

SWIMMING LESSONS

REGISTRATION SUPPLEMENT MAY-AUGUST 2012



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Twos In Training

To complete, children will be confident participating independently, blowing bubbles, submerging and doing front floats and kicks with teacher. Parent participation is required to ensure a fun and safe experience for students.

M	6:00-6:30 PM	Jul 02-Aug 27	\$46/8	74495
M	7:00-7:30 PM	Jul 02-Aug 27	\$46/8	74496
M	7:30-8:00 PM	Jul 02-Aug 27	\$46/8	74499
Tu-F	9:00-9:30 AM	Jul 03-Jul 20	\$69/12	74500
Tu/Th	9:00-9:30 AM	Jul 03-Jul 26	\$46/8	74501
Tu/Th	4:00-4:30 PM	Jul 03-Jul 26	\$46/8	74507
Tu/Th	5:30-6:00 PM	Jul 03-Jul 26	\$46/8	74508
Tu	7:00-7:30 PM	Jul 03-Aug 28	\$52/9	74502
W	6:00-6:30 PM	Jul 04-Aug 29	\$46/8	74503
W	6:30-7:00 PM	Jul 04-Aug 29	\$46/8	74504
W	7:30-8:00 PM	Jul 04-Aug 29	\$46/8	74505
Sa	9:00-9:30 AM	Jul 07-Aug 25	\$41/7	74510
Sa	10:30-11:00 AM	Jul 07-Aug 25	\$41/7	74511
Su	10:00-10:30 AM	Jul 08-Aug 26	\$41/7	74512
Su	11:00-11:30 AM	Jul 08-Aug 26	\$41/7	74497
Tu-F	9:00-9:30 AM	Jul 24-Aug 10	\$69/12	74498
Tu/Th	9:00-9:30 AM	Jul 31-Aug 30	\$58/10	74506
Tu/Th	4:00-4:30 PM	Jul 31-Aug 30	\$58/10	74509
Tu/Th	5:30-6:00 PM	Jul 31-Aug 30	\$58/10	74513

PRESCHOOL LESSONS

Diaper Dive

To complete, parent and tots will be comfortable entering and exiting the pool safely. Bubble blowing, front/back floats and submersions are taught through games and songs. Parent participation is required.

M	6:00-6:30 PM	Jul 02-Aug 27	\$42/8	74478
Tu/Th	6:00-6:30 PM	Jul 03-Jul 26	\$42/8	74479
Tu	7:00-7:30 PM	Jul 03-Aug 28	\$47/9	74480
Sa	9:30-10:00 AM	Jul 07-Aug 25	\$37/7	74481
Su	9:30-10:00 AM	Jul 08-Aug 26	\$37/7	74484
Tu/Th	6:00-6:30 PM	Jul 31-Aug 30	\$53/10	74483

Little Learners

To complete, swimmers will be comfortable floating on their fronts and backs independently. Must comfortably perform jumps, bobs and rollover floats. Parent participation required.

M	6:30-7:00 PM	Jul 02-Aug 27	\$42/8	74491
Tu/Th	6:30-7:00 PM	Jul 03-Jul 26	\$42/8	74489
Th	7:00-7:30 PM	Jul 05-Aug 30	\$47/9	74493
Sa	9:00-9:30 AM	Jul 07-Aug 25	\$37/7	74494
Su	10:30-11:00 AM	Jul 08-Aug 26	\$37/7	74490
Tu/Th	6:30-7:00 PM	Jul 31-Aug 30	\$53/10	74492

Terrific Twos

This level is designed for swimmers who are ready to participate without parent support. To complete, they will be proficient doing front floats, glides and kicks on their own. Prerequisite: Twos in Training

M	7:00-7:30 PM	Jul 02-Aug 27	\$46/8	74515
Tu/Th	11:00-11:30 AM	Jul 03-Jul 26	\$46/8	74516
Tu/Th	6:30-7:00 PM	Jul 03-Jul 26	\$46/8	74517
W	6:30-7:00 PM	Jul 04-Aug 29	\$46/8	74521
W	7:00-7:30 PM	Jul 04-Aug 29	\$46/8	74518
W	7:30-8:00 PM	Jul 04-Aug 29	\$46/8	74519
Th	7:00-7:30 PM	Jul 05-Aug 30	\$52/9	74523
Sa	10:00-10:30 AM	Jul 07-Aug 25	\$41/7	74524
Su	10:30-11:00 AM	Jul 08-Aug 26	\$41/7	74520
Tu/Th	11:00-11:30 AM	Jul 31-Aug 30	\$58/10	74525
Tu/Th	6:30-7:00 PM	Jul 31-Aug 30	\$58/10	74522

Yellow Seahorse

3-5 year old beginners! To move to Orange Jellyfish, children will be comfortable submerging and perform assisted front/back floats and glides.

M	6:00-6:30 PM	Jul 02-Aug 27	\$42/8	74535
M	6:30-7:00 PM	Jul 02-Aug 27	\$42/8	74536
M	7:00-7:30 PM	Jul 02-Aug 27	\$42/8	74537
M	7:30-8:00 PM	Jul 02-Aug 27	\$42/8	74538
M	7:30-8:00 PM	Jul 02-Aug 27	\$42/8	74540
Tu-F	10:30-11:00 AM	Jul 03-Jul 20	\$63/12	74541
Tu-F	11:00-11:30 AM	Jul 03-Jul 20	\$63/12	74542
Tu/Th	10:00-10:30 AM	Jul 03-Jul 26	\$42/8	74543
Tu/Th	10:30-11:00 AM	Jul 03-Jul 26	\$42/8	74545
Tu/Th	4:00-4:30 PM	Jul 03-Jul 26	\$42/8	74546
Tu/Th	5:00-5:30 PM	Jul 03-Jul 26	\$42/8	74547
Tu/Th	5:30-6:00 PM	Jul 03-Jul 26	\$42/8	74548
Tu/Th	5:30-6:00 PM	Jul 03-Jul 26	\$42/8	74549
Tu/Th	6:00-6:30 PM	Jul 03-Jul 26	\$42/8	74550
Tu/Th	6:30-7:00 PM	Jul 03-Jul 26	\$42/8	74551
Tu/Th	7:00-7:30 PM	Jul 03-Jul 26	\$42/8	74562
Tu	5:30-6:00 PM	Jul 03-Aug 28	\$47/9	74563
Tu	6:00-6:30 PM	Jul 03-Aug 28	\$47/9	74564
Tu	6:30-7:00 PM	Jul 03-Aug 28	\$47/9	74565
W	6:00-6:30 PM	Jul 04-Aug 29	\$42/8	74566
W	6:00-6:30 PM	Jul 04-Aug 29	\$42/8	74567
W	6:30-7:00 PM	Jul 04-Aug 29	\$42/8	74553
W	7:00-7:30 PM	Jul 04-Aug 29	\$42/8	74554
W	7:30-8:00 PM	Jul 04-Aug 29	\$42/8	74555
W	7:30-8:00 PM	Jul 04-Aug 29	\$42/8	74556
Th	5:30-6:00 PM	Jul 05-Aug 30	\$47/9	74557
Th	6:00-6:30 PM	Jul 05-Aug 30	\$47/9	74558
Sa	9:00-9:30 AM	Jul 07-Aug 25	\$37/7	74559
Sa	9:30-10:00 AM	Jul 07-Aug 25	\$37/7	74560
Sa	10:00-10:30 AM	Jul 07-Aug 25	\$37/7	74568
Sa	10:30-11:00 AM	Jul 07-Aug 25	\$37/7	74569
Sa	11:00-11:30 AM	Jul 07-Aug 25	\$37/7	74534
Su	9:30-10:00 AM	Jul 08-Aug 26	\$37/7	74571
Su	10:00-10:30 AM	Jul 08-Aug 26	\$37/7	74572
Su	10:30-11:00 AM	Jul 08-Aug 26	\$37/7	74573
Su	11:00-11:30 AM	Jul 08-Aug 26	\$37/7	74574
Tu-F	10:30-11:00 AM	Jul 24-Aug 10	\$63/12	74575
Tu-F	11:00-11:30 AM	Jul 24-Aug 10	\$63/12	74576
Tu/Th	10:00-10:30 AM	Jul 31-Aug 30	\$53/10	74579
Tu/Th	10:30-11:00 AM	Jul 31-Aug 30	\$53/10	74577
Tu/Th	4:00-4:30 PM	Jul 31-Aug 30	\$53/10	74580
Tu/Th	5:00-5:30 PM	Jul 31-Aug 30	\$53/10	74581
Tu/Th	5:30-6:00 PM	Jul 31-Aug 30	\$53/10	74539

Tu/Th	5:30-6:00 PM	Jul 31-Aug 30	\$53/10	74544
Tu/Th	6:00-6:30 PM	Jul 31-Aug 30	\$53/10	74561
Tu/Th	6:30-7:00 PM	Jul 31-Aug 30	\$53/10	74552
Tu/Th	7:00-7:30 PM	Jul 31-Aug 30	\$53/10	74570
Tu-F	10:30-11:00 AM	Aug 14-Aug 31	\$63/12	74578
Tu-F	11:00-11:30 AM	Aug 14-Aug 31	\$63/12	74604

Orange Jellyfish

Independent front and back glides are the focus here! Children will be confident gliding and kicking independently on their fronts and backs before moving on to Red Snapper.

M	6:00-6:30 PM	Jul 02-Aug 27	\$42/8	74606
M	7:00-7:30 PM	Jul 02-Aug 27	\$42/8	74607
M	7:30-8:00 PM	Jul 02-Aug 27	\$42/8	74608
Tu-F	11:00-11:30 AM	Jul 03-Jul 20	\$63/12	74609
Tu/Th	10:00-10:30 AM	Jul 03-Jul 26	\$42/8	74610
Tu/Th	11:00-11:30 AM	Jul 03-Jul 26	\$42/8	74611
Tu/Th	4:30-5:00 PM	Jul 03-Jul 26	\$42/8	74612
Tu/Th	6:00-6:30 PM	Jul 03-Jul 26	\$42/8	74613
Tu/Th	7:00-7:30 PM	Jul 03-Jul 26	\$42/8	74619
W	6:00-6:30 PM	Jul 04-Aug 29	\$42/8	74620
W	6:30-7:00 PM	Jul 04-Aug 29	\$42/8	74621
W	7:00-7:30 PM	Jul 04-Aug 29	\$42/8	74605
W	7:30-8:00 PM	Jul 04-Aug 29	\$42/8	74614
Sa	9:30-10:00 AM	Jul 07-Aug 25	\$37/7	74615
Sa	10:30-11:00 AM	Jul 07-Aug 25	\$37/7	74616
Sa	11:00-11:30 AM	Jul 07-Aug 25	\$37/7	74617
Su	9:30-10:00 AM	Jul 08-Aug 26	\$37/7	74618
Su	10:00-10:30 AM	Jul 08-Aug 26	\$37/7	74622
Tu-F	11:00-11:30 AM	Jul 24-Aug 10	\$63/12	74624
Tu/Th	10:00-10:30 AM	Jul 31-Aug 30	\$53/10	74625
Tu/Th	11:00-11:30 AM	Jul 31-Aug 30	\$53/10	74626
Tu/Th	4:30-5:00 PM	Jul 31-Aug 30	\$53/10	74627
Tu/Th	6:00-6:30 PM	Jul 31-Aug 30	\$53/10	74628
Tu/Th	7:00-7:30 PM	Jul 31-Aug 30	\$53/10	74623
Tu-F	11:00-11:30 AM	Aug 14-Aug 31	\$63/12	74629

Red Snapper

Front and back swims are developed here! Children will be skilled doing front swims with big arms and back swims. Recovery to the pool edge in the big pool is also required to advance to Maroon Starfish.

M	7:00-7:30 PM	Jul 02-Aug 27	\$42/8	74632
Tu-F	9:30-10:00 AM	Jul 03-Jul 20	\$63/12	74633
Tu/Th	9:00-9:30 AM	Jul 03-Jul 26	\$42/8	74634
Tu/Th	6:00-6:30 PM	Jul 03-Jul 26	\$42/8	74641
W	6:30-7:00 PM	Jul 04-Aug 29	\$42/8	74637
W	7:30-8:00 PM	Jul 04-Aug 29	\$42/8	74638
Th	6:30-7:00 PM	Jul 05-Aug 30	\$47/9	74635
Sa	11:00-11:30 AM	Jul 07-Aug 25	\$37/7	74636
Su	10:00-10:30 AM	Jul 08-Aug 26	\$37/7	74630
Tu-F	9:30-10:00 AM	Jul 24-Aug 10	\$63/12	74631
Tu/Th	9:00-9:30 AM	Jul 31-Aug 30	\$53/10	74639
Tu/Th	6:00-6:30 PM	Jul 31-Aug 30	\$53/10	74642
Tu-F	9:30-10:00 AM	Aug 14-Aug 31	\$63/12	74640

Maroon Starfish

Students refine their front and back swims and work on confidence building in the Big Pool. To complete, swimmers must be competent performing side glides, change of direction and deep water skills.

M	6:30-7:00 PM	Jul 02-Aug 27	\$42/8	74644
Tu/Th	9:30-10:00 AM	Jul 03-Jul 26	\$42/8	74643
W	7:00-7:30 PM	Jul 04-Aug 29	\$42/8	74645
Th	6:30-7:00 PM	Jul 05-Aug 30	\$47/9	74646
Tu/Th	9:30-10:00 AM	Jul 31-Aug 30	\$53/10	74647

Blue Dolphin

Children will demonstrate basic front crawl and back swims with shoulder rolls and perform kneeling dives and deep-water surface support.

M	6:30-7:00 PM	Jul 02-Aug 27	\$42/8	74648
W	7:00-7:30 PM	Jul 04-Aug 29	\$42/8	74649

SCHOOL AGE LESSONS

SwimKids 1

For school age beginners! To complete this level, children will be comfortable floating on their front and back. Glides with kicks will also be mastered.

M	6:30-7:00 PM	Jul 02-Aug 27	\$42/8	74652
M	7:30-8:00 PM	Jul 02-Aug 27	\$42/8	74650
Tu-F	10:30-11:00 AM	Jul 03-Jul 20	\$63/12	74653
Tu-F	11:00-11:30 AM	Jul 03-Jul 20	\$63/12	74654
Tu/Th	10:30-11:00 AM	Jul 03-Jul 26	\$42/8	74655
Tu/Th	5:00-5:30 PM	Jul 03-Jul 26	\$42/8	74665
Tu/Th	7:00-7:30 PM	Jul 03-Jul 26	\$42/8	74656
Tu	5:30-6:00 PM	Jul 03-Aug 28	\$47/9	74659
W	6:00-6:30 PM	Jul 04-Aug 29	\$42/8	74660
W	7:00-7:30 PM	Jul 04-Aug 29	\$42/8	74658
Sa	10:00-10:30 AM	Jul 07-Aug 25	\$37/7	74651
Su	9:30-10:00 AM	Jul 08-Aug 26	\$37/7	74661
Tu-F	10:30-11:00 AM	Jul 24-Aug 10	\$63/12	74662
Tu-F	11:00-11:30 AM	Jul 24-Aug 10	\$63/12	74663
Tu/Th	10:30-11:00 AM	Jul 31-Aug 30	\$53/10	74664
Tu/Th	5:00-5:30 PM	Jul 31-Aug 30	\$53/10	74666
Tu/Th	7:00-7:30 PM	Jul 31-Aug 30	\$53/10	74667
Tu-F	10:30-11:00 AM	Aug 14-Aug 31	\$63/12	74657
Tu-F	11:00-11:30 AM	Aug 14-Aug 31	\$63/12	74668

SwimKids 2

Confidence performing front and back swims will determine advancement to Level 3. Children will be comfortable performing deep water activities.

M	6:00-6:30 PM	Jul 02-Aug 27	\$42/8	74672
M	7:30-8:00 PM	Jul 02-Aug 27	\$42/8	74679
Tu-F	10:00-10:30 AM	Jul 03-Jul 20	\$63/12	74674
Tu/Th	9:30-10:00 AM	Jul 03-Jul 26	\$42/8	74669
Tu/Th	4:30-5:00 PM	Jul 03-Jul 26	\$42/8	74675
Tu/Th	5:30-6:00 PM	Jul 03-Jul 26	\$42/8	74677
Tu	6:30-7:00 PM	Jul 03-Aug 28	\$47/9	74676
W	6:30-7:00 PM	Jul 04-Aug 29	\$42/8	74670
W	7:30-8:00 PM	Jul 04-Aug 29	\$42/8	74678
Sa	11:00-11:30 AM	Jul 07-Aug 25	\$37/7	74680
Su	11:00-11:30 AM	Jul 08-Aug 26	\$37/7	74671
Tu-F	10:00-10:30 AM	Jul 24-Aug 10	\$63/12	74681
Tu/Th	9:30-10:00 AM	Jul 31-Aug 30	\$53/10	74682
Tu/Th	4:30-5:00 PM	Jul 31-Aug 30	\$53/10	74673
Tu/Th	5:30-6:00 PM	Jul 31-Aug 30	\$53/10	74700
Tu-F	10:00-10:30 AM	Aug 14-Aug 31	\$63/12	74701

SwimKids 3

Front crawl is the focus of this level. Diving, change of direction and treading water are also introduced in this level.

M	6:30-7:00 PM	Jul 02-Aug 27	\$42/8	74709
M	7:00-7:30 PM	Jul 02-Aug 27	\$42/8	74702
Tu-F	10:00-10:30 AM	Jul 03-Jul 20	\$63/12	74710
Tu/Th	9:30-10:00 AM	Jul 03-Jul 26	\$42/8	74711
Tu/Th	6:30-7:00 PM	Jul 03-Jul 26	\$42/8	74712
Tu	6:00-6:30 PM	Jul 03-Aug 28	\$47/9	74703
W	6:00-6:30 PM	Jul 04-Aug 29	\$42/8	74714
W	7:00-7:30 PM	Jul 04-Aug 29	\$42/8	74704
Th	6:00-6:30 PM	Jul 05-Aug 30	\$47/9	74713
Sa	10:30-11:00 AM	Jul 07-Aug 25	\$37/7	74705
Su	9:30-10:00 AM	Jul 08-Aug 26	\$37/7	74706
Tu-F	10:00-10:30 AM	Jul 24-Aug 10	\$63/12	74715
Tu/Th	9:30-10:00 AM	Jul 31-Aug 30	\$53/10	74707
Tu/Th	6:30-7:00 PM	Jul 31-Aug 30	\$53/10	74716
Tu-F	10:00-10:30 AM	Aug 14-Aug 31	\$63/12	74708

SwimKids 4

Front crawl, back glides and shoulder rolls are developed. Students must complete a 25 metre endurance swim to move on to Level 5.

M	6:00-6:30 PM	Jul 02-Aug 27	\$42/8	74724
M	7:30-8:00 PM	Jul 02-Aug 27	\$42/8	74720
Tu-F	10:30-11:00 AM	Jul 03-Jul 20	\$63/12	74725
Tu/Th	9:00-9:30 AM	Jul 03-Jul 26	\$42/8	74721
Tu/Th	7:00-7:30 PM	Jul 03-Jul 26	\$42/8	74726
W	6:30-7:00 PM	Jul 04-Aug 29	\$42/8	74728
Th	5:30-6:00 PM	Jul 05-Aug 30	\$47/9	74727
Sa	10:00-10:30 AM	Jul 07-Aug 25	\$37/7	74729
Su	11:00-11:30 AM	Jul 08-Aug 26	\$37/7	74730
Tu-F	10:30-11:00 AM	Jul 24-Aug 10	\$63/12	74722
Tu/Th	9:00-9:30 AM	Jul 31-Aug 30	\$53/10	74723
Tu/Th	7:00-7:30 PM	Jul 31-Aug 30	\$53/10	74731
Tu-F	10:30-11:00 AM	Aug 14-Aug 31	\$63/12	74732

SwimKids 5

Back crawl is introduced, along with sculling and whip kick on the back. Stride dives are taught and endurance is increased to 50 metres. Level 5 is a 45 minute class.

M	6:00-6:45 PM	Jul 02-Aug 27	\$64/8	74780
Tu-F	9:00-9:45 AM	Jul 03-Jul 20	\$96/12	74778
Tu/Th	6:45-7:30 PM	Jul 03-Jul 26	\$64/8	74781
W	6:00-6:45 PM	Jul 04-Aug 29	\$64/8	74782
Sa	9:00-9:45 AM	Jul 07-Aug 25	\$56/7	74779
Tu-F	9:00-9:45 AM	Jul 24-Aug 10	\$96/12	74783
Tu/Th	6:45-7:30 PM	Jul 31-Aug 30	\$80/10	74784
Tu-F	9:00-9:45 AM	Aug 14-Aug 31	\$96/12	74785

SwimKids 6 & 7

Work continues on front and back crawl. Elementary backstroke is introduced, endurance increases to 150 metres and basic rescue skills are taught.

M	6:30-7:15 PM	Jul 02-Aug 27	\$64/8	74786
Tu-F	9:45-10:30 AM	Jul 03-Jul 20	\$96/12	74787
Tu/Th	6:00-6:45 PM	Jul 03-Jul 26	\$64/8	74788
W	6:45-7:30 PM	Jul 04-Aug 29	\$64/8	74789
Tu-F	9:45-10:30 AM	Jul 24-Aug 10	\$96/12	74790
Tu/Th	6:00-6:45 PM	Jul 31-Aug 30	\$80/10	74791
Tu-F	9:45-10:30 AM	Aug 14-Aug 31	\$96/12	74792

SwimKids 8, 9 & 10

All strokes are refined, butterfly and scissor kick are introduced. Sun and ice safety are discussed and children learn about making wise choices and peer influence. Endurance swim increases to 500 metres.

M	6:45-7:30 PM	Jul 02-Aug 27	\$64/8	74793
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