

# AQUATICS

## Ray Twinney Recreation Complex & Magna Centre Metro Aquatic Centre

### What to Expect from Lessons

Swimming requires a lot of practice and positive feedback to succeed. We believe that it takes 10 years of lessons to really learn to swim well. The Red Cross Swim Program allows students to progress comfortably at their own rate. We encourage you to talk about lessons with your child. Make sure that you have realistic expectations and that your child feels no pressure to “pass” a level or get a badge, but rather focus on “completing” the skills at their own rate. Try to look at swimming lessons as a long-term progression. If your child should miss a lesson due to vacation, illness or other commitments we are not able to accommodate a make up lesson. If the absence will not allow them to continue lessons please fill out a refund request form which can be found at the kiosks of the recreation centers or online at [www.newmarket.ca](http://www.newmarket.ca). All parents/guardians of aquatic participants in lessons are required to remain in the designated seating areas (viewing gallery, patio or bleachers). We thank you for your co-operation.

### Parent's Day

Join us during the 5<sup>th</sup> lesson. You are welcome to watch your children from the pool seating areas or viewing galleries, take pictures and speak with the instructor at the end of the class. If you wish to visit on deck, please remember to remove your shoes! Please note that picture taking is only permitted on Parent's Day.

### Metro Aquatic Centre 800 Mulock Dr. | 905-953-5303

#### Mon to Fri - 5 days/wk

Session #1, July 9 – 13  
Session #2, July 16 – 20  
Session #3, July 23 – 27  
Session #4, July 30 – Aug 4  
Session #5, Aug 13 – 17  
Session #6, Aug 20 – 24  
Session #7, Aug 27 – 31

#### Mon & Wed - 2 days/4wks

Session #1, July 4 – 30  
Session #2, Aug 1 – 29

#### Tuesdays - 1 day/8wks

Session #1, July 10 – Aug 28

#### Thursdays - 1 day/8wks

Session #1, July 12 – Aug 30

**No Lessons Scheduled on:** Aug 6 - Civic Holiday

### Final Report Cards

Feedback is essential for successful learning! To provide reinforcement, each participant will receive a written report outlining their swimming progress. These reports are yours to keep, however the Progress Card must be returned to your next instructor for reference in areas needing more practice.

### Screening for Aquatic Levels


Our aquatic staff will screen participants to assist you in registering for the right class. If your child has learned to swim without instruction or has been out of lessons for a year or more, request a screening from the Head Instructor/Guard during a scheduled public swim time.


### Instructor to Participant Ratios


The class ratios are listed with each Preschool and Swim Kids level. These ratios are based on the research and recommendations of the Red Cross.

**PLEASE NOTE:** All times, dates, fees, instructors, and programs are subject to change without notice. Advanced course taxes, materials, and exam fees are not included. All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee, but DO NOT include applicable taxes. Taxes are not applied on programs for 14 yrs. and under.


### Fees (5 classes)

 Preschool to Swim Kids 4  
Res \$46.50 | Non-Res \$87.50

 Swim Kids 5 to 7  
Res \$53.75 | Non-Res \$93.75

 Swim Kids 8 to 10  
Res \$58.75 | Non-Res \$98.75

### Fees (8 classes)

 Preschool to Swim Kids 4  
Res \$73 | Non-Res \$113

 Swim Kids 5 to 7  
Res \$83 | Non-Res \$123

 Swim Kids 8 to 10  
Res \$91 | Non-Res \$131



## Preschool

(ages 4 months to 6 years)

This eight-level program allows your children to enter levels based on their age and abilities: During Starfish and Duck, the parent or caregiver will participate in the classes together with their child. Sea Turtle With-Parent provides a transition where parents can gradually leave their preschooler with the instructor. In the Sea Otter to Whale levels children participate without a parent/guardian. The children will be with the Instructor at all times. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children. **\*As your child reaches age six during the preschool levels, please refer to the Red Cross Transition Chart.**

\*Parented classes



## Swim Kids

(ages 5 to 12 years)

This 10 level program for school aged children will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breaststroke, and sidestroke, actively learning how to be safe around water, and will help increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.

Swim Kids Level 1 to 10



## Teen & Adult Swim Program

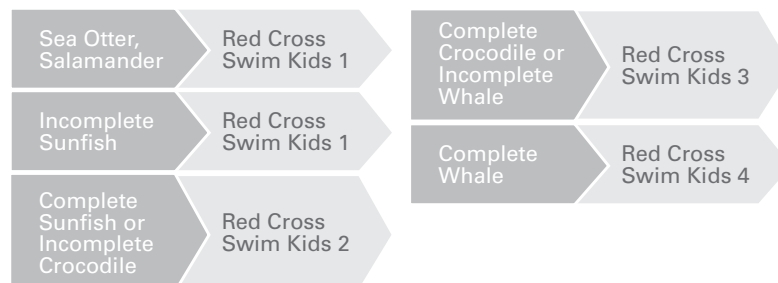
(ages 13 and up)

The Adult & Teen Swim Program is a four stage program that can be customized to meet individual needs. Learn to swim in Red Cross Swim Basics 1 and 2, develop or improve strokes in Red Cross Swim Strokes, and sample a variety of aquatic activities in Red Cross Swim Sports. The program is customized to participants' individual goals and rate of progress.

Red Cross Swim Basics 1  
Red Cross Swim Basics 2  
Red Cross Swim Strokes  
Red Cross Swim Sports

- Starfish\*
- Duck\*
- Sea Turtle\*
- Sea Otter
- Salamander
- Sunfish
- Crocodile
- Whale

### Red Cross Transition Chart: Preschool to Swim Kids





Pools &  
Weather  
Cancellation  
Hotline



1.877.PLAY936  
1.877.752.9936

AQUATICS

# Swim Schedules



## Metro Aquatic Centre (Magna Centre)

It features two fully accessible pools; one is a 25-metre, 8-lane pool; the other is a 21-metre learning pool with spray nozzles and a swirl pool. The elevated viewing gallery provides a vantage point of the entire pool for spectators. Fully accessible male, female and family change rooms and NLS lifeguards supervising the pool are provided. **905-953-5303 | 800 Mulock Drive**

Jul 2 - Aug 6	Mon	Tues	Wed	Thurs	Fri	Sat & Sun
Public Swim	11 – 1 p.m.	11 – 1 p.m. 7:30 – 9 p.m.	11 – 1 p.m.	11 – 1 p.m. 7:30 – 9 p.m.	11 – 1 p.m. 7:30 – 9 p.m.	11 – 1 p.m.
Lane Swim	7:30 – 9 a.m.* 9 – 10 p.m.	7:30 – 9 a.m.* 9 – 10 p.m.	7:30 – 9 a.m.* 9 – 10 p.m.	7:30 – 9 a.m.* 9 – 10 p.m.	7:30 – 9 a.m.* 9 – 10 p.m.	9 – 11 a.m.
Parent & Tot					5:30 – 7:30 p.m.	
Aquafit Combo	8 – 8:45 a.m.*	8 – 8:45 a.m.*	8 – 8:45 a.m.*	8 – 8:45 a.m.*	8 – 8:45 a.m.*	

\*Pool shared with Aquatic fitness and lane swim. Aquatic Fitness Cancellation Policy-If attendance is less than four participants in three consecutive weeks the class will be cancelled for the remainder of the session.

Aug 7 - Sep 2	Mon	Tues	Wed	Thurs	Fri	Sat & Sun
Public Swim	11 – 1 p.m.	11 – 1 p.m. 7:30 – 9 p.m.	11 – 1 p.m.	11 – 1 p.m. 7:30 – 9 p.m.	11 – 1 p.m. 7:30 – 9 p.m.	11 – 1 p.m.
Lane Swim	5:30 – 9:30 a.m.* 9 – 10 p.m.	5:30 – 9:30 a.m.* 9 – 10 p.m.	5:30 – 9:30 a.m.* 9 – 10 p.m.	5:30 – 9:30 a.m.* 9 – 10 p.m.	5:30 – 9:30 a.m.* 9 – 10 p.m.	9 – 11 a.m.
Parent & Tot					5:30 – 7:30 p.m.	
Aquafit Combo	8 – 8:45 a.m.*	8 – 8:45 a.m.*	8 – 8:45 a.m.*	8 – 8:45 a.m.*	8 – 8:45 a.m.*	

\*Pool shared with Aquatic fitness and lane swim. Aquatic Fitness Cancellation Policy-If attendance is less than four participants in three consecutive weeks the class will be cancelled for the remainder of the session.

## CLOSURES

**Magna** July 1 (Canada Day), August 6 (Civic Holiday), September 3

**LANE SWIM:** Lane swim for 13 years and up. Swirl Pool and Sauna available (RTRC). Teaching Pool (MAC) not available. Lane availability may vary. Must be able to swim lengths continuously.

**AQUAFIT COMBO:** Open to 16 years and up. An “all exercise” workout to music. Mid-pool, deep, and shallow water used. Limit 25 per class.

**PARENT & TOT SWIM:** Tot/Teaching Pool Only. Open to preschoolers and their parents/caregivers who are 16 years of age or older.

**PUBLIC SWIM:** Open to anyone. Metro Mountain is open (MAC). All pools and amenities are available.



## Ray Twinney Recreation Complex

It has two pools, a 25-metre, 6-lane pool, and a Tot pool that is perfect for teaching youngsters. It also features a 100 foot waterslide, swirl pool and dry sauna. An on-deck patio for spectators provides a unique touch. The fully accessible change rooms and main pool are able to accommodate all pool users. The pool is supervised by NLS lifeguards. **905-953-5301 | 100 Eagle Street West**

<b>July 2 - 20</b>	Mon	Tues	Wed	Thurs	Fri
Lane Swim	5:30 – 9 a.m.	5:30 – 9 a.m.	5:30 – 9 a.m.	5:30 – 9 a.m.	5:30 – 9 a.m.



## Gorman Outdoor Pool (Heated)

The outdoor, heated, and accessible pool is a great beach style place to relax. Picnic benches and chairs are on site. The pool is supervised by NLS lifeguards and has male and female change rooms. **905-953-5306 | 424 D'Arcy Street (Church Street & D'Arcy Street)**

<b>June 23 - July 1</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Public Swim	4 – 8 p.m. <sup>†</sup>	4 – 8 p.m. <sup>†</sup>	4 – 8 p.m. <sup>†</sup>	4 – 8 p.m. <sup>†</sup>	4 – 8 p.m. <sup>†</sup>	1 – 6 p.m. <sup>†</sup>	1 – 6 p.m. <sup>†</sup>

<sup>†</sup>Weather permitting. Open regular hours on holidays.

<b>July 2 - Sept 2</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Public Swim	12:30 – 8 p.m. <sup>†</sup>	12:30 – 8 p.m. <sup>†</sup>	12:30 – 8 p.m. <sup>†</sup>	12:30 – 8 p.m. <sup>†</sup>	12:30 – 8 p.m. <sup>†</sup>	1 – 6 p.m. <sup>†</sup>	1 – 6 p.m. <sup>†</sup>
Parent & Tot Swim	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>		
Senior Swim	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>	11 – 12:30 p.m. <sup>†</sup>		
Aquafit Combo	9:15 – 10 a.m. <sup>†</sup>	9:15 – 10 a.m. <sup>†</sup>	9:15 – 10 a.m. <sup>†</sup>	9:15 – 10 a.m. <sup>†</sup>	9:15 – 10 a.m. <sup>†</sup>		

<sup>†</sup>Weather permitting. Open regular hours on holidays.

## CLOSURES

**All Pools** September 3 (Labour Day) **RTRC** July 21 to September 3



## Rogers Wading Pool (Heated)

A great spot to cool off as the wading pool gradually dips to 2 feet deep with a fountain at the centre. It is also supervised by an Aquatic Attendant. **170 London Road (behind Canadian Martyrs Catholic School)**

<b>June 23 - Sept 2</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Parent & Tot	11 a.m. – 4 p.m. <sup>†</sup>	11 a.m. – 4 p.m. <sup>†</sup>	11 a.m. – 4 p.m. <sup>†</sup>	11 a.m. – 4 p.m. <sup>†</sup>	11 a.m. – 4 p.m. <sup>†</sup>	11 a.m. – 4 p.m. <sup>†</sup>	11 a.m. – 4 p.m. <sup>†</sup>

There is no admittance fee. This is a Parent & Tot Pool open to Parent/Guardians and Children (up to 12 years of age) ONLY!!! CHILDREN MUST BE ACCOMPANIED BY A PARENT/GUARDIAN 16 YEARS OF AGE OR OLDER AT ALLTIMES. <sup>†</sup>Weather permitting.

# ADMISSION STANDARDS FOR PUBLIC POOLS

Standards have been developed by the Office of the Chief Coroner of Ontario to assist Lifeguards and Assistant Lifeguards in maintaining adequate surveillance over the whereabouts and activities of young bathers while inside the pool enclosure. The Ministry of Health and Long Term Care strongly supports these standards for the purposes of preventing injuries and fatalities. **Please Note: all parents or guardians must be 16 years of age or older. Prices listed are applicable to all Newmarket aquatic facilities. Passes are interchangeable in all facilities.**

**Facility/Slide Swim Test** Swim one (1) length of the pool (25m) independently, demonstrating comfort in water without stopping, touching the bottom of the pool or reaching for assistance. Must be performed to gain access to the deep end upon request of a lifeguard.

**Serious Medical Conditions** Those with serious medical conditions should be accompanied by an individual, who is knowledgeable of their condition and responsible for their supervision.

Child Age	Ratio	Criteria
5 & under	2:1	<ul style="list-style-type: none"> <li>Must be accompanied by a parent/guardian (16 yrs.+).</li> <li>Parent/guardian is responsible for direct supervision and must be in the water within arms reach of child(ren) at all times.</li> </ul>
6 to 9	4:1	<ul style="list-style-type: none"> <li>Must be accompanied by a parent/guardian (16 yrs.+).</li> <li>Parent/guardian is responsible for direct supervision &amp; must be in the water.</li> <li>If the child can swim and pass a facility swim test, the parent/guardian does not have to remain within arms reach of the child, however, must remain in the pool enclosure (patio at RTRC or bleacher seating at MAC) to provide supervision of children and remain in visual contact.</li> <li>During slide swims riders must be 42" in height to use slide or must pass the Facility Swim Test</li> </ul>
10 and up	N/A	<ul style="list-style-type: none"> <li>May swim without adult accompaniment.</li> </ul>

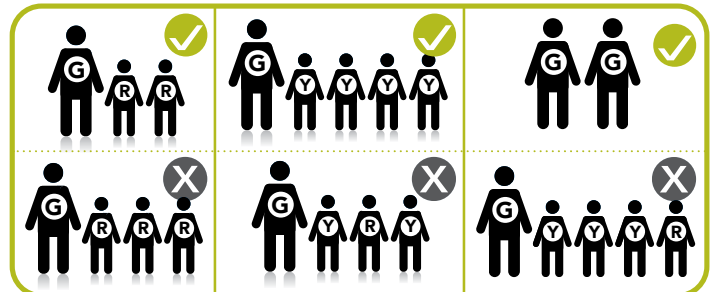
## DO YOU MEET THE ADMISSION STANDARDS?

**Green Wristbands** are for ages 10 and up.

**Yellow Wristbands** indicate ages 6 to 9 who may attempt a swim test to receive a green band.

**Red Wristbands** are for ages 5 and under, or ages 6 to 9 who do not complete a swim test.

Children ages 6 to 9 may receive a green wristband upon completion of a swim test, but a guardian must remain in the pool facility. All swimmers must come to the kiosk counter when paying to obtain the appropriate wristbands.



## PUBLIC SWIMMING FEES (Proof of residency is required)

	Adult	Youth	Child	Senior	Group	Preschool
Daily	\$4.75	\$4.50	\$3.25	\$4.50	\$12	\$1.25
10 Visit	\$33.60	\$31.80	\$23	\$31.80	\$84.80	-
20 Visit	\$63	\$59.60	\$43.20	\$59.60	\$159.20	-
30 Visit	\$88.20	\$83.40	\$60.30	\$83.40	\$222	-
100 Visit	\$147	\$139	\$101	\$139	\$372	-

<b>AquaFit</b>	Adult	Senior
Daily	\$7.05	\$6.67
10 Visit	\$49.90	\$47.20
20 Visit	\$93.60	\$88.40
30 Visit	\$130.80	\$123.90
100 Visit	\$233	\$206

<b>Swim n' Fit**</b>	Adult	Senior
10 Visit	\$66.80	\$63.20
20 Visit	\$117.40	\$111
30 Visit	\$153.30	\$145.20
100 Visit	\$365	\$345

\*Daily admissions include tax. All membership passes do not include taxes.

\*\*This pass allows pass holders to participate in the Aquatic Fitness classes and swim before or after class, according to the number of visits purchased (when times available).

Preschool Up to 3 years Child 4 – 14 yrs. Youth 15 – 17 yrs. Adult 18+ yrs. Senior 55+ yrs. Group Max. of 6 (Max. 3 adults)

# IMPORTANT INFORMATION

All parents/guardians of aquatic participants in lessons and public swims are required to remain in the designated seating areas (viewing gallery, patio or bleachers) and NOT wander on “deck” close to the pool, during programs. We thank you for your co-operation.

## Serious Medical Conditions

Those with serious medical conditions should be accompanied by an individual, who is knowledgeable of their condition and responsible for their direct supervision.

## What to Wear in the Pool

Proper bathing attire means clothing used for swimming only. Sorry, no street clothes, or undergarments. Children who are not toilet trained must wear swimmer pull-ups. NO DIAPERS, disposable or cloth, are permitted.

## Change Room Age Requirements

For the Ray Twinney Complex Pool and Gorman Outdoor Pool: Children seven years of age or older are required to use the change room of their own gender. If this is not suitable, please see staff to use the family/special needs change room at the Ray Twinney Complex Pool only.

For Metro Aquatic Centre (Magna Centre):

Children 6 years of age or older are required to use the change room of their own gender. If you are not able to accompany your child into their gender specific change room please make use of the family change room.

## Family/Special Needs Change Room

A Family/Special Needs change room is available for use, if required, at the Ray Twinney Recreation Complex Pool (one family/participant at a time). The Metro Aquatic Centre has a separate family/special needs change room with individual stalls. Personal belongings for both pools, must be locked in a locker. NO BELONGINGS TO BE LEFT IN ROOM/STALL. NO NUDITY IN THE COMMON AREA!

## Personal Belongings/Lockers

Patrons using all facilities should not leave ANY valuables in the change rooms. Please take precautions to secure all items or keep them on your person at all times. Lockers are available for your use. You must bring your own lock or locks are available: Rent (\$2) or Buy (\$7). Locks must be removed after each use or locks will be cut off and removed every night. The Town of Newmarket is not responsible for any lost or stolen articles.

## Shower Before Swimming

All swimmers must shower thoroughly with soap before entering the pool to help keep the water clean for your swimming enjoyment.

## Strollers

Strollers are not permitted in the change rooms or on deck. If you require assistance, please see the pool staff to borrow a pool stroller. (Limited strollers available).

## Changes & Cancellations

Prices, times, and instructors are subject to change without notice.

## Sauna/Swirl Pool Use Policy

Children under 12 years of age are NOT ALLOWED in the Sauna

or Swirl Pool unless supervised by a parent/guardian 16 years of age or older. Pregnant women and persons with known medical conditions should consult with a physician before using the Sauna or Swirl Pool. It is recommended that patrons spend no more than 10 to 15 minutes in the Sauna or Swirl Pool, due to the possibility of heat exhaustion/stroke. The Swirl Pool is not a hot tub. The maximum bather load is 15 people. The Sauna is a DRY SAUNA and NO WATER is to be thrown on the heating unit. Water causes the unit to breakdown, therefore will result in Sauna closures.

## Tot/Teaching Pool Use Policy

The Tot/Teaching Pool is only for preschoolers six years of age and under and their parents/guardians.

## Pool Foul/Power Failure/Maintenance Closure

The pool(s) may close in an untimely manner due to a pool fouling, power failure, or mechanical/maintenance problem. When this happens, instructors will use the time to focus on dry land water safety lessons that are part of the Red Cross Swim program. Cancelled lessons cannot be made up.

## Food and Beverages

Food and beverages are NOT permitted on the pool deck or in the change rooms.

## Aquatic Fitness Class Policy

Due to the popularity and increasing demand of our Aquatic Fitness classes, we have instituted a class limit size of 25 participants (15 in Deepwell). This is to ensure safety, to allow efficient space to do exercises, and to provide a quality program, in which all participants may enjoy their workout. Participants are admitted on a first come first serve basis. Arrive early to avoid disappointment!

Please note: Aquatic class/passes only allow entrance to class. If you wish to stay and swim (ONLY within scheduled swim times) or use other amenities (Swirl Pool/Sauna), daily admission for swimming must be paid as well. If this is the case it is suggested that patrons purchase a “Swim ‘n’ Fit Pass”.

## Aquatic Fitness Class Cancellation Policy

Classes may be cancelled due to low attendance. If a class has below 4 participants for 3 consecutive weeks it may be cancelled. If you enjoy a class at a specific time please attend and tell your friends about it to keep the class running!

## Cell Phones and Personal Digital Assistants

The use of all Cell Phones and Personal Digital Assistants (PDAs - Palm Pilot, Blackberry, etc.) will not be permitted in any change room, wash-room, pool deck, or pool viewing gallery in any Town of Newmarket Facility. The Town of Newmarket has made this decision as a result of the integration of cameras in cell phones and PDAs. The Town of Newmarket is committed to providing a comfortable, safe environment with privacy for each patron using the facility. If you witness someone using a cell phone or PDA please report it to a Supervisor for follow up.



**STARFISH/DUCK** Starfish- In this level babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical positions in the water, and shallow water entries and exits. Duck- Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

Ages: 4 - 24 mths.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	3:30 p.m.	87687	Tue Jul 10	5:30 p.m.	87969
		Mon Jul 16	3:30 p.m.	87722	Thu Jul 12	5:30 p.m.	88026
Ratio: 1:10		Mon Jul 23	3:30 p.m.	87753	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>		
		Mon Jul 30	3:30 p.m.	87946	Wed Jul 4	5:30 p.m.	87989
		Mon Aug 13	3:30 p.m.	87947	Wed Jul 4	6 p.m.	87991
		Mon Aug 20	3:30 p.m.	87948	Wed Aug 1	5:30 p.m.	87992
		Mon Aug 27	3:30 p.m.	87949	Wed Aug 1	6 p.m.	87993



**SEA TURTLE - WITH PARENT** In this level toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

Ages: 24 - 36 mths.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	2:30 p.m.	87679	Tue Jul 10	5 p.m.	87962
		Mon Jul 9	3:30 p.m.	87680	Tue Jul 10	5:30 p.m.	87963
Ratio: 1:4		Mon Jul 16	2:30 p.m.	87720	Tue Jul 10	6 p.m.	87965
		Mon Jul 16	3:30 p.m.	87721	Thu Jul 12	5 p.m.	88023
		Mon Jul 23	2:30 p.m.	87745	Thu Jul 12	5:30 p.m.	88024
		Mon Jul 23	3:30 p.m.	87746	Thu Jul 12	6 p.m.	88025
		Mon Jul 30	2:30 p.m.	87912	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>		
		Mon Jul 30	3:30 p.m.	87913	Wed Jul 4	5 p.m.	87950
		Mon Aug 13	2:30 p.m.	87914	Wed Jul 4	6 p.m.	87951
		Mon Aug 13	3:30 p.m.	87915	Wed Jul 4	6:30 p.m.	87952
		Mon Aug 20	2:30 p.m.	87916	Wed Aug 1	5 p.m.	87953
		Mon Aug 20	3:30 p.m.	87917	Wed Aug 1	6 p.m.	87954
		Mon Aug 27	2:30 p.m.	87918	Wed Aug 1	6:30 p.m.	87955
		Mon Aug 27	3:30 p.m.	87919			



**SEA OTTER** For children who have not previously taken swimming lessons. Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

Ages: 3 - 5 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	2 p.m.	87655	Tue Jul 10	5 p.m.	87956
		Mon Jul 9	2:30 p.m.	87656	Tue Jul 10	5:30 p.m.	87957
Ratio: 1:4		Mon Jul 9	3:30 p.m.	87657	Tue Jul 10	6:30 p.m.	87958
		Mon Jul 16	2 p.m.	87700	Thu Jul 12	5 p.m.	88016
		Mon Jul 16	2:30 p.m.	87701	Thu Jul 12	5:30 p.m.	88017
		Mon Jul 16	3:30 p.m.	87702	Thu Jul 12	6:30 p.m.	88018
		Mon Jul 23	2 p.m.	87734	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>		
		Mon Jul 23	2:30 p.m.	87735	Wed Jul 4	5 p.m.	87964
		Mon Jul 23	3:30 p.m.	87736	Wed Jul 4	5:30 p.m.	87966
		Mon Jul 30	2 p.m.	87868	Wed Jul 4	6 p.m.	87967
		Mon Jul 30	2:30 p.m.	87869	Wed Jul 4	6:30 p.m.	87968
		Mon Jul 30	3:30 p.m.	87870	Wed Aug 1	5 p.m.	87970
		Mon Aug 13	2 p.m.	87871	Wed Aug 1	5:30 p.m.	87971
		Mon Aug 13	2:30 p.m.	87872	Wed Aug 1	6 p.m.	87973
		Mon Aug 13	3:30 p.m.	87873	Wed Aug 1	6:30 p.m.	87975
		Mon Aug 20	2 p.m.	87874			
		Mon Aug 20	2:30 p.m.	87875			
		Mon Aug 20	3:30 p.m.	87876			
		Mon Aug 27	2 p.m.	87877			
		Mon Aug 27	2:30 p.m.	87878			
		Mon Aug 27	3:30 p.m.	87879			



**SALAMANDER** Preschoolers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

Ages: 3 - 5 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
		Mon Jul 9	2 p.m.	87658	Tue Jul 10	5 p.m.	87959
Mon Jul 9	2:30 p.m.	87659	Tue Jul 10	6 p.m.	87960		
Mon Jul 16	2 p.m.	87703	Tue Jul 10	6:30 p.m.	87961		
Mon Jul 16	2:30 p.m.	87704	Thu Jul 12	5 p.m.	88019		
Mon Jul 23	2 p.m.	87737	Thu Jul 12	6 p.m.	88021		
Mon Jul 23	2:30 p.m.	87738	Thu Jul 12	6:30 p.m.	88022		
Mon Jul 30	2 p.m.	87880	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>				
Mon Jul 30	2:30 p.m.	87881	Wed Jul 4	5 p.m.	87976		
Mon Aug 13	2 p.m.	87882	Wed Jul 4	5:30 p.m.	87980		
Mon Aug 13	2:30 p.m.	87883	Wed Jul 4	6 p.m.	87983		
Mon Aug 20	2 p.m.	87884	Wed Jul 4	6 p.m.	87983		
Mon Aug 20	2:30 p.m.	87885	Wed Aug 1	5 p.m.	87984		
Mon Aug 27	2 p.m.	87886	Wed Aug 1	5:30 p.m.	87985		
Mon Aug 27	2:30 p.m.	87887	Wed Aug 1	6 p.m.	87986		
			Wed Aug 1	6:45 p.m.	88068		



**SUNFISH** Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.

Ages: 3 - 6 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
		Mon Jul 9	2:30 p.m.	87660	Tue Jul 10	6:30 p.m.	87982
Mon Jul 16	2:30 p.m.	87707	Thu Jul 12	6:30 p.m.	88034		
Mon Jul 23	2:30 p.m.	87741	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>				
Mon Jul 30	2:30 p.m.	87896	Wed Jul 4	6 p.m.	88004		
Mon Aug 13	2:30 p.m.	87897	Wed Jul 4	6:30 p.m.	88005		
Mon Aug 20	2:30 p.m.	87898	Wed Aug 1	6 p.m.	88006		
Mon Aug 27	2:30 p.m.	87899	Wed Aug 1	6:30 p.m.	88008		



**CROCODILE/WHALE** Crocodile – Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously. Whale – Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

Ages: 3 - 6 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
		Mon Jul 9	2 p.m.	87653	Tue Jul 10	6 p.m.	87978
Mon Jul 9	3 p.m.	87654	Tue Jul 10	7 p.m.	88012		
Mon Jul 16	2 p.m.	87698	Thu Jul 12	6 p.m.	88030		
Mon Jul 16	3 p.m.	87699	Thu Jul 12	7 p.m.	88031		
Mon Jul 23	2 p.m.	87732	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>				
Mon Jul 23	3 p.m.	87733	Wed Jul 4	6:30 p.m.	88061		
Mon Jul 30	2 p.m.	87860	Wed Jul 4	6:45 p.m.	88062		
Mon Jul 30	3 p.m.	87861	Wed Aug 1	6:30 p.m.	88063		
Mon Aug 13	2 p.m.	87862	Wed Aug 1	7:30 p.m.	88111		
Mon Aug 13	3 p.m.	87863					
Mon Aug 20	2 p.m.	87864					
Mon Aug 20	3 p.m.	87865					
Mon Aug 27	2 p.m.	87866					
Mon Aug 27	3 p.m.	87867					

**SWIM KIDS LEVEL 1** Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

Ages: 5 - 12 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
		Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	2:45 p.m.	87677	Tue Jul 10
Ratio: 1:6	Mon Jul 9	2:30 p.m.		87678	Thu Jul 12	6 p.m.	88033
				8 Classes- Runs Mon & Wed (2x a week)			
		Mon Jul 16	2:30 p.m.	87708	Wed Jul 4	6 p.m.	87996
		Mon Jul 16	2:45 p.m.	87709	Wed Jul 4	7:45 p.m.	87999
		Mon Jul 16	3:30 p.m.	87710	Wed Aug 1	6 p.m.	88000
		Mon Jul 23	2:30 p.m.	87742	Wed Aug 1	7:45 p.m.	88001
		Mon Jul 23	2:45 p.m.	87743			
		Mon Jul 23	3:30 p.m.	87744			
		Mon Jul 30	2:30 p.m.	87900			
		Mon Jul 30	2:45 p.m.	87901			
		Mon Jul 30	3:30 p.m.	87902			
		Mon Aug 13	2:30 p.m.	87903			
		Mon Aug 13	2:45 p.m.	87904			
		Mon Aug 13	3:30 p.m.	87905			
		Mon Aug 20	2:30 p.m.	87906			
		Mon Aug 20	2:45 p.m.	87907			
		Mon Aug 20	3:30 p.m.	87908			
		Mon Aug 27	2:30 p.m.	87909			
		Mon Aug 27	2:45 p.m.	87910			
		Mon Aug 27	3:30 p.m.	87911			

**SWIM KIDS LEVEL 2** Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

Ages: 5 - 12 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
		Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	3 p.m.	87684	Tue Jul 10
Ratio: 1:6	Mon Jul 16	3 p.m.		87714	Thu Jul 12	6:30 p.m.	88035
				8 Classes- Runs Mon & Wed (2x a week)			
		Mon Jul 23	3 p.m.	87750	Wed Jul 4	6 p.m.	88049
		Mon Jul 30	3 p.m.	87930	Wed Aug 1	6 p.m.	88050
		Mon Aug 13	3 p.m.	87931			
		Mon Aug 20	3 p.m.	87932			
		Mon Aug 27	3 p.m.	87933			

**SWIM KIDS LEVEL 3** Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.

Ages: 5 - 12 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre					
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)		
		Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	2 p.m.	87675	Tue Jul 10
Ratio: 1:6	Mon Jul 9	3 p.m.		87676	Thu Jul 12	6 p.m.	88028
				8 Classes- Runs Mon & Wed (2x a week)			
		Mon Jul 16	2 p.m.	87705	Wed Jul 4	7 p.m.	88066
		Mon Jul 16	3 p.m.	87706	Wed Aug 1	7 p.m.	88067
		Mon Jul 23	2 p.m.	87739			
		Mon Jul 23	3 p.m.	87740			
		Mon Jul 30	2 p.m.	87888			
		Mon Jul 30	3 p.m.	87889			
		Mon Aug 13	2 p.m.	87890			
		Mon Aug 13	3 p.m.	87891			
		Mon Aug 20	2 p.m.	87892			
		Mon Aug 20	3 p.m.	87893			
		Mon Aug 27	2 p.m.	87894			
		Mon Aug 27	3 p.m.	87895			

**SWIM KIDS LEVEL 4** Swimmers learn back swim with shoulder roll and front crawl, work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

Ages: 5 - 12 yrs.	5 Classes Res - \$47.50 Non-Res - \$87.50	Metro Aquatic Centre						
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)			
		Length: 30 min.	8 Classes Res - \$73 Non-Res - \$113	Mon Jul 9	3 p.m.	87685	Tue Jul 10	6 p.m.
Ratio: 1:6	Mon Jul 9	3:30 p.m.		87689	Thu Jul 12	6 p.m.	88029	
8 Classes- Runs Mon & Wed (2x a week)				Mon Jul 16	3 p.m.	87715	Wed Jul 4	6 p.m.
			Mon Jul 16	3:30 p.m.	87716	Wed Jul 4	8:15 p.m.	88011
			Mon Jul 23	3 p.m.	87751	Wed Aug 1	6 p.m.	88013
			Mon Jul 23	3:30 p.m.	87752	Wed Aug 1	8:15 p.m.	88014
			Mon Jul 30	3 p.m.	87934			
			Mon Jul 30	3:30 p.m.	87935			
			Mon Aug 13	3 p.m.	87936			
			Mon Aug 13	3:30 p.m.	87937			
			Mon Aug 20	3 p.m.	87938			
			Mon Aug 20	3:30 p.m.	87939			
			Mon Aug 27	3 p.m.	87940			
			Mon Aug 27	3:30 p.m.	87941			

**SWIM KIDS LEVEL 5** Swimmers develop front crawl, learn back crawl and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

Ages: 5 - 12 yrs.	5 Classes Res - \$53.75 Non-Res - \$93.75	Metro Aquatic Centre						
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)			
		Length: 45 min.	8 Classes Res - \$93 Non-Res - \$123	Mon Jul 9	2:30 p.m.	87681	Tue Jul 10	6 p.m.
Ratio: 1:8	Mon Jul 9	3:15 p.m.		87682	Thu Jul 12	6 p.m.	88027	
8 Classes- Runs Mon & Wed (2x a week)				Mon Jul 16	3:15 p.m.	87717	Wed Jul 4	6 p.m.
			Mon Jul 16	2:30 p.m.	87718	Wed Aug 1	6 p.m.	88052
			Mon Jul 23	2:30 p.m.	87747	Wed Jul 4	8:15 p.m.	88053
			Mon Jul 23	3:15 p.m.	87748	Wed Aug 1	8:15 p.m.	88054
			Mon Jul 30	2:30 p.m.	87920			
			Mon Jul 30	3:15 p.m.	87921			
			Mon Aug 13	2:30 p.m.	87924			
			Mon Aug 13	3:15 p.m.	87925			
			Mon Aug 20	2:30 p.m.	87942			
			Mon Aug 20	3:15 p.m.	87943			
			Mon Aug 27	2:30 p.m.	87944			
			Mon Aug 27	3:15 p.m.	87945			

**SWIM KIDS LEVEL 6** Swimmers increase their distance on front and back crawl, learn elementary back stroke, learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

Ages: 5 - 12 yrs.	5 Classes Res - \$53.75 Non-Res - \$93.75	Metro Aquatic Centre						
		5 classes - Runs Mon to Fri			8 Classes - Runs Tues or Thurs (1 day a week)			
		Length: 45 min.	8 Classes Res - \$83 Non-Res - \$123	Mon Jul 9	2 p.m.	87652	Tue Jul 10	6:45 p.m.
Ratio: 1:8	Mon Jul 9	3:15 p.m.		87686	Thu Jul 12	6:45 p.m.	88037	
8 Classes- Runs Mon & Wed (2x a week)				Mon Jul 16	2 p.m.	87697	Wed Jul 4	6:30 p.m.
			Mon Jul 16	3:15 p.m.	87719	Wed Aug 1	6:30 p.m.	88058
			Mon Jul 23	2 p.m.	87730	Wed Jul 4	7:45 p.m.	88059
			Mon Jul 23	3:15 p.m.	87731	Wed Aug 1	7:45 p.m.	88060
			Mon Jul 30	2 p.m.	87783			
			Mon Jul 30	3:15 p.m.	87784			
			Mon Aug 13	2 p.m.	87785			
			Mon Aug 13	3:15 p.m.	87786			
			Mon Aug 20	2 p.m.	87787			
			Mon Aug 20	3:15 p.m.	87788			
			Mon Aug 27	2 p.m.	87789			
			Mon Aug 27	3:15 p.m.	87791			

**SWIM KIDS LEVEL 7** Swimmers increase their distance on front and back crawl and elementary back stroke, learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

<b>Ages:</b> 5 - 12 yrs.	<b>8 Classes</b> Res - \$83 Non-Res - \$123	<b>Metro Aquatic Centre</b>		
		<b>8 Classes - Runs Mon &amp; Wed (2x a week)</b>		
<b>Length:</b> 45 min.		Wed Jul 4	8:15 p.m.	88071
		Wed Aug 1	8:15 p.m.	88072
<b>Ratio:</b> 1:8				

**SWIM KIDS LEVEL 7/8** Please see course descriptions for Swim Kids Level 7 and 8.

<b>Ages:</b> 5 - 12 yrs.	<b>5 Classes</b> Res - \$58.75 Non-Res - \$98.75	<b>Metro Aquatic Centre</b>					
		<b>5 classes - Runs Mon to Fri</b>			<b>8 Classes - Runs Tues or Thurs (1 day a week)</b>		
<b>Length:</b> 1 hr.	<b>8 Classes</b> Res - \$91 Non-Res - \$131	Mon Jul 9	3 p.m.	87683	Tue Jul 10	6:30 p.m.	87988
		Mon Jul 16	3 p.m.	87713	Thu Jul 12	6:30 p.m.	88036
<b>Ratio:</b> 1:10		Mon Jul 23	3 p.m.	87749	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>		
		Mon Aug 13	3 p.m.	87926	Wed Jul 4	6 p.m.	88055
		Mon Aug 20	3 p.m.	87927	Wed Aug 1	6 p.m.	88056
		Mon Aug 27	3 p.m.	87928			
		Mon Jul 30	3 p.m.	87929			

**SWIM KIDS LEVEL 8** Swimmers increase their distance on front and back crawl and elementary back stroke, learn breast stroke, learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

<b>Ages:</b> 5 - 12 yrs.	<b>8 Classes</b> Res - \$91 Non-Res - \$131	<b>Metro Aquatic Centre</b>		
		<b>8 Classes - Runs Mon &amp; Wed (2x a week)</b>		
<b>Length:</b> 1 hr.		Wed Jul 4	7 p.m.	88064
		Wed Aug 1	7 p.m.	88065
<b>Ratio:</b> 1:10				

**SWIM KIDS LEVEL 9/10** Level 9 - Swimmers increase their distance on front and back crawl, elementary back stroke and breast stroke, learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously. Level 10 - Swimmers increase their distance on front and back crawl, elementary back stroke and breast stroke, learn sidestroke, perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.

<b>Ages:</b> 5 - 12 yrs.	<b>5 Classes</b> Res - \$58.75 Non-Res - \$98.75	<b>Metro Aquatic Centre</b>					
		<b>5 classes - Runs Mon to Fri</b>			<b>8 Classes - Runs Tues or Thurs (1 day a week)</b>		
<b>Length:</b> 1 hr.	<b>8 Classes</b> Res - \$91 Non-Res - \$131	Mon Jul 9	2 p.m.	87632	Tue Jul 10	6 p.m.	87979
		Mon Jul 16	2 p.m.	87633	Thu Jul 12	6 p.m.	88032
<b>Ratio:</b> 1:10		Thu Aug 23	2 p.m.	87634	<b>8 Classes- Runs Mon &amp; Wed (2x a week)</b>		
		Mon Jul 30	2 p.m.	87635	Wed Jul 4	7:15 p.m.	88069
		Mon Aug 13	2 p.m.	87636	Wed Aug 1	7:15 p.m.	88070
		Mon Aug 20	2 p.m.	87637			
		Mon Aug 27	2 p.m.	87638			

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.

# SPECIALITY PROGRAMS

For those looking for a swimming program that specializes in a specific need.

**H10 - PRIVATES** Private lessons (30 min.) are recommended for children 6 to 14 years who have been working towards a level in the regular programs, but need individual attention, because of specific stroke or skill problems. These are also designed for those who have a fear of the water and/or have special needs which demand one on one (private) instruction.

<b>Ages:</b> 6 - 14 yrs.  <b>Length:</b> 30 min.  <b>Ratio:</b> 1:1	<b>5 Classes</b> Res - \$120 Non-Res - \$160	<b>Metro Aquatic Centre</b>					
	<b>8 Classes</b> Res - \$189 Non-Res - \$229	<b>5 classes - Runs Mon to Fri</b>			<b>8 classes - Runs Tue or Thu (1 day a week)</b>		
		Mon Jul 9	2 p.m.	87639	Tue Jul 10	7 p.m.	87994
		Mon Jul 9	2 p.m.	87640	Tue Jul 10	7 p.m.	87995
		Mon Jul 9	2 p.m.	87641	Tue Jul 10	7 p.m.	87997
		Mon Jul 9	2:30 p.m.	87642	Tue Jul 10	7 p.m.	87998
		Mon Jul 9	3 p.m.	87643	Thu Jul 12	7 p.m.	88039
		Mon Jul 9	3 p.m.	87644	Thu Jul 12	7 p.m.	88040
		Mon Jul 9	3:30 p.m.	87645	Thu Jul 12	7 p.m.	88041
		Mon Jul 16	2 p.m.	87690	Thu Jul 12	7 p.m.	88042
		Mon Jul 16	2 p.m.	87691	<b>8 classes - Runs Mon and Wed (2x a week)</b>		
		Mon Jul 16	2 p.m.	87692	Wed Jul 4	6:30 p.m.	88073
		Mon Jul 16	2:30 p.m.	87693	Wed Jul 4	6:30 p.m.	88074
		Mon Jul 16	3 p.m.	87694	Wed Jul 4	6:30 p.m.	88075
		Mon Jul 16	3 p.m.	87695	Wed Jul 4	7 p.m.	88076
		Mon Jul 16	3:30 p.m.	87696	Wed Jul 4	7:15 p.m.	88077
		Mon Jul 23	2 p.m.	87723	Wed Jul 4	7:45 p.m.	88078
		Mon Jul 23	2 p.m.	87724	Wed Jul 4	7:45 p.m.	88079
		Mon Jul 23	2 p.m.	87725	Wed Jul 4	7:45 p.m.	88080
		Mon Jul 23	2:30 p.m.	87726	Wed Jul 4	7:45 p.m.	88081
		Mon Jul 23	3 p.m.	87727	Wed Jul 4	7:45 p.m.	88082
		Mon Jul 23	3:30 p.m.	87728	Wed Jul 4	7:45 p.m.	88083
		Mon Jul 23	3 p.m.	87729	Wed Jul 4	8:15 p.m.	88084
		Mon Jul 30	2 p.m.	87754	Wed Jul 4	8:30 p.m.	88085
		Mon Jul 30	2 p.m.	87755	Wed Aug 1	6:30 p.m.	88086
		Mon Jul 30	2 p.m.	87756	Wed Aug 1	6:30 p.m.	88087
		Mon Jul 30	2:30 p.m.	87757	Wed Aug 1	6:30 p.m.	88088
		Mon Jul 30	3 p.m.	87758	Wed Aug 1	7 p.m.	88089
		Mon Jul 30	3:30 p.m.	87759	Wed Aug 1	7:15 p.m.	88090
		Mon Jul 30	3 p.m.	87760	Wed Aug 1	7:45 p.m.	88091
		Mon Aug 13	2 p.m.	87761	Wed Aug 1	7:45 p.m.	88092
		Mon Aug 13	2 p.m.	87762	Wed Aug 1	7:45 p.m.	88093
		Mon Aug 13	2 p.m.	87763	Wed Aug 1	7:45 p.m.	88094
		Mon Aug 13	2:30 p.m.	87764	Wed Aug 1	7:45 p.m.	88095
		Mon Aug 13	3 p.m.	87765	Wed Aug 1	8:15 p.m.	88096
		Mon Aug 13	3 p.m.	87766	Wed Aug 1	8:30 p.m.	88097
		Mon Aug 13	3:30 p.m.	87767	Wed Aug 1	8 p.m.	88098
		Mon Aug 20	2 p.m.	87768	Wed Aug 1	8:30 p.m.	
		Mon Aug 20	2 p.m.	87769			
		Mon Aug 20	2 p.m.	87770			
		Mon Aug 20	2:30 p.m.	87771			
		Mon Aug 20	3 p.m.	87772			
		Mon Aug 20	3 p.m.	87773			
		Mon Aug 20	3:30 p.m.	87775			
		Mon Aug 27	2 p.m.	87776			
		Mon Aug 27	2 p.m.	87777			
		Mon Aug 27	2 p.m.	87778			
		Mon Aug 27	2:30 p.m.	87779			
		Mon Aug 27	3 p.m.	87780			
		Mon Aug 27	3 p.m.	87781			
		Mon Aug 27	3:30 p.m.	87782			

### H30 - Semi-Privates

(30 min.) Available upon request if space is available. Patrons requesting lessons must have a minimum of two participants in the same class to be considered.

#### To register call:

Ray Twinney Recreation Complex  
905-953-5301 ext. 2660

Metro Aquatic Centre  
905-953-5303 ext.2711

**FAMILY SWIM LESSONS** This program is an opportunity for families to register all children at the same time. These multi-level lessons are individualized to the participants' needs. Class sizes may vary.

<b>Ages:</b> 3 - 12 yrs.	<b>8 Classes</b> Res - \$83 Non-Res - \$123	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Runs Mon &amp; Wed (2x a week)</b>					
<b>Length:</b> 45 min.		Wed Jul 4	7 p.m.	88112			
		Wed Aug 1	7 p.m.	88113			

## TEEN/ADULT LESSONS

For teens and adults who want to learn to swim, get back into swimming, work on their technique or try a new exercise.

**TEEN/ADULT SWIM BASICS 1** Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted).

<b>Ages:</b> 13+ yrs.	<b>8 Classes</b> Res - \$111 Non-Res - \$151	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs Mon and Wed (2x a week)</b>		
<b>Length:</b> 45 min.		Thu Jul 12	6 p.m.	88047	Wed Jul 4	8:15 p.m.	88114
					Wed Aug 1	8:15 p.m.	88115

**TEEN/ADULT SWIM BASICS 2** Swimmers learn back swim with shoulder roll, front and back crawl, sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25 metres.

<b>Ages:</b> 13+ yrs.	<b>8 Classes</b> Res - \$111 Non-Res - \$165	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Runs 1 day per week</b>			<b>8 classes - Runs Mon and Wed (2x a week)</b>		
<b>Length:</b> 45 min.		Thu Jul 12	6:45 p.m.	88048	Wed Jul 4	8:15 p.m.	88116
					Wed Aug 1	8:15 p.m.	88117

## PRE-ADVANCED COURSES

For those who have completed the Swim Kids program and want additional training before heading into the advance courses, or for anyone looking for something different in swimming lessons.

**ROOKIE PATROL** This course features a timed 100m swim, 350m workouts, and swims with clothes. A work-hard play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart behaviour.

<b>Ages:</b> 8 - 13 yrs.	<b>8 Classes</b> Res - \$91 Non-Res - \$131	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Tues or Thurs (1 day a week)</b>			<b>8 classes - Runs Mon and Wed (2x a week)</b>		
<b>Length:</b> 1 hr.		Tue Jul 10	6:30 p.m.	88002	Wed Jul 4	8 p.m.	88106
		Thu Jul 12	6:30 p.m.	88044	Wed Aug 1	8 p.m.	88107

**RANGER PATROL** This course features a timed 200m swim, 100m fitness medley, and support/carrying a 5-lb weight. Content is challenging, but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue.

<b>Ages:</b> 8 - 13 yrs.	<b>8 Classes</b> Res - \$91 Non-Res - \$131	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Tues or Thurs (1 day a week)</b>			<b>8 classes - Runs Mon and Wed (2x a week)</b>		
<b>Length:</b> 1 hr.		Tue Jul 10	6:30 p.m.	88003	Wed Jul 4	8 p.m.	88105
		Thu Jul 12	6:30 p.m.	88043	Wed Aug 1	8 p.m.	88108

**STAR PATROL** This course features a timed 300m swim, 3 x 600m workouts; swim with clothes; defense methods; support & carry 10-lb weight. Scene assessment and a towing rescue are introduced.

<b>Ages:</b> 8 - 13 yrs.	<b>8 Classes</b> Res - \$91 Non-Res - \$131	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Tue or Thu (1 day a week)</b>			<b>8 classes - Runs Mon and Wed (2x a week)</b>		
		Tue Jul 10 Thu Jul 12	6:30 p.m. 6:30 p.m.	88007 88045	Wed Jul 4 Wed Aug 1	8 p.m. 8 p.m.	88109 88110

**BRONZE STAR** An excellent preparation for success in the Lifesaving Society's Bronze Medallion. Participants develop problem-solving and decision-making skills individually and with partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a 400m timed swim.

<b>Ages:</b> 12 - 14 yrs.	<b>8 Classes</b> Res - \$111 Non-Res - \$151	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Runs 1 day per week</b>			<b>8 Classes - Runs Mon and Wed (2 x a week)</b>		
		Tue Jul 10	6 p.m.	88015	Wed Jul 4	7:30 p.m.	88104

**JUNIOR LIFEGUARD CLUB 1** If you are 8 - 11 years old and looking for a fun way to get fit and meet new friends try the Junior Lifeguard Club (JLC). As part of the Lifesaving Society, the JLC provides high activity challenges in an energetic learning environment on dry land and in the pool. Youth are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork. Community involvement and competition may also be part of the program.

<b>Ages:</b> 8 - 11 yrs.	<b>8 Classes</b> Res - \$101 Non-Res - \$141	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Runs 1 day per week</b>					
		Tue Jul 10	6 p.m.	88009			

**JUNIOR LIFEGUARD CLUB 2** If you are 12 - 15 years old and looking for a fun way to get fit and meet new friends try the Junior Lifeguard Club (JLC). As part of the Lifesaving Society, the JLC provides high activity challenges in an energetic learning environment on dry land and in the pool. Youth are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork. Community involvement and competition may also be part of the program.

<b>Ages:</b> 12 - 15 yrs.	<b>8 Classes</b> Res - \$101 Non-Res - \$141	<b>Metro Aquatic Centre</b>					
		<b>8 classes - Runs 1 day per week</b>					
		Thu Jul 12	6 p.m.	88046			

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.

# ADVANCED COURSES

For those who are interested in becoming a lifeguard and swim instructor

**BRONZE MEDALLION & EMERGENCY FIRST AID** In this course, basic lifesaving skills are developed, including the endurance necessary to perform water rescues. The Bronze Medallion course and Emergency First Aid is a prerequisite for the Bronze Cross course.

*Prerequisites: 100% attendance and successful completion of LSS Bronze Star (or candidates must be 13 years old to take the final exam). Materials included: Canadian Lifesaving Manual, Canadian First Aid Manual, and barrier pack.*

Ages:	Res - \$207.40 Non-Res - \$247.40	Date	Time	Location	Code
13+ yrs. or completion of Bronze Star		Mon Jul 2 - Fri Jul 6	9 a.m. to 3:30 p.m.	RTRC	87477
		Mon July 9 - Fri July 13	9 a.m. to 3:30 p.m.	MC	87616
		Mon July 16 - Fri July 20	9 a.m. to 3:30 p.m.	RTRC	87478
		Mon Aug 13 - Wed Aug 15	Mon & Tues 9 to 9 p.m., Wed 9 to 1 p.m.	MC	87480

**BRONZE CROSS & STANDARD FIRST AID** The Bronze Cross award continues to develop lifesaving skills and introduces the principles of lifesaving in aquatic facilities. This course provides comprehensive training of first aid and CPR and incorporates all skills from Emergency First Aid including Spinal injuries, medical emergencies and other injuries. Bronze Cross is a prerequisite for the NLS Program, and RC/LSS Instructors program.

*Prerequisites: 100 % attendance, Bronze Medallion and Emergency First Aid certifications (need not be current). Materials required: Canadian Lifesaving Manual and Canadian First Aid Manual from Bronze Medallion course.*

Ages:	Res - \$181.22 Non-Res - \$221.22	Date	Time	Location	Code
14 + yrs. or completion of Bronze Cross		Mon Jul 2 - Fri Jul 6	9 a.m. to 5 p.m.	MC	87615
		Mon Jul 9 - Fri Jul 13	9 a.m. to 5 p.m.	RTRC	87481
		Mon Jul 16 - Fri Jul 20	9 a.m. to 5 p.m.	RTRC	87621
		Wed Aug 1 - Fri Aug 3	9 a.m. to 9 p.m.	MC	88292
		Fri Aug 24 - Sun Aug 26	9 a.m. to 9 p.m.	MC	87484

RTRC - Ray Twinney Recreation Complex MC - Magna Centre



## Looking for an exciting job, but need training? Then why not try becoming a qualified Lifeguard & Swim Instructor?

All candidates who successfully pass all courses will have the opportunity to apply for employment as a Lifeguard/Instructor to work daytime, evenings, and weekends at the Ray Twinney Complex Pool and the Metro Aquatic Centre at the Magna Centre, as well as Gorman Outdoor Pool in the summer.

Please see p. 4 for more info on positions available & deadlines.

**All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.**

### Bronze Star

Required: 12 yrs. old

### Swim Patrol: Rookie, Ranger, Star

## RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR WITH HIGH FIVE™

This course covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision, and feedback.

Prerequisites: Minimum 15 years of age and 100% attendance. Materials included: Assistant Water Safety Instructor Manual.

Ages:	Res - \$246.48 Non-Res - \$286.48	Date	Time	Location	Code
15+ yrs.		Mon Jul 2 - Fri Jul 6	9 a.m. to 4 p.m.	RTRC	87619
		Mon Jul 16 - Fri Jul 20	9 a.m. to 4 p.m.	MC	87489
		Mon Jul 23 - Fri Jul 27	9 a.m. to 4 p.m.	MC	87617
		Tue Aug 7 - Fri Aug 10	9 a.m. to 6 p.m.	MC	87491

## RED CROSS WATER SAFETY & LIFESAVING INSTRUCTOR

This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program and the Lifesaving Society's Swim Patrol, Bronze Star, Basic & Emergency First Aid, CPR A-B-C.

Prerequisites: Minimum 16 years of age by end of course, AWSI, current Bronze Cross, and 100% attendance required. Materials included: Red Cross Water Safety Instructor Manual and LSS Instructor Manual.

Ages:	Res - \$278.21 Non-Res - \$318.21	Date	Time	Location	Code
16+ yrs.		Mon Jul 9 - Fri Jul 13	9 a.m. to 9 p.m.	RTRC	87485
		Mon Jul 16 - Fri Jul 20	9 a.m. to 9 p.m.	RTRC	87651
		Fri to Sun Aug 10-12, 17-19	Fri 5 to 10 p.m., Sat & Sun 9 a.m. to 9 p.m.	MC	87492

## RED CROSS WATER SAFETY INSTRUCTOR RECERT

Recertification of Red Cross Water Safety Instructor Award.

Ages:	Res - \$84.14 Non-Res - \$124.14	Date	Time	Location	Code
16+ yrs.		Wed Aug 22	9 a.m. to 2 p.m.	MC	87494

## LIFESAVING STANDARD FIRST AID & CPR-C

Standard First Aid and CPR-C provides comprehensive training covering all aspects of first aid & CPR. Materials included: Canadian First Aid Manual and barrier pack.

Ages:	Res - \$127.75 Non-Res - \$167.75	Date	Time	Location	Code
N/A		Mon Jun 25 - Tues Jun 26	9 a.m. to 5 p.m.	RTRC	87468
		Mon Aug 20 - Tues Aug 21	9 a.m. to 5 p.m.	RTRC	87469

### Lifeguard

**Bronze Medallion & Emergency First Aid/CPR-B**  
Required: 13 yrs. old or Bronze Star

**Bronze Cross & Standard First Aid/CPR-C**  
Required: Bronze Medallion

**NLS**  
Required: 16 yrs. old by exam, Bronze Cross & Standard 1st Aid/CPRC

### Swimming Instructor

**Red Cross Assistant Water Safety Instructor**  
Required: 15 yrs. old

**RC & LSS Instructor**  
Required: 16 yrs. old, Bronze Cross & AWSI

- Recommended Courses  
 Required Courses

**LIFESAVING STANDARD FIRST AID RECERT** This course is provided by the Lifesaving Society. Please bring your previous Lifesaving Society Standard First Aid certification to the course. WSIB states you must take a full course, then a recert and then a full course every time. Please ensure your last course was the full Standard First Aid course with the Lifesaving Society before registering.

*Prerequisites: completion of full SFA and CPR-C course with the Lifesaving Society and barrier pack.*

Ages:	Res - \$65.74 Non-Res - \$105.74	Date	Time	Location	Code
N/A		Tue Jun 26 Tue Aug 21	9 a.m. to 5 p.m. 9 a.m. to 5 p.m.	RTRC RTRC	87470 87471

**NATIONAL LIFEGUARD SERVICE (NLS)** The NLS, Lifeguard training award develops the practical skills, knowledge and values required by lifeguards. Strong leadership, communication, decision-making and judgment skills are essential to pass the exam.

*Prerequisites: Minimum 16 years of age, Bronze Cross, Current Standard First Aid (provided by the Lifesaving Society, Red Cross, St. John's or Ski Patrol), and 100% attendance. Materials: Alert Manual (included) and Canadian Lifesaving Manual (from Bronze Cross).*

Ages:	Res - \$258.63 Non-Res - \$298.63	Date	Time	Location	Code
16+ yrs.		Mon Jul 2 - Fri Jul 6 Mon Jul 9 - Fri Jul 13 Fri - Sun Aug 10 - 12, 17 - 19 Fri - Sun Aug 24 - 26, Aug 31 - Sept 2	9 a.m. to 7 p.m. 9 a.m. to 7 p.m. Fri 5 to 10 p.m., Sat & Sun 10 a.m. to 8 p.m. Fri 5 to 10 p.m., Sat & Sun 10 a.m. to 8 p.m.	RTRC RTRC MC MC	87473 87620 87618 87476

**NATIONAL LIFEGUARD SERVICE RECERT** Recertification of NLS award. Proof of certification required.

Ages:	Res - \$85.74 Non-Res - \$125.74	Date	Time	Location	Code
16+ yrs.		Thu Aug 23	9 a.m. to 2 p.m.	MC	87493

**AQUATIC SUPERVISOR TRAINING** This course prepares experienced lifeguards/instructors for the responsibilities of being a Head Instructor/Guard and Pool Supervisor. Prerequisite: 16 yrs+, Proof of 100 hrs experience lifeguarding/instructing, and current NLS or LSS Instructor.

*Materials included: Ontario Guide to Public Pool Regulation.*

Ages:	Res - \$172.20 Non-Res - \$212.20	Date	Time	Location	Code
16+ yrs.		Wed Jun 27 - Thurs Jun 28	9 a.m. to 3 p.m.	RTRC	87472

RTRC - Ray Twinney Recreation Complex MC - Magna Centre

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.



# TOWN OF NEWMARKET TRY THE TRI TRIATHLON

RAY TWINNEY RECREATION COMPLEX

**JUN. 9. 2012**  
**AGES 3 & UP**

ALL ABILITIES WELCOME



Watch for more information at  
[WWW.NEWMARKET.CA](http://WWW.NEWMARKET.CA)



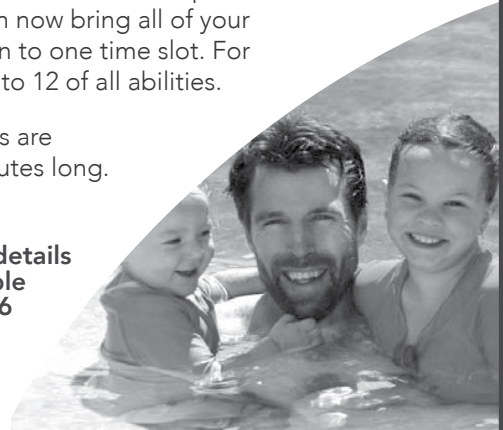
## FAMILY SWIM LESSONS



Family planning has just become a whole lot simpler. You can now bring all of your children to one time slot. For ages 3 to 12 of all abilities.

Lessons are 45 minutes long.

More details available on p.66



Be sure to also check out:

Special Needs Lessons	Semi Private Lessons (H30)	Private Lessons (H10)
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Ray Twinney Recreation Complex 905-953-5301 x. 2660  
Metro Aquatic Centre 905-953-5303 x. 2711



Lions Outdoor Park at 424 D'Arcy Street

includes



# new BARKet

September 8 & 9

