



AQUATIC PROGRAMS AT UNIVERSITY SETTLEMENT

Registration for After-School and Swim Programs begins in person, on **Saturday March 28 from 9 am to 12 noon**. And then again on **Tuesday March 31 at 11 am**.

For more information on the Swim Programs call 416-598-3444 ext. 229

For more information on After-School Programs call 416-598-3444 ext. 230.

REGISTRATION

After-School Programs

Each school day we provide safe walking escort for children ages 4 to Grade 8 from Orde St., Ogden, Da Vinci and Lord Lansdowne P.S. to University Settlement. Your child will have a snack followed by programs designed to build skills at your child's developmental level. Classes include activities such as art, sports, Red Cross Swim lessons, computer, cooking, dance, Shaolin Kung Fu (new) and more! Guardian pick-up is before 6 pm. Subsidy is available. The fee is \$17 per day.

Red Cross Swim Programs



Group Swim Lessons

We offer Swim lessons, each weekday from 4:30 to 5:30 pm AND again each Sunday morning. This can be part of the After-School program (see above) or you may bring your child for just the swim lesson. If attending just the class, the fee is \$10.50 per class.

Private Swim Lessons

We offer Private Swim lessons (one-on-one) or Semi-Private (two students, one teacher) at a variety of time, 7 days a week.

Specialty Swim Lessons

From Pre-School classes, to our Sharks Swim Team, to Bronze Medallion classes (looking to be a lifeguard?), we offer several exciting programs.

FREE Programs

The following activities 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

Parent and Tot Swim: Tuesday and Thursday 11 am to 11:40 am. Parents are in the water with their children. Please bring Swim Diapers if not potty-trained

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

Grange Fitness

Updated February 20, 2020

Grange Fitness Membership includes the following activities PLUS, the Community Activities						FREE Community Programs		
	Fitness Centre	Badminton	Yoga	Length Swim	Aqua Fit	Recreational 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 8:45 am 12 noon to 1:30pm 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	Volleyball House League 6 pm – 9:30 pm Call Ted for info	Stretch Yoga 12:15 to 1pm	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	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 6:30 to 7:15 pm	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		Drop In Basketball 3 pm to 4:15 pm
Thurs	Fitness Centre 7 am to 9:30 pm			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	Drop In Basketball 3 pm to 4:15 pm 5:30 to 9:00 pm
Fri	Fitness Centre 7 am to 8 pm		Stretch Yoga 12:15 to 1 pm	Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 to 7 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 2:30 pm to 3:30 pm		Recreational Swim 1 to 2:30 pm		
Sun	Fitness Centre 8:30 am to 5 pm	Grange Badminton Club 8:45 am to 1:30 Not drop-in play.		Length Swim 8:30 to 9:25 am 2:30 pm to 3:30 pm		Recreational Swim 1 to 2:30 pm		Drop In Basketball 1:30 pm to 6 pm