



SWIMMING LESSON INFORMATION FLYER



JACK PURCELL POOL

January to March 2018

Jack Purcell Pool Shutdown is March 26 to April 15, 2018. Registration is open.

Child Swimming Lessons (4 months to 12 years old)				
	Tuesday Evenings Jan 9 - Mar 6 (9 Weeks) Parent's Day: Feb 13	Friday Mornings Jan 12 - Mar 9 (9 Weeks) Parent's Day: Feb 16	Saturday Mornings Jan 13 - Mar 10 (9 Weeks) Parent's Day: Feb 17	Sunday Mornings Jan 14 - Mar 11 (9 Weeks) Parent's Day: Feb 18
Starfish Parented 4 - 12 months old *One parent per child	1122094 5:00 - 5:30	1122315 (LR) 9:00 - 9:30	1122107 10:30 - 11:00	1122318 (LR) 10:00 - 10:30
Duck Parented 12 - 24 months old *One parent per child	1122126 5:00 - 5:30	1122325 (LR) 9:00 - 9:30	1122143 10:00 - 10:30	1122333 (LR) 10:00 - 10:30
	1122130 6:00 - 6:30	1122329 (LR) 9:30 - 10:00	1122138 10:30 - 11:00	1122337 (LR) 11:30 - 12:00
Sea Turtle Parented 24 - 36 months old *One parent per child	1122161 6:00 - 6:30	1122347 (LR) 9:30 - 10:00	1122167 10:00 - 10:30	1122351 (LR) 11:30 - 12:00
Sea Otter - Level 1 Non-Parented 3 - 5 years old	1122178 5:00 - 5:30	1122357 (LR) 9:00 - 9:30	1122183 9:30 - 10:00	1122362 (LR) 11:30 - 12:00
			1122186 11:30 - 12:00	
Salamander - Level 2 Non-Parented 3 - 5 years old	1122196 5:30 - 6:00	1122375 (LR) 9:30 - 10:00	1122199 9:30 - 10:00	1122381 (LR) 10:30 - 11:00
			1122202 10:00 - 10:30	
Sunfish - Level 3 Non-Parented 3 - 5 years old	1122244 5:30 - 6:00	1122392 (LR) 9:30 - 10:00	1122247 9:00 - 9:30	1122397 (LR) 11:00 - 11:30
Crocodile - Level 4 Non-Parented 3 - 5 years old	1122217 6:00 - 6:30	1122403 (LR) 9:00 - 9:30	1122222 11:00 - 11:30	1122408 (LR) 10:00 - 10:30
Whale - Level 5 Non-Parented 3-5 years old	1122256 6:00 - 6:30		1122261 11:00 - 11:30	1122414 (LR) 10:00 - 10:30
Swim Kids 1 Non-Parented 6 - 12 years old	1122272 6:30 - 7:00		1122278 10:30 - 11:00	1122424 (LR) 11:00 - 11:30
Swim Kids 2 Non-Parented 6 - 12 years old	1122289 6:30 - 7:00		1122294 11:00 - 11:30	
Swim Kids 3 Non-Parented 6 - 12 years old	1122302 6:30 - 7:00		1122308 11:30 - 12:00	

Prices: 9 Weeks: Resident \$67.00 Non-Resident \$83.75

(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.				
Tuesday Evenings Jan 9 - Mar 6 (9 Weeks) Parent's Day: Feb 13	Friday Mornings Jan 12 - Mar 9 (9 Weeks)	Saturday Mornings Jan 13 - Mar 10 (9 Weeks) Parent's Day: Feb 17	Sunday Mornings Jan 14 - Mar 11 (9 Weeks) Parent's Day: Feb 18	Sunday Afternoons Jan 14 - Mar 11 (9 Weeks) Adult or Child
1122450 5:00 - 5:30	Upon Request Only	1122458 9:00 - 9:30	1122500 10:00 - 10:30	(adult) 4:00 - 4:30
1122452 5:30 - 6:00		1122463 9:00 - 9:30	1122504 10:30 - 11:00	(child) 4:00 - 4:30
1122454 6:00 - 6:30		1122472 9:30 - 10:00	1122510 10:30 - 11:00	
		1122477 10:00 - 10:30	1122524 11:00 - 11:30	
		1122483 10:30 - 11:00	1122528 11:30 - 12:00	
		1122489 11:00 - 11:30		
		1122492 11:30 - 12:00		

Prices: (Child) 9 Weeks: Resident \$233.50 Non-Resident \$292; (Adult) 9 Weeks: Resident \$322.75 Non-Resident \$403.50 Senior \$290.50

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, and deep-water activities		
	Tuesday Evenings Jan 9 - Mar 6 (9 Weeks)	Sunday Afternoons - WOMEN ONLY Jan 14 - Mar 11 (9 Weeks)
Swim Basic 1 Adult	1121985 8:00 - 8:45	1122043 4:45 - 5:30
Swim Basic 2: Swimmers learn back swim with shoulder roll, front and back crawl (15m), treading water and swim a minimum distance of 25m.		
Swim Basic 2 Adult	1121997 8:00 - 8:45	1122075 4:45 - 5:30

Prices: 9 weeks: Resident \$102.50, Non-Resident \$128.25, Senior \$92.25

Aqua fitness - Diaper Fit
Tuesdays Jan 9 - Mar 6
11:00 - 12:00 (1121968)

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

Prices: Resident \$116
Non-Resident \$145.75
Senior \$105

Aqua fitness - Special Needs
Mondays Jan 8 - Mar 5
9:15 - 10:15 AM (1121945)

An aqua fit program designed for individuals with a developmental disability. This program consists of a warm up, light cardio set, followed by toning and stretching of the major muscle groups.

Prices: Resident \$103.75
Non-Resident \$129.75
Senior \$93.50
***No Class Feb. 19**

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 Tyler Bennett, 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.