

Swim with the Best at Uxpool.
Register early and SAVE \$5.00 per participant.
Discount are available when you register before Sept 15th for the Fall
Session and before Dec 15th for the Winter Session!

Registration Guidelines	Cost:	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Fall (once per week x 10 weeks)	\$90	Sept 26 – Dec 12 *skip Oct 10 & 31	Sept 27 – Nov 29	Sept 28 – Nov 30	Sept 29 – Dec 1	Sept 30 – Dec 2	Oct 1 – Dec 10 *skip Oct 8
Winter (once per week x 9 weeks)	\$81	Jan 9 – Mar 5 *skip Feb 20 ** 8 lessons	Jan 10 – Mar 6	Jan 11 – Mar 7	Jan 12 – Mar 8	Jan 13 – Mar 9	Jan 14 – Mar 10
Pre-school Lessons with Parent							
Starfish (4 – 12 month) Intro to water skills with parent.	Parent 1:1	9:45 am 6:45 pm	10:15 am 6:30 pm	6:45 pm	9:45 am 6:00 pm		10:00 am
Duck (12 -24 month) With assistance, introduced to buoyancy and movement.	Parent 1:1	9:45 am 6:45 pm	10:15 am 6:30 pm	6:45 pm	9:45 am 6:00 pm		10:00 am
Sea Turtle (24 –36 month) Develop the kick on both front and back	Parent 1:1	9:45 am 6:45 pm	10:15 am 6:30 pm	6:45 pm	9:45 am 6:00 pm		10:00 am
Pre-school Lessons Ages 3 – 6 years							
Sea Otter Swimmers work on floats, glides, kicking on front and swim 1 metre .	½ hour 1:4 ratio	9:30am 6:15; 6:45	10:15; 10:45 m; 4:00; 4:30; 5:00; 6:00; 6:30 pm	9:30 am 6:15; 6:45 pm	9:45; 10:45am 4:00; 4:30; 5:00; 6:00; 6:30 pm	4:00; 5:00 pm	10:00; 10:30 10:45; 11:00; 11:30 am
Salamander Independent skills. Propulsion and buoyancy without assistance. Swim 2 metres.	½ hour 1:4 ratio	10:00 am 6:15; 6:45; 7:15 pm	9:45; 10:45 am 4:30; 5:00; 6:00; 6:30; 7:00 pm	10:00am 6:15; 6:45; 7:15 pm	10:15; 10:45 am 4:00; 4:30; 5:00; 6:00; 6:30; 7:00 pm	4:00; 5:00 pm	10:00; 10:45; 11:00; 11:30 am
Sunfish Independent front swim & back glides. Deep water activities. Swim 5 metres	½ hour 1:4 ratio	10:00 am 6:15; 6:45; 7:15 pm	9:45; 10:45 am 4:30; 5:00; 6:00; 6:30; 7:00 pm	10:00am 6:15; 6:45; 7:15 pm	10:15; 10:45 am 4:00; 4:30; 5:00; 6:00 6:30; 7:00 pm	4:00; 5:00 pm	10:00; 10:45; 11:00; 11:30 am
Crocodile Front & back swim. Deep water activities. Swim 10 metres.	½ hour 1:6 ratio	10:15 am; 6:45; 7:15 pm	9:45 am 4:00; 5:00; 6:00; 7:00 pm	10:00 am 6:15 , 7:15 pm	10:15 am 4:30; 5:00; 6:30; 7:00 pm	4:00; 5:00 pm	10:00 11:00 am
Whale Further develop front & back swims. Introduction to diving. Swim 15 metres.	½ hour 1:6 ratio	10:15 am; 6:45; 7:15 pm	9:45 am 4:00; 5:00; 6:00; 7:00 pm	10:00 am 6:15 , 7:15 pm	10:15 am 4:30; 5:00 6:30; 7:00 pm	4:00; 5:00 pm	10:00 11:00 am
Red Cross Swim Kids Lessons Age 5 yrs & up							
Swim Kids 1 Intro to safe water activities, floats & guides, submersion & steps towards independence. Swim 5 metres	½ hour 1:6 ratio	6:45 pm	5:00; 6:30 pm	6:45 pm	4:45; 6:00 pm	4:30 pm	10:30; 11:30 am
Swim Kids 2 Independent front & back floats & develop front & back propulsion., front swim, Swim 10 metres.	½ hour 1:6 ratio	6:15; 7:15 pm	4:00; 5:00; 6:30; 7:00 pm	6:15; 6:45; 7:15 pm	4:00; 4:45; 6:00; 7:00 pm	4:30 pm	10:30; 10:45; 11:30 am
Swim Kids 3 Intro to Front crawl, deep water activities & further develop back propulsion. Swim 15 metres	½ hour 1:6 ratio	6:15; 7:15 pm	4:00; 4:30; 6:00; 7:00 pm	6:15; 6:45; 7:15 pm	4:00; 4:30 5:15; 6:30; 7:00 pm	4:30; 5:00 pm	10:30; 10:45; 11:30 am

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Red Cross Swim Kids con't		Age 5 yrs & up					
Swim Kids 4 Diving introduced & Front Crawl breathing pattern developed. Swim 25 meters	½ hour 1:6 ratio	6:15; 7:15 pm	4:00; 4:30; 6:00; 7:00;	6:15; 7:15 pm	4:00; 4:45; 5:15; 6:30; 7:00 pm	4:00; 4:30 pm	10:30; 11:30 am
Swim Kids 5 Back Crawl & Whip kick, plus a 50 meter endurance swim	¾ hour 1:8 ratio	6:15; 7:00 pm	4:00; 4:45 6:00; 6:45 pm	6:15; 7:00 pm	4:00; 6:45 pm	4:00; 4:45 pm	10:00; 11:15 am
Swim Kids 6 Further develop endurance, front & back crawl, Intro to elementary back stroke & dolphin kick.	¾ hour 1:8 ratio	6:15; 7:00 pm	4:00; 4:45 6:00; 6:45 pm	6:15; 7:00 pm	4:00; 6:45 pm	4:00; 4:45 pm	10:00; 11:15 am
Swim Kids 7 Intro to whip kick on front & 150 meter endurance swim	¾ hour 1:8 ratio	6:15; 7:00 pm	4:00; 4:45 6:00; 6:45 pm	6:15; 7:00 pm	4:00; 6:00; 6:45 pm	4:00; 4:45 pm	10:00; 11:15 am
Swim Kids 8 Further development on strokes & Dolphin kick. 300 meter endurance swim	¾ hour 1:8 ratio	6:15; 7:00 pm	4:00; 4:45 6:00; 6:45 pm	6:15; 7:00 pm	4:00; 6:00; 6:45 pm	4:00; 4:45 pm	10:00; 11:15 am
Swim Kids 9 Stroke proficiency and self-rescue. Intro to side stroke. 400 meter swim	¾ hour 1:8 ratio	6:15 pm	4:00; 6:00; 6:45 pm	6:15 pm	4:00; 6:00 pm	4:00; 4:45 pm	10:00; 11:15 am
Swim Kids 10 Stroke proficiency for Leadership courses. 500 meter swim	¾ hour 1:8 ratio	6:15 pm	4:00; 6:00; 6:45 pm	6:15 pm	4:00; 6:00 pm	4:00; 4:45 pm	10:00; 11:15 am
Adult Lessons See fitness page	\$90.00 + HST	Intermediate 7:00 pm		Beginner 7:00 pm			
Private Swim Lessons	1:2 \$160 1:1 \$230	Day or evening	Day or evening	Day or evening	Day or evening	Day or evening	Mornings
Advanced Swim Fitness Programs			Ages 8 yrs & up				
Life guarding awards (ages 10 – 13) Rookie, Ranger, Star & Bronze Star	1 hour 1:8 ratio \$94.25					5:30 pm	
Recreation Swim Club 1 – ages 7 - 9 Competitive swimming at a recreational level. Great for fitness & stroke refinement.	45 min \$90				Thursdays 5:15 – 6 pm		
Recreation Swim Club 2 – ages 10 - 14 Competitive swimming at a recreational level. Great for fitness & stroke refinement.	1 hour 2x per week \$190		Tues & Thursday 5 – 6pm		Tues & Thursday 5 – 6pm		