

Children's Swimming Lessons

Fall / Winter / Spring Sessions 2011 – 2012



We Offer: Quality Instructors, Warm Pool, Small Class Sizes, Red Cross Swim Program

Cost for Session (8 classes):

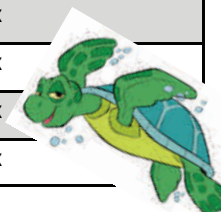
Members: \$40 Non-members: \$45

Subsidy available for those in need. Please call 519-434-9114



TUESDAYS: September 20th – November 8th January 10th - February 28th March 6th – April 24th May 1st – June 19th

Level	Time	Location
Starfish (4-12 months)	3:30-4:00 p.m.	Wellness Pool
Duck (12-24 months)	3:30-4:00 p.m.	Wellness Pool
Sea Turtle (24-36 months)	4:00-4:30 p.m.	Wellness Pool
Salamander (3-5 years)	4:00-4:30 p.m.	Wellness Pool
Red Cross Swim 1	4:30-5:00 p.m.	Wellness Pool
Red Cross Swim 2	4:30-5:00 p.m.	Wellness Pool
Red Cross Swim 3	5:15-5:45 p.m.	Aquaplex
Red Cross Swim 4	5:15-5:45 p.m.	Aquaplex
Red Cross Swim 5	5:15-6:00 p.m.	Aquaplex
Red Cross Swim 6	5:15-6:00 p.m.	Aquaplex
Red Cross Swim 7	5:45-6:30 p.m.	Aquaplex
Red Cross Swim 8	5:45-6:30 p.m.	Aquaplex
Red Cross Swim 9	5:45-6:30 p.m.	Aquaplex
Red Cross Swim 10	5:45-6:30 p.m.	Aquaplex



SATURDAYS: September 24th – November 12th January 7th – February 25th March 3rd – April 21st April 28th – June 23rd *No class May 19th, 2012

Level	Time	Location
Starfish (4-12 months)	10:00-10:30 a.m.	Wellness Pool
Duck (12-24 months)	10:00-10:30 a.m.	Wellness Pool
Sea Turtle (24-36 months)	10:30-11:00 a.m.	Wellness Pool
Salamander (3-5 years)	10:30-11:00 a.m.	Wellness Pool
Red Cross Swim 1	11:00-11:30 a.m.	Wellness Pool
Red Cross Swim 2	11:00-11:30 a.m.	Wellness Pool
Red Cross Swim 3	10:45-11:15 a.m.	Aquaplex
Red Cross Swim 4	10:45-11:15 a.m.	Aquaplex
Red Cross Swim 5	10:00-10:45 a.m.	Aquaplex
Red Cross Swim 6	10:00-10:45 a.m.	Aquaplex
Red Cross Swim 7	9:15-10:00 a.m.	Aquaplex
Red Cross Swim 8	9:15-10:00 a.m.	Aquaplex
Red Cross Swim 9	8:30-9:15 a.m.	Aquaplex
Red Cross Swim 10	8:30-9:15 a.m.	Aquaplex

Private & Semi-Private Swim Lessons available for adults & children upon request.

Private \$100 / Semi-private \$75 per person (8 lessons, ½ hr. each)

Note: Lesson times are subject to change due to enrolment. You will be informed under such circumstances

AQUATIC PROGRAMS

Boys & Girls Club of London
184 Horton Street London, ON N6B 1K8
519-434-9114 www.bgclondon.ca



AQUAPLEX POOL

Our Aquaplex pool, built in 2006; is a 25 meter, 6 lane pool suitable for any underwater adventure!

Swim Safe 101:

Lifeguards will teach children basic swim skills to help keep them safe in and around the water. Drop into the Aquaplex Mondays & Fridays from 4:00-5:15 p.m. for this free lesson, beginning September 26th, 2011.

Lane Swim for Members & Parents:

Mondays & Fridays 4:00-5:15 p.m. Parents/Caregivers: \$3.00, Members: FREE

Pool Parties:

It's a party in the Aquaplex every Friday from 5:15-6:45 p.m. Children can enjoy planned pool games, underwater scavenger hunts, relay races and more! Children will have the opportunity to create their own fun from 6:15-6:45 p.m. during open swim. Begins September 30th, 2011

WELLNESS POOL

The Wellness Pool is 2 pools in 1! The shallow, warm water pool is perfect for the little ones, while the deep water pool, equipped with 3 water slides and a Tarzan rope keeps the stronger swimmers busy.

Open Swim Times:

Monday, Wednesday, Thursday & Friday: 4:00-7:30 p.m.

Tuesdays: 5:15-7:30 p.m.

Saturday & Sunday: 1:00-3:45 p.m.

Non-members, parents & caregivers: \$3.00

Members: FREE

*Make a splash at your next party or
gathering! For information on pool
rentals please contact*

519-434-9115 ext. 239

Baby & Me Aqua-fit & Swim:

Parents can enjoy a 30 minute aqua-fitness class, followed by a 30 minute swim with their wee one.

Infants 4-18months who can hold their heads up are welcome. *Flotation devices are provided. Classes are offered Thursdays from 2:15-3:15 p.m. in the Wellness Pool October 20th-December 8th, 2011.

Cost: \$40 for 8 classes. For more information please call 519-434-9115 ext. 251

Aquatic Policy:

- Children 6 years of age and younger must be directly supervised, within arm's reach, by a parent or caregiver 16 years of age or older at all times (Maximum of 2 children per. Adult)
- Children 7-10 years of age who are non-swimmers must wear a lifejacket or be accompanied by a parent or caregiver 16 years of age or older who is responsible for their direct supervision.