

REGISTRATION

Registration starts at:

- 7am - online through Activenet
- 9am - in person or by phone

Activenet profile and swimming grade are needed prior to registering.

Children can only be registered in a class if:

- they are NOT currently in lessons and have passed the previous level; OR
- have been assessed into the level you are registering for.

Caregivers must wait until they have a report card with an incomplete, or complete grade to register for the next set.

NEW TO TOWN OR LESSONS?

- Give us a report card from the previous facility at which lessons were completed; OR
- Do a FREE 10-minute swim assessment. This can be done during public swims.



TERRACE & DISTRICT AQUATIC CENTRE

4540 Park Avenue
Terrace, BC, V8G 2N1
250-615-3030
pool@terrace.ca

**TERRACE.CA/
SWIMMING-LESSONS**

SWIM LESSONS 2024/25



LESSONS LEVELS

Parent & Tots	Jellyfish (4 - 12 months) Goldfish (12 - 24 months) Seahorse (2 - 3 years)
Preschool (3 to 6 years)	Octopus (1) Crab (2) Orca (3) Sea Lion (4) Narwhal (5)
Swimmer (6 to 12 years)	Swimmer 1 Swimmer 2 Swimmer 3 Swimmer 4 Swimmer 5 Swimmer 6

We follow the Lifesaving Society BC/Yukon 'Swim for Life' program.

Learn more about this program at:
lifesaving.bc.ca/swim-for-life

LIFESAVING PROGRAM LEVELS

Canadian Swim Patrol	Swimmer 7 Swimmer 8 Swimmer 9
Junior Lifeguard Club	Ability to meet swim to survive standards
Bronze Programs	Bronze Star Bronze Medallion (13 years) Bronze Cross (Bronze medallion)

HEALTH & SAFETY

- Clean swimsuit is required.
- Shower prior to lesson and wait on white benches in front of lobby, prior to start of lesson.
- During lessons, adults may use hot tub and saunas. Main and leisure pool are for swim lessons only.

2024 LESSON DATES

October 15 - November 14

Registration: Oct 7
(No classes Nov 11)

November 25 - December 20

Registration: Nov 18

2025 LESSON DATES

January 6 - February 6

Registration: Dec 30

February 18 - March 13

Registration: Feb 10
(No classes Feb 17)

March 31 - May 1

Registration: March 24
(No Classes April 21)

May 12 - June 12

Registration: May 5
(No classes May 19)

- Viewers are not allowed on the pool deck. Lobby and balcony are for viewers.
- Outdoor shoes prohibited in change rooms and pool area.
- Do not eat in change rooms. Eat in the lobby.
- Lessons are subject to instructor availability.