

Spring Swimming Lessons - Register early and save \$5 per participant!

Online registration  town.uxbridge.on.ca

SWIM WITH THE BEST AT UXPOOL. 905-852-7831

Register before March 9 and SAVE \$5.00 per participant.

Registration Guidelines		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring (once per week x 10 weeks)	\$105	Mar 26 - June 4 *skip May 21	Mar 27 - May 29	Mar 21 - May 23	Mar 22 - May 24	Mar 23 - June 1 *skip Mar 30	Mar 24 - June 5 *skip May 19
Pre-school Lessons with Parent							
Starfish (4 - 12 month) Intro to water skills with parent.	Parent 1:1	9:45am 6:15pm	10:15am 6:00pm	6:15pm	9:45am 6:30pm		10:00am
Duck (12 - 24 month) With assistance, introduced to buoyancy & movement.	Parent 1:1	9:45am 6:15pm	10:15am 6:00pm	6:15pm	9:45am 6:30pm		10:00am
Sea Turtle (24 - 36 month) Develop the kick on both front & back.	Parent 1:1	9:45am 6:15pm	10:15am 6:00pm	6:15pm	9:45am 6:30pm		10:30am
Pre-school Lessons Ages 3 - 6 years							
Sea Otter Swimmers work on floats, glides, kicking on front. Swim 1 metre.	½ hour 1:4 ratio	9:45am 6:15; 6:45; 7:15pm	10:15am; 3:45; 4:15; 6:00; 6:30; 7:00pm	6:15; 6:45pm	10:15am 4:00; 6:15; 6:30pm	4:00; 5:00pm	10:00; 10:30; 10:45; 11:00; 11:30am
Salamander Independent skills. Propulsion & buoyancy without assistance. Swim 2 metres.	½ hour 1:4 ratio	10:15am 6:15; 6:45; 7:15pm	9:45am 3:45; 4:15; 6:00; 6:30; 7:00pm	6:15; 6:45; 7:15pm	9:45; 10:15am 4:00; 6:00; 6:30pm	4:00; 4:30; 5:00pm	10:00; 10:30; 11:00 11:30am
Sunfish Independent front swim & back glides. Deep water activities. Swim 5 metres.	½ hour 1:4 ratio	10:15 am 6:15; 6:45; 7:15pm	9:45 am 3:45; 4:15; 6:00; 6:30; 7:00pm	6:15; 6:45; 7:15pm	9:45; 10:15am 4:00; 6:00; 6:30pm	4:00; 4:30; 5:00pm	10:00; 10:30; 11:00; 11:30am
Crocodile Front & back swim. Deep water activities. Swim 10 metres.	½ hour 1:6 ratio	6:45pm	9:45am 4:30; 6:30pm	6:15pm	4:00; 7:00pm	5:00pm	10:45am
Whale Further develop front & back swims. Introduction to diving. Swim 15 metres. Red Cross Swim Kids Lessons	½ hour 1:6 ratio	6:45pm	9:45am 4:30; 6:30pm	6:15pm	4:00; 7:00pm	5:00pm	10:45am
Red Cross Swim Kids Lessons Ages 5 years & up							
Swim Kids 1 Intro to safe water activities, floats & glides, submersion & steps towards independence. Swim 5 metres.	½ hour 1:6 ratio	6:45pm	4:00; 6:30pm	6:15pm	4:30; 6:00pm	4:15pm	10:45; 11:30am
Swim Kids 2 Independent front & back floats & develop front & back propulsion, front swim. Swim 10 metres.	½ hour 1:6 ratio	6:45; 7:15pm	3:45; 6:00; 6:30; 7:00pm	6:45; 7:15pm	4:30; 6:00; 7:00pm	4:00; 4:30pm	10:00; 11:00; 11:30am
Swim Kids 3 Intro to front crawl, deep water activities & further develop back propulsion. Swim 15 metres.	½ hour 1:6 ratio	6:15; 7:15pm	4:15; 6:00; 6:30; 7:00pm	6:45; 7:15pm	4:30; 6:00; 6:30pm	4:00; 4:30pm	10:00; 10:30; 11:00am
Swim Kids 4 Diving introduced & front crawl breathing pattern developed. Swim 25 meters.	½ hour 1:6 ratio	6:15; 7:15pm	4:30; 6:00; 7:00pm	6:45; 7:15pm	4:30; 7:00pm	4:30; 5:00pm	10:30; 11:00; 11:00am

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Register before March 9 and SAVE \$5.00 per participant.

Registration Guidelines		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring (once per week x 10 weeks)	\$105	Mar 26 - June 4 *skip May 21	Mar 27 - May 29	Mar 21 - May 23	Mar 22 - May 24	Mar 23 - June 1* skip Mar 30	Mar 24 - June 5* skip May 19
Red Cross Swim Kids Lessons continued Ages 5 years & up							
Swim Kids 5 Back crawl & whip kick. 50 metre swim.	¾ hour 1:8 ratio	6:15; 7:00pm	3:45; 6:00; 6:45pm	6:15; 7:00pm	3:45; 6:00; 6:45pm	4:00; 4:45pm	10:00; 11:15am
Swim Kids 6 Front & back crawl, intro to elementary back stroke. 75 metre swim.	¾ hour 1:8 ratio	6:15; 7:00pm	3:45; 6:00; 6:45pm	6:15; 7:00pm	3:45; 6:00; 6:45pm	4:00; 4:45pm	10:00; 11:15am
Swim Kids 7 Intro to whip kick on front. 150 metre swim.	¾ hour 1:8 ratio	6:15; 7:00pm	3:45; 6:00; 6:45pm	7:00pm	3:45; 6:00pm	4:00; 4:45pm	10:00; 11:15am
Swim Kids 8 Further development on strokes & dolphin kick. 300 metre swim.	¾ hour 1:8 ratio	6:15; 7:00pm	3:45; 6:00; 6:45pm	7:00pm	3:45; 6:00pm	4:00; 4:45pm	10:00; 11:15am
Swim Kids 9 Stroke proficiency & self-rescue. Intro to side stroke. 400 metre swim.	¾ hour 1:8 ratio	6:15pm	3:45; 6:00; 6:45pm	6:15pm	3:45; 6:45pm	4:45pm	10:00; 11:15am
Swim Kids 10 Stroke proficiency for Leadership courses. 500 meter swim.	¾ hour 1:8 ratio	6:15pm	3:45; 6:00; 6:45pm	6:15pm	3:45; 6:45pm	4:45pm	10:00; 11:15am
Adult Lessons See fitness page.	\$115 + HST	7:00pm					
Private Swim Lessons Will be prorated for the 8 or 9 lessons.	1:2 \$187 1:1 \$270	Day or evening	Day or evening	Day or evening	Day or evening	After school	Mornings
Home School Program For those children in Swim Kids 1 - 10 during the daytime.	Level dependent		10:45am		10:45am		
Advanced Swim Fitness Programs Ages 8 years & up							
Life-guarding Awards (Ages 10 - 13) Rookie, Ranger, Star. 1 hour.	1:8 ratio \$106.40					5:30pm	
Recreation Swim Club 1 (Ages 7 - 9) Competitive swimming at a recreational level. Great for fitness & stroke refinement. 45 minutes.	\$105					5:30pm-6:15pm	
Recreation Swim Club 2 (Ages 10 - 14) Competitive swimming at a recreational level. Great for fitness & stroke refinement. 1 hour per week.	\$140					5:30pm-6:30pm	

Women & Girls' Only Programs

We are pleased to offer swimming lessons and lane swim in an all-female environment with female swim instructors and covered windows.

Lessons: Fridays: 6:45pm: Sea Otter, Salamander, Sunfish and Swim Kids 5, 6, 7, 8, 9, 10
Fridays: 7:15pm: Swim Kids 1, 2, 3, 4 Please see Lesson schedule for price, class ratio and size.

Lane Swim: Fridays: 6:45 to 7:45pm
Available March 24 - June 2 *skip March 30.

Please see Aquatic Fitness Schedule (pages 20 & 21) for prices.
All membership types will be accepted during this time.

June Swimming Lessons - Register early and save \$5 per participant!

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SWIM WITH THE BEST AT UXPOOL 905-852-7831 Register before May 17 and SAVE \$5.00 per participant.

Registration Guidelines		Tuesday/Thursday	Wednesday
June Mini: Tuesday & Thursday twice a week for 9 Lessons		\$94.50	May 31 - Jun 28
June Mini: Wednesday (1 hour) alt. schedule 6:30pm start for all levels		\$105	May 30 - June 27
Pre-school Lessons with Parent			
Starfish (4-12 month) Intro to water skills with parent.	Parent 1:1	10:15am 6:00pm	
Duck (12-24 month) With assistance, introduced to buoyancy & movement.	Parent 1:1	10:15am 6:00pm	
Sea Turtle (24-36 month) Develop the kick on both front and back.	Parent 1:1	10:15am 6:00pm	
Pre-school Lessons Ages 3 - 6 years			
Sea Otter Swimmers work on floats, glides, kicking on front. Swim 1 metre.	½ hour 1:4 ratio	10:15am; 3:45; 4:15; 6:00; 6:30; 7:00pm	6:30-7:30pm
Salamander Independent skills. Propulsion & buoyancy without assistance. Swim 2 metres.	½ hour 1:4 ratio	9:45am; 3:45; 4:15; 6:00; 6:30; 7:00pm	6:30-7:30pm
Sunfish Independent front swim & back glides. Deep water activities. Swim 5 metres.	½ hour 1:4 ratio	9:45am; 3:45; 4:15; 6:00; 6:30; 7:00pm	6:30-7:30pm
Crocodile Front & back swim. Deep water activities. Swim 10 metres.	½ hour 1:6 ratio	9:45am; 4:30; 6:30pm	6:30-7:30pm
Whale Further develop front & back swims. Introduction to diving. Swim 15 metres.	½ hour 1:6 ratio	9:45am; 4:30; 6:30pm	6:30-7:30pm
Red Cross Swim Kids Lessons Ages 5 years & up			
Swim Kids 1 Intro to safe water activities, floats & glides, submersion & steps towards independence. Swim 5 metres.	½ hour 1:6 ratio	4:00; 6:30pm	6:30-7:30pm
Swim Kids 2 Independent front & back floats & develop front & back propulsion, front swim. Swim 10 metres.	½ hour 1:6 ratio	3:45; 6:00; 6:30; 7:00pm	6:30-7:30pm
Swim Kids 3 Intro to front crawl, deep water activities & further develop back propulsion. Swim 15 metres.	½ hour 1:6 ratio	4:15; 6:00; 6:30; 7:00pm	6:30-7:30pm
Swim Kids 4 Diving introduced & front crawl breathing pattern developed. Swim 25 metres.	½ hour 1:6 ratio	4:30; 6:00; 7:00pm	6:30-7:30pm
Swim Kids 5 Back crawl & whip kick. 50 metre swim.	¾ hour 1:8 ratio	3:45; 6:00; 6:45pm	6:30-7:30pm
Swim Kids 6 Front & back crawl, intro to elementary back stroke. 75 metre swim.	¾ hour 1:8 ratio	3:45; 6:00; 6:45pm	6:30-7:30pm
Swim Kids 7 Intro to whip kick on front. 150 metre swim.	¾ hour 1:8 ratio	3:45; 6:00; 6:45pm	6:30-7:30pm
Swim Kids 8 Further development on strokes & dolphin kick. 300 metre swim.	¾ hour 1:8 ratio	3:45; 6:00; 6:45pm	6:30-7:30pm
Swim Kids 9 Stroke proficiency & self-rescue. Intro to side stroke. 400 metre swim.	¾ hour 1:8 ratio	3:45; 6:00; 6:45pm	6:30-7:30pm
Swim Kids 10 Stroke proficiency for Leadership courses. 500 meter swim.	¾ hour 1:8 ratio	3:45; 6:00; 6:45pm	6:30-7:30pm

Summer Swimming Lessons 905-852-7831

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One week morning sessions available for all levels!

Evening lessons are Monday or Wednesday, once per week for 5 weeks.

Register before June 13 and receive a \$5.00 discount

Session 1: July 9 - 13
Session 2: July 16 - 20
Session 3: July 23 - 27

Session 4: July 30 - August 3
Session 5: August 13 - 17
Session 6: August 20 - 24

Red Cross Pre-School with Parent under 3

Starfish (4-12 months) Intro to water skills with parent	Parent 1:1 \$78.40	6:00pm
Duck (12-24 months) With assistance, introduced to buoyancy and movement	Parent 1:1 \$78.40	6:00pm
Sea Turtle (24-36 months) Develop the kick on both front and back	Parent 1:1 \$78.40	6:00pm

Red Cross Pre-School ages 3 - 6 years

Sea Otter Swimmers work on floats, glides, kicking on front & swim 1 metre.	¾ hour 1:2 ratio \$105	9:15am 10:15am 6:00pm
Salamander Independent skills. Propulsion & buoyancy without assistance. Swim 2 metres.	¾ hour 1:2 ratio \$105	9:15am 10:15am 6:00pm
Sunfish Independent front swim & back glides. Deep water activities. Swim 5 metres.	¾ hour 1:2 ratio \$105	9:15am 10:15am 6:00pm
Crocodile Front & back swim. Deep water activities. Swim 10 metres.	¾ hour 1:3 ratio \$105	10:15am 6:00pm
Whale Further develop front & back swims. Introduction to diving. Swim 15 metres.	¾ hour 1:3 ratio \$105	10:15am 6:00pm

Red Cross Swim Kids Ages 5 years and up

Swim Kids 1 Intro to safe water activities, floats & glides, submersion & steps towards independence. Swim 5 metres.	¾ hour 1:3 ratio \$105	10:00am 11:00am 6:00pm
Swim Kids 2 Independent front & back floats & develop front & back propulsion, front swim. Swim 10 metres.	¾ hour 1:3 ratio \$105	10:00am 11:00am 6:00pm
Swim Kids 3 Intro to front crawl, deep water activities & further develop back propulsion. Swim 15 metres.	¾ hour 1:3 ratio \$105	10:00am 11:00am 6:00pm
Swim Kids 4 Diving introduced & front crawl breathing pattern developed. Swim 25 metres.	¾ hour 1:3 ratio \$105	10:00am 11:00am 6:00pm
Swim Kids 5 Back crawl & whip kick, plus a 50 metre endurance swim.	1 hour 1:4 ratio \$105	9:15am 10:45am 6:00pm
Swim Kids 6 Further develop endurance, front & back crawl, Intro to elementary back stroke & dolphin kick.	1 hour 1:4 ratio \$105	9:15am 10:45am 6:00pm
Swim Kids 7 Intro to whip kick on front & 150 metre endurance swim.	1 hour 1:4 ratio \$105	9:15am 10:45am 6:00pm
Swim Kids 8 Further development on strokes & dolphin kick. 300 metre endurance swim.	1 hour 1:4 ratio \$105	9:15am 10:45am 6:00pm
Swim Kids 9 Stroke proficiency & self-rescue. Intro to side stroke. 400 metre swim.	1 hour 1:4 ratio \$105	9:15am 6:00pm
Swim Kids 10 Stroke proficiency for Leadership courses. 500 metre swim.	1 hour 1:4 ratio \$105	9:15am 6:00pm
Private Swim Lessons 5 lessons for 45 minutes each lesson.	3/4 hour 1:1	\$216

Evening Lessons: All evening lessons run on Monday or Wednesday nights only at 6 pm.
Mondays: July 9 to Aug. 13 *skip Aug. 6
Wednesdays: July 11 to Aug. 8.



Our summer lessons feature a one week program designed to fit your busy summer schedules. Come every day for a week and join in the fun, fitness and learn to swim programs Uxpool has to offer. Pre-school and Swim Kids 1-4 are 45 minutes long and Swim Kids 5-10 are 1 hour. Guaranteed lower ratios during the summer session provide more instructor focus for your child.