

One week morning sessions available for all levels!. Evening lessons are Mon. or Wed. once/week for 5 weeks. Register before June 1st and receive a \$5 discount.



Session 1: July 3rd - 7th
 Session 2: July 10th - 14th
 Session 3: July 17th - 21st

Session 4: July 24th - 28th
 Session 5: August 14th - 18th
 Session 6: August 21st - 25th

R.C Pre-School with Parent under 3		
Starfish (4–12 month) Intro to water skills with parent.	Parent 1:1 \$79.20	6:00 pm
Duck (12–24 month) With assistance, introduced to buoyancy and movement.	Parent 1:1 \$79.20	6:00 pm
Sea Turtle (24–36 month) Develop the kick on both front and back	Parent 1:1 \$79.20	6:00 pm
R.C Pre-School with Parent Ages 3 - 6		
Sea Otter Swimmers work on floats, glides, kicking on front and swim 1 metre.	½ hour 1:4 ratio \$79.20	9:15 am 10:15 am 6:00 pm
Salamander Independent skills. Propulsion and buoyancy without assistance. Swim 2 metres.	¾ hour 1:4 ratio \$79.20	9:15 am 10:15 am 6:00 pm
Sunfish Independent front swim & back glides. Deep water activities. Swim 5 metres	¾ hour 1:4 ratio \$79.20	9:15 am 10:15 am 6:00 pm
Crocodile Front & back swim. Deep water activities. Swim 10 metres.	¾ hour 1:4 ratio \$79.20	10:15 am 6:00 pm
Whale Further develop front & back swims. Introduction to diving. Swim 15 metres.	¾ hour 1:6 ratio \$79.20	10:15 am 6:00 pm

R.C. Swim Kids Lessons Ages 5 yrs & up		
Swim kids 1 Intro to safe water activities, floats & guides, submersion & steps towards independence. Swim 5 metres	¾ hour 1:6 Ratio \$79.20	10:00 am 11:00 am 6:00 pm
Swim Kids 2 Independent front & back floats & develop front & back propulsion., front swim, swim 10 metres	¾ hour 1:6 Ratio \$79.20	10:00 am 11:00 am 6:00 pm
Swim Kids 3 Intro to Front crawl, deep water activities & further develop back propulsion. Swim 15 Metres	¾ hour 1:6 Ratio \$79.20	10:00 am 11:00 am 6:00 pm
Swim Kids 4 Diving introduced & Front Crawl breathing pattern developed. Swim 25 metres	¾ hour 1:6 Ratio \$79.20	10:00; am 11:00 am 6:00 pm
Swim Kids 5 Back Crawl & Whip kick, plus a 50 meter endurance swim	1 hour 1:8 ratio \$79.20	9:15 am 10:45 am 6:00 pm
Swim Kids 6 Further develop endurance, front & back crawl, Intro to elementary back stroke & dolphin kick.	1 hour 1:8 ratio \$79.20	9:15 am 10:45 am 6:00 pm
Swim Kids 7 Intro to whip kick on front & 150 metre endurance swim.	1 hour 1:8 ratio \$79.20	9:15 am 10:45 am 6:00 pm
Swim Kids 8 Further development on strokes & Dolphin kick. 300 metre endurance swim	1 hour 1:8 ratio \$79.20	9:15 am 10:45 am 6:00 pm
Swim Kids 9 Stroke proficiency and self-rescue. Intro to side stroke. 400 meter swim.	1 hour 1:8 ratio \$79.20	9:15 am 6:00 pm
Swim Kids 10 Stroke proficiency for Leadership courses. 500 meter swim.	1 hour 1:8 ratio \$79.20	9:15 am 6:00 pm
Private and Semi-Private & semi Group 5 lessons for 45 minutes each lesson.	1:1 1:2 \$79.20	\$200.00 \$140.00

Our Summer lessons feature a one week program designed to fit your busy summer schedules. Come everyday 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 Kid 5 - 10 are now 1 hour. Each summer session is equivalent to and 8 week traditional set of lessons

Evening Lessons: All evening lessons run on Monday or Wednesday nights only at 6:00 pm
Mondays: July 3rd to August 8th *skip August 1st
Wednesdays: July 5th to August 3rd