

Aquatics Programs

Updated April 2, 2019



Private and Semi-Private Swim Lessons

Children and adults are welcome to take our private swim lessons offered 7 days a week.

Private Lessons - \$27 per lesson. Semi Private: \$44 per lesson

Children's Group Red Cross Swim Lessons

Lessons take place during our After School sessions and on Saturday and Sunday mornings



The Sharks Swim Team

Join the "The Sharks" Children and Youth Swim Team.

The Sharks compete in at least one swim meet each term.

Wednesdays 7 pm to 8 pm



Parent & Tot

Guardians accompany their children into the water.

Songs, games and basic swimming skills are taught.

Tuesdays and Thursdays 11 am to 11:45 am

This program is **free**



FAMILY Swim

Bring the whole family for a fun swim! Sat & Sun 1 pm-2:30 pm; Wed 5:30 pm to 7 pm. This program is **free**

Community Programs *The following activities have No Fee and are FREE to members of our community*

- **Family Swim** Wednesday 5:30 pm to 7 pm and Saturday & Sunday from 1 pm to 2:30 pm. There must be one adult in the water with all children under 11 years of age. Youth ages 10-17 do not need parents in attendance and may come as individuals or in a group.
- **Parent and Tot Swim** Tuesday and Thursday 11 am to 11:40 am. Parents go in the water with their children
- **Drop In Basketball** For youth ages 14 to 21, Lots of gym times – see schedule for full listing. No fees, just lots of fun. BYOBasketball



Registration Information

- Spring Term, After School and Swim programs April 3 to June 28 Registration begins Saturday March 23, from 9 am to 12 noon
- Swim Camp from August 12 to August 16 Registration begins Saturday June 15, from 9 am to 12 noon
- Full Year 2019 – 2020; After School Program Registration begins Saturday June 15, from 9 am to 12 noon
- Fall Term, After School and Swim programs from Sept 4 to Dec 20 Registration begins Saturday August 17, from 9 am to 12 noon

For more information on our Aquatic Programs call Ted Thompson 416-598-3444 ext. 230



Get your Grange Fitness Membership today!

- Includes unlimited access to our 25 yard long pool for length swimming with 4 lanes,
- a fully equipped Fitness Centre, Yoga, Belly Dancing and *Aqua Fit* classes, Tai Chi, Badminton and Basketball
- Adults, only \$44 per month – Youth and Seniors only \$34 per month
- ALL new memberships are 2 for 1 – for the first 3 months

Grange Fitness – Schedule of Activities

Grange Fitness Includes ALL of the following activities PLUS the free activities for community							FREE Community Programs		
	Fitness Centre	Badminton	Yoga	Belly Dance	Length Swim	Aqua Fit	Family Swim	Parent & Tot Swim	Drop In Basketball
Mon	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 8 pm to 9:30 pm			Length Swim 7 am to 8:40 am 12 noon to 1:40pm 5:30 pm to 7pm	Aqua Fit 9 to 9:45am			Drop In Basketball 3 pm to 4:15 pm
Tues	Fitness Centre 7 am to 9:30 pm	Tues night Badminton returns in May 2019	Stretch Yoga 12:15 to 1pm		Length Swim 7 am to 9:40 am 12 noon to 1:40 pm 5:30 to 7 pm			Parent & Tot Swim 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm
Wed	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:30 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Belly Dance 5:45 to 6:45 pm	Length Swim 7 am to 8:40 am 12 noon to 1:40 pm 5:30 to 7:00 pm (one lane)	Aqua Fit 9 to 9:45am	Family Swim 5:30 pm to 7 pm		Drop In Basketball 3 pm to 4:15 pm
Thurs	Fitness Centre 7 am to 9:30 pm				Length Swim 7 am to 9:40 am 12 noon to 1:40 pm 5:30 pm to 7:00 pm		Parent & Tot Swim 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm 5:30 to 9:00 pm	
Fri	Fitness Centre 7 am to 7 pm		Stretch Yoga 12:15 to 1 pm		Length Swim 7 am to 8:40 am 12 noon to 1:40pm 5:30 to 7:00 pm	Aqua Fit 9 to 9:45am			Drop In Basketball 3 pm to 4:15 pm 5:30 pm to 8:30 pm
Sat	Fitness Centre 8:30 am to 5 pm	Drop In Badminton 8:45 am to 1:30 pm			Length Swim 8:30 am to 9:25am 1 pm to 2:30 pm (one lane)		Family Swim 1 to 2:30pm		
Sun	Fitness Centre 8:30 am to 5 pm	Grange Badminton Club 8:45 am to 1:30 Not drop in play. There is an additional Club fee for birds			Length Swim 8:30 to 9:25 am 1 pm to 2:30 pm (one lane) 2:30 pm to 3:30 pm		Family Swim 1 to 2:30 pm		Drop In Basketball 1:30 pm to 6 pm