

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**



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)

2025/26 LESSON DATES

Sept 2 - Oct 2, 2025
Registration: Aug 25
(No classes Sept 1 & 30)

Oct 14 - Nov 13, 2025
Registration: Oct 6
(No classes Oct 13 & Nov 11)

Nov 24 - Dec 18, 2025
Registration: Nov 17

Jan 5 - Feb 5, 2026
Registration: Dec 29

Feb 17 - Mar 12, 2026
Registration: Feb 9
(No classes Feb 16)

Mar 30 - Apr 30, 2026
Registration: March 23
(No classes April 6)

May 11 - June 11, 2026
Registration: May 5
(No classes May 18)

HEALTH & SAFETY

- Clean swimsuit is required.
- Have a cleansing shower and wait on benches on pool deck prior to the start of lessons.
- Hot tub and Saunas are open for adult use. Main and leisure pools are for swim lessons only.

- Lessons can be viewed from the balcony or lobby. Viewers are not permitted on deck.
- Outdoor shoes prohibited in change rooms and pool area.
- Food is not permitted in the changerooms.
- Lessons are subject to instructor availability.