



# Swim with the Best at Uxpool!

**905-852-7831.** Fall Registration begins August 24. Receive a \$5 discount up to September 14. Winter Registration begins November 23. Receive \$5 discount up to December 14.

Registration Guidelines	Cost:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fall</b> (once per week x 10 weeks)	\$105	Sept 25 – Dec 4 *skip Oct 9	Sept 26 – Dec.5 *skip Oct 31	Sept 27 – Nov 29	Sept 28 – Nov 30	Sept 29 - Dec 1	Sep 30 – Dec 9 * skip Oct 7
<b>Winter</b> (once per week x 9 weeks)	\$94.50	Jan 8 – Mar 5 **8 lessons *skip Feb 19	Jan 9 – Mar 6	Jan 10 – Mar 7	Jan 11 – Mar 8	Jan 12–Mar 9	Jan 13 – Mar 10
<b>Pre-school Lessons with Parent</b>							
<b>Starfish</b> (4 – 12 month) Intro to water skills with parent.	Parent 1:1	9:45 am 6:15 pm	10:15 am 6:00 pm	6:15 pm	9:45 am 6:30 pm		10:00 am
<b>Duck</b> (12 -24 month) With assistance, introduced to buoyancy and movement.	Parent 1:1	9:45 am 6:15 pm	10:15 am 6:00 pm	6:15 pm	9:45 am 6:30 pm		10:00 am
<b>Sea Turtle</b> (24 –36 month) Develop the kick on both front and back.	Parent 1:1	9:45 am 6:45 pm	10:15 am 6:00 pm	6:15 pm	9:45 am 6:30 pm		10:30 am
<b>Pre-school Lessons Ages 3 – 6 years</b>							
<b>Sea Otter</b> Swimmers work on floats, glides, kicking on front and swim 1 metre.	½ hour 1:4 ratio	9:45am 6:15; 6:45; 7:15 pm	10:15am; 3:45; 4:15; 6:00; 6:30; 7:00 pm	6:15; 6:45 pm	10:15 am; 4:00; 6:15; 6:30 pm	4:00; 5:00 pm	10:00; 10:30; 10:45; 11:00 11:30 am
<b>Salamander</b> Independent skills. Propulsion and buoyancy without assistance. Swim 2 metres.	½ hour 1:4 ratio	10:15 am 6:15; 6:45; 7:15 pm	9:45 am; 3:45; 4:15; 6:00; 6:30; 7:00 pm	6:15; 6:45; 7:15 pm	9:45; 10:15 am 4:00; 6:00; 6:30 pm	4:00; 4:30; 5:00 pm	10:00; 10:30; 11:00 11:30 am
<b>Sunfish</b> Independent front swim & back glides. Deep water activities. Swim 5 metres.	½ hour 1:4 ratio	10:15 am 6:15; 6:45; 7:15 pm	9:45 am; 3:45; 4:15; 6:00; 6:30; 7:00 pm	6:15; 6:45; 7:15 pm	9:45; 10:15 am; 4:00; 6:00; 6:30 pm	4:00; 4:30; 5:00 pm	10:00; 10:30; 11:00; 11:30 am
<b>Crocodile</b> Front & back swim. Deep water activities. Swim 10 metres.	½ hour 1:6 ratio	6:45 pm	9:45 am; 4:30; 6:30 pm	6:15 pm	4:00; 7:00 pm	5:00 pm	10:45 am
<b>Whale</b> Further develop front & back swims. Introduction to diving. Swim 15 metres.	½ hour 1:6 ratio	6:45 pm	9:45 am; 4:30; 6:30 pm	6:15 pm	4:00; 7:00 pm	5:00 pm	10:45 am
<b>Red Cross Swim Kids Lessons Age 5 yrs &amp; up</b>							
<b>Swim Kids 1</b> Intro to safe water activities, floats & guides, submersion & steps towards independence. Swim 5 metres.	½ hour 1:6 ratio	6:45 pm	4:00; 6:30 pm	6:15 pm	4:30; 6:00 pm	4:15 pm	10:45; 11:30 am
<b>Swim Kids 2</b> Independent front & back floats & develop front & back propulsion, front swim. Swim 10 metres.	½ hour 1:6 ratio	6:45; 7:15 pm	3:45; 6:00; 6:30; 7:00 pm	6:45; 7:15 pm	4:30; 6:00; 7:00 pm	4:00; 4:30 pm	10:00; 11:00; 11:30 am
<b>Swim Kids 3</b> Intro to front crawl, deep water activities & further develop back propulsion. Swim 15 metres.	½ hour 1:6 ratio	6:15; 7:15 pm	4:15; 6:00; 6:30; 7:00 pm	6:45; 7:15 pm	4:30; 6:00; 6:30 pm	4:00; 4:30 pm	10:00; 10:30; 11:00 am
<b>Swim Kids 4</b> Diving introduced & front crawl breathing pattern developed. Swim 25 meters.	½ hour 1:6 ratio	6:15; 7:15 pm	4:30; 6:00; 7:00 pm	6:45; 7:15 pm	4:30; 7:00 pm	4:30; 5:00 pm	10:30; 11:00; 11:30 am



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<b>Red Cross Swim Kids con't Age 5 yrs &amp; up</b>							
<b>Swim Kids 5</b> Back Crawl & whip kick, plus a 50 meter endurance swim.	¾ hour 1:8 ratio	6:15; 7:00 pm	3:45; 6:00; 6:45 pm	6:15; 7:00 pm	3:45; 6:00; 6:45 pm	4:00; 4:45 pm	10:00; 11:15 am
<b>Swim Kids 6</b> Further develop endurance, front & back crawl, intro to elementary back stroke & dolphin kick.	¾ hour 1:8 ratio	6:15; 7:00 pm	3:45; 6:00; 6:45 pm	6:15; 7:00 pm	3:45; 6:00; 6:45 pm	4:00; 4:45 pm	10:00; 11:15 am
<b>Swim Kids 7</b> Intro to whip kick on front & 150 meter endurance swim.	¾ hour 1:8 ratio	6:15; 7:00 pm	3:45; 6:00; 6:45 pm	7:00 pm	3:45; 6:00 pm	4:00; 4:45 pm	10:00; 11:15 am
<b>Swim Kids 8</b> Further development on strokes & dolphin kick. 300 meter endurance swim.	¾ hour 1:8 ratio	6:15; 7:00 pm	3:45; 6:00; 6:45 pm	7:00 pm	3:45; 6:00 pm	4:00; 4:45 pm	10:00; 11:15 am
<b>Swim Kids 9</b> Stroke proficiency and self-rescue. Intro to side stroke. 400 meter swim.	¾ hour 1:8 ratio	6:15 pm	3:45; 6:00; 6:45 pm	6:15 pm	3:45; 6:45 pm	4:45 pm	10:00; 11:15 am
<b>Swim Kids 10</b> Stroke proficiency for leadership courses. 500 meter swim.	¾ hour 1:8 ratio	6:15 pm	3:45; 6:00; 6:45 pm	6:15 pm	3:45; 6:45 pm	4:45 pm	10:00; 11:15 am
<b>Adult Lessons</b> See fitness page	\$120 +HST	7:00 pm					
<b>Private Swim Lessons</b> will be prorated for the 8 or 9 lessons	1:2 \$187 1:1 \$260	Day or evening	Day or evening	Day or evening	Day or evening	Day or evening	Mornings
<b>Home School Program</b> For those children in Swim Kids 1 – 10 during the daytime	Level dependent		10:45 am		10:45 am		
<b>Advanced Swim Fitness Programs Ages 8 yrs &amp; up</b>							
<b>Life guarding awards</b> (ages 10 – 13) Rookie, Ranger, Star & Bronze Star.	1 hour 1:8 ratio					5:30 pm	
<b>Recreation Swim Club 1 – ages 7 - 9</b> Competitive swimming at a recreational level. Great for fitness & stroke refinement.	45 min \$105					5:30 – 6:15 pm	
<b>Recreation Swim Club 2 – ages 10 - 14</b> Competitive swimming at a recreational level. Great for fitness & stroke refinement.	1 hour per week \$140					5:30 – 6:30 pm	

## 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.

**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: Available: September 29 to December 1 and January 12 to March 9** ..... Fridays 6:45 to 7:45pm

Please see Aquatic Fitness Schedule for prices.

All membership types will be accepted during this time.