

Aquatic Programs at University Settlement

Updated July 3, 2019



We've made a commitment to children!
 As a new HIGH FIVE® Registered Organization, we have taken the first big step toward enhancing the quality of our children's programs.
 Find out how HIGH FIVE is making a difference in children's lives.
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HIGH FIVE® A quality standard for children's sport and recreation
 Founded by Parks and Recreation Ontario



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, offered over seven Sundays mornings, beginning July 7 for \$73.50

Summer Private or Semi-Private Swim Lessons begin July 2

Children and adults are welcome to take one-on-one swim lessons offered 7 days a week for the eight weeks of summer.

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



Free Family – Recreational Swim Bring the whole family for a fun swim every Saturday and Sunday from 12:30 to 2 pm; and Wednesdays 5:30 pm to 7 pm

Free Parent and Tot Swim - every Thursday from 11 am to 11:45 am, for toddlers of all ages...

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

Grange Fitness Membership			FREE for everyone!	
	Length Swim	Aqua Fit	Recreational Swim	Parent and 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			
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 and Tot Swim 11 am to 11:45 am
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 to 9:25 am 12:30 pm to 2 pm 2:00 pm to 3:00 pm		Recreational Swim 12:30 pm to 2 pm	
Sunday	Length Swim 8:30 to 9:25 am 12:30 pm to 2 pm 2:00 pm to 3:00 pm		Recreational Swim 12:30 pm to 2 pm	