

# Aquatic Lessons

## Descriptions & Schedules

### Diaper Fit

A pre-registered aqua fitness program for both parent and child. With baby seats provided, parents will follow an instructor's lead to water aerobic exercises that incorporate baby in their seat.



**Ages: 4m to 3y**

**Day: Tues, Thurs**

### Family Lesson

Available for Red Cross Swim Preschool Sea Otter through Swim Kids 6 only. Parents are required to know what level to register kids into at time of registration. This program enables parents to register two or more of their children into the same time. This 45-minute swimming class is split into multi-level groups based on age and level selected at time of registration.

**Ages: 3 to 13**

**Day: Mon, Tues, Thu, Fri, Sat, Sun**

### Swim Preschool (1) Starfish

Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation-based only, without formal evaluation.



**Ages: 4m to 12m**

**Day: Mon, Tues, Wed, Thurs, Sat**

### Swim Preschool (2) Duck

Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. This level is participation-based only, without formal evaluation.



**Ages: 12m to 24m**

**Day: Wed, Sat, Sun**

### Swim Preschool (3) Sea Turtle



Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. This level is participation-based only, without formal evaluation.

**Ages: 24m to 36m**

**Day: Mon to Sun**

### Swim Preschool (4) Sea Otter



Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are three years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim one metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.

**Ages: 3 to 6**

**Day: Mon to Sun**

### Swim Preschool (5) Salamander



Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim two metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a life jacket/Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits, and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.

**Ages: 3 to 6**

**Day: Mon to Sun**

### Swim Preschool (6) Sunfish



Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim five metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a life jacket/Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. *Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.*

**Ages: 3 to 6**  
**Day: Mon to Sun**

Age Conversion Chart Preschool to Swim Kids	
When Your Child Turns Six Years Old Register Into:	
Incomplete Sea Otter	Swim Kids 1
Complete Sea Otter	Swim Kids 1
Incomplete Salamander	Swim Kids 1
Complete Salamander	Swim Kids 1
Incomplete Sunfish	Swim Kids 1
Complete Sunfish	Swim Kids 2
Incomplete Crocodile	Swim Kids 2
Complete Crocodile	Swim Kids 3
Incomplete Whale	Swim Kids 3
Complete Whale	Swim Kids 3

### Swim Preschool Crocodile/Whale



Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim five-10 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10-15 metres. Safety skills include jumping into deep-water, swim five metres and perform surface support for 10-20 seconds then return to safety, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water, safe swimming areas, throwing assists and sitting dives. *Swimmers are evaluated based on performance criteria and progress to Whale/Swim Kids 3 once all criteria have been achieved.*

**Ages: 3 to 6**  
**Day: Mon to Sun**

### Swim Kids 1



Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the five metres front swim.

**Ages: 6 to 13**  
**Day: Mon, Wed, Thurs, Fri, Sat, Sun**

### Swim Kids 2



Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (five metres) and learn about deep-water activities and proper use of a life jacket/Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.

**Ages: 6 to 13**  
**Day: Mon to Sun**

### Swim Kids 3



This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.

**Ages: 6 to 13**  
**Day: Mon to Sun**

### Swim Kids 4



This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. *Upon completion of 25m, swimmers are eligible to register as part of Canada's Swim Team through [getswimming.ca](http://getswimming.ca).*

**Ages: 6 to 13**  
**Day: Mon, Tues, Wed, Thurs, Fri, Sat, Sun**

### Swim Kids 5



This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.

**Ages: 6 to 13**  
**Day: Mon, Tues, Wed, Fri, Sat, Sun**

*Additional fees for non-residents apply*



### Swim Kids 6



This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary back stroke (15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.

**Ages: 6 to 13**  
**Day: Mon, Tues, Wed, Sun, Fri, Sat**

### Swim Kids 7



This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.

**Ages: 6 to 13**  
**Day: Mon to Sun**

### Swim Kids 8



This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for three minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.

**Ages: 6 to 13**  
**Day: Mon to Sun**

### Swim Kids 9/10



**Swim Kids 9:** This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (three minutes). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.

**Swim Kids 10:** This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 50m, breast stroke 50m, sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick (vertical) and a 500m swim.

**Ages: 6 to 13**  
**Day: Mon, Wed, Thurs, Fri, Sat**

### Private Lap Pool

Located in the lap pool, this is a one to one ratio swimming lesson that focuses on individual personal/physical needs and allows instructors to correct students individually by breaking down skills and techniques outside of a group environment.

**Ages: 6 and up**  
**Day: Mon, Tues, Wed, Fri, Sat, Sun**

### Private Leisure Pool

A one-to-one ratio swimming lesson in the beach or in the therapy pool that focuses on individual personal/physical needs and allows instructors to correct students individually by breaking down skills and techniques outside of a group environment.

**Ages: 3 to 6**  
**Day: Mon to Sun**





Adapted Swim

Learn-to-swim for swimmers with disabilities continues the progressions used in the Red Cross Swim Preschool and Swim Kids programs. Each skill is broken down into small manageable steps to create a positive learning environment and make the success of each swimmer more achievable. These steps have been created to help swimmers learn at their own pace using repetition and integration of new skills, which help swimmers move along the skill progression more effectively.

Red Cross Sensory Adapted

1:1 support  
This program facilitates our original Swim Adapted program while providing the participant with a quiet and distraction free swimming environment.

Red Cross Integrated Adapted

1:1 support  
This program facilitates our original Swim Adapted program and runs alongside group lessons.  
For more information, please contact the Georgina Leisure Pool at 905-722-1429.

**Ages: 3 and up**  
**Day: Mon, Fri, Sat, Sun**

Red Cross Swim Basics Teen/Adult

Work with your instructor to set goals to develop your swimming skills. We help you increase your comfort and confidence in the water through floats, glides, kicking and swimming. An introduction to swimming with a focus on front swim, developing front and back crawl, establishing comfort in deep water and increasing the swimming distance.

**Ages: 13 and up**  
**Day: Mon, Sat**

Red Cross Swim Strokes Teen/Adult

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

**Ages: 13 and up**  
**Day: Mon, Sat**

Aquatics Programs	Age	#	Day	Start Date	Time	Price	Code
Diaper Fit	4m-3yrs	15	T	Sep-11	10 AM-10:45 AM	\$99.60	14035
	4m-3yrs	15	Th	Sep-13	10 AM-10:45 AM	\$99.60	14036
	4m-3yrs	9	T	Jan-08	10 AM-10:45 AM	\$59.76	14220
	4m-3yrs	9	Th	Jan-10	10 AM-10:45 AM	\$59.76	14221
Family Lesson	3-13yrs	10	M	Sep-10	6:30 PM-7:15 PM	\$87	14020
	3-13yrs	10	T	Sep-11	5:45 PM-6:30 PM	\$87	14021
	3-13yrs	10	W	Sep-12	7:15 PM-8 PM	\$87	14022
	3-13yrs	10	F	Sep-14	7:30 PM-8:15 PM	\$87	14019
	3-13yrs	10	Sa	Sep-15	11:45 AM-12:30 PM	\$87	14018
	3-13yrs	10	S	Sep-16	11:30 AM-12:15 PM	\$87	14016
	3-13yrs	10	S	Sep-16	12:15 PM-1 PM	\$87	14017
	3-13yrs	8	M,W	Nov-26	7:15 PM-8 PM	\$69.60	14067
	3-13yrs	9	M	Jan-07	7:15 PM-8 PM	\$78.30	14194
	3-13yrs	9	T	Jan-08	5:45 PM-6:30 PM	\$78.30	14193
	3-13yrs	9	W	Jan-09	7:15 PM-8 PM	\$78.30	14195
	3-13yrs	9	F	Jan-11	7:15 PM-8 PM	\$78.30	14196
	3-13yrs	9	Sa	Jan-12	11:45 AM-12:30 PM	\$78.30	14198
	3-13yrs	9	S	Jan-13	12:15 PM-1 PM	\$78.30	14218
Swim Preschool (1) Starfish	4m-12m	10	M	Sep-10	5 PM-5:30 PM	\$87	13957
	4m-12m	10	T	Sep-11	9:30 AM-10 AM	\$87	13958
	4m-12m	10	Th	Sep-13	10:30 AM-11 AM	\$87	13959
	4m-12m	10	Sa	Sep-15	10:15 AM-10:45 AM	\$87	13960
	4m-12m	8	T,Th	Nov-27	4:30 PM-5 PM	\$69.60	14047
	4m-12m	9	M	Jan-07	4:30 PM-5 PM	\$78.30	14068
	4m-12m	9	T	Jan-08	10:30 AM-11 AM	\$78.30	14069
	4m-12m	9	S	Jan-13	10:45 AM-11:15 AM	\$78.30	14070
Swim Preschool (2) Duck	12m-24m	10	M	Sep-10	5:30 PM-6 PM	\$87	13961
	12m-24m	10	W	Sep-12	5 PM-5:30 PM	\$87	13962
	12m-24m	10	Th	Sep-13	9:30 AM-10 AM	\$87	13963
	12m-24m	10	F	Sep-14	5 PM-5:30 PM	\$87	13964
	12m-24m	10	Sa	Sep-15	9:45 AM-10:15 AM	\$87	13965
	12m-24m	10	S	Sep-16	10 AM-10:30 AM	\$87	13966
	12m-24m	8	M,W	Nov-26	5 PM-5:30 PM	\$69.60	14048
	12m-24m	9	T	Jan-08	5:15 PM-5:45 PM	\$78.30	14071
	12m-24m	9	W	Jan-09	5 PM-5:30 PM	\$78.30	14072
	12m-24m	9	F	Jan-11	4:45 PM-5:15 PM	\$78.30	14073
	12m-24m	9	Sa	Jan-12	10:45 AM-11:15 AM	\$78.30	14074
	12m-24m	9	S	Jan-13	9:15 AM-9:45 AM	\$78.30	14075
	24m-36m	10	M	Sep-10	6 PM-6:30 PM	\$87	13967
Swim Preschool (3) Sea Turtle	24m-36m	10	T	Sep-11	10:30 AM-11 AM	\$87	13968
	24m-36m	10	W	Sep-12	4:30 PM-5 PM	\$87	13969
	24m-36m	10	W	Sep-12	6:15 PM-6:45 PM	\$87	13970
	24m-36m	10	Sa	Sep-15	9 AM-9:30 AM	\$87	13971

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Swim Preschool (3) Sea Turtle

24m-36m	10	S	Sep-16	10:30 AM-11 AM	\$87	13973
24m-36m	10	S	Sep-16	9 AM-9:30 AM	\$87	13972
24m-36m	8	T,Th	Nov-27	5 PM-5:30 PM	\$69.60	14049
24m-36m	9	M	Jan-07	5 PM-5:30 PM	\$78.30	14076
24m-36m	9	W	Jan-09	5:30 PM-6 PM	\$78.30	14077
24m-36m	9	Th	Jan-10	10:30 AM-11 AM	\$78.30	14078
24m-36m	9	F	Jan-11	5:15 PM-5:45 PM	\$78.30	14079
24m-36m	9	Sa	Jan-12	9:30 AM-10 AM	\$78.30	14080
24m-36m	9	S	Jan-13	9:45 AM-10:15 AM	\$78.30	14081

Swim Preschool (4) Sea Otter

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3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13814
3-6yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	13825
3-6yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13826
3-6yrs	10	M	Sep-10	6 PM-6:30 PM	\$87	13832
3-6yrs	10	M	Sep-10	7 PM-7:30 PM	\$87	13827
3-6yrs	10	T	Sep-11	10 AM-10:30 AM	\$87	13828
3-6yrs	10	T	Sep-11	4:45 PM-5:15 PM	\$87	13829
3-6yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13830
3-6yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	13831
3-6yrs	10	W	Sep-12	5 PM-5:30 PM	\$87	13833
3-6yrs	10	W	Sep-12	5:30 PM-6 PM	\$87	13834
3-6yrs	10	W	Sep-12	6:15 PM-6:45 PM	\$87	13835
3-6yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13836
3-6yrs	10	Th	Sep-13	9 AM-9:30 AM	\$87	13837
3-6yrs	10	F	Sep-14	5 PM-5:30 PM	\$87	13838
3-6yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13839
3-6yrs	10	F	Sep-14	6 PM-6:30 PM	\$87	13840
3-6yrs	10	F	Sep-14	6:30 PM-7 PM	\$87	13841
3-6yrs	10	Sa	Sep-15	10:30 AM-11 AM	\$87	13844
3-6yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13845
3-6yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13846
3-6yrs	10	Sa	Sep-15	9 AM-9:30 AM	\$87	13842
3-6yrs	10	Sa	Sep-15	9:30 AM-10 AM	\$87	13843
3-6yrs	10	S	Sep-16	10 AM-10:30 AM	\$87	13849
3-6yrs	10	S	Sep-16	10:30 AM-11 AM	\$87	13850
3-6yrs	10	S	Sep-16	11 AM-11:30 AM	\$87	13851
3-6yrs	10	S	Sep-16	9 AM-9:30 AM	\$87	13847
3-6yrs	10	S	Sep-16	9:30 AM-10 AM	\$87	13848
3-6yrs	8	M,W	Nov-26	5:30 PM-6 PM	\$69.60	14037
3-6yrs	8	M,W	Nov-26	6:45 PM-7:15 PM	\$69.60	14038
3-6yrs	8	T,Th	Nov-27	4:30 PM-5 PM	\$69.60	14039
3-6yrs	8	T,Th	Nov-27	6 PM-6:30 PM	\$69.60	14040
3-6yrs	9	M	Jan-07	5:30 PM-6 PM	\$78.30	14082
3-6yrs	9	M	Jan-07	6:15 PM-6:45 PM	\$78.30	14083
3-6yrs	9	M	Jan-07	6:45 PM-7:15 PM	\$78.30	14084
3-6yrs	9	T	Jan-08	4:45 PM-5:15 PM	\$78.30	14085

Swim Preschool (4) Sea Otter

3-6yrs	9	T	Jan-08	5:15 PM-5:45 PM	\$78.30	14086
3-6yrs	9	W	Jan-09	6:15 AM-6:45 AM	\$78.30	14088
3-6yrs	9	W	Jan-09	6:45 PM-7:15 PM	\$78.30	14089
3-6yrs	9	Th	Jan-10	10:00 AM-10:30 AM	\$78.30	14090
3-6yrs	9	F	Jan-11	5:15 PM-5:45 PM	\$78.30	14091
3-6yrs	9	F	Jan-11	5:45 PM-6:15 PM	\$78.30	14092
3-6yrs	9	Sa	Jan-12	10:30 AM-11 AM	\$78.30	14094
3-6yrs	9	Sa	Jan-12	11:15 AM-11:45 AM	\$78.30	14095
3-6yrs	9	Sa	Jan-12	9:45 AM-10:15 AM	\$78.30	14093
3-6yrs	9	S	Jan-13	11:15 AM-11:45 AM	\$78.30	14098
3-6yrs	9	S	Jan-13	9 AM-9:30 AM	\$78.30	14097
3-6yrs	9	S	Jan-13	9:15 AM-9:45 AM	\$78.30	14096

Swim Preschool (5) Salamander

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3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13852
3-6yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	13853
3-6yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13854
3-6yrs	10	M	Sep-10	6 PM-6:30 PM	\$87	13855
3-6yrs	10	T	Sep-11	4:45 PM-5:15 PM	\$87	13857
3-6yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13858
3-6yrs	10	T	Sep-11	9 AM-9:30 AM	\$87	13856
3-6yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	13859
3-6yrs	10	W	Sep-12	5 PM-5:30 PM	\$87	13860
3-6yrs	10	W	Sep-12	5:30 PM-6 PM	\$87	13861
3-6yrs	10	W	Sep-12	6:15 PM-6:45 PM	\$87	13862
3-6yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13863
3-6yrs	10	Th	Sep-13	10 AM-10:30 AM	\$87	13864
3-6yrs	10	F	Sep-14	4:30 PM-5 PM	\$87	13865
3-6yrs	10	F	Sep-14	5 PM-5:30 PM	\$87	13866
3-6yrs	10	F	Sep-14	6:30 PM-7 PM	\$87	13867
3-6yrs	10	Sa	Sep-15	10 AM-10:30 AM	\$87	13870
3-6yrs	10	Sa	Sep-15	10:15 AM-10:45 AM	\$87	13871
3-6yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13872
3-6yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13873
3-6yrs	10	Sa	Sep-15	9 AM-9:30 AM	\$87	13868
3-6yrs	10	Sa	Sep-15	9:30 AM-10 AM	\$87	13869
3-6yrs	10	S	Sep-16	10 AM-10:30 AM	\$87	13876
3-6yrs	10	S	Sep-16	10:30 AM-11 AM	\$87	13877
3-6yrs	10	S	Sep-16	11 AM-11:30 AM	\$87	13878
3-6yrs	10	S	Sep-16	9 AM-9:30 AM	\$87	13874
3-6yrs	10	S	Sep-16	9:30 AM-10 AM	\$87	13875
3-6yrs	8	M,W	Nov-26	5 PM-5:30 PM	\$69.60	14041
3-6yrs	8	M,W	Nov-26	5:30 PM-6 PM	\$69.60	14042
3-6yrs	8	M,W	Nov-26	6:30 PM-7 PM	\$69.60	14043
3-6yrs	8	T,Th	Nov-27	5 PM-5:30 PM	\$69.60	14044
3-6yrs	9	M	Jan-07	4:30 PM-5 PM	\$78.30	14099
3-6yrs	9	M	Jan-07	5 PM-5:30 PM	\$78.30	14100



Swim Preschool (5) Salamander	3-6yrs	9	M	Jan-07	5:45 PM-6:15 PM	\$78.30	14101
	3-6yrs	9	M	Jan-07	6 PM-6:30 PM	\$78.30	14102
	3-6yrs	9	T	Jan-08	10 AM-10:30 AM	\$78.30	14103
	3-6yrs	9	T	Jan-08	4:30 PM-5 PM	\$78.30	14104
	3-6yrs	9	T	Jan-08	5:15 PM-5:45 PM	\$78.30	14105
	3-6yrs	9	W	Jan-09	5:45 PM-6:15 PM	\$78.30	14106
	3-6yrs	9	W	Jan-09	6:15 PM-6:45 PM	\$78.30	14107
	3-6yrs	9	W	Jan-09	6:45 PM-7:15 PM	\$78.30	14108
	3-6yrs	9	F	Jan-11	5:45 PM-6:15 PM	\$78.30	14109
	3-6yrs	9	F	Jan-11	6:45 PM-7:15 PM	\$78.30	14110
	3-6yrs	9	Sa	Jan-12	10 AM-10:30 AM	\$78.30	14112
	3-6yrs	9	Sa	Jan-12	11:15 AM-11:45 AM	\$78.30	14113
	3-6yrs	9	Sa	Jan-12	9 AM-9:30 AM	\$78.30	14111
	3-6yrs	9	Sa	Jan-12	9:30 AM-10 AM	\$78.30	14199
	3-6yrs	9	S	Jan-13	10:15 AM-10:45 AM	\$78.30	14115
	3-6yrs	9	S	Jan-13	11 AM-11:30 AM	\$78.30	14116
	3-6yrs	9	S	Jan-13	11:45 AM-12:15 PM	\$78.30	14117
	3-6yrs	9	S	Jan-13	9:45 AM-10:15 AM	\$78.30	14114
Swim Preschool (6) Sunfish	3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13879
	3-6yrs	10	T	Sep-11	4:45 PM-5:15 PM	\$87	13880
	3-6yrs	10	W	Sep-12	5:45 PM-6:15 PM	\$87	13881
	3-6yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13882
	3-6yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13883
	3-6yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13884
	3-6yrs	10	S	Sep-16	9:30 AM-10 AM	\$87	13885
	3-6yrs	8	T,Th	Nov-27	6 PM-6:30 PM	\$69.60	14045
	3-6yrs	9	M	Jan-07	6:15 PM-6:45 PM	\$78.30	14118
	3-6yrs	9	W	Jan-09	5:15 PM-5:45 PM	\$78.30	14119
	3-6yrs	9	F	Jan-11	4:45 PM-5:15 PM	\$78.30	14120
	3-6yrs	9	Sa	Jan-12	10 AM-10:30 AM	\$78.30	14121
	3-6yrs	9	S	Jan-13	9:30 AM-10 AM	\$78.30	14122
Swim Preschool (7) Crocodile/Whale	3-6yrs	10	M	Sep-10	7:15 PM-7:45 PM	\$87	13886
	3-6yrs	10	W	Sep-12	5:45 PM-6:15 PM	\$87	13887
	3-6yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13888
	3-6yrs	10	F	Sep-14	7 PM-7:30 PM	\$87	13889
	3-6yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13890
	3-6yrs	10	S	Sep-16	11:00 AM-11:30 AM	\$87	13891
	3-6yrs	8	T,Th	Nov-27	5:30 PM-6 PM	\$69.60	14046
	3-6yrs	9	M	Jan-07	5:45 PM-6:15 PM	\$78.30	14123
	3-6yrs	9	T	Jan-08	4:45 PM-5:15 PM	\$78.30	14124
	3-6yrs	9	W	Jan-09	6:15 PM-6:45 PM	\$78.30	14125
	3-6yrs	9	Sa	Jan-12	9 AM-9:30 AM	\$78.30	14126
	3-6yrs	9	S	Jan-13	10:45 AM-11:15 AM	\$78.30	14127

Swim Kids 1	6-13yrs	10	M	Sep-10	6 PM-6:30 PM	\$87	13892
	6-13yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13893
	6-13yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	14030
	6-13yrs	10	W	Sep-12	5:30 PM-6 PM	\$87	13894
	6-13yrs	10	F	Sep-14	5:30 PM-6 PM	\$87	13895
	6-13yrs	10	F	Sep-14	6:30 PM-7 PM	\$87	13896
	6-13yrs	10	Sa	Sep-15	10:30 AM-11 AM	\$87	13898
	6-13yrs	10	Sa	Sep-15	9:15 AM-9:45 AM	\$87	13897
	6-13yrs	10	S	Sep-16	11 AM-11:30 AM	\$87	13900
	6-13yrs	10	S	Sep-16	9:45 AM-10:15 AM	\$87	13899
	6-13yrs	8	M,W	Nov-26	6 PM-6:30 PM	\$69.60	14050
	6-13yrs	8	T,Th	Nov-27	4:30 PM-5 PM	\$69.60	14051
	6-13yrs	9	M	Jan-07	5:45 PM-6:15 PM	\$78.30	14128
	6-13yrs	9	W	Jan-09	5:30 PM-6 PM	\$78.30	14129
	6-13yrs	9	F	Jan-11	5 PM-5:30 PM	\$78.30	14130
	6-13yrs	9	F	Jan-11	5:30 PM-6 PM	\$78.30	14197
	6-13yrs	9	Sa	Jan-12	10:30 AM-11 AM	\$78.30	14131
	6-13yrs	9	S	Jan-13	10:15 AM-10:45 AM	\$78.30	14132
Swim Kids 2	6-13yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	14027
	6-13yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13906
	6-13yrs	10	W	Sep-12	4:30 PM-5 PM	\$87	13907
	6-13yrs	10	W	Sep-12	5:45 PM-6:15 PM	\$87	13908
	6-13yrs	10	F	Sep-14	6 PM-6:30 PM	\$87	13909
	6-13yrs	10	F	Sep-14	7 PM-7:30 PM	\$87	13910
	6-13yrs	10	Sa	Sep-15	11:15 AM-11:45 AM	\$87	13912
	6-13yrs	10	Sa	Sep-15	9:45 AM-10:15 AM	\$87	13911
	6-13yrs	10	S	Sep-16	10:15 AM-10:45 AM	\$87	13914
	6-13yrs	10	S	Sep-16	9:45 AM-10:15 AM	\$87	13913
	6-13yrs	8	M,W	Nov-26	6:15 PM-6:45 PM	\$69.60	14052
	6-13yrs	9	M	Jan-07	4:30 PM-5 PM	\$78.30	14133
	6-13yrs	9	W	Jan-09	4:45 PM-5:15 PM	\$78.30	14134
	6-13yrs	9	W	Jan-09	5:45 PM-6:15 PM	\$78.30	14135
	6-13yrs	9	F	Jan-11	5 PM-5:30 PM	\$78.30	14136
	6-13yrs	9	Sa	Jan-12	9:30 AM-10 AM	\$78.30	14137
	6-13yrs	9	S	Jan-13	11:00 AM-11:30 AM	\$78.30	14138
Swim Kids 3 ...continued on next page	6-13yrs	10	M	Sep-10	4:30 PM-5 PM	\$87	13915
	6-13yrs	10	M	Sep-10	5:30 PM-6 PM	\$87	13916
	6-13yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13917
	6-13yrs	10	W	Sep-12	5:15 PM-5:45 PM	\$87	13919
	6-13yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13918
	6-13yrs	10	F	Sep-14	4:30 PM-5 PM	\$87	13920
	6-13yrs	10	F	Sep-14	7 PM-7:30 PM	\$87	13921
	6-13yrs	10	Sa	Sep-15	10:15 AM-10:45 AM	\$87	13922
	6-13yrs	10	Sa	Sep-15	9:30 AM-10 AM	\$87	13923
	6-13yrs	10	S	Sep-16	10:15 AM-10:45 AM	\$87	13924

Swim Kids 3	6-13yrs	8	T,Th	Nov-27	5 PM-5:30 PM	\$69.60	14053
	6-13yrs	9	M	Jan-07	5:30 PM-6 PM	\$78.30	14139
	6-13yrs	9	W	Jan-09	4:45 PM-5:15 PM	\$78.30	14140
	6-13yrs	9	F	Jan-11	4:30 PM-5 PM	\$78.30	14141
	6-13yrs	9	Sa	Jan-12	9:15 AM-9:45 AM	\$78.30	14142
	6-13yrs	9	S	Jan-13	11:15 AM-11:45 AM	\$78.30	14143
Swim Kids 4	6-13yrs	10	M	Sep-10	5 PM-5:30 PM	\$87	13931
	6-13yrs	10	T	Sep-11	5:15 PM-5:45 PM	\$87	13932
	6-13yrs	10	W	Sep-12	4:45 PM-5:15 PM	\$87	13933
	6-13yrs	10	W	Sep-12	6:45 PM-7:15 PM	\$87	13934
	6-13yrs	10	F	Sep-14	5 PM-5:30 PM	\$87	13935
	6-13yrs	10	Sa	Sep-15	10:45 AM-11:15 AM	\$87	13937
	6-13yrs	10	Sa	Sep-15	9:45 AM-10:15 AM	\$87	13936
	6-13yrs	10	S	Sep-16	10 AM-10:30 AM	\$87	13938
	6-13yrs	8	M,W	Nov-26	5:30 PM-6 PM	\$69.60	14054
	6-13yrs	9	M	Jan-07	6 PM-6:30 PM	\$78.30	14144
	6-13yrs	9	W	Jan-09	6:45 PM-7:15 PM	\$78.30	14229
	6-13yrs	9	F	Jan-11	6:15 PM-6:45 PM	\$78.30	14145
	6-13yrs	9	Sa	Jan-12	10:15 PM-10:45 PM	\$78.30	14224
	6-13yrs	9	S	Jan-13	10 AM-10:30 AM	\$78.30	14225
Swim Kids 5	6-13yrs	10	M	Sep-10	7:15 PM-8 PM	\$87	13925
	6-13yrs	10	T	Sep-11	4:30 PM-5:15 PM	\$87	13926
	6-13yrs	10	W	Sep-12	5 PM-5:45 PM	\$87	13927
	6-13yrs	10	F	Sep-14	4:30 PM-5:15 PM	\$87	13928
	6-13yrs	10	Sa	Sep-15	9 AM-9:45 AM	\$87	13929
	6-13yrs	10	S	Sep-16	10:45 AM-11:30 AM	\$87	13930
	6-13yrs	8	T,Th	Nov-27	4:30 PM-5:15 PM	\$69.60	14055
	6-13yrs	9	M	Jan-07	6:30 PM-7:15 PM	\$78.30	14146
	6-13yrs	9	W	Jan-09	5:45 PM-6:30 PM	\$78.30	14147
	6-13yrs	9	F	Jan-11	6:30 PM-7:15 PM	\$78.30	14153
	6-13yrs	9	Sa	Jan-12	10 AM-10:45 AM	\$78.30	14148
	6-13yrs	10	M	Sep-10	5 PM-5:45 PM	\$87	13939
	6-13yrs	10	W	Sep-12	4:45 PM-5:30 PM	\$87	13940
	6-13yrs	10	F	Sep-14	5:15 PM-6 PM	\$87	13941
Swim Kids 6	6-13yrs	10	Sa	Sep-15	9 AM-9:45 AM	\$87	13942
	6-13yrs	10	S	Sep-16	9 AM-9:45 AM	\$87	13943
	6-13yrs	8	M,W	Nov-26	5:30 PM-6:15 PM	\$69.60	14056
	6-13yrs	9	M	Jan-07	6:30 PM-7:15 PM	\$78.30	14149
	6-13yrs	9	T	Jan-08	4:30 PM-5:15 PM	\$78.30	14150
	6-13yrs	9	W	Jan-09	6:30 PM-7:15 PM	\$78.30	14151
	6-13yrs	9	S	Jan-13	11:30 AM-12:15 PM	\$78.30	14152
	6-13yrs	10	T	Sep-11	4:30 PM-5:15 PM	\$87	13944
	6-13yrs	10	W	Sep-12	6 PM-6:45 PM	\$87	13945
	6-13yrs	10	F	Sep-14	6:45 PM-7:30 PM	\$87	13946
Swim Kids 7	6-13yrs	10	Sa	Sep-15	11 AM-11:45 AM	\$87	13947
...continued on next page							

Swim Kids 7	6-13yrs	10	S	Sep-16	9 AM-9:45 AM	\$87	13948
	6-13yrs	8	T,Th	Nov-27	5:45 PM-6:30 PM	\$69.60	14057
	6-13yrs	9	M	Jan-07	5 PM-5:45 PM	\$78.30	14154
	6-13yrs	9	T	Jan-08	5 PM-5:45 PM	\$78.30	14155
	6-13yrs	9	F	Jan-11	6:30 PM-7:15 PM	\$78.30	14156
	6-13yrs	9	S	Jan-13	11:30 AM-12:15 PM	\$78.30	14157
	6-13yrs	10	M	Sep-10	5:45 PM-6:30 PM	\$87	13949
Swim Kids 8	6-13yrs	10	T	Sep-11	4:30 PM-5:15 PM	\$87	13950
	6-13yrs	10	W	Sep-12	5 PM-5:45 PM	\$87	13951
	6-13yrs	10	Sa	Sep-15	11 AM-11:45 AM	\$87	13952
	6-13yrs	8	T,Th	Nov-27	5:30 PM-6:15 PM	\$85.80	14058
	6-13yrs	9	M	Jan-07	5 PM-5:45 PM	\$78.30	14158
	6-13yrs	9	W	Jan-09	5 PM-5:45 PM	\$78.30	14159
	6-13yrs	9	Sa	Jan-12	11 AM-11:45 AM	\$78.30	14160
	6-13yrs	10	W	Sep-12	6:30 PM-7:15 PM	\$87	13953
Swim Kids 9/10	6-13yrs	10	F	Sep-14	6 PM-6:45 PM	\$87	13954
	6-13yrs	10	Sa	Sep-15	10 AM-10:45 AM	\$87	13955
	6-13yrs	10	S	Sep-16	10:45 AM-11:30 AM	\$87	13956
	6-13yrs	8	M,W	Nov-26	6:30 PM-7:15 PM	\$69.60	14059
	6-13yrs	9	M	Jan-07	5 PM-5:45 PM	\$78.30	14161
	6-13yrs	9	T	Jan-08	4:30 PM-5:15 PM	\$78.30	14162
	6-13yrs	9	W	Jan-09	6:30 PM-7:15 PM	\$78.30	14163
	6-13yrs	9	Sa	Jan-12	11AM-11:45 AM	\$78.30	14164
	6yrs+	10	M	Sep-10	7:15 PM-7:45 PM	\$245.40	13974
	6yrs+	10	M	Sep-10	7:30 PM-8 PM	\$245.40	13975
Private - Lap Pool ...continued on next page	6yrs+	10	T	Sep-11	5:15 PM-5:45 PM	\$245.40	13976
	6yrs+	10	W	Sep-12	6 PM-6:30 PM	\$245.40	13977
	6yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$245.40	13978
	6yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$245.40	13979
	6yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$245.40	13980
	6yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$245.40	13981
	6yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$245.40	13982
	6yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$245.40	13983
	6yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$245.40	13984
	6yrs+	10	F	Sep-14	6 PM-6:30 PM	\$245.40	13985
	6yrs+	10	F	Sep-14	6:30 PM-7 PM	\$245.40	13986
	6yrs+	10	F	Sep-14	7 PM-7:30 PM	\$245.40	13987
	6yrs+	10	Sa	Sep-15	10 AM-10:30 AM	\$245.40	13988
	6yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$245.40	13989
	6yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$245.40	13990
	6yrs+	10	S	Sep-16	9 AM-9:30 AM	\$245.40	13991
	6yrs+	10	S	Sep-16	9:30 AM-10 AM	\$245.40	13992
	6yrs+	8	M,W	Nov-26	5 PM-5:30 PM	\$196.32	14062
	6yrs+	8	M,W	Nov-26	6 PM-6:30 PM	\$196.32	14063
	6yrs+	8	T,Th	Nov-27	5:15 PM-5:45 PM	\$196.32	14064

Private - Lap Pool	6yrs+	9	M	Jan-07	4:30 PM-5 PM	\$220.86	14165
	6yrs+	9	M	Jan-07	6:45 PM-7:15 PM	\$220.86	14166
	6yrs+	9	T	Jan-08	5:15 PM-5:45 PM	\$220.86	14167
	6yrs+	9	W	Jan-09	5 PM-5:30 PM	\$220.86	14170
	6yrs+	9	W	Jan-09	5:15 PM-5:45 PM	\$220.86	14168
	6yrs+	9	W	Jan-09	6 PM-6:30 PM	\$220.86	14169
	6yrs+	9	Th	Jan-10	4:30 PM-5 PM	\$220.86	14222
	6yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$220.86	14223
	6yrs+	9	F	Jan-11	5:30 PM-6 PM	\$220.86	14171
	6yrs+	9	F	Jan-11	6 PM-6:30 PM	\$220.86	14172
	6yrs+	9	F	Jan-11	6:45 PM-7:15 PM	\$220.86	14173
	6yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$220.86	14175
	6yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$220.86	14176
	6yrs+	9	Sa	Jan-12	9 AM-9:30 AM	\$220.86	14174
	6yrs+	9	S	Jan-13	10 AM-10:30 AM	\$220.86	14177
	6yrs+	9	S	Jan-13	10:30 AM-11 AM	\$220.86	14178
	6yrs+	9	S	Jan-13	10:30 AM-11 AM	\$220.86	14179
Private Leisure Pool	3-6yrs	10	M	Sep-10	4:30 PM-5 PM	\$245.40	14023
	3-6yrs	10	W	Sep-12	6:15 PM-6:45 PM	\$245.40	14024
	3-6yrs	10	Th	Sep-13	5 PM-5:30 PM	\$245.40	14025
	3-6yrs	10	F	Sep-14	6 PM-6:30 PM	\$245.40	14026
	3-6yrs	9	M	Jan-07	6:15 PM-6:45 PM	\$220.86	14180
	3-6yrs	9	W	Jan-09	5:45 PM-6:15 PM	\$220.86	14181
	3-6yrs	9	Th	Jan-10	5 PM-5:30 PM	\$220.86	14182
	3-6yrs	9	Th	Jan-10	6 PM-6:30 PM	\$220.86	14183
	3-6yrs	9	F	Jan-11	6:15 PM-6:45 PM	\$220.86	14184
	3-6yrs	9	Sa	Jan-12	10:45 AM-11:15 AM	\$220.86	14185
	3-6yrs	9	S	Jan-13	11:45 AM-12:15 PM	\$220.86	14186
Red Cross Swim - Integrated Adapted	3yrs+	10	W	Sep-12	5:30 PM-6 PM	\$101	13993
	3yrs+	10	F	Sep-14	4:30 PM-5 PM	\$101	13994
	3yrs+	10	S	Sep-16	10:30 AM-11 AM	\$101	13995
	3yrs+	8	M,W	Nov-26	5 PM-5:30 PM	\$80.80	14060
	3yrs+	8	T,Th	Nov-27	5:30 PM-6 PM	\$80.80	14061
	3yrs+	9	M	Jan-07	6:45 PM-7:15 PM	\$90.90	14187
	3yrs+	9	W	Jan-09	5:15 PM-5:45 PM	\$90.90	14188
	3yrs+	9	F	Jan-11	4:30 PM-5 PM	\$90.90	14189
	3yrs+	9	F	Jan-11	6 PM-6:30 PM	\$90.90	14190
	3yrs+	9	S	Jan-13	9 AM-9:30 AM	\$90.90	14191
	3yrs+	9	S	Jan-13	9:30 AM-10 AM	\$90.90	14192

Red Cross Swim - Sensory Adapted

Red Cross Swim Basics Teen/Adult

3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13996
3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13997
3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13998
3yrs+	10	Th	Sep-13	4:30 PM-5 PM	\$101	13999
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14000
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14001
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14002
3yrs+	10	Th	Sep-13	5 PM-5:30 PM	\$101	14003
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14004
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14005
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14006
3yrs+	10	Th	Sep-13	5:30 PM-6 PM	\$101	14007
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14008
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14009
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14010
3yrs+	10	Th	Sep-13	6 PM-6:30 PM	\$101	14011
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14012
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14013
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14014
3yrs+	10	Sa	Sep-15	12:30 PM-1 PM	\$101	14015
3yrs+	9	Th	Jan-10	4:30 PM-5 PM	\$90.90	14200
3yrs+	9	Th	Jan-10	4:30 PM-5 PM	\$90.90	14205
3yrs+	9	Th	Jan-10	5 PM-5:30 PM	\$90.90	14206
3yrs+	9	Th	Jan-10	5 PM-5:30 PM	\$90.90	14207
3yrs+	9	Th	Jan-10	5 PM-5:30 PM	\$90.90	14208
3yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$90.90	14209
3yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$90.90	14210
3yrs+	9	Th	Jan-10	5:30 PM-6 PM	\$90.90	14211
3yrs+	9	Th	Jan-10	6 PM-6:30 PM	\$90.90	14212
3yrs+	9	Th	Jan-10	6 PM-6:30 PM	\$90.90	14213
3yrs+	9	Th	Jan-10	6 PM-6:30 PM	\$90.90	14214
3yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$90.90	14215
3yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$90.90	14216
3yrs+	9	Sa	Jan-12	12:30 PM-1 PM	\$90.90	14217
13yrs+	10	M	Sep-10	7:15 PM-8 PM	\$97.10	14029
13yrs+	10	M	Sep-10	7:15 PM-8 PM	\$97.10	14028
13yrs+	9	M	Jan-07	7:15 PM-8 PM	\$97.10	14203
13yrs+	9	W	Jan-09	7:15 PM-8 PM	\$97.10	14204





## Important Swimming Info

### What to Wear in the Pool



Proper bathing attire means clothing used for swimming only. Children who are not toilet-trained must wear swimmer pull-ups. NO DIAPERS, disposable or cloth, are permitted.

### Slide & Therapy Pool Information



The two-storey water slide enters into the Therapy Pool and is 90 feet in length. The slide operates during public swim times, except where noted otherwise. Must be 48" tall to ride.

### Personal Belongings/Lockers



Please do not leave **any** valuables in the change rooms. Lockers are available for your daily use. ***The Town of Georgina is not responsible for any lost or stolen articles.***

### Shower Before Swimming



All swimmers must shower thoroughly before entering the pool to help keep the water clean for your swimming enjoyment.

### Change Room Requirements



Children six years of age or older are required to use the change room of their own gender. If this is not suitable or you are not able to accompany your child into their gender-specific change room, please make use of the family/special needs change room. No nudity permitted in the common area.

### Pool Foul/Power Failure/ Maintenance Closure



The pool(s) may close in an untimely manner due to a pool fouling, power failure or mechanical maintenance problem.

## Swim with the best! ®



Red Cross swimming programs support the Canadian Sport for Life long-term participant development model. Learning to swim with Red Cross Swim provides the swimmer with the confidence to participate in a range of sports such as sailing, water polo, diving, canoeing, white water paddling, synchronized swimming, and competitive swimming as well as pursue careers in aquatics, search and rescue, law enforcement, etc.