

Red Cross Swim Lessons

Group Swim Lessons

Our summer group swim lessons run in 2-week periods (Monday to Friday). Every two weeks new levels are offered which gives your child a great opportunity to excel through many swim levels throughout the summer!

Summer Term:

Period 1—July 4 to July 14 Period 2—July 17 to July 28
 Period 3—July 31 to Aug 11 Period 4—Aug 14 to Aug 25
 Lessons run Monday to Friday. No lessons on July 3 or Aug 1

Fees:

Preschool (ages 3 to 6) \$95 per period
 Swim Kids (ages 5 and up) \$80 per period

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

Parent and Tot Swim (6 months to 6 years) - FREE

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

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

Fee: FREE Drop-In program



Red Cross Swim Lessons

Private and Semi Private Swim Lessons

Lessons are available for adults and/or children. 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.

Summer Term:

Option 1 (once a week): Tues July 4 to Sun August 27 (8 lessons)
 Option 2 (two week period): Monday to Friday (10 lessons)
 No lessons on July 3 or Aug 1

Fees:

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

Option 1 (once a week)

Day	Time
Mondays	5:30-6:00pm 6:15-6:45pm 6:45-7:15pm 7:15-7:45pm 7:45-8:15pm
Tuesdays, Thursdays or Fridays	5:30-6:00pm 6:00-6:30pm 6:30-7:00pm
Saturdays or Sundays	9:30-10:00am 10:00-10:30am 10:45-11:15am 11:15-11:45am 11:45am-12:15pm 12:15pm-12:45pm 3:00-3:30pm 3:30-4:00pm

Option 2 (Monday to Friday)

Period	Time
July 4 to July 14	3:15-3:45pm 3:45-4:15pm
July 17 to July 28	3:15-3:45pm 3:45-4:15pm
July 31 to Aug 11	3:15-3:45pm 3:45-4:15pm
Aug 14 to Aug 25	3:15-3:45pm 3:45-4:15pm

Speciality Swim Programs

Dive Clinic

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

Prerequisite: completion of Level 3 or equivalent

Dates: Aug 14 to Aug 25 (Monday to Friday)

Time: 5:00-5:30pm

Fee: \$80.00 (10 practices)



Summer Swim Camp

Each afternoon campers will participate in various pool activities such as inner tube water polo, water basketball, relay races and more. Over the week the campers will also work on specific drills to help improve their swimming technique. This group joins Adventure Camp on the mornings.

Prerequisite: completion of Level 4 or equivalent and must be at least 7 years old

Dates: Aug 21 to Aug 25

Time: 9:00-4:30pm

Fee: \$175

Early drop off/late pick up can be arranged for an additional fee

Children & Youth Swim Team

Our team takes a break over the summer. But we start up again in the Fall! The Sharks work on variety of drills, workouts and perfect their flip turns and dives! The Sharks compete in at least one swim meet each term. **Become a Shark!**



Summer Swim Registration

Important: Date has been changed

Start Date: Saturday June 3 from 9 am to noon and will continue on Tuesday June 6 at 10am until our programs are full.

Phone Registration: begins Tuesday June 6 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

Pool Schedule

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

*Participants must follow the Admittance Policy

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.

Masters Swim

A swim coach sets workouts for participants to help them with their technique, speed and stroke improvement

Recreational Swim - FREE

Bring your family or friends and have some fun with all of our pool toys! **Length swim is not permitted during Rec Swim**

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 - access to aquafit/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 Katie Urquhart, Recreation Supervisor at:

T: 416-598-3444 ext 229

E: katie.urquhart@universitysettlement.ca

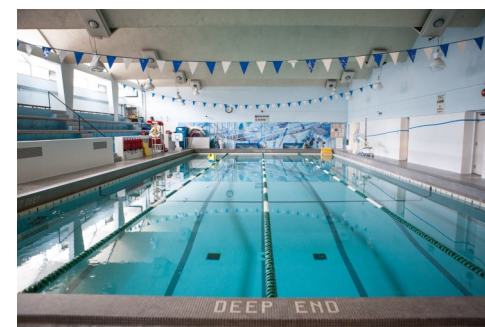
To be notified of any pool changes or closures email Katie and request to be put on the **Fitness Member email list**.

University Settlement
23 Grange Rd
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www.universitysettlement.ca



United Way
Toronto & York Region

University Settlement Aquatic Programs and Pool Schedule



Summer 2017 (includes Spring Pool Schedule)



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