

Take the Plunge and Swim with The Best Spring Registration begins February 27 at 9 am

Uxpool is offering Learn to Swim Programs from the Lifesaving Society's *Swim for Life* program. The Red Cross Swimming programs have been discontinued.

Cost: \$123.00 for group lessons - 10 weeks per session
\$335.00 for private lessons - 10 weeks per session
\$232.25 for semi-private lessons - 10 weeks per session per person

Note: privates and semi-privates will not open for registration until 1 week before lessons begin and must be registered directly with the pool office.

Sessions: Mondays: April 8 to June 17 *Skip May 20
Tuesdays: April 9 to June 11
Wednesdays: April 10 to June 12
Thursdays: April 11 to June 13
Fridays: April 5 to June 14 *Skip April 12
Saturdays: April 6 to June 22 *Skip April 13 and May 18

Uxpool reserves the right to combine classes based upon level and instructor availability. The maximum number of students will not exceed the the maximum for the lowest level

Parent and Tot (ages 4 months to 3 years) Maximum: 10 students

The Lifesaving Society Parent and Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development so each child will work on activities appropriate for the child's age. There are 3 levels within the parent and tot class based upon the child's age. Targeted Water Smart drowning prevention messages are delivered as part of the program. All activities are parent assisted with the emphasis on the child becoming comfortable in the water. 30 minute lesson.

Mondays: 9:30 am or 6:15 pm
Tuesdays: 9:30 am or 6:00 pm
Wednesdays: 6:45 pm
Thursdays: 9:30 am or 6:00 pm
Fridays: 4:30 pm
Saturdays: 10:30 am



Preschool (ages 3 to 5 years)

The Lifesaving Society Preschool program is for children ages 3 to 5. Students will develop an appreciation and healthy respect for the water and have fun learning. Water Smart messages are delivered using fun and age-appropriate methods.

Preschool 1 (PS1): Maximum 3 students. Activities in this level are assisted by the instructor to achieve success in the required activities for this level. 30 minute lesson

Mondays: 9:30 am, 6:15 pm, or 6:45 pm
Tuesdays: 9:30 am, 10:00 am, 6:00 pm, or 6:30 pm
Wednesdays: 6:15 pm
Thursdays: 9:30 am, 6:00 pm or 6:30 pm
Fridays: 4:00 pm, or 5:00 pm
Saturdays: 10:00 am, 10:45 am or 11:30 am

Preschool 2 (PS2): Maximum 4 students. Students will use PFDs and/or buoyant aids to achieve success in the required activities for this level. 30 minute lesson

Mondays: 10:00 am, 6:15 pm, 6:45 pm or 7:15 pm
Tuesdays: 10:00 am, 6:00 pm, 6:30 pm or 7:00 pm
Wednesdays: 6:15 pm, 6:45 pm or 7:15 pm
Thursdays: 10:00 am, 6:00 pm, or 6:30 pm
Fridays: 4:00 pm, 5:00 pm, 5:30 pm, or 6:30 pm
Saturdays: 10:30 am, 11:00 am or 11:30 am

Preschool 3 (PS 3): Maximum 4 students. All required activities are completed unassisted for this level. 30 minute lesson

Mondays: 10:00 am, 6:15 pm or 7:15 pm
Tuesdays: 7:00 pm
Wednesdays: 6:15 pm or 6:45 pm
Thursdays: 10:00 am, or 6:00 pm
Fridays: 4:30 pm or 6:15 pm
Saturdays: 10:00 am, 11:00 am or 11:30 am

Preschool 4 (PS4): Maximum 4 students. The required activities develop swimming skills and distances. Students begin to develop their Swim to Survive skills. 30 minute lesson

Tuesdays: 6:00 pm
Wednesdays; 6:45 pm
Thursdays: 7:00 pm
Saturdays: 10:00 am, 11:00 am or 11:30 am



Preschool 5 (PS 5): Maximum 5 students. In this level, swimmers will recover an object from the bottom of chest-deep water, further development of Swim to Survive Skills, Front Crawl, Back Crawl and Whip Kick in a vertical position using an aid. Fitness is introduced in this level through interval training. 30 minute lesson

Fridays: 6:00 pm

School Age Swimmer (ages 5 to 12 years)

The Lifesaving Society School-Age Swimmer program makes sure children learn how to swim for life. Progressions allow for lots of in-water practice to develop solid swimming strokes and skills. Water Smart drowning prevention messages are targeted in all swimmer levels.

Swimmer 1 (S1): Maximum 6 students. Swimmer 1 focuses on developing flotation skills, jumping into chest deep water as well as underwater skills. This level has been divided into 2 different groups. **Swimmer 1A** will be for those students who have not been in Swimmer 1 or have not completed Preschool 2. **Swimmer 1B** will be for those students who have participated in Swimmer 1 and have achieved some success or have completed a minimum of Preschool 2. 30 minute lesson

Mondays: **1A:** 6:15 pm, 6:45 pm or 7:15 pm **1B:** 6:45 pm or 7:15 pm

Tuesdays: **1A:** 6:00 pm **1B:** 6:30 pm or 7:00 pm

Wednesdays: **1A:** 6:15 pm **1B:** 6:15 pm or 6:45 pm

Thursdays: **1A:** 7:00 pm **1B:** 6:00 pm

Fridays: **1A:** 4:30 pm or 5:30 pm **1B:** 6:00 pm

Saturdays: **1A:** 10:00 am, 10:30 am or 11:00 am **1B:** 10:45 am or 11:00 am

Swimmer 2 (S2): Maximum 6 students. Swimmer 2 builds upon strokes and skills learned in Swimmer 1 and Preschool 5. Swim to Survive Skills are introduced, jumping into deep water, front and back crawl for 10m and fitness through interval training. 30 minute lesson

Mondays: 6:15 pm, 6:45 pm or 7:15 pm

Tuesdays: 6:00 pm, 6:30 pm or 7:00 pm

Wednesdays: 7:15 pm

Thursdays: 6:30 pm or 7:00 pm

Fridays: 5:00 pm, 6:00 pm or 6:30 pm

Saturdays: 10:00 am, 10:30 am or 11:30 am





Swimmer 3 (S3): Maximum 6 students. Swimmer 3 continues the development of strokes and skills and introduces whip kick on the back. Fun underwater activities are included as well as more fitness training. 30 minute lesson

Mondays: 6:45 pm or 7:15 pm

Tuesdays: 6:30 pm

Wednesdays: 7:15 pm

Thursdays: 6:30 pm or 7:00 pm

Fridays: 4:00 pm, 5:00 pm, 5:30 pm or 6:30 pm

Saturdays: 11:30 am

Swimmer 4 (S4): Maximum 8 students. Swimmer 4 ensures the students meet the minimum Swim to Survive requirements. Students will continue to work on their swimming and underwater skills. Fitness builds upon past fitness workouts and standing dives are introduced. 45 minute lesson

Mondays: 6:15 pm

Tuesdays: 6:00 pm

Thursdays: 6:00 pm or 6:45 pm

Fridays: 4:00 pm

Saturdays: 10:00 am or 11:15 am

Swimmer 5 (S5): Maximum 8 students. Swimmer 5 expands upon the skills and strokes from Swimmer 4. Eggbeater is introduced, breast stroke is developed and increases the fitness abilities of the swimmers. 45 minute lesson

Mondays: 7:00 pm

Tuesdays: 6:00 pm or 6:45 pm

Wednesdays: 6:15 pm

Thursdays: 6:00 pm

Fridays: 5:30 pm

Saturdays: 10:00 am or 11:15 am

Swimmer 6 (S6): Maximum 8 students. Swimmer 6 introduces more lifesaving kicks and entries, increases distances and increases the fitness abilities of swimmers. 45 minute lesson

Mondays: 7:00 pm

Tuesdays: 6:45 pm

Thursdays: 6:00 pm or 6:45 pm

Fridays: 4:45 pm

Saturdays: 10:00 am or 11:15 am

Specialized Programs

Home School Program

Swimmer levels 1 to 6 are offered during the weekday for those families who home school their children. Groups will be combined based upon the number of students registered and their levels.

Tuesdays: 10:30 am
Thursdays: 10:30 am



Adult and Teen Lessons

The Adult and Teen Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. Targeted Water Smart drowning prevention messages are an integral part of the Swim for Life program. These messages are delivered in all Adult and Teen Swimmer levels. Lessons are 45 minutes long.

Note: Cost \$146.25 + HST

Adult Beginner: Mondays: 7:30 pm
Adult Intermediate: Fridays: 6:15 pm



Uxpool reserves the right to combine classes based upon level and instructor availability. The maximum number of students will not exceed the maximum number for the lowest level.