

Take the Plunge and Swim with The Best Winter Registration begins November 26 at 9 am

Uxpool is offering Learn to Swim programs from the Lifesaving Society's *Swim for Life* program.

Cost: **\$115.20** for group lessons - 9 weeks per session; **\$102.40** - 8 weeks per session
\$315.00 for private lessons - 9 weeks per session; **\$280.00** - 8 weeks per session
\$217.80 for semi-private lessons - 9 weeks per session per person;
\$193.60 for semi-private lessons - 8 weeks per session per person

Note: privates and semi-privates will not open for registration until 1 week after regular lesson registration begins.

Sessions: Mondays: January 6 to March 3 *Skip February 17 *8 weeks
 Tuesdays: January 7 to March 4
 Wednesdays: January 8 to March 5
 Thursdays: January 9 to March 6
 Fridays: January 10 to March 7
 Saturdays: January 11 to March 8
 Sundays: January 5 to March 2 *Skip February 16 *8 weeks

**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.**

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. 30 minute lesson.

Mondays: 9:30 am or 6:15 pm
 Tuesdays: 9:30 am or 6:15 pm
 Wednesdays: 6:45 pm
 Thursdays: 9:30 am or 6:15 pm
 Fridays: 4:30 pm
 Saturdays: 10:30 am
 Sundays: 10:00 am



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 3 students. Activities in this level are assisted by the instructor to achieve success in the required activities for this level. 30 minute lesson.

Mondays: 9:30 am, 6:15 pm or 6:45 pm
Tuesdays: 9:30 am, 10:00 am, 6:15 pm, 6:45 pm or 7:15 pm
Wednesdays: 6:15 pm
Thursdays: 9:30 am, 10:00 am, 6:15 pm or 7:15 pm
Fridays: 5:00 pm, 5:45 pm or 6:30 pm
Saturdays: 10:00 am, 10:45 am or 11:30 am

Preschool 2 (PS2): Maximum 4 students. Students will use PFDs and/or buoyant aids to achieve success in the required activities for this level. 30 minute lesson.

Mondays: 10:00 am, 6:15 pm, 6:45 pm or 7:15 pm
Tuesdays: 9:30 am, 10:00 am, 6:15 pm or 6:45 pm
Wednesdays: 6:15 pm
Thursdays: 10:00 am, 6:15 pm or 7:15 pm
Fridays: 5:00 pm, 5:30 pm, or 6:30 pm
Saturdays: 10:30 am, 11:00 am or 11:30 am

Preschool 3 (PS 3): Maximum 4 students. All required activities are completed unassisted for this level. 30 minute lesson.

Mondays: 10:00 am or 6:15 pm
Tuesdays: 10:00 am
Wednesdays: 6:15 pm or 6:45 pm
Thursdays: 10:00 am, or 6:45 pm
Fridays: 4:30 pm
Saturdays: 10:00 am or 11:00 am

Preschool 4 (PS4): Maximum 4 students. The required activities develop swimming skills and distances. Students begin to develop their Swim to Survive skills. 30 minute lesson.

Tuesdays: 6:15 pm
Wednesdays: 7:15 pm
Thursdays: 9:30 am or 6:15 pm
Saturdays: 11:30 am



Preschool 5 (PS 5): Maximum 5 students. In this level, swimmers will recover an object from the bottom of chest-deep water, further development of Swim to Survive Skills, Front Crawl, Back Crawl and Whip Kick in a vertical position using an aid. Fitness is introduced in this level through interval training. 30 minute lesson

Thursdays: 9:30 am

Fridays: 6:00 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 6 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. **Swimmer 1A** will be for those students who have not been in Swimmer 1 or have not completed Preschool 2. **Swimmer 1B** will be for those students who have participated in Swimmer 1A and have achieved some success or have completed a minimum of Preschool 2. 30 minute lesson.

Mondays: **1A:** 6:15 pm 6:45 pm or 7:15 pm **1B:** 6:45 pm or 7:15 pm

Tuesdays: **1A:** 6:15 pm **1B:** 6:45 pm or 7:15 pm

Wednesdays: **1A:** 6:15 pm **1B:** 6:15 pm or 6:45 pm

Thursdays: **1A:** 6:45 pm or 7:15 pm **1B:** 6:15 pm

Fridays: **1A:** 4:30 pm or 5:30 pm **1B:** 6:00 pm

Saturdays: **1A:** 10:00 am, 10:30 am or 11:00 am **1B:** 10:45 am or 11:00 am

Swimmer 2 (S2): Maximum 6 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. 30 minute lesson.

Mondays: 6:15 pm, 6:45 pm or 7:15 pm

Tuesdays: 6:15 pm, 6:45 pm or 7:15 pm

Wednesdays: 6:45 pm or 7:15 pm

Thursdays: 6:45 pm or 7:15 pm

Fridays: 4:30 pm, 5:00 pm, 6:00 pm or 6:30 pm

Saturdays: 10:00 am, 10:30 am or 11:30 am



Swimmer 3 (S3): Maximum 6 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. 30 minute lesson

Mondays: 6:45 pm or 7:15 pm
Tuesdays: 6:45 pm or 7:15 pm
Wednesdays: 7:15 pm
Thursdays: 6:45 pm or 7:15 pm
Fridays: 5:30 pm or 6:15 pm
Saturdays: 10:00 am or 11:30 am

Swimmer 4 (S4): Maximum 8 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. 45 minute lesson.

Mondays: 6:15 pm or 7:00 pm
Tuesdays: 6:15 pm
Wednesdays: 7:00 pm
Thursdays: 6:15 pm or 7:00 pm
Fridays: 4:30 pm or 5:30 pm
Saturdays: 10:00 am or 11:15 am

Swimmer 5 (S5): Maximum 8 students. Swimmer 5 expands upon the skills and strokes from Swimmer 4. Eggbeater is introduced, breast stroke is developed and increases the fitness abilities of the swimmers. 45 minute lesson.

Mondays: 6:15 pm or 7:00 pm
Tuesdays: 6:15 pm or 7:00 pm
Wednesdays: 6:15 pm
Thursdays: 7:00 pm
Fridays: 5:00 pm or 6:00 pm
Saturdays: 10:00 am or 11:15 am

Swimmer 6 (S6): Maximum 8 students. Swimmer 6 introduces more lifesaving kicks and entries, increases distances and increases the fitness abilities of swimmers. 45 minute lesson.

Mondays: 6:15 pm or 7:00 pm
Tuesdays: 7:00 pm
Wednesdays: 6:15 pm
Thursdays: 6:15 pm
Fridays: 5:15 pm
Saturdays: 10:00 am or 11:15 am

Specialized Programs

Home School Program

Swimmer levels 1 to 6 are offered during the weekday for those families who home school their children. Groups will be combined based upon the number of students registered and their levels.

Tuesdays: 10:30 am
Thursdays: 10:30 am



Adult and Teen Lessons

The Adult and Teen Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. Targeted Water Smart drowning prevention messages are an integral part of the Swim for Life program. These messages are delivered in all Adult and Teen Swimmer levels. 45 minute lesson.

Note: Cost \$152.00 + HST

Adult Beginner: Mondays: 7:15 pm
Adult Intermediate: Fridays: 6:15 pm



Private and Semi-Private Lessons

Private lessons offer a swim lesson at a lower participant to staff ratio 1:1. Registration will be confirmed by the front office. If you require a semi-private lesson, please register one child and office staff will be in contact with you to make any adjustments. Uxpool does not find partners for semi-private lessons.

Mondays: 7:15 pm
Tuesdays: 6:15 pm, 6:45 pm or 7:15 pm
Wednesdays: 6:15 pm, 6:45 pm or 7:15 pm
Thursdays: 6:15 pm, 6:45 pm or 7:15 pm
Fridays: 4:30 pm, 5:00 pm, 5:30 pm, 6:00 pm or 6:30 pm
Saturdays: 10:00 am, 10:30 am, 11:00 am or 11:30 am
Sundays: 9:00 am, 9:30 am, 10:00 am, 10:30 am, 11:00 am or 11:30 am



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The Lifeguarding Experts

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