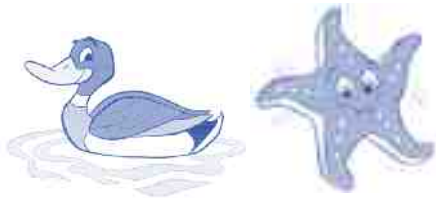


PRESCHOOL / Swimming Lessons

Starfish & Duck 4 to 36 mo.



Parent participation required.

M 6:00 to 6:30 pm

\$34.00 / 8

Jan.11-Mar.1 12286

\$42.50 / 10

Mar.22 - Jun. 7 12287

Tu 9:30 to 10:00 am

\$34.00 / 8

Jan.12 - Mar. 2 12288

\$51.00 / 12

Mar.23 - Jun. 8 12289

Tu 6:30 to 7:00 pm

\$34.00 / 8

Jan.12 - Mar. 2 12290

\$51.00 / 12

Mar.23 - Jun.8 12291

W 6:30 to 7:00 pm

\$34.00 / 8

Jan.13 - Mar. 3 12292

\$51.00 / 12

Mar.24 - Jun.9 12293

For babies or toddlers with a parent or caregiver. The goal of this "orientation to water" class is to experience buoyancy, movement, entries and songs while having fun in the water. Parents will learn about holds and supports to help their little ones feel comfortable in the water. To enter this level, babies must be able to hold their head up.

Th 9:00 to 9:30 am

\$34.00 / 8

Jan.14 - Mar. 4 12294

\$51.00 / 12

Mar.25 - Jun.10 12295

Th 6:00 to 6:30 pm

\$34.00 / 8

Jan.14 - Mar. 4 12296

\$51.00 / 12

Mar.25 - Jun.10 12297

Sa 9:30 to 10:00 am

\$34.00 / 8

Jan.16 - Mar. 6 12298

\$51.00 / 12

Mar.20 - Jun.12 12299



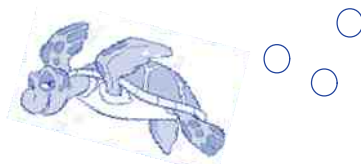
**Pool Pants
\$1.69 each**

**Available at
SEAPARC
reception.**

**Infant and
toddler
POOL
PANTS
when
properly
sized do not
leak or weigh
the child
down. All
infants and
toddlers who
are not toilet
trained must
wear 'pool
pants' in the
SEAPARC
pool.**

Seaturtle 2.5 to 3 yr.

Seaturtle classes provide a transitional level for pre-schoolers ages 30 to 36 months and their parents. Parents can gradually transfer the pre-schoolers to the care of the instructor. This level develops skills in swimming, glides and floating and builds awareness of deep water and safe entries. Parent participation is required on the first day and your participation becomes optional as your child feels more comfortable in the water.



Tu 6:00 to 6:30 pm

\$34.00 / 8

Jan.12 - Mar. 2 12300

\$51.00 / 12

Mar.23 - Jun.8 12301

Th 6:30 to 7:00 pm

\$34.00 / 8

Jan.14 - Mar. 4 12302

\$51.00 / 12

Mar.25 - Jun.10 12303

Sa 10:00 to 10:30 am

\$34.00 / 8

Jan.16 - Mar. 6 12304

\$51.00 / 12

Mar.20 - Jun.12 12305

PRESCHOOL / Swimming Lessons

Salamander



3 - 5 yr.

In the Salamander class children will learn submersion, front floats, and back floats which helps to increase their comfort in the water. Most skill exercises are assisted by the instructor.

Salamander for Home Learners



W 12:30 to 1:00 pm

\$34.00 / 8
Jan.13-Mar.3
12146

\$51.00 / 12
Mar.24-Jun.9
12147



W 1:30 to 2:00 pm

\$34.00 / 8
Jan.13-Mar.3
12148

\$51.00 / 12
Mar.24-Jun.9
12149

M 6:00 to 6:30 pm
\$34.00 / 8
Jan.11-Mar.1 12115
\$42.50 / 10
Mar.22-Jun.7 12116

M,W 3:30 to 4:00 pm
\$34.00 / 8
Jan.11-Feb.3 12092
Feb.8-Mar.3 12093
Apr.19-May 12 12095
\$29.75 / 7
Mar.22-Apr.14 12094
May 17-Jun.9 12096

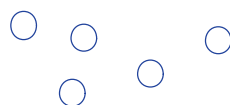
M,W 4:30 to 5:00 pm
\$34.00 / 8
Jan.11-Feb.3 12097
Feb.8-Mar.3 12098
Apr.19-May 12 12100
\$29.75 / 7
Mar.22-Apr.14 12099
May 17-Jun.9 12101

Tu 9:00 to 9:30 am
\$34.00 / 8
Jan.12-Mar.2 12123
\$51.00 / 12
Mar.23-Jun.8 12124

Tu 6:00 to 6:30 pm
\$34.00 / 8
Jan.12-Mar.2 12125
\$51.00 / 12
Mar.23-Jun.8 12126

Tu 6:30 to 7:00 pm
\$34.00 / 8
Jan.12-Mar.2 12127
\$51.00 / 12
Mar.23-Jun.8 12128

Tu, Th 4:00 to 4:30 pm
\$34.00 / 8
Jan.12-Feb.4 12102
Feb.9-Mar.4 12103
Mar.23-Apr.15 12104
Apr.20-May 13 12105
May.18-Jun.10 12106



Tu, Th 4:30 to 5:00 pm
\$34.00 / 8
Jan.12-Feb.4 12107
Feb.9-Mar.4 12108
Mar.23-Apr.15 12109
Apr.20-May 13 12110
May.18-Jun.10 12114

W 6:30 to 7:00 pm
\$34.00 / 8
Jan.13-Mar.3 12129
\$51.00 / 12
Mar.24-Jun.9 12130

Th 9:30 to 10:00 am
\$34.00 / 8
Jan.14-Mar.4 12132
\$51.00 / 12
Mar.25-Jun.10 12133

Th 6:00 to 6:30 pm
\$34.00 / 8
Jan.14-Mar.4 12134
\$51.00 / 12
Mar.25-Jun.10 12135

Th 7:00 to 7:30 pm
\$34.00 / 8
Jan.14-Mar.4 12136
\$51.00 / 12
Mar.25-Jun.10 12137

Sa 9:00 to 9:30 am
\$34.00 / 8
Jan.16-Mar.6 12138
\$51.00 / 12
Mar.20-Jun.12 12139

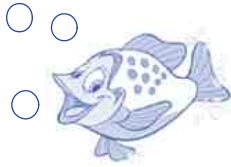
Sa 10:30 to 11:00 am
\$34.00 / 8
Jan.16-Mar.6 12140
\$51.00 / 12
Mar.20-Jun.12 12141

Su 3:30 to 4:00 pm
\$34.00 / 8
Jan.17-Mar.7 12142
\$46.75 / 11
Mar.21-Jun.6 12143

Su 4:30 to 5:00 pm
\$34.00 / 8
Jan.17-Mar.7 12144
\$46.75 / 11
Mar.21-Jun.6 12145

PRESCHOOL / Swimming Lessons

Sunfish 3 - 5 yr.



M	6:00 to 6:30 pm
\$34.00 / 8	
Jan.11-Mar.1	12197
\$42.50 / 10	
Mar.22-Jun.7	12198
M,W	3:30 to 4:00 pm
\$34.00 / 8	
Jan.11-Feb.3	12187
Feb.8-Mar.3	12188
Apr.19-May12	12190
\$29.75 / 7	
Mar.22-Apr.14	12189
May17-Jun.9	12191
Tu	9:00 to 9:30 am
\$34.00 / 8	
Jan.12-Mar.2	12199
\$51.00 / 12	
Mar.23-Jun.8	12200
Tu	6:30 to 7:00 pm
\$34.00 / 8	
Jan.12-Mar.2	12201
\$51.00 / 12	
Mar.23-Jun.8	12202
Tu, Th	4:00 to 4:30 pm
\$34.00 / 8	
Jan.12-Feb.4	12192
Feb.9-Mar.4	12193
Mar.23-Apr.15	12194
Apr.20-May 13	12195
May 18-Jun.10	12196



Sunfish for Home Learners

W	12:30 to 1:00 pm
\$34.00	8 sessions
Jan.13-Mar.3	12217
\$51.00	12 sessions
Mar.24-Jun.9	12218

In Sunfish children work on stroke and skill progressions including entries and floats in deep water, rhythmic breathing and water safety skills. Learning also focuses on good judgement for when children are in and around the water.

W	6:30 to 7:00 pm
\$34.00 / 8	
Jan.13-Mar.3	12203
\$51.00 / 12	
Mar.24-Jun.9	12204
Th	9:30 to 10:00 am
\$34.00 / 8	
Jan.14-Mar.4	12205
\$51.00 / 12	
Mar.25-Jun.10	12206
Th	6:00 to 6:30 pm
\$34.00 / 8	
Jan.14-Mar.4	12207
\$51.00 / 12	
Mar.25-Jun.10	12208
Th	7:00 to 7:30 pm
\$34.00 / 8	
Jan.14-Mar.4	12209
\$51.00 / 12	
Mar.25-Jun.10	12210
Sa	9:00 to 9:30 am
\$34.00 / 8	
Jan.16-Mar.6	12211
\$51.00 / 12	
Mar.20-Jun.12	12212
Sa	10:00 to 10:30 am
\$34.00 / 8	
Jan.16-Mar.6	12213
\$51.00 / 12	
Mar.20-Jun.12	12214
Su	3:30 to 4:00 pm
\$34.00 / 8	
Jan.17-Mar.7	12215
\$46.75 / 11	
Mar.21-Jun.6	12216



Crocodile & Whale

for Home Learners
on Wednesdays

1:00 to 1:30 pm
\$34.00 / 8
Jan.13-Mar.3
12185
1:00 to 1:30 pm
\$51.00 / 12
Mar.24-Jun.9
12186



PRESCHOOL / Swimming Lessons

Crocodile In Crocodile, children work on increasing their endurance with their glides and are introduced to the front swim. Proper technique encouraged but not evaluated.
3 - 5 yr.

M \$34.00 / 8 Jan.11-Mar.1 \$42.50 / 10 Mar.22-Jun.7 M,W \$34.00 / 8 Jan.11-Feb.3 Feb.8-Mar.3 Apr.19-May 12 \$29.75 / 7 Mar.22-Apr.14 May 17-Jun.9 M,W \$34.00 / 8 Jan.11-Feb.3 Feb.8-Mar.3 Apr.19-May 12 \$29.75 / 7 Mar.22-Apr.14 May 17-Jun.9 Tu \$34.00 / 8 Jan.12-Mar.2 \$51.00 / 12 Mar.23-Jun.8 Tu,Th \$34.00 / 8 Jan.12-Feb.4 Feb.9-Mar.4 Mar.23-Apr.15 Apr.20-May 13 May 18-Jun.10 W \$34.00 / 8 Jan.13-Mar.3 \$51.00 / 12 Mar.24-Jun.9 Th \$34.00 / 8 Jan.14-Mar.4 \$51.00 / 12 Mar.25-Jun.10	6:30 to 7:00 pm 12165 12166 4:00 to 4:30 pm 12150 12151 12153 12152 12154 4:30 to 5:00 pm 12155 12156 12158 12157 12159 9:30 to 10:00 am 12167 12168	7:00 to 7:30 pm 12169 12170 3:30 to 4:00 pm 12160 12161 12162 12163 12164 6:00 to 6:30 pm 12171 12172 9:00 to 9:30 am 12174 12173	6:30 to 7:00 pm 12175 12176 9:30 to 10:00 am 12538 12545 10:30 to 11:00 am 12539 12546 4:00 to 4:30 pm 12181 12182 4:30 to 5:00 pm 12183 12184
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Whale

3 - 5 yr.

In Whale, children will continue to work on their front swim, '1-2-3-breathe' is encouraged and practised, and distance swims are increased. Children are introduced to back stroke arms and spend at least 15 min. per class in the lap pool.

M \$34.00 / 8 Jan.11-Mar.1 \$42.50 / 10 Mar.22-Jun.7 M,W \$34.00 / 8 Jan.11-Feb.3 Feb.8-Mar.3 Apr.19-May 12 \$29.75 / 7 Mar.22-Apr.14 May 17-Jun.9 Tu \$34.00 / 8 Jan.12-Mar.2 \$51.00 / 12 Mar.23-Jun.8 Tu,Th \$34.00 / 8 Jan.12-Feb.4 Feb.9-Mar.4 Mar.23-Apr.15 Apr.20-May 13 May 18-Jun.10 W \$34.00 / 8 Jan.13-Mar.3 \$51.00 / 12 Mar.24-Jun.9 Th \$34.00 / 8 Jan.14-Mar.4 \$51.00 / 12 Mar.25-Jun.10	6:30 to 7:00 pm 12229 12230 4:00 to 4:30 pm 12219 12220 12222 12221 12223 9:30 to 10:00 am 12231 12232	7:00 to 7:30 pm 12233 12234 3:30 to 4:00 pm 12224 12225 12226 12227 12228 6:00 to 6:30 pm 12235 12236 9:00 to 9:30 am 12237 12238	6:30 to 7:00 pm 12239 12240 10:30 to 11:00 am 12542 12543 4:00 to 4:30 pm 12241 12242 4:30 to 5:00 pm 12243 12244
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WHALE is designed as a holding ground for children who are not yet 6 years old but whose skill level makes them ready for the Swim Kids program.

