

WELCOME BACK TO THE Valley Aquatic Centre

Opening Date

Saturday, May 24, 2025 (weather permitting)

Pool Schedule

Weekday Times	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Times	Saturday	Sunday
10:00-1:00	School Bookings / Private Bookings					9:00-12:00	Private Lessons	
1:00-3:00						12:00-1:00	Lane Swim	
3:15-5:00	Public Swimming					1:00-4:30	Public Swimming	
5:00-6:00	Adult Swim/ Lane Swim/ Parent & Tot		Evening Swimming Lessons 5:00-9:00	Adult Swim/ Lane Swim/ Parent & Tot		4:45-6:15	Private Rentals Available <small>(Public Swimming if not Booked)</small>	
6:15-8:30	Public Swimming			Public Swimming		6:15-8:30	Public Swimming	

*This schedule will be running from May 24-June 29. The July and August Schedule will be released at the end of June.

Private Rentals will begin on Saturday, May 31

Private Lessons will begin on Saturday, June 7

Wednesday Evening Lessons will run from May 28-June 25

SWIMMING LESSON FAQ

Valley Aquatic Centre

When Can I Register?

Swimming lesson registration will open on May 21st at 12:00 pm (noon). You are welcome to register after this date however, swimming lessons fill up very fast!

Can I Register Over the Phone?

We will have staff available to provide general assistance on registration day. Due to our limited resources and capacity, we unfortunately cannot put the registration through on your behalf.

The Level I Wanted is not Accepting Responses!

If the Google Form says that it is no longer accepting responses it means that the chosen level is at maximum capacity. From here you may:

- Look for availability in another lesson set
- Join the waitlist for the level you would like, found at the bottom of the lesson set folder. If a spot becomes available, we will contact the waitlist in order of submission. We may also create additional lesson sets depending on waitlist demand, class sizes and instructor availability.

How Do I Confirm That I am Registered?

Once the set is full, we will be contacting all participants. If you have registered and do not receive an email, you can call or email us to confirm. Please be patient! We receive a large influx of phone calls and emails on registration day. We will do our best to respond in a timely manner.

The Form Will Not Let me Type in my Information!

To type your information into the form you will need to click on the three dots in the top right corner, select OPEN IN NEW WINDOW, and from there you will be able to enter information if the level is available.

What Level Should I Register my Child in?

We are unable to hold on to past lesson records for privacy reasons. If you have done lessons with us in the past, please refer to your confirmation emails that were sent to you before your lesson set last season. If you are new to the VAC, please refer to the Registration Chart on the next page!

Registration Chart

Please check our chart below to provide guidance on registration in Lifesaving Society Swim for Life lessons.

Parent & Tot	If your child is under 3 years of age:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
	Is under 3 years old with no previous lesson experience	n/a	Parent & Tot 1
	Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1
	Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2
	Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3
Preschool	If your child is 3-5 years old and can:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
	Is 3 to 5 years with no previous lesson experience	n/a	Preschool 1
	Is 3 to 5 years and just starting out on their own	Sea Otter	Preschool 1
	<input type="checkbox"/> Can jump into chest-deep water assisted <input type="checkbox"/> float and glide on front and back assisted <input type="checkbox"/> blow bubbles and get face wet unassisted	Salamander	Preschool 2
	<input type="checkbox"/> Can jump into chest-deep water unassisted <input type="checkbox"/> Submerge and exhale underwater 3 times <input type="checkbox"/> float on front and back wearing a PFD for 3 seconds	Sunfish	Preschool 3
	<input type="checkbox"/> Can jump into deep water wearing a PFD <input type="checkbox"/> Hold breath underwater for 3 seconds <input type="checkbox"/> Front and back floats for 5 seconds <input type="checkbox"/> Glide and kick on front and back for 5 metres (all skills performed unassisted)	Crocodile	Preschool 4
	<input type="checkbox"/> Can jump into deep water <input type="checkbox"/> Side glide 3 metres <input type="checkbox"/> Front float, roll to back float, and then swim 5 metres <input type="checkbox"/> Flutter kick on front and on back 7 metres <input type="checkbox"/> Front crawl wearing a PFD for 5 metres	Whale	Preschool 5

Swimmer	If your child is 6 years of age or older and can:	Has Completed Red Cross Swim:	Then register in Lifesaving Society:
	Is 6 to 12 years with no previous lesson experience	n/a	Swimmer 1
	Is 6 to 12 years old with some lesson experience	Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
	<input type="checkbox"/> Jump into chest-deep water unassisted and into deep-water wearing a PFD <input type="checkbox"/> Open eyes, hold breath, and exhale underwater	<input type="checkbox"/> Float, kick and glide on front and back Swim Kids 2 or Crocodile	Swimmer 2
	<input type="checkbox"/> Jump into deep water and do a sideways entry wearing a lifejacket <input type="checkbox"/> Support self at the surface for 15 sec	<input type="checkbox"/> Do whip kick in vertical position <input type="checkbox"/> Swim 10 m on front and back	Swimmer 3
	<input type="checkbox"/> Tread for 30 sec <input type="checkbox"/> Do kneeling dives and <input type="checkbox"/> Front somersaults	<input type="checkbox"/> 10 m whip kick on back <input type="checkbox"/> Swim 15 m front crawl and back crawl	Swimmer 4
	<input type="checkbox"/> Complete the Swim to Survive Standard: <input type="checkbox"/> Roll – Tread (1 min.) – Swim (50 m) <input type="checkbox"/> Dive <input type="checkbox"/> Swim underwater	<input type="checkbox"/> 15 m whip kick on front <input type="checkbox"/> Breaststroke arms with breathing <input type="checkbox"/> Swim front and back crawl 25 m	Swimmer 5
	<input type="checkbox"/> Do shallow dives and cannonballs <input type="checkbox"/> Eggbeater and scissor kick <input type="checkbox"/> Swim 50 m front and back crawl	<input type="checkbox"/> Breaststroke for 25 m <input type="checkbox"/> Sprint 25 m	Swimmer 6
	<input type="checkbox"/> Do stride entries and compact jumps <input type="checkbox"/> Legs only surface support for 45 seconds <input type="checkbox"/> Sprint 25 m breaststroke;	<input type="checkbox"/> Swim 100 m of front crawl and back crawl and <input type="checkbox"/> 300 m workout	Rookie Patrol
		Swim Kids 9	Ranger Patrol
		Swim Kids 10	Star Patrol

2025 Wednesday Evening Lessons

May 28-June 25

Preschool 1/2: 5-5:30, 7-7:30

Swimmer 1: 5:30-6, 7:30-8

Swimmer 2: 6-6:30, 8-8:30

Swimmer 3: 5-5:30, 7-7:30

Swimmer 4: 5:30-6, 7:30-8

Swimmer 5/6: 6-6:30, 8-8:30

This spring we are bringing back Wednesday evening swimming lessons! Lessons will take place at VAC beginning on May 28 and ending on June 25. These are an awesome opportunity to get a head start on your lessons.

Registration will be done online through a link that will be shared to the public on May 21 at 12:00pm (noon). The Link will be found on our facebook page as well as the town of Rosthern website.

For any questions regarding lessons, please email VAC@rosthern.com

2025 Summer Swimming Lesson Sets

The VAC is offering 8 swimming lesson sets.
Our Summer Lesson Sets run twice each day for one week. A registration link will be posted online on May 21 at 12:00pm (noon)

Set 01

June 30-July 4

Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 1/2: 10:30-11, 12:30-1
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Rookie/Ranger/Star: 9:35-10:20, 11:35-12:20

Set 02

July 7-11

Parent and Tot: 10:30-11
Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Swimmer 1/2: 9:35-10:05, 11:35-12:05

Set 03

July 14-18

Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 1/2: 10:30-11, 12:30-1
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Rookie/Ranger/Star: 9:35-10:20, 11:35-12:20

Set 04

July 21-25

Parent and Tot: 10:30-11
Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Swimmer 1/2: 9:35-10:05, 11:35-12:05
Bronze Medallion/Cross: Email us for more information

2025 Summer Swimming Lesson Sets

Set 05

July 28- August 1

Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 1/2: 10:30-11, 12:30-1
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Rookie/Ranger/Star: 9:35-10:20, 11:35-12:20

Set 06

August 5-9

Parent and Tot: 10:30-11
Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Swimmer 1/2: 9:35-10:05, 11:35-12:05

Set 07

August 11-15

Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 1/2: 10:30-11, 12:30-1
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 5/6: 10:10-10:40, 12:10-12:40
Rookie/Ranger/Star: 9:35-10:20, 11:35-12:20

Set 08

August 18-22

Parent and Tot: 10:30-11
Preschool 1/2: 9-9:30, 11-11:30
Preschool 3-5: 9:35-10:05, 11:35-12:05
Swimmer 1: 9-9:30, 11-11:30
Swimmer 2: 9:35-10:05, 11:35-12:05
Swimmer 3: 10:10-10:40, 12:10-12:40
Swimmer 4: 9-9:30, 11-11:30
Swimmer 1/2: 9:35-10:05, 11:35-12:05
National Lifeguard: Please email us for more Information

Parent and Tot: \$48.00

Preschool and Swimmer Levels: \$64.00

Rookie, Ranger, and Star Patrol: \$72.00

****Lessons must be paid for as confirmation prior to the first day of classes****

PRIVATE LESSONS

Valley Aquatic Centre

Saturdays from 9:00am-12:00pm, beginning June 7th
Sundays from 9:00am-12:00pm, beginning July 6th

Pricing: 1/2 hour individual private: \$24.00
Additional child (same lesson time): \$12.50

Private lesson registration will open on Friday, May 30th at 12:00pm.

Private lessons are an excellent opportunity for swimmers who would benefit from a one-on-one teaching experience or who just have a couple of requirements left for an incomplete level.

All lessons will be scheduled individually in half-hour slots on Saturday and Sunday mornings. We recommend no more than 1 hour of lessons per day, per child.

The limit for class participants is two. If you wish to register a second participant in a class, please fill out the form accordingly. Participants must be no more than 1 swimming level apart (i.e. Swimmer 1 and Swimmer 2)

PRIVATE RENTALS

Valley Aquatic Centre

Private rentals will be available on Saturdays and Sundays from 4:45- 6:15pm beginning May 31. Fridays will be available from 4:30-5:30 beginning July 4.

Rules:

- 1) Valley Aquatic Centre Lifeguards must be on duty at all times. No outside lifeguards are permitted to work the rental.
- 2) There is a strict no alcohol policy in this facility. Any Alcohol brought onto the premises will mean termination of rental contract WITHOUT refund.
- 3) Absolutely no smoking is allowed.
- 4) No BBQ's or glass of any kind is to be brought onto the premises.
- 5) Attendance of the rental may not exceed the number specified in this contract.
- 6) Pool rules must be followed at all times.
- 7) Renters will exit the water 10 minutes PRIOR to the END time specified on contract to allow time to gather your items and exit the facility.
- 8) Children ages 6 and under will be required to be within arms reach of an adult (ages 15 +)

Rates:

1 Hour Rates:

1-49 People: \$132.30
50-74 People: \$158.55
75-99 People: \$186.90
100-149 People: \$ 206.85

1.5 Hour Rates:

1-49 People: \$198.45
50-74 People: \$237.83
75-99 People: \$280.35
100-149 People: \$310.28

To book a private swim time, please fill out a Private Rental Form on the Town website. The number of people must not exceed the amount you state on your registration form. Payment will be taken as confirmation for your rental.

*Please note that we are unable to take bookings over the phone.

Registration for Private Rentals will open on Friday, May 23 at 12:00pm (noon)

2025 SWIMMING RATES

Valley Aquatic Centre

Daily Swimming Rates

Preschool (0-6)	Free of Charge
Child (7-12)	\$6.50
Youth (13-18)	\$7.50
Adult	\$10.00
Senior	\$7.50
Family	\$23.25

Season Pass Rates

Child	\$138.75
Youth	\$154.35
Adult	\$183.15
Senior	\$154.35
Family	\$388.50

10 Pass Punch Card Rates

Child	\$51.00
Youth	\$63.00
Adult	\$86.00
Senior	\$63.00
Aquasize	\$86.00

CONTACT US!

Valley Aquatic Centre

**For more information and updates,
follow us on Facebook and Instagram:
@ValleyAquaticCentre**

or

**Check out the Town of Rosthern
Website: www.Rosthern.com**

**If you have any questions we are
happy to help!**

Email: VAC@rosthern.com

Phone: 306-232-5044

*Please note that we do not monitor the direct messages on our social media accounts.