

**Swim with the Best at Uxpool. 905-852-7831**  
**Register early and SAVE \$5.00 per participant. Discount are**  
**available when you register before March 9<sup>th</sup> for the Spring Session**  
**Note: Any transfer in lesson times after the discount period will result in a \$5 charge.**



Registration Guidelines	Cost:	Monday	Tuesday	Wednes ay	Thursday	Friday	Saturday
<b>Spring</b> (once per week x 10 weeks)	\$99	Mar 27 – June 5 *skip May 22 <sup>nd</sup>	Mar 28 – May 30	Mar 22 – May 24	Mar 23 – May 25	Mar 24 - June 2 *skip Apr 14	Mar 25 – June 3 * skip May 20 <sup>th</sup>
<b>June Mini:</b> Tues & Thurs Twice a week for 9 Lessons	\$89.10		June 1 – Jun 28				
<b>June Mini:</b> Wed (1 hour) alt. schedule 6:30 start for all levels	\$99			May 31 – June 28 *6:30 start			
<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. 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 years &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.	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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Registration Guidelines	Cost:	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Swim 25 meters.							
<b>Spring</b> (once per week x 10 weeks)	\$99	Mar 27 – June 5 *skip May 22 <sup>nd</sup>	Mar 28 – May 30	Mar 22 – May 24	Mar 23 – May 25	Mar 24 - June 2 *skip Apr 14	Mar 25 – June 3 * skip May 20 <sup>th</sup>
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<b>Red Cross Swim Kids Age 5 years &amp; up</b>							
<b>...continued</b>							
<b>Swim Kids 5</b> Back crawl & whip kick. 50 metre 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> Front & back crawl, intro to elementary back stroke. 75 metre 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 7</b> Intro to whip kick on front. 150 metre 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 metre 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 metre 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	\$115 + HST	7:00 pm					
<b>Private Swim Lessons</b> Will be prorated for the 8 or 9 lessons	1:2 \$180 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 depen dent		10:45 am		10:45 am		
<b>Advanced Swim Fitness Programs Ages 8 years &amp; up</b>							
<b>Life guarding awards</b> Ages 10 – 13 Rookie, Ranger, Star & Bronze Star	1 hour 1:8 ratio \$99.30					5:30 pm	
<b>Recreation Swim Club 1 –</b> Ages 7 - 9 Competitive swimming at a recreational level. Great for fitness & stroke refinement.	45 min \$97					5:30 – 6:15 pm	
<b>Recreation Swim Club 2 –</b> Ages 10 - 14 Competitive swimming at a recreational level. Great for fitness & stroke refinement.	1 hour per week \$115					5:30 – 6:30 pm	

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### 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 6:45 pm Sea Otter, Salamander, Sunfish and Swim Kids 5, 6, 7, 8, 9, 10

Fridays 7:15 pm Swim Kids 1, 2, 3, 4

Please see Lesson schedule for price, class ratio and size.

Lane Swim: Available: Mar 24 - June 2 \*skip Apr 14

Fridays 6:45 to 7:45 pm

Please see Aquatic Fitness Schedule for prices. All membership types will be accepted during this time.