

PRIVATE LESSONS

MONDAYS

4:00pm-4:30pm x5
4:30pm-5:00pm x5
5:00pm-5:30pm x5
5:30pm-6:00pm x5
6:15pm-6:45pm x5
6:45pm-7:15pm x5
7:15pm-7:45pm x5
7:45pm-8:15pm x8

TUESDAYS

4:00pm-4:30pm x4
4:30pm-5:00pm x4
5:00pm-5:30pm x4
5:30pm-6:00pm x4
6:00pm-6:30pm x4
6:30pm-7:00pm x4

WEDNESDAYS

4:00pm-4:30pm x4
4:30pm-5:00pm x4
5:00pm-5:30pm x4
5:30pm-6:00pm x4
6:15pm-6:45pm x4
6:45pm-7:15pm x4
7:15pm-7:45pm x4
7:45pm-8:15pm x7

THURSDAYS

4:00pm-4:30pm x4
4:30pm-5:00pm x4
5:00pm-5:30pm x4
5:30pm-6:00pm x4
6:00pm-6:30pm x4

SATURDAYS

9:00am-9:30am x5
9:30am-10:00am x5
10:00am-10:30am x5
10:30am-11:00am x5
11:15am-11:45am x5
11:45am-12:15pm x5
12:15pm-12:45pm x5
12:45pm-1:15pm x8

5:00pm-5:30pm x2
5:30pm-6:00pm x2
6:00pm-6:30pm x2
6:30pm-7:00pm x2
7:00pm-7:30pm x2
7:30pm-8:00pm x2
8:00pm-8:30pm x4

SUNDAYS

9:00am-9:30am x5
9:30am-10:00am x5
10:00am-10:30am x5
10:30am-11:00am x5
11:15am-11:45am x5
11:45am-12:15pm x5
12:15pm-12:45pm x5
12:45pm-1:15pm x8

5:00pm-5:30pm x4
5:30pm-6:00pm x4
6:00pm-6:30pm x4
6:30pm-7:00pm x4
7:00pm-7:30pm x4
7:30pm-8:00pm x4
8:00pm-8:30pm x4

ADAPTED LESSONS

Adapted lessons will be running Friday evenings from 4:30-7:30PM. There is a maximum of 5 children per timeslot. To register, visit bgcdurham.com/register on February 22nd to secure your spot. \$205

AQUATIC LEADERSHIP



Bronze Star \$128

Mondays 7:15pm-8:15pm
Wednesdays 7:15pm-8:15pm
Saturdays 12:00pm-1:00pm

Bronze Medallion \$195

Tuesdays 4:00pm-7:00pm
Sundays 4:00pm-7:00pm

Bronze Cross \$241

Tuesdays 4:00pm-8:00pm
Sundays 4:00pm-8:00pm

Swim Instructor \$256

April 11, 2025 5:00pm-9:30pm
April 12, 2025 9:00am-5:00pm
April 13, 2025 9:00am-5:00pm

National Lifeguard \$304

Fridays 5:00pm-9:30pm
Starts April 18th

Jr Lifeguard

Sundays
10:30am-11:30am
Must have passed Level 5

Fitness Swim

\$128
Tuesdays
6:15pm-7:00pm

National Lifeguard

Recert

March 28
5-9pm \$85
June 20
5-9pm \$85

ADULT PROGRAMMING

ADULT 1 (BEGINNER)

Mondays
4:30pm/5:30pm/7:15pm
Tuesdays
4:30pm/6:30pm
Wednesdays
4:30pm/5:30pm/7:15pm
Thursdays
4:30pm/6:00pm
Saturdays
9:30am / 10:30am
6:00pm / 7:30pm
Sundays
9:30am / 10:30am

ADULT 2 (INTERMEDIATE)

Mondays
6:15pm
Tuesdays
5:00pm
Wednesdays
6:15pm
Saturdays
11:15am
Sundays
11:15am

Adult 3 (Advanced)

Mondays
6:45pm
Wednesdays
6:45pm
Saturday
11:45am



SPRING 2025 AQUATICS BROCHURE



REGISTER AT WWW.BGCDURHAM.COM/REGISTER

Registration Opens February 22 at 9am.



433 EULALIE AVE, OSHAWA L1H 2G6
(905) 728-5121



(AGES 6-12)

LEVEL 1

Mondays

4:00pm-4:30pm
6:15pm-6:45pm
6:45pm-7:15pm

Tuesdays

4:00pm-4:30pm
5:00pm-5:30pm
6:00pm-6:30pm

Wednesdays

4:00pm-4:30pm
5:00pm-5:30pm
6:15pm-6:45pm
6:45pm-7:15pm

Thursdays

4:00pm-4:30pm
5:00pm-5:30pm
5:30pm-6:00pm

Saturdays

9:00am-9:30am
10:00am-10:30am
11:15am-11:45am
11:45am-12:15pm
6:00pm-6:30pm
6:30pm-7:00pm
7:30pm-8:00pm

Sundays

9:00am-9:30am
10:00am-10:30am
10:30am-11:00am
11:15am-11:45am
11:45am-12:15pm

LEVEL 2

Mondays

4:30pm-5:00pm
5:30pm-6:00pm
7:15pm-7:45pm

Tuesdays

4:30pm-5:00pm
6:00pm-6:30pm

Wednesday

4:30pm-5:00pm
5:30pm-6:00pm
7:15pm-7:45pm

Thursdays

4:30pm-5:00pm
6:00pm-6:30pm

Saturdays

9:30am-10:00am
12:15pm-12:45pm
5:30pm-6:00pm
7:00pm-7:30pm

Sundays

9:30am-10:00am
12:15pm-12:45pm

LEVEL 4

Mondays

4:00pm-4:45pm
6:30pm-7:15pm

Tuesdays

4:00pm-4:45pm

Wednesdays

5:30pm-6:15pm

Thursdays

4:00pm-4:45pm

Saturdays

10:30am-11:15am
11:15am-12:00pm

Sundays

11:30am-12:15pm

LEVEL 3

Mondays

7:15pm-7:45pm

Tuesdays

4:00pm-4:30pm
5:30pm-6:00pm
6:30pm-7:00pm

Wednesdays

5:00pm-5:30pm
7:15pm-7:45pm

Thursdays

4:00pm-4:30pm
5:30pm-6:00pm

Saturdays

10:00am-10:30am
12:15pm-12:45pm
5:00pm-5:30pm
7:00pm-7:30pm

Sundays

10:00am-10:30am
12:15pm-12:45pm



(AGES 6-12)

LEVEL 5

Mondays

5:30pm-6:15pm

Tuesdays

4:45pm-5:30pm

Wednesdays

6:30pm-7:15pm

Thursdays

4:45pm-5:30pm

Saturdays

9:00am-9:45am

Sundays

9:00am-9:45am

LEVEL 6

Mondays

4:45pm-5:30pm

Tuesdays

5:30pm-6:15pm

Thursdays

5:30pm-6:15pm

Saturdays

9:45am-10:30am

Sundays

9:45am-10:30am

SWIM PRESCHOOL (AGES 3-5)

PRESCHOOL 1

Mondays

4:00pm-4:30pm
5:00pm-5:30pm
6:45pm-7:15pm

Tuesdays

4:00pm-4:30pm
5:30pm-6:00pm

Wednesdays

4:30pm-5:00pm
6:45pm-7:15pm

Thursdays

4:00pm-4:30pm
5:30pm-6:00pm

Saturdays

9:00am-9:30am
10:30am-11:00am
6:00pm-6:30pm

Sundays

9:00am-9:30am
10:30am-11:00am

PRESCHOOL 2

Mondays

4:30pm-5:00pm
5:30pm-6:00pm

Tuesdays

4:30pm-5:00pm
6:30pm-7:00pm

Wednesday

4:00pm-4:30pm
5:30pm-6:00pm

Thursdays

5:00pm-5:30pm

Saturdays

9:30am-10:00am
10:30am-11:00am

11:45am-12:15pm

6:30pm-7:00pm

Sundays

9:30am-10:00am
11:45am-12:15pm

PRESCHOOL 4/5

Tuesdays

5:30pm-6:00pm

PRESCHOOL 5

Thursdays

6:00pm-6:30pm

PRESCHOOL 3

Mondays

5:00pm-5:30pm

Tuesdays

5:00pm-5:30pm
6:00pm-6:30pm

Wednesdays

5:00pm-5:30pm

Thursdays

4:30pm-5:00pm

Saturdays

10:00am-10:30am
5:30pm-6:00pm

Sundays

10:00am-10:30am
11:45am-12:15pm

PRESCHOOL 4

Mondays

6:15pm-6:45pm

Wednesdays

6:15pm-6:45pm

Saturdays

11:15am-11:45am

Sundays

11:15am-11:45am

PROGRAM INFORMATION

SESSION DATES

Day	Start	End	Cancellations
Monday	April 7	June 23	April 21, May 19
Tuesday	April 8	June 17	None
Wednesday	April 9	June 18	None
Thursday	April 10	June 19	None
Friday	April 11	June 20	None
Saturday	April 12	June 21	April 19, May 17
Sunday	April 13	June 22	April 20, May 18

PROGRAM COST

Group Swim Lessons	11 Weeks	10 Weeks
Member	\$110.00	\$100.00
Non Member	\$118.25	\$107.50
Private Lessons	\$309.65	\$281.50
Swim Patrols	\$123.00	\$111.00

Please bring your child's previous progress card to the first lesson

AQUAFIT

MONDAYS

8:45am / 10:00am

WEDNESDAYS

8:45am / 10:00am

SATURDAYS

7:30am

PARENT AND TOT

MONDAYS
4:00-4:30pm

WEDNESDAYS
4:00-4:30pm

THURSDAYS
5:00-5:30pm

SATURDAYS
9:00-9:30am
12:15-12:45pm
5:00-5:30pm

SUNDAYS
9:00-9:30am
12:15-12:45pm

SWIM PATROL (LEVELS 7,8,9)

ROOKIE (Level 7) Wednesdays 4:00pm-4:45pm

RANGER /STAR (Level 8)/(Level 9) Wednesdays 4:45pm-5:30pm
Sundays 12:15pm-1:00pm