

Aquatics Programs at University Settlement

Updated Sept 4, 2019



Children learn to swim, be fit, and stay safe in a fun environment.

After School RED CROSS Swim Lessons

The fee of \$17 per day includes escort from Orde St., Ogden, Da Vinci and Lord Lansdowne P.S. to University Settlement, a snack followed by the Swim class of their level. Guardian pick-up is before 6 pm.

NEW: If you wish a Swim Lesson only (Parent must be here) the fee is \$10.50 per class.

Sunday Morning RED CROSS Swim Lessons

All levels, for the kids. The fee for Sunday Group classes is \$10.50 per class.

Private and Semi-Private Swim Lessons

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

Private Lessons - \$30 / lesson. Semi Private: \$44 (\$22 for each student)

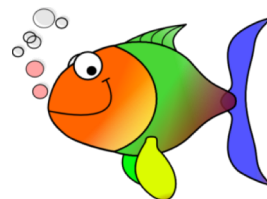
Pre-School

For ages 3 to 5 Tues and Thurs 5:30 pm to 6 pm. Fee: \$10.50 per class

The Sharks Swim Team

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

Wednesdays 7 pm to 8 pm Fee: \$12 per class



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

6 Month Grange Fitness Membership with unlimited access to the Pool, Fitness Centre, Drop In Badminton, Aqua Fit, Yoga classes, Length Swimming and Tai Chi for only \$160! Call Gretna at 416-598-3444 ext. for more information				
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	