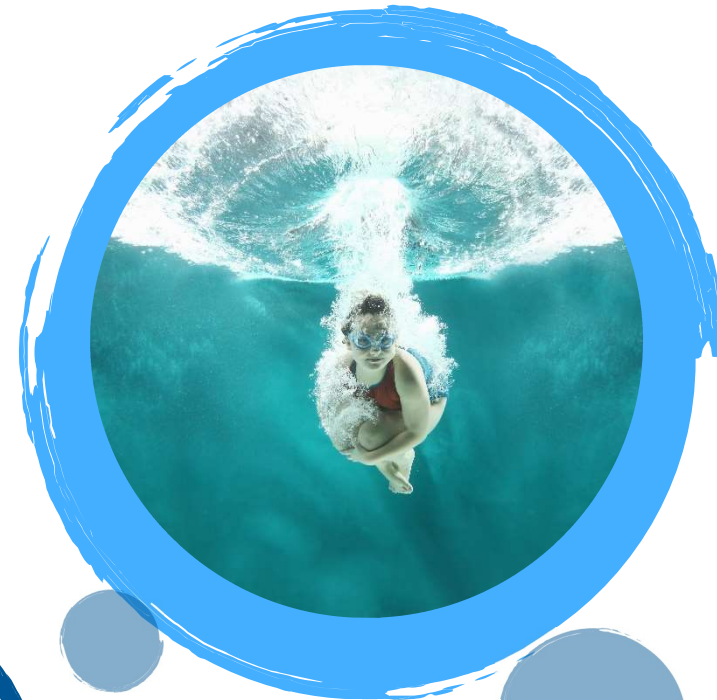
Time: Thursdays 6:15pm-7:00pm

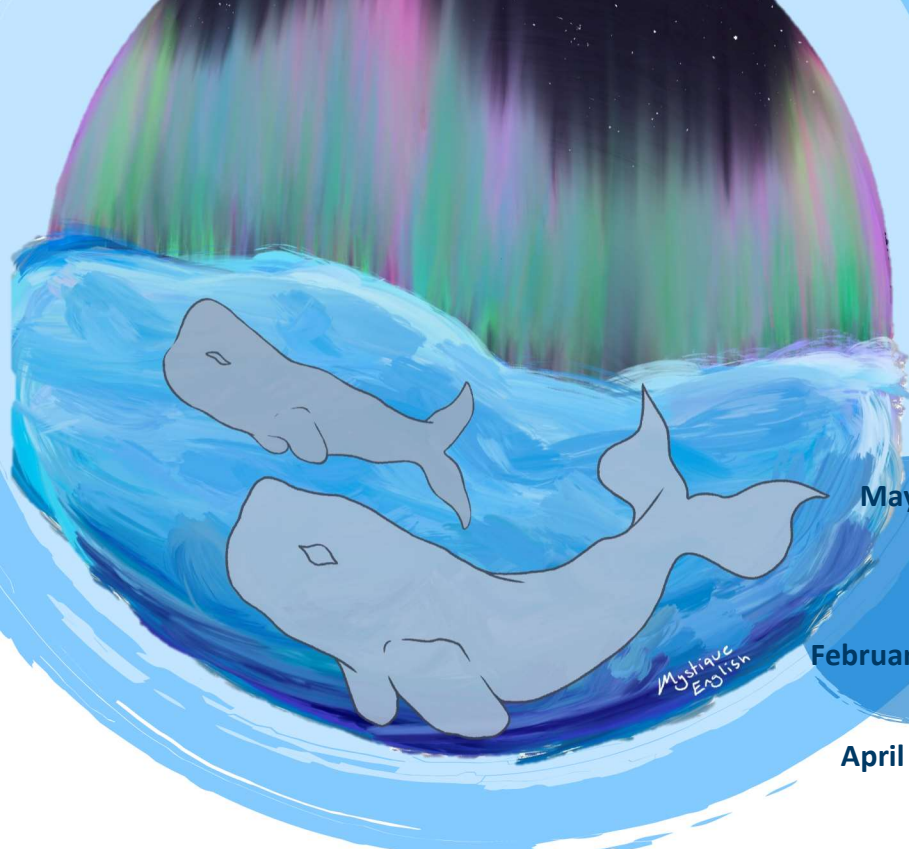
No class February 29th



Make a Splash!

2024 Spring Aquatic Program Guide





Swim Lesson Sessions

Wednesday/Friday Sessions

February Session: 8 classes January 31 – 23
Registration Night: January 25th 5:30-7pm

March Session: 8 classes March 6 – 29
Registration Night: February 28th 5:30-7pm

April Session: 8 classes April 10 – May 3
Registration Night: April 3rd 5:30-7pm

May/June Session: 10 classes May 15 – June 14
Registration Night: May 8th 5:30-7pm

Saturday Sessions

February/March Session: 8 classes Feb 3-March 23
Registration Night: January 25th 5:30-7pm

April - June Session: 10 classes April 13 – June 15
Registration Night: April 3rd 5:30-7pm

Preschool 4/5

Wed/Fri: 6:30-7pm
8 Classes: \$50.40 **10 Classes:** \$63.00

Swimmer 1

Wed/Fri: 5:30-6pm
Saturdays: 10-10:30am
8 Classes: \$50.40 **10 Classes:** \$63.00

Swimmer 2

Wed/Fri: 5-5:30pm or 6-6:30pm
Saturdays: 10-10:30am or 10:30-11am
8 Classes: \$50.40 **10 Classes:** \$63.00

Swimmer 3

Wed/Fri: 5-5:30pm or 5:30-6pm
Saturdays: 11:30-12pm
8 Classes: \$50.40 **10 Classes:** \$63.00

Swimmer 4/5/6

Wed/Fri: 6-6:45pm
8 Classes: \$58.80 **10 Classes:** \$73.50

Adult 1/2/3

Saturdays: 11-11:45pm
8 Classes: \$75.60 **10 Classes:** \$94.50

Private Lessons

Booked upon request
Youth 30 min: \$25.00 **60 min:** \$50.00
Adult 30 min: \$26.25 **60 min:** \$52.50
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Inuvik Northern Lights Junior Lifeguard Club

Recreational Club

Lifesaving Sport is the most demanding, multi-disciplinary sport in the world; combining athletic ability with lifesaving skills and rescue equipment. Our recreational club is a great introduction to the sport with a focus on fun!

Registration: Jan 25th 5:30-7pm **Cost:** \$300.00

Time: Feb – June Thursdays 6:00pm-7:00pm

Competitive Club

Take lifesaving sport to the next level with our competitive club. Fine-tune lifesaving techniques in a seriously fun environment.

Registration: Jan 25th 5:30-7pm **Cost:** \$300.00

Time: Feb – June Thursdays 6:00pm-7:00pm

Parent & Tot 1/2/3

Saturdays: 10-10:30am or 10:30am-11am
8 Classes: \$50.40 **10 Classes:** \$63.00

Preschool 1

Wed/Fri: 5-5:30pm
Saturdays: 11-11:30am
8 Classes: \$50.40 **10 Classes:** \$63.00

Preschool 2

Wed/Fri: 5:30-6pm or 6-6:30pm
Saturdays: 11-11:30am
8 Classes: \$50.40 **10 Classes:** \$63.00

Preschool 3

Wed/Fri: 5:30-6pm or 6-6:30pm
Saturdays: 11-11:30am
8 Classes: \$50.40 **10 Classes:** \$63.00

