

CHILDREN'S SWIMMING LESSONS

FALL / WINTER / SPRING SESSIONS 2010 – 2011



We Offer at Our Facilities:

- Pool
- Environment
- Red Cross Level Swim Programs
- Small Class Sizes



Cost for Session (8 classes): Members: \$40 Non-members: \$45

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

SATURDAYS: Sept 25 – Nov 13 Jan 8 – Feb 26 Mar 5 – Apr 23 April 30 – June 18

Level	Time	Location
Starfish (4 – 15 months)	10:00 - 10:30 am	Wellness Pool
Duck (16 – 24 months)	10:30 - 11:00 am	Wellness Pool
Sea Turtle (25 months 2 yrs)	10:30 - 11:00 am	Wellness Pool
Salamander (2 yrs – 5 yrs)	10:30 - 11:00 am	Wellness Pool
Red Cross Swim 1	10:15 - 10:45 am	Wellness Pool
Red Cross Swim 2	10:30 - 11:00 am	Aquaplex Pool
Red Cross Swim 3	10:15 - 10:45 am	Aquaplex Pool
Red Cross Swim 4	10:00 - 10:30 am	Aquaplex Pool
Red Cross Swim 5	9:30 - 10:15 am	Aquaplex Pool
Red Cross Swim 6	9:30 - 10:15 am	Aquaplex Pool
Red Cross Swim 7	9:00 - 9:45 am	Aquaplex Pool
Red Cross Swim 8	8:30 - 9:15 am	Aquaplex Pool
Red Cross Swim 9	8:30 - 9:15 am	Aquaplex Pool
Red Cross Swim 10	8:30 - 9:15 am	Aquaplex Pool

Note: Lesson times are subject to change due to number of registration. You will be informed under such circumstance.

TUESDAYS: Sept 21 – Nov 9 Jan 4 – Feb 22 Mar 1 – Apr 19 April 26 – Jun 14

Level	Time	Location
Starfish (4 – 15 months)	3:00 – 3:30 pm	Wellness Pool
Duck (16 – 24 months)	3:00 – 3:30 pm	Wellness Pool
Sea Turtle (25 months 2 yrs)	3:00 – 3:30 pm	Wellness Pool
Salamander (2 yrs – 5 yrs)	5:30 – 6:00 pm	Wellness Pool
Red Cross Swim 1	5:30 – 6:00 pm	Wellness Pool
Red Cross Swim 2	5:30 – 6:00 pm	Aquaplex Pool
Red Cross Swim 3	5:30 – 6:00 pm	Aquaplex Pool
Red Cross Swim 4	5:30 – 6:00 pm	Aquaplex Pool
Red Cross Swim 5	5:15 – 6:00 pm	Aquaplex Pool
Red Cross Swim 6	5:15 – 6:00 pm	Aquaplex Pool
Red Cross Swim 7	5:15 – 6:00 pm	Aquaplex Pool
Red Cross Swim 8	5:15 – 6:00 pm	Aquaplex Pool
Red Cross Swim 9	5:15 – 6:00 pm	Aquaplex Pool
Red Cross Swim 10	5:15 – 6:00 pm	Aquaplex Pool

Private & Semi Private Swim Lessons: Available to adults & children upon request.

Private \$100 / Semi Private \$75 per person (8 Lessons, ½ hour each)

H₂O Skills Program: A course designed to get children (10 – 15 years) interested in advance water programs. This brand new course focuses on teaching water safety skills and improving swimming strokes with various goal oriented projects throughout the year. The course will take place Wednesday and Friday evenings from 6pm-7pm and will run from October 6th to May 4th. The program will be offered to members without extra charge.



**For more information or to register for upcoming Aquatic Programs
please contact: (519) 434-9115 ext. 277**

