

# Adult Lessons Days & Times – Winter 2020

## Aquatics

It's never too late to learn! Whether you're new to the pool or just looking for some tips to improve your swimming; our fabulous instructors can help you meet your swimming goals.

Have you always wanted to learn to swim but just didn't know how to get started? Can't stand cold water? Want to keep up with your children (or grandchildren!) in the pool? Whether you're new to aquatics or just want some tips to make your swimming more efficient, our fabulous instructors can help you reach your personal swimming goals. Our warm water and low swimmer:instructor ratios make learning faster and more comfortable. Register for the level that's most appropriate for you!

**Adult Level One** – register in this level if you are completely new to swimming or you can already swim the width of a pool using any combination of arms and legs, on your front or back

**Adult Level Two** – register in this level if you are already able to swim a width of the pool on your front and back (kicking only), 2 widths of front crawl, 15 m without stopping (any stroke) AND you are comfortable to begin swimming in deeper water

**Adult Level Three** - register in this level if you are already able to swim 15 m front crawl, 15 m kicking on your back, 25 m without stopping (any stroke) and 20 surface support (floating or treading) in deep water

### Class Size & Length

There are up to 5 participants per level. Classes are 45 minutes long.

**Registration:** You can register for this program online, in-person at the pool office during office hours, or by phone. See our registration information for details.

### Adult Lessons – Winter Schedule

Day	Time	Total
<b>Sunday</b>	<b>January 5 to March 1</b> (No class February 16)	
Level 1	4:15pm-5:00pm	\$208.00 + HST
Level 2	4:15pm-5:00pm	\$208.00 + HST
Level 3	4:15pm-5:00pm	\$208.00 + HST

Online registration begins **Monday December 2 at 6:30pm**. Computer access and technical support will be available at Holland Bloorview in the pool office from 6:30-7:00pm.