

Pool Schedule

Effective from September 5th until December 15th, 2017



A whistle will be blown prior to the end of each program. Please exit the pool immediately and put away all the equipment you used.

	Length Swim	Aquafit/ Parent & Tot	Rec Swim
Monday	7:05-8:40am 12:00-1:25pm 6:00-7:00pm	9:00-9:45am Aquafit	
Tuesday	7:05-9:40am 12:00-1:25pm 5:30-7:00pm	11:00-11:40am* Parent & Tot	
Wednesday	7:05-8:40am 12:00-1:25pm	9:00-9:45am Aquafit	5:30-6:55pm* FREE
Thursday	7:05-8:40am 12:00-1:25pm 6:00-7:00pm	11:00-11:40am* Parent & Tot	
Friday	7:05-8:40am 12:00-1:25pm 5:30-7:00pm	9:00-9:45am Aquafit	
Saturday	8:30-9:25am 3:00-4:00pm		1:00-2:45pm* FREE
Sunday	8:30-9:25am 3:00-4:00pm		1:00-2:45pm* FREE

(*) FREE for all participants - Admittance Policy must be followed

Length Swim

A leisure lane is offered during all morning length swims. Please follow the "Length Swim Etiquette Rules"

Aquafit

High Energy - Low Impact! A certified instructor leads the class through a full body workout. All fitness levels are welcome.

Recreational Swim - FREE

Bring your family or friends and have some fun with all of our



Fitness Membership - access to the pool, Grange Fitness Centre, group fitness classes and drop in sports

Type	Age	Fee
Adult	26-59	\$34 per month
Youth	18-25	\$24 per month
Senior	60+	\$24 per month

Punch Card - aquafit, masters and badminton. **Fee:** \$40 for 10 visits

Guest Pass - unlimited access to the pool, Grange Fitness Centre, group fitness classes and drop in sports for the day. **Fee:** \$10



University Settlement
Founded in 1910

For more information about the pool schedule, membership fees and swim programs please contact Natasa Dojcinovic, Recreation Supervisor at:

T: 416-598-3444 ext 229

E: Natasa.dojcinovic@universitysettlement.ca.

To be notified of any pool changes or closures email Natasa and request to be put on the **pool patron email list**.

University Settlement
23 Grange Rd
Toronto Ont
M5T 1C3
www.universitysettlement.ca



United Way
Toronto & York Region

University Settlement

Aquatic Programs and Pool Schedule



Fall 2017



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Red Cross Swim Lessons



All group lessons follow the Red Cross Swim Program.
Preschool (Sea Otter to Crocodile) for ages 3 to 6 years
Swim Kids (Level 1 to Level 10) for ages 5 and older

Group Weekday Swim Lessons

Dates: September 5th to December 15th excluding Holidays (Monday October 9th) and PA Days

Fee: \$9.50/lesson OR

\$15.00/day for the Afterschool Program. This includes escort from Orde, Ogden, Lord Lansdowne, da Vinci and St. Mary's to University Settlement, a snack & swim lesson. Only Swim Kids swim levels can be a part of the afterschool program.

Swim Level	Day	Time
Sea Otter	Mon	5:30-6:00pm
Salamander /Sunfish	Thu	5:30-6:00pm
Level 1	Mon, Wed, or Thu	4:40-5:10pm
Level 2	Mon, Wed or Thu	4:40-5:10pm
Level 3	Tues, Wed or Fri	4:40-5:10pm
Level 4	Tues or Fri	4:40-5:10pm
Level 5 & Level 6	Mon or Thu	4:30-5:10pm
Level 7 & Level 8	Tue	4:30-5:10pm
Level 9 & Level 10	Fri	4:30-5:10pm

Group Sunday Morning Swim Lessons

Dates: September 10th to December 10th, excluding Sunday October 8th, 2017

Fee: Preschool \$9.50 /lesson and Swim Kids: \$8/lesson

Swim Level	Time
Sea Otter	10:45-11:15am or 11:45-12:15pm
Salamander /Sunfish	12:15-12:45pm
Level 1	11:15-11:45 or 12:15-12:45pm
Level 2	11:45-12:15pm
Level 3	10:45-11:15am
Level 4	10:45-11:15am
Level 5	11:15-11:45am

Private and Semi-Private Swim Lessons

Children will be taught the Red Cross Swim Program and adults will have the opportunity to set goals with their instructor and work towards achieving them over the session.

Time: Lessons offered everyday. Check website for availability

Fee: Private Lessons 1:1 - \$27 per lesson

Semi Private Lessons 1:2 - \$44 per lesson (\$22/swimmer)

Speciality Swim Programs

Parent and Tot Swim

A swim instructor facilitates the class while guardians accompany their children into the water. Songs, games and basic swimming skills are taught.

Ages: 6 months to 6 years , accompanied by parent

Time: 11:00 -11:40am. Tuesdays and Thursdays

Fee: FREE Drop-In program

Sharks Swim Team

Join our swim team, The Sharks. Over the season The Sharks work on variety of drills, complete intense workouts and perfect their flip turns and dives! The Sharks compete in at least one swim meet each season.

Prerequisite: age 7+ and completion of Level 5 or equivalent

Dates: September 6th to December 13th, 2017

Time: Wednesdays from 7:00-8:00pm

Fee: \$142.5 (15 practices)



Junior Lifeguard Club (JLC) & Bronze Star

Sundays September 10th– December 10th 11:15am-12:45pm (13 Classes)

Description: Do you want to be a Lifeguard one day? Come join our JLC or Bronze Star Courses! Swimmer's will enhance skills such as Treading Water, Time Swim and will learn lifesaving skills. All of this is done in a fun interactive environment!

Requirements for JLC:

Must have previously completed Red Cross Level 6 or be 9-15 years of age

Requirements for Bronze Star:

Must have previously completed Red Cross Level 10 or be 12 years of age or older. Previous swim experience is highly recommended.

Fee: \$10.50/Lesson (103Classes)

Recreation News

Winter Registration Date

Winter Recreation Registration

Start Date: Saturday December 2nd from 9 am to noon. Registration continues on Tuesday December 5th at 10 am and will continue until our programs are full.

Phone Registration: Begins Tuesday December 5th at noon. Clients who wish to phone in must be agency members.

Winter Swim Lesson Registration

Start Date: Saturday December 2nd from 9 am to noon. Registration continues on Tuesday December 5th at 10 am and will continue until the program is full.

Phone Registration: Begins Tuesday December 5th at noon. Clients who wish to phone in must be agency members.

Subsidy: a limited amount of subsidy is available for those who are eligible, on a first come first service basis

NEW Aquatics Programs!

Starting during the fall 2017 session we will be offering the following new aquatics programs here at university settlement!

Junior Lifeguard Club (JLC): Do you like having options? Do you like action? Do you like having fun!? Then Junior Lifeguard Club is the place for you! JLC offers swimmers a unique environment where they can continue to grow their knowledge of swimming by enhancing their strokes, understanding of Lifesaving knowledge and rescues in a fun, safe, stress free environment! Please see our specialty Swim Programs section on this flyer for specific dates and times.

Bronze Star: If your under 13 years of age and have completed all your regular levels of swimming then Bronze Star is the course for you! Bronze Star focuses on developing problem-solving and decision-making skills individually and in groups. Participants will learn CPR and develop Lifesaving Skills to be able to save themselves. This course is great preparation for Bronze Medallion and Cross! See our specialty Swim Programs for more details!