



SWIMMING LESSON INFORMATION FLYER

JACK PURCELL POOL

July to September 2017

Child Swimming Lessons (4 months to 12 years old)		
	Fridays Mornings July 7 - September 1 (9 Weeks) Parent's Day August 18	Saturday Mornings July 8 - August 26 (7 Weeks) No Class August 5 Parent's Day August 12
Starfish Parented 4 - 12 months old *One parent per child	1090279 (LR) 9:00 - 9:30	1090380 10:30 - 11:00
Duck Parented 12 - 24 months old *One parent per child	1090283 (LR) 9:00 - 9:30	1090390 10:00 - 10:30
	1090285 (LR) 9:30 - 10:00	1090388 10:30 - 11:00
Sea Turtle Parented 24 - 36 months old *One parent per child	1090289 (LR) 9:30 - 10:00	1090395 10:00 - 10:30
Sea Otter - Level 1 Non-Parented 3 - 5 years old	1089607 (LR) 9:00 - 9:30	1090337 9:30 - 10:00
		1090339 11:30 - 12:00
Salamander - Level 2 Non-Parented 3 - 5 years old	1090293 (LR) 9:30 - 10:00	1090344 9:30 - 10:00
		1090346 10:00 - 10:30
Sunfish - Level 3 Non-Parented 3 - 5 years old	1090313 (LR) 9:30 - 10:00	1090351 9:00 - 9:30
Crocodile - Level 4 Non-Parented 3 - 5 years old	1090327 (LR) 9:00 - 9:30	1090359 11:00 - 11:30
Whale - Level 5 Non-Parented 3-5 years old	1090331 (LR) 9:00 - 9:30	1090369 11:00 - 11:30
Swim Kids 1 Non-Parented 6 - 12 years old		1090404 10:30 - 11:00
Swim Kids 2 Non-Parented 6 - 12 years old		1090409 11:00 - 11:30
Swim Kids 3 Non-Parented 6 - 12 years old		1090415 11:30 - 12:00

Prices: 7 Weeks Resident \$53.25 Non-Resident \$66.50

(LR) Low Ratio Prices: 9 Weeks Resident \$120.75 Non-Resident \$151.00

Private Lessons			
These lessons are designed to assist children to overcome a fear of the water or master a skill with a certified instructor on a one on one basis. This is not an 'earn a badge' program. There are no refunds or credits for missed classes and we are unable to reschedule missed lessons.			
Friday Mornings July 7 - September 1 (9 Weeks)	Saturday Mornings July 8 - August 26 (7 Weeks) No Class August 5 Parent's Day August 12	Sunday Afternoons - Adults Only July 9 - August 27 (7 Weeks) No Class August 6 Adults Only (18+)	
Upon Request Only	1090428 9:00 - 9:30	1090454	3:45-4:15
	1090430 9:00 - 9:30	1090457	3:45-4:15
	1090433 9:30 - 10:00	1090455	4:15-4:45
	1090434 10:00 - 10:30	1090456	4:15-4:45
	1090435 10:30 - 11:00		
	1090436 11:00 - 11:30		
	1090438 11:30 - 12:00		

Prices: Child 9 Weeks Resident \$233.50 Non-Resident \$292.00; Adult 9 Weeks Resident \$322.75 Non-Resident \$403.50 Senior \$290.50
Child 7 Weeks Resident \$185.25 Non-Resident \$231.75; Adult 7 Weeks Resident \$256.25 Non-Resident \$320.25 Senior \$230.50

Adult Swimming Lessons (18 +)	
Swim Basic 1: Swimmers learn front and back float, front and back glide with kick, front swim for 10m, shallow water entries and exits.	
Sunday Evenings - Women ONLY July 9 - August 27 (7 Weeks) No Class August 6	1090443 4:45 - 5:30
Swim Basic 1 Adult	
Swim Basic 2: Swimmers learn back swim with shoulder roll, front and back crawl (15m), treading water and swim a minimum	
1090448 4:45 - 5:30	
Swim Basic 2 Adult	

Prices: 7 Weeks Resident \$81.50 Non-Resident \$101.75 Senior \$73.25

Aqua fitness - Diaper Fit
Tuesdays July 4 - August 29
11:00 - 11:45 AM (1090275)

Water based program conditions the cardiovascular and muscular-skeletal systems. You will be able to do aerobics in the water while your child (6 mths - 2 yrs) floats along side. Child should be wearing a waterproof diaper and we recommend that you bring a plastic water bottle to class to keep yourself hydrated!

Prices: Resident \$87.50
Non-Resident \$109.50
Senior \$78.75

If you have any specific requests regarding your swimming lessons, such as wanting to change a Private Lesson to a Semi-Private or Semi-Semi Private, please contact Megan Leah, Aquatic Recreation Supervisor at 613-564-1028. Please note that we will do our best to accommodate your requests however based on instructor availability it can not be guaranteed.