

## Red Cross Swim Lessons



### Group Red Cross Swim Lessons

#### Periods

Period 1—July 4 to July 15    Period 2—July 18 to July 29  
 Period 3—Aug 2 to Aug 12    Period 4—Aug 15 to Aug 26  
 Lessons run Monday to Friday. No lessons on Monday Aug 1

**Fees:** Pre-School and Level 1 to Level 4: \$80.00 per period  
 Level 5 to Level 10: \$95.00 per period

Group lessons run in 2-week periods. Every two weeks new levels are offered which gives your child a great opportunity to excel through many swim levels through the summer!

Swim Level	Period and Time
Sea Otter	Period 1 from 4:30-5:00pm Period 2 from 5:00-5:30pm Period 4 from 5:00-5:30pm
Salamander	Period 3 from 5:00-5:30pm
Level 1	Period 1 from 4:30-5:00pm or 5:00-5:30pm Period 2 from 4:30-5:00pm Period 3 from 4:30-5:00pm Period 4 from 4:30-5:00pm
Level 2	Period 1 from 4:30-5:00pm Period 2 from 5:00-5:30pm Period 3 from 4:30-5:00pm
Level 3	Period 1 from 5:00-5:30pm Period 2 from 4:30-5:00pm
Level 4	Period 3 from 5:00-5:30pm
Level 5	Period 2 from 4:30-5:15pm
Level 6	Period 3 from 4:30-5:15pm
Level 7	Period 4 from 4:30-5:15pm

### 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 those goals.

**Time:** Lessons offered 7 days a week. Call for availability.

**Fee:** Private Lessons 1:1 - \$25 per lesson  
 Semi Private Lessons 1:2 - \$40 per lesson (\$20/swimmer)

### Parent and Tot Swim - FREE

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.

**Time:** Tuesdays and Thursdays 11:00 -11:45am

**Fee:** Free Drop-In program. Agency membership required

Join in on the fun



# Swim Camp

Summer 2016

Each day campers will participate in various pool activities! Inner Tube Water Polo, Water Basketball, Relay Races, just to name a few. Over the week campers will also work on specific drills to help improve their swimming technique. Exciting field trips will be included over the week too!

**Prerequisite:** completion of Level 4 or equivalent

**Age:** 7 years and older

**Dates:** Monday Aug 29 to Friday Sept 2

**Time:** 9:00-4:30pm  
 Early drop off & late pick up can be arranged (8:30-5:30pm)

**Fee:** \$225



Join in on the fun

Register your child in one of our speciality swim programs!

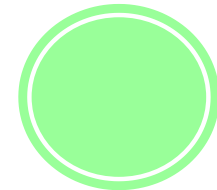
### New! Dive Clinic

Diving is an important skill for your child to accomplish to help them move through their swim levels. During this clinic your child will learn or perfect this skill through drills, practice and games!

**Period 4 from 5:00-5:30pm**

**Fee:** \$80.00 (10 practices)

**Prerequisite:**  
 completion of Level 4 or equivalent



### Inner Tube Water Polo

Designed to encourage children to learn the fundamentals of the sport while having fun and staying fit!

**Period 1 from 5:00-5:30pm**

**Fee:** \$80.00 (10 practices)

**Prerequisite:**  
 completion of Level 4 or equivalent

## Summer 2016 Registration Dates

- Priority registration: Saturday February 20 from 9 am to noon for clients that were registered in our Winter 2016 recreational programs OR our Summer 2015 recreational programs
- If you can't make it for priority registration **OR** you are a new client; regular registration begins on Tuesday, February 23 at 10 am
- Phone registration (for current Agency Members) is available beginning Tuesday, Feb 23 at 12 noon
- Limited amount of subsidy is available for those who are eligible

### Summer Registration Includes:

- Summer Group Swim Lessons
- Private and Semi Private Swim Lessons
- Summer Camps (Swim, Adventure, Ladybug & Butterfly)

**Reminder:** Spring Registration begins on Saturday April 2 for priority clients and Tuesday April 5 for new clients.

## Grange Fitness Centre

### NOW OPEN!

The Fitness Centre features state-of-the-art Nautilus cardiovascular machines, bench press, smith machine, concept 2 rower, Stairmaster, recumbent bikes, a strength training circuit and a dedicated free weight area. Specialty Fitness programs of Yoga, Tai Chi and Aqua Fit classes are included as is a Cardio Check with a Certified Personal Trainer.



### Membership fees:

**Adults:** \$34 / month

**Youth (18-25) and Seniors (60+):** \$24 / month



For the **pool schedule** and fees for memberships and/or punch cards please pick up the [Spring 2016 Aquatic Programs and Pool Schedule](#) brochure.



University Settlement  
Founded in 1910

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

T: 416-598-3444 ext 229

E: [katie.urquhart@universitysettlement.ca](mailto:katie.urquhart@universitysettlement.ca)

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

University Settlement  
23 Grange Rd  
Toronto Ont  
M5T 1C3  
[www.universitysettlement.ca](http://www.universitysettlement.ca)



United Way  
Toronto & York Region

## University Settlement Aquatic Programs



## Summer 2016



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