

Teen Swim Lessons

TEEN SWIM LEVEL 1

You'll work towards a 10-15 metre swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. You'll develop your fitness through interval training and learn how to perform front crawl and back crawl.

AGES 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
51412	AAMP	Mon-Fri	June 29- July 10	6:00 pm- 7:00 pm	\$60.40 9 classes
52546	AAMP	Mon-Fri	July 27- Aug 7	6:00 pm- 7:00 pm	\$60.40 9 classes

TEEN SWIM LEVEL 2

Develop your fitness by working on two interval training workouts, sprints, and further developing your front crawl and back crawl. You'll learn Swim to Survive™ skills and further develop deep water entries/skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke.

AGES 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
51413	AAMP	Mon-Fri	June 29- July 10	6:00 pm- 7:00 pm	\$60.40 9 classes
52547	AAMP	Mon-Fri	July 27- Aug 7	6:00 pm- 7:00 pm	\$60.40 9 classes

TEEN SWIM LEVEL 3

You'll master front crawl, back crawl and breaststroke. Continue your fitness training with a 300 metre workout, sprint challenges and interval training. You'll learn eggbeater, diving, and compact jumps. Further develop treading water and underwater skills.

AGES 13-17					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
51414	AAMP	Mon-Fri	June 29- July 10	6:00 pm- 7:00 pm	\$60.40 9 classes
52548	AAMP	Mon-Fri	July 27- Aug 7	6:00 pm- 7:00 pm	\$60.40 9 classes

**AL ANDERSON
MEMORIAL POOL**
4949 207 Street
Langley, BC
604.514.2860

OFFICE HOURS

Monday-Friday
7:00 am to 10:00 pm

Saturdays
9:00 am to 8:00 pm

Sundays
1:00 pm to 8:00 pm

CHANGES:

Where possible,
we may add
additional classes.
Please contact us
for updates.

NOTE:

Participants cannot be registered for more than one set of lessons at a time and must successfully complete the prerequisite level before registering in the next level. Those participants registered in more than one set of lessons will be automatically withdrawn and a credit will be applied to your account.



**AL ANDERSON
MEMORIAL POOL**
4949 207 Street
604.514.2860

NEW!
REGISTER ONLINE AT LANGLEYCITY.CA

Swimming Lessons

SUMMER 2026

TEEN & ADULT



Adult Swim Lessons

ADULT SWIM LEVEL 1

You'll work towards 10-15 metre swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Develop your fitness through interval training and learn how to perform front crawl and back crawl.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52753	AAMP	M,T,Th	June 29- July 2	9:00 pm-10:15 pm	\$60.40 3 classes
52758	AAMP	Mon-Thu	July 6- July 9	9:00 pm-10:00 pm	\$60.40 4 classes
52759	AAMP	Mon-Thu	July 13- July 16	9:00 pm-10:00 pm	\$60.40 4 classes
52760	AAMP	Mon-Thu	July 20- July 23	9:00 pm-10:00 pm	\$60.40 4 classes
52765	AAMP	Mon-Thu	July 27- July 30	9:00 pm-10:00 pm	\$60.40 4 classes
52766	AAMP	Tue-Thu	Aug 4- Aug 6	9:00 pm-10:15 pm	\$60.40 3 classes
52771	AAMP	Mon-Thu	Aug 10- Aug 13	9:00 pm-10:00 pm	\$60.40 4 classes
52772	AAMP	Mon-Thu	Aug 17- Aug 20	9:00 pm-10:00 pm	\$60.40 4 classes
52777	AAMP	Mon-Thu	Aug 24- Aug 27	9:00 pm-10:00 pm	\$60.40 4 classes
52778	AAMP	Mon-Thu	Aug 31- Sept 3	9:00 pm-10:00 pm	\$60.40 4 classes

ADULT SWIM LEVEL 2

Develop your fitness by working on two interval training workouts, sprints, and further developing your front crawl and back crawl. Learn Swim to Survive™ skills and further develop deep water entries/skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52754	AAMP	M,T,Th	June 29- July 2	9:00 pm-10:15 pm	60.40 3 classes
52757	AAMP	Mon-Thu	July 6- July 9	9:00 pm-10:00 pm	\$60.40 4 classes
52761	AAMP	Mon-Thu	July 13- July 16	9:00 pm-10:00 pm	\$60.40 4 classes
52762	AAMP	Mon-Thu	July 20- July 23	9:00 pm-10:00 pm	\$60.40 4 classes
52767	AAMP	Mon-Thu	July 27- July 30	9:00 pm-10:00 pm	\$60.40 4 classes
52768	AAMP	Tue-Thu	Aug 4- Aug 6	9:00 pm-10:15 pm	\$60.40 3 classes
52773	AAMP	Mon-Thu	Aug 10- Aug 13	9:00 pm-10:00 pm	\$60.40 4 classes
52774	AAMP	Mon-Thu	Aug 17- Aug 20	9:00 pm-10:00 pm	\$60.40 4 classes
52779	AAMP	Mon-Thu	Aug 24- Aug 27	9:00 pm-10:00 pm	\$60.40 4 classes
52780	AAMP	Mon-Thu	Aug 31- Sept 3	9:00 pm-10:00 pm	\$60.40 4 classes

ADULT SWIM LEVEL 3

You'll master front crawl, back crawl and breaststroke. Continue your fitness training with a 300 metre workout, sprint challenges and interval training. You'll learn eggbeater, diving, and compact jumps. Further develop treading water and underwater skills.

AGES 16+					
Code	Location	Day(s)	Date(s)	Time	\$ (+gst)
52755	AAMP	M,T,Th	June 29- July 2	9:00 pm-10:15 pm	60.40 3 classes
52756	AAMP	Mon-Thu	July 6- July 9	9:00 pm-10:00 pm	\$60.40 4 classes
52763	AAMP	Mon-Thu	July 13- July 16	9:00 pm-10:00 pm	\$60.40 4 classes
52764	AAMP	Mon-Thu	July 20- July 23	9:00 pm-10:00 pm	\$60.40 4 classes
52769	AAMP	Mon-Thu	July 27- July 30	9:00 pm-10:00 pm	\$60.40 4 classes
52770	AAMP	Tue-Thu	Aug 4- Aug 6	9:00 pm-10:15 pm	\$60.40 3 classes
52775	AAMP	Mon-Thu	Aug 10- Aug 13	9:00 pm-10:00 pm	\$60.40 4 classes
52776	AAMP	Mon-Thu	Aug 17- Aug 20	9:00 pm-10:00 pm	\$60.40 4 classes
52781	AAMP	Mon-Thu	Aug 24- Aug 27	9:00 pm-10:00 pm	\$60.40 4 classes
52782	AAMP	Mon-Thu	Aug 31- Sept 3	9:00 pm-10:00 pm	\$60.40 4 classes



UNSURE WHICH LEVEL TO REGISTER IN?

Come in during any public swim time for a free swim assessment with one of our lifeguards.

Refund Policy

Registration fees are refundable if a request for withdrawal/transfer is received at least 5 days before the start of the program. If less than 5 days' notice is received, 50% of the registration fees will be refunded. **A withdrawal from any of these programs will be charged a 10% withdrawal fee per activity session.** Registration fees are non-refundable once the program date has started.