

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: Jan 9 to April 7 excluding Holidays and PA Days

Fee: \$9.50/lesson OR

\$12.00/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 - NEW	Mon	5:30-6:00pm
Salamander - NEW	Thu	5:30-6:00pm
Level 1	Mon, Wed, Thu or Fri	4:40-5:10pm
Level 2	Mon, Wed or Thu	4:40-5:10pm
Level 3	Tues or Fri	4:40-5:10pm
Level 4	Tues, Wed, 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: Jan 15 to April 9, excluding Feb 19 (12 Lessons)

Fee: Preschool \$114 and Swim Kids: \$96

Swim Level	Time
Sea Otter	10:45-11:15am or 11:45-12:15pm
Salamander	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	10:45-11:1am
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 - \$25 per lesson

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

Speciality Swim Programs

Parent and Tot Swim

Parent and Tot - Aquafit—NEW!

An aquafit instructor will lead the class while your child sits alongside in a flotation seat. Many of the exercises will be interactive with your child and will get both of you moving!

Parent and Tot - Instructional

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 -11:45am. Tues (Aquafit) and Thur (Instructional)

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: Jan 15 to April 9, excluding Feb 19

Time: Sundays from 9:30-10:30am

Fee: \$114 (12 practices)



Masters Swim - **NEW!**

Thursdays from 7:00-8:30pm

Requirements:

Must be 18 years or older. This program is for both recreational and competitive swimmers

Practice Time: Thursdays from 7:00-8:30pm

Fee:

Fitness Members - FREE

Non Fitness Members: \$30 for 10 visits (punch card)

punch cards can also be used for aquafit and/or badminton

Recreation News

NEW!

Parent and Tot - Aquafit

Starting January 24, we will be offering a new program as part of our Parent and Tot Swim. This class is a great combination of fitness and fun for everyone.



An aquafit instructor will lead the class while your child sits alongside in a flotation seat. Many of the exercises will be interactive with your child and will get both of you moving!

January 2017

NEW! Pool Schedule

Starting January 9th, weekday evening length swim times will be changing. More length swim will be offered but at different times to accommodate client request.

Check out the back of this brochure or go to the Aquatic Page on our website for the new pool schedule www.universitysettlement.ca

Spring 2017

Recreation Registration

Start Date: Saturday April 1 from 9 am to noon. Registration continues on Tuesday April 4 at 10 am and will continue until our programs are full.

Phone Registration: begins Tuesday April 4 at noon. Clients who wish to phone in must be agency members.

Please note: if you are interested in registering your child in our Afterschool Program for the full school year, 5 days a week from September to June, contact Nicole to register now - 416-598-3444 ext 228

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

Pool Schedule

Effective until April 9, 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	Rec Swim
Monday	7:00-8:40am 12:00-1:55pm 6:00-8:00pm	9:00-9:55am Aquafit	
Tuesday	7:00-8:40am 9:00-9:45am 12:00-1:55pm 5:30-7:00pm		
Wednesday	7:00-8:40am 12:00-1:55pm 7:00-8:00pm	9:00-9:55am Aquafit	5:30-6:55pm* FREE
Thursday	7:00-8:40am 9:00-9:45am 12:00-1:55pm 6:00-7:00pm	7:00-8:30pm Masters	
Friday	7:00-8:40am 12:00-1:55pm 5:30-7:00pm	9:00-9:55am 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.

Maters Swim—NEW!

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 - aquafit and badminton. **Fee:** \$30 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

Aquatic Programs and Pool Schedule



University Settlement
Founded in 1910

Winter 2017

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 **pool patron email list**.

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



University Settlement
Founded in 1910