

# Aquatics Programs at University Settlement

Updated June 1, 2019



Please join us in welcoming **Gretna Lalbachan** as our Recreation Supervisor responsible for Aquatics Programming. Gretna has a very strong background in supervising Aquatics Programs including positions as Aquatic Supervisor for the Toronto Pan Am Sports Centre, the Toronto YMCA and the City of Toronto. If you have any questions about our Aquatics Programs please reach out to Gretna at 416-598-3444 ext. 229 or [gretna.lalbachan@universitysettlement.ca](mailto:gretna.lalbachan@universitysettlement.ca)

## Summer Swim Class Registration

**Begins on June 15, from 9 am to 12 noon** (some clients arrive early) and continues on Tuesday June 18 at 12 noon (by phone if you wish, for those with an Agency Membership)

### Summer Weekday Group Lessons:

Take a ½ hour lesson each day, over two weeks Monday to Friday at either 4:30 or 5:00 pm. All levels are offered.

Session 1: July 2 to July 12 \$94.50 (9 classes)

Session 2: July 15 to July 26 \$105 (10 classes)

Session 3: July 29 to Aug 9 \$94.50 (9 classes)

Session 4: Aug 12 to Aug 23 \$105 (10 classes)

### Summer Sunday Group Lessons:

All Red Cross Swim Levels, will be offered **over** seven Sundays mornings, beginning July 7 for \$73.50

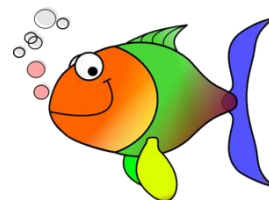
### Summer Private or Semi-Private Swim Lessons start July 2

Children and adults are welcome to take one-on-one swim lessons offered 1 day a week (you pick the day and time) for the eight weeks of summer.

Private Lessons: \$30 for the lesson / Semi Private: \$20 per person for the lesson

### Summer Swim Camp for levels 3 plus from August 12 to August 16 – registration has begun

Children will enhance their swim skills, visit other pools, make friends and stay active. Only \$200 for the week. Snacks and lunches included.



### Free Parent and Tot

Guardians accompany their children into the water. Songs, games and basic swimming skills are taught. Tues & Thurs 11 am to 11:45

### Free Family – Recreational Swim

Bring the whole family for a fun swim every Saturday and Sunday from 1 pm-2:30 pm; and Wednesday 5:30 pm to 7 pm

Until the end of June – get a 4 month Grange Fitness Membership with unlimited access to the fully equipped Fitness Centre, Drop In Badminton, Aqua Fit and Yoga classes, Length Swimming and Tai Chi for only \$99!				
Aquatic schedule for Grange Fitness Members			FREE Swimming Time for everyone!	
	Length Swim	Aqua Fit	Recreational Swim	Parent & Tot Swim
Monday	Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 pm to 7 pm	Aqua Fit 9 to 9:45am		
Tuesday	Length Swim 7 am to 9:45 am 12 noon to 1:30 pm 5:30 to 7 pm			Parent & Tot Swim 11:00-11:40am
Wednesday	Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 to 7:00 pm	Aqua Fit 9 to 9:45am	Recreational Swim 5:30 pm to 7 pm	
Thursday	Length Swim 7 am to 9:45 am 12 noon to 1:30 pm 5:30 pm to 7:00 pm			Parent & Tot Swim 11:00-11:40am
Friday	Length Swim 7 am to 8:45 am 12 noon to 1:30pm 5:30 to 7:00 pm	Aqua Fit 9 to 9:45am		
Saturday	Length Swim 8:30 am to 9:25am 1 pm to 2:30 pm		Recreational Swim 12:30 to 2 pm	
Sunday	Length Swim 8:30 to 9:25 am 1 pm to 2:30 pm 2:30 pm to 3:30 pm		Recreational Swim 12:30 to 2 pm	