

Take the Plunge and Swim with The Best Summer Registration begins May 28 at 9 am

Our Summer lessons feature one-week programs designed to fit into your busy summer schedules. Come every day for a week and join in the fun, fitness, and learn-to-swim programs Uxpool has to offer. If daytime lessons don't work in your schedule, we offer evening lessons. These run twice a week for 5 lessons. Check out our Daytime and Evening July and August Sessions! Dates are below.

Pre-school and Swimmer 1-3 sessions are 45 minutes long and Swimmer 4-6 sessions are 1 hour. Guaranteed lower ratios during the summer session provide more instructor focus for your child.

Note: private and semi-private lessons may now be registered directly on ActiveNet for the summer session. Please use the waitlist if spots are full. We cannot guarantee that spots will be made available for those on the waitlist.

Weekly Daytime Lessons (Monday to Friday, mornings only)

Weeks Available:

July 7 to 11; July 14 to 18; July 21 to 25; July 28 to August 1; August 11 to 15; August 18 to 22

Evening Mini Sessions:

Session A

Mondays and Wednesdays: July 7, 9, 14, 16, and 21

Tuesdays and Thursdays: July 8, 10, 15, 17, and 22

Session B

Mondays and Wednesdays: August 6, 11, 13, 18, and 20

Tuesdays and Thursdays: August 7, 12, 14, 19 and 21

Cost: \$128.00 for regular group lessons

\$197.05 for 5 semi-private lessons of 45 minutes

\$280.00 for 5 private lessons of 45 minutes

Uxpool reserves the right to combine classes based upon level and instructor availability. The maximum number of students will not exceed the the maximum for the lowest level.





Uxpool

1 Parkside Dr., Uxbridge
905-852-7831
www.uxbridge.ca/uxpool

Parent and Tot (ages 4 months to 3 years) Maximum: 10 students

The Lifesaving Society Parent and Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development so each child will work on activities appropriate for the child's age. There are 3 levels within the Parent and Tot Class based upon the child's age. Targeted Water Smart drowning prevention messages are delivered as part of the program. All activities are parent assisted with the emphasis on the child becoming comfortable in the water. 45 minute lesson.

Evening Sessions: Tuesday/Thursday: Session A: 6:00 pm; Session B: 5:45 pm

Preschool (ages 3 to 5 years)

The Lifesaving Society Preschool program is for children ages 3 to 5. Students will develop an appreciation and healthy respect for the water and have fun learning. Water Smart messages are delivered using fun and age-appropriate methods.

Preschool 1 (PS1): Maximum 2 students. Activities in this level are assisted by the instructor to achieve success in the required activities for this level. 45 minute lesson

Daytime: 9:15 am, 11:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm, Tuesday/Thursday: 6:00 pm;

Session B: Monday/Wednesday: 5:00 pm Tuesday/Thursday: 5:00 pm, 6:30 pm

Preschool 2 (PS2): Maximum 2 students. Students will use PFDs and/or buoyancy aids to achieve success in the required activities for this level. 45 minute lesson

Daytime: 10:00 am, 11:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm Tuesday/Thursday: 6:00 pm;

Session B: Monday/Wednesday: 5:00 pm

Preschool 3 (PS 3): Maximum 2 students. All required activities are completed unassisted for this level. 45 minute lesson

Daytime: 9:15 am, 11:00 am

Evening Sessions: Session A: Tuesday/Thursday: 6:45 pm;

Session B: Monday/Wednesday: 6:30 pm

Preschool 4 (PS4): Maximum 2 students. The required activities develop swimming skills and distances. Students begin to develop their Swim to Survive skills. 45 minute lesson

Daytime: 10:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm;

Session B: Tuesday/Thursday: 6:30 pm

Preschool 5 (PS 5): Maximum 2 students. Swimmers further develop strokes and fitness. 45 minute lesson

Daytime: 10:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm;

Session B: Tuesday/Thursday: 6:30 pm

School Age Swimmer (ages 5 to 12 years)

The Lifesaving Society School-Age Swimmer program makes sure children learn how to swim for life. Progressions allow for lots of in-water practice to develop solid swimming strokes and skills. Water Smart drowning prevention messages are targeted in all swimmer levels.

Swimmer 1 (S1): Maximum 3 students. Swimmer 1 focuses on developing flotation skills, jumping into chest deep water as well as underwater skills. This level has been divided into 2 different groups. **Group 1A** will be for those students who have not been in Swimmer 1 or have not completed Preschool 2. **Group 1B** will be for those students who have participated in Swimmer 1 and have achieved some success or have completed a minimum of Preschool 2. 45 minute lesson.

1A

Daytime: 9:15 am

Evening Sessions: Session A: Monday/Wednesday: 6:45 pm Tuesday/Thursday: 6:45 pm;

Session B: Monday/Wednesday: 5:00 pm; 5:45 pm Tuesday/Thursday: 5:00 pm

1B

Daytime: 10:15 am

Evening Sessions: Session A: Monday/Wednesday: 6:45 pm Tuesday/Thursday: 6:45 pm;

Session B: Monday/Wednesday: 5:00 pm; 5:45 pm Tuesday/Thursday: 5:00 pm

Swimmer 2 (S2): Maximum 3 students. Swimmer 2 builds upon strokes and skills learned in Swimmer 1 and Preschool 5. Swim to Survive Skills are introduced, jumping into deep water, front and back crawl for 10m and fitness through interval training. 45 minute lesson.

Daytime: 10:15 am, 11:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:45 pm Tuesday/Thursday: 6:45 pm;

Session B: Monday/Wednesday: 5:45 pm Tuesday/Thursday: 5:45 pm

Swimmer 3 (S3): Maximum 3 students. Swimmer 3 continues the development of strokes and skills and introduces whip kick on the back. Fun underwater activities are included as well as more fitness training. 45 minute lesson.

Daytime: 9:15 am, 10:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm Tuesday/Thursday: 6:45 pm;

Session B: Monday/Wednesday: 6:30 pm Tuesday/Thursday: 5:00 pm

Swimmer 4 (S4): Maximum 4 students. Swimmer 4 ensures the students meet the minimum Swim to Survive requirements. Students will continue to work on their swimming and underwater skills. Fitness builds upon past fitness workouts and standing dives are introduced. 1 hour lesson .

Daytime: 9:15 am, 10:45 am

Evening Sessions:

Session A: Monday/Wednesday: 6:45 pm Tuesday/Thursday: 6:00 pm;

Session B: Monday/Wednesday: 5:00 pm Tuesday/Thursday: 5:00 pm

Swimmer 5 (S5): Maximum 4 students. Swimmer 5 expands upon the skills and strokes from Swimmer 4. Eggbeater treading is introduced, breast stroke is developed, and increases the fitness abilities of the swimmers. 1 hour lesson.

Daytime: 10:00 am, 10:45 am

Evening Sessions: Session A: Monday/Wednesday: 6:45 pm; **Session B: Monday/Wednesday:** 6:00 pm

Swimmer 6 (S6): Maximum 4 students. Swimmer 6 introduces more lifesaving kicks and entries, increases distances and increases the fitness abilities of swimmers. 1 hour lesson.

Daytime: 9:15 am, 10:00 am

Evening Sessions: Session A: Monday/Wednesday: 6:45 pm;

Session B: Tuesday/Thursday: 6:00 pm

Rookie Patrol:

Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims. 1.5 hour lesson.

Ranger Patrol:

Ranger Patrol features development of front crawl, back crawl and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims. 1.5 hour lesson.

Star Patrol:

Star patrol demands good physical conditioning and lifesaving judgement. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke over 100m each; and complete 600m workouts and 300m timed swims. 1.5 hour lesson.

Cost: \$128.00

Daytime: 10:15 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm; **Session B: Monday/Wednesday:** 5:00 pm **Tuesday/Thursday:** 5:45 pm

Bronze Star

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

The last class is the exam for this course. A birth certificate or other government issued id is required to verify the birthdate of the student.

Cost: \$143.00 (includes Exam Fees)

Daytime: 10:15 am

Evening Sessions: Session A: Monday/Wednesday: 6:00 pm;

Session B: Monday/Wednesday: 5:00 pm **Tuesday/Thursday:** 5:45 pm

