

WINTER 2012
 Jan 16 - June 24 2012

LIFE..with THE WORKS™

Things you should know about registration !

- Members Advanced Registration is for the following : Aquarena Fitness Centre Members (Prime Time Basic, Prime Time Deluxe, Mid-Day Basic), Field House Combo members and The Workout members with a minimum membership duration of 3 months or longer. Members are only permitted to register their children or grandchildren.
- Swimming Lesson Registration is taken in person or over the phone with a Visa or MasterCard. Due to the high volume of calls during the first few weeks of registration, phone registration is taken by returning calls in the order voice mails are received. Customers may start to leave voice messages as of 5:45am on registration day - messages left prior to 5:45am will not be returned. Please leave one message with your name and number only.
- Registration will be taken for lesson sets from January to June. Registration in one set does not guarantee registration in other sets.
- Refunds/Credits are for medical reasons only. Please see our Refund Policy for more information.

Help us improve speed of service

1. Know what time slot/level you are looking for and have alternate days/times picked. If you need to make phone calls to confirm time slots we will have to move to the next person in line.
2. Before we begin your registration let us know if your customer information has changed, if you are registering multiple children or if you have instructor requests or additional notes.
3. We accept Visa, MasterCard, cash and debit. If you have a chip card – please know your PIN number.

Tiny Tot Swimming Program

PARENT & TOT SWIM- 3 months - 2 yrs				
\$42.00 for 8 lessons or \$5.25 per drop-in when space is available				
Monday 8:45-9:15am 11:00-11:30am Set 1: Jan 16 - Feb 27* Set 2: Mar 5 - Apr 23 Set 3: Apr 30 - June 18	Tuesday 8:45-9:15am 11:00-11:30am Set 1: Jan 17 - Feb 28* Set 2: Mar 6 - Apr 24 Set 3: May 1 - June 19	Wednesday 8:45-9:15am 11:00-11:30am 2:25-2:55pm Set 1: Jan 18 - Feb 29* Set 2: Mar 7 - Apr 25 Set 3: May 2 - June 20	Thursday 8:45-9:15am 11:00-11:30am 6:10-6:40pm Set 1: Jan 19 - Mar 1* Set 2: Mar 8 - Apr 26 Set 3: May 3 - June 21	Friday 8:45-9:15am 11:00-11:30am Set 1: Jan 20 - Mar 2* Set 2: Mar 9 - Apr 27* Set 3: May 4 - June 22
Saturday 8:15-8:45am 10:30-11:00am 12:15-12:45pm Set 1: Jan 21 - Mar 3* Set 2: Mar 10 - Apr 28* Set 3: May 5 - June 23*		Sunday 8:00-8:30am 9:45-10:15am Set 1: Jan 22 - Mar 4* Set 2: Mar 11 - Apr 29** Set 3: May 6 - June 24*		

Exceptions: *7 lessons **6 lessons

TOT SWIM - 2-5yrs \$62.00 for 8 lessons (Max ratio 1 instructor to 3 children)

Monday	Tuesday	Wednesday	Thursday	Friday
9:20-9:50am 9:55-10:25am 10:30-11:00am 11:30-12:00noon 1:15-1:45pm 1:50-2:20pm 3:30-4:00pm 4:05-4:35pm 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm Set 1: Jan 16 - Feb 27* Set 2: Mar 5 - Apr 23 Set 3: Apr 30 - June 18	9:20-9:50am 9:55-10:25am 10:30-11:00am 11:30-12:00noon 1:15-1:45pm 1:50-2:20pm 2:25-2:55pm 3:30-4:00pm 4:05-4:35pm 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm Set 1: Jan 17 - Feb 28* Set 2: Mar 6 - Apr 24 Set 3: May 1 - June 19	9:20-9:50am 9:55-10:25am 10:30-11:00am 11:30-12:00noon 1:15-1:45pm 1:50-2:20pm 3:30-4:00pm 4:05-4:35pm 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm Set 1: Jan 18 - Feb 29* Set 2: Mar 7 - Apr 25 Set 3: May 2 - June 20	9:20-9:50am 9:55-10:25am 10:30-11:00am 11:30-12:00noon 1:15-1:45pm 1:50-2:20pm 2:25-2:55pm 4:00-4:30pm 6:40-7:10pm Set 1: Jan 19 - Mar 1* Set 2: Mar 8 - Apr 26 Set 3: May 3 - June 21	9:20-9:50am 9:55-10:25am 10:30-11:00am 11:30-12:00noon 1:15-1:45pm 1:50-2:20pm 3:30-4:00pm 4:05-4:35pm 4:40-5:10pm 5:15-5:45pm 5:45-6:15pm Set 1: Jan 20 - Mar 2* Set 2: Mar 9 - Apr 27* Set 3: May 4 - June 22
Saturday			Sunday	
8:45-9:15am 9:20-9:50am 9:55-10:25am 11:05-11:35am 11:40-12:10pm 12:50-1:20pm 1:25-1:55pm 4:05-4:35pm 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm Set 1: Jan 21 - Mar 3* Set 2: Mar 10 - Apr 28 Set 3: May 5 - June 23			8:00-8:30am 8:35-9:05am 9:10-9:40am 10:20-10:50am Set 1: Jan 22 - Mar 4* Set 2: Mar 11 - Apr 29** Set 3: May 6 - June 24*	

Exceptions: *7 lessons **6 lessons

ADVANCED TOTS - 2 - 5yrs \$62.00 for 8 lessons (Max ratio 1 instructor to 3 children)

Monday	Tuesday	Wednesday	Thursday	Friday
3:00-3:30pm 3:30-4:00pm 5:15-5:45pm 6:25-6:55pm Set 1: Jan 16 - Feb 27* Set 2: Mar 5 - Apr 23 Set 3: Apr 30 - June 18	5:15-5:45pm 6:25-6:55pm Set 1: Jan 17 - Feb 28* Set 2: Mar 6 - Apr 24 Set 3: May 1 - June 19	3:00-3:30pm 3:30-4:00pm 5:15-5:45pm 6:25-6:55pm Set 1: Jan 18 - Feb 29* Set 2: Mar 7 - Apr 25 Set 3: May 2 - June 20	6:05-6:35pm Set 1: Jan 19 - Mar 1* Set 2: Mar 8 - Apr 26 Set 3: May 3 - June 21	4:05-4:35pm 5:15-5:45pm Set 1: Jan 20 - Mar 2* Set 2: Mar 9 - Apr 27* Set 3: May 4 - June 22
Saturday			Sunday	
8:45-9:15am 10:30-11:00am 11:05-11:35am 11:40-12:10pm 12:50-1:20pm 5:10-5:40pm Set 1: Jan 21 - Mar 3* Set 2: Mar 10 - Apr 28 Set 3: May 5 - June 23			8:00-8:30am 9:45-10:15am Set 1: Jan 22 - Mar 4* Set 2: Mar 11 - Apr 29** Set 3: May 6 - June 24*	

Exceptions: *7 lessons **6 lessons

Learn To Swim Program - 5 years and up

GROUP SWIMMING LESSONS \$54.00 for 8 lessons All Levels offered during each time slot

<p>Monday 5:15-5:55pm 6:00-6:40pm Set 1: Jan 16 - Feb 27* Set 2: Mar 5 - Apr 23 Set 3: Apr 30 - June 18</p>	<p>Tuesday 5:15-5:55pm 6:00-6:40pm Set 1: Jan 17 - Feb 28* Set 2: Mar 6 - Apr 24 Set 3: May 1 - June 19</p>	<p>Wednesday 5:15-5:55pm 6:00-6:40pm Set 1: Jan 18 - Feb 29* Set 2: Mar 7 - Apr 25 Set 3: May 2 - June 20</p>
<p>Thursday 6:15-6:55pm 7:00-7:40pm Set 1: Jan 19 - Mar 1* Set 2: Mar 8 - Apr 26 Set 3: May 3 - June 21</p>	<p>Friday 3:30-4:10pm 4:15-4:55pm Set 1: Jan 20 - Mar 2* Set 2: Mar 9 - Apr 27* Set 3: May 4 - June 22</p>	<p>Saturday 9:00-9:40am 9:45-10:25am 10:30-11:10am 11:15-11:55am 12:00-12:40pm 4:15-4:55pm 5:00-5:40pm Set 1: Jan 21 - Mar 3* Set 2: Mar 10 - Apr 28 Set 3: May 5 - June 23</p>

Exceptions: *7 lessons **6 lessons

LOW RATIO SWIMMING LESSONS - \$80.00 for 8 lessons All Levels offered during each time slot

<p>Friday 5:00-5:40pm 5:45-6:25pm 6:30-7:10pm Set 1: Jan 20 - Mar 2* Set 2: Mar 9 - Apr 27* Set 3: May 4 - June 22</p>	<p>Saturday 12:45-1:25pm 5:45-6:25pm Set 1: Jan 21 - Mar 3* Set 2: Mar 10 - Apr 28 Set 3: May 5 - June 23</p>	<p>Sunday 8:00-8:40pm 8:45-9:25am 9:30-10:10am 10:15-10:55am Set 1: Jan 22 - Mar 4* Set 2: Mar 11 - Apr 29** Set 3: May 6 - June 24*</p>
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Exceptions: *7 lessons **6 lessons

Private & Family Private Swimming Lessons

\$72.00 for 4 individual lessons \$92.00 for 4 family lessons (2 children per instructor)

<p>Monday 2:15-2:45pm 2:50-3:20pm 3:25-3:55pm 4:00-4:30pm 4:35-5:05pm 5:45-6:15pm 6:20-6:50pm 6:55-7:25pm Set 1: Jan 16 - Jan 30* Set 2: Feb 6 - Feb 27 Set 3: Mar 5 - Mar 26 Set 4: Apr 2 - Apr 23 Set 5: Apr 30 - May 21 Set 6: May 28 - June 18</p>	<p>Tuesday 2:15-2:45pm 2:50-3:20pm 3:25-3:55pm(Tots Only) Set 1: Jan 17 - Jan 31* Set 2: Feb 7 - Feb 28 Set 3: Mar 6 - Mar 27 Set 4: Apr 3 - Apr 24 Set 5: May 1 - May 22 Set 6: May 29 - June 19</p>	<p>Wednesday 2:15-2:45pm 2:50-3:20pm 3:25-3:55pm 4:05-4:35pm 4:40-5:10pm Set 1: Jan 18 - Feb 1* Set 2: Feb 8 - Feb 29 Set 3: Mar 7 - Mar 28 Set 4: Apr 4 - Apr 25 Set 5: May 2 - May 23 Set 6: May 30 - June 20</p>	<p>Thursday 2:15-2:45pm 2:50-3:20pm 3:25-3:55pm (Tots Only) 5:00-5:30pm 5:35-6:05pm 6:05-6:35pm (No Tots) 6:40-7:10pm 7:15-7:45pm Set 1: Jan 19 - Feb 2* Set 2: Feb 9 - Mar 1 Set 3: Mar 8 - Mar 29 Set 4: Apr 5 - Apr 26 Set 5: May 3 - May 24 Set 6: May 31 - June 21</p>
<p>Friday 3:30-4:00pm 4:05-4:35pm 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm (No Tots) 6:25-6:55pm (No Tots) Set 1: Jan 20 - Feb 3* Set 2: Feb 10 - Mar 2 Set 3: Mar 9 - Mar 30 Set 4: Apr 13 - Apr 27* Set 5: May 4 - May 25 Set 6: June 1 - June 22</p>	<p>Saturday 8:15-8:45am (No Tots) 9:20-9:50am (No Tots) 9:55-10:25pm 10:30-11:00am 11:05-11:35am 11:40am-12:10pm 12:15-12:45pm (No Tots) 1:30-2:00pm 5:45-6:15pm 6:20-6:50pm Set 1: Jan 21 - Feb 4* Set 2: Feb 11 - Mar 3 Set 3: Mar 10 - Mar 31 Set 4: Apr 7 - Apr 28 Set 5: May 5 - May 26 Set 6: June 9 - June 23</p>	<p>Sunday 8:00-8:30am (No Tots) 8:35-9:05am 9:10-9:40am 9:45-10:15am (No Tots) 10:20-10:50am Set 1: Jan 22 - Feb 5* Set 2: Feb 12 - Mar 4 Set 3: Mar 11 - Apr 1 Set 4: Apr 22 - Apr 29** Set 5: May 6 - May 27 Set 6: June 10 - June 24*</p>	

Exceptions: *3 lessons **2 lessons

ADULT SWIMMING LESSONS

<p style="text-align: center;">Adult Private - Monday</p> <p style="text-align: center;">\$72.00 + HST for 4 lessons</p> <p>7:30-8:00pm 8:00-8:30pm</p> <p>Set 1: Jan 16 - Jan 30* Set 2: Feb 6 - Feb 27 Set 3: Mar 5 - Mar 26 Set 4: Apr 2 - Apr 23 Set 5: Apr 30 - May 21 Set 6: May 28 - June 18</p>	<p style="text-align: center;">Adult Low Ratio - Tuesday</p> <p style="text-align: center;">\$80.00 + HST for 8 lessons</p> <p>8:10-8:50pm</p> <p>Set 1: Jan 17 - Feb 28* Set 2: Mar 6 - Apr 24 Set 3: May 1 - June 19</p>	<p style="text-align: center;">Adult Group - Monday</p> <p style="text-align: center;">\$54.00 + HST for 8 lessons</p> <p>8:35-9:15pm</p> <p>Set 1: Jan 16 - Feb 27* Set 2: Mar 5 - Apr 23 Set 3: Apr 30 - June 18</p>
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Exceptions: *7 lessons ***3 lessons

Lifesaving Society Courses

Junior Lifeguard Team

Cost: \$64.00 for 8 weeks

Fridays 5:30 - 7:00pm

Set 1: Jan 20 - Mar 2*
Set 2: Mar 9 - Apr 27*
Set 3: May 4 - June 22

Saturdays 11:30am-1:00pm

Set 1: Jan 21 - Mar 3*
Set 2: Mar 10 - Apr 28*
Set 3: May 5 - June 23*

Sundays 4:00 - 5:30pm

Set 1: Jan 22 - Mar 4*
Set 2: Mar 11 - Apr 29**
Set 3: May 6 - June 24*

In addition Junior Lifeguards will have the option to mentor 1 1/2 - 3 hours per week with a senior lifeguard on Public Swims or swimming lessons.

Bronze Medallion

Cost: \$145.00 + HST
(Includes CPR Level C)

Saturdays 9:00 - 4:00pm

Set 1: Jan 21-Feb 11
Set 2: Mar 17 - Apr 7
Set 3: June 2 - June 23

Sundays 4:00 - 6:00pm

Set 1: Jan 29 - Apr 1
Set 2: Apr 22 - June 24

Bronze Cross

Cost: \$125.00 + HST

Saturdays 9:00 - 4:00pm

Set 1: Feb 18 - Mar 10
Set 2: May 5 - May 26

Sundays 4:00 - 6:00pm

Set 1: Jan 29 - Apr 1
Set 2: Apr 22 - June 24

Bronze Star

Cost: \$64.00 + HST

Saturdays 11:30am - 1:00pm

Set 1: Jan 21 - Mar 3*
Set 2: Mar 10 - Apr 28*
Set 3: May 5 - June 23*

National Lifeguard Service

Cost: \$165.00 + HST

Sundays 9:00 - 5:00pm

Set 1: Jan 29-Mar 4
Set 2: Mar 11-Apr 22*
(No Class Apr 8)
Set 3: Apr 29-June 3

*Includes Exam. Participants must have current Standard First Aid & CPR C by date of exam

Standard First Aid & CPR

Cost: \$110.00 + HST
(Includes CPR Level C)

Saturday 9:00am - 5:00pm

Set 1: Feb 4 & 11
Set 2: Mar 3 & 10
Set 3: Apr 14 & 21

Exceptions: *7 lessons ***3 lessons