

Aquafitness Registration Process – Fall 2021

Aquatics

Please note that we continue to monitor and follow COVID-19 recommendations from the provincial and local health authorities. As such, the following changes have been made to our Fall schedule:

- A reduction in class sizes
- All classes will be offered in the Recreational Pool
- An online self-screening form must be completed prior to every visit to the pool. The completed form will have to be shown to the screeners as you enter the building.
- Whenever possible, arrive with your bathing suit on under your clothes to help restrict the number of people needing to use the change rooms.

***On-line registration for Fall programs will open at
6:30 p.m. on Tuesday, September 14.***

You can search for activities; view program details, schedules and availability; register in just minutes; print your receipt(s) and pay online with a credit card.

Please follow the steps below:

1. Set up your online account before September 14 to save time the day of registration. Visit www.hollandbloorview.ca/swim and click on the “Register for our Programs” box. From the Online Registration page click on the “Create an Account” to sign up for your online account. Please be sure to check off the two boxes “Periodic emails and mail updates” to receive future communication regarding program information.
2. Our Fall schedule (days, times, levels and cost) can be viewed on our website. Know which class(es) you wish to register for and their corresponding Activity Numbers.
3. On Tuesday, September 14 register online. From our Online Registration page “Sign in” and under the heading “Other Services” select Register for Activities.
4. Pay for the program on the secure registration page (Visa, MasterCard, or American Express accepted) in order to complete your registration. You will receive an email confirming your enrolment and can print or save your receipt.

If you do not have internet access you are welcome to come to our facility to register on the same day as everyone else. Computer access and technical support will be available at Holland Bloorview in the pool office from 6:30 pm to 7:00 pm on Tuesday September 14.

Please scroll down for the Fall Schedule

Aquatics at Holland Bloorview Kids Rehabilitation Hospital
150 Kilgour Road, Toronto ON Canada M4G 1R8 T 416 425 6220 ext. 3539
www.hollandbloorview.ca/swim

A teaching hospital fully affiliated with the University of Toronto

| <u>Session</u> | <u>Dates</u> | <u># of Classes</u> |
|-----------------------|---------------------|----------------------------|
| Monday | Sept. 27 to Dec. 6 | 10 |
| Tuesday | Sept. 28 to Dec. 7 | 11 |
| Wednesday | Sept. 29 to Dec. 8 | 11 |
| Thursday | Sept. 30 to Dec. 9 | 11 |
| Friday | Oct. 1 to Dec. 10 | 11 |
| Sunday | Oct. 3 to Dec. 5 | 9 |

(No classes on Sunday October 10 and Monday October 11)

Big Pool Classes (pool water is 92°F):

| Day | Time | Program | Total |
|------------|-----------------|---------------------|-----------------|
| Monday | 10:00am-11:00am | Gentle | \$140.00 + HST |
| Monday | 11:05am-12:05pm | Active | \$140.00 + HST |
| Monday | 1:00pm-2:00pm | Bones and Joint Fix | \$140.00 + HST |
| Monday | 2:05pm-3:05pm | Cardio Fit | \$140.00 + HST |
| Tuesday | 7:30pm-8:15pm | Aqua-Dynamics | \$154.00 + HST |
| Wednesday | 7:30pm-8:15pm | Active | \$154.00 + HST |
| Thursday | 9:30am-10:30am | Deep Water | \$154.00 + HST |
| Thursday | 10:35am-11:20am | Aquafibro | \$154.00 + HST |
| Thursday | 11:25am-12:10pm | Aquafibro | \$154.00 + HST |
| Friday | 10:15am-11:00am | Aqua Fibro | \$154.00 + HST |
| Friday | 11:05am-12:05pm | Aqua in Motion! | \$154.00 + HST |
| Friday | 1:00pm-2:00pm | Active | \$154.00 + HST |
| Friday | 2:05pm-3:05pm | Gentle | \$154.00 + HST |
| Sunday | 9:00am-10:00am | Deep Water | \$ 126.00 + HST |



