

Swim with the Best at the Uxpool. Winter Registration begins December 3rd, 2020. Register at www.uxbridge.ca/uxpool

Swimming lessons have significantly reduced numbers of participants for COVID-19 health precautions. Swimmers in level 4 and lower **must** be accompanied in the water by a guardian of at least 14 years of age. Instructors will not be going in the water to ensure 2m distance and cannot physically manipulate swimmers. Guardians 14+ are expected to wear a bathing suit in the water to assist with our protocols and physical distancing.

Registration Guidelines	Cost:	Monday	Tuesday	Wednesday	Saturday
Winter (once per week x 8 weeks)	\$110	Jan 11 – Mar 8	Jan 12 – Mar 2	Jan 13 – Mar 3	Jan 16 – Mar 6
Pre-school Lessons Ages 3 – 5 years					
Sea Otter Swimmers work on floats, glides, kicking on front and swim the distance of 1m.	½ hour 1:2 ratio	7:00pm		6:30pm & 7:00pm	10:15am
Salamander Independent skills. Propulsion and buoyancy without assistance. Swim the distance of 2m.	½ hour 1:2 ratio	6:30 pm		7:00pm	10:45am
Sunfish Independent front swim and back glides. Deep water activities. Swim the distance of 5m.	½ hour 1:2 ratio	6:30pm		7:00pm	10:45am
Crocodile Front & back swim. Deep water activities. Swim the distance of 10m.	½ hour 1:2 ratio	7:30pm		7:00pm	10:15am
Whale Further develop front and back swims. Introduction to diving. Swim the distance of 15m.	½ hour 1:2 ratio	7:30pm		7:00pm	10:15am
Parent & Tot To get your child wet and comfortable in the water. This class will be filled with fun songs, games and learning. Levels will be determined first day of class. Ages 6 months to 3 years.	½ hour 1:5 ratio		6:15pm		
Red Cross Swim Kids Lessons Age 6 years & up					
Swim Kids 1 Intro to safe water activities, floats & guides, submersion and steps towards independence. Swim the distance of 5m.	½ hour 1:3 ratio	6:30pm		6:30pm	11:15am
Swim Kids 2 Independent front and back floats and develop front and back propulsion. front swim. Swim the distance of 10m.	½ hour 1:3 ratio	7:30pm		6:30pm	11:15am
Swim Kids 3 Intro to front crawl, deep water activities and further develop back propulsion. Swim the distance of 15m.	½ hour 1:3 ratio	7:30pm		7:15pm	11:15am



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Red Cross Swim Kids Age 6 years & up					
...continued					
Swim Kids 4 Diving introduced and front crawl breathing pattern developed. Swim the distance of 25m.	½ hour 1:3 ratio	7:00pm		7:15pm	11:15am
Swim Kids 5 Back crawl and whip kick is introduced. Swim the distance of 50 metres.	¾ hour 1:4 ratio	6:30pm & 7:15 pm	6:15pm	6:30pm	11:00am
Swim Kids 6 Further development with endurance. Intro to elementary back stroke & dolphin kick. Swim the distance of 100 metres	¾ hour 1:4 ratio	6:30pm & 7:15 pm	6:15pm	6:30pm	11:00am
Swim Kids 7 Intro to whip kick on front. Swim the distance of 150 metres.	¾ hour 1:4 ratio	6:30pm	7:00pm	6:30pm	10:15am
Swim Kids 8 Learn the technique for breaststroke. Swim the distance of 300 meters.	¾ hour 1:4 ratio	6:30pm	7:00pm	6:30pm	10:15am
Swim Kids 9 Stroke proficiency and self-rescue. Intro to side stroke. 400-meter swim.	¾ hour 1:4 ratio	7:15 pm		6:30pm	10:15am
Swim Kids 10 Stroke proficiency for Leadership courses. 500-meter swim.	¾ hour 1:4 ratio	7:15 pm		6:30pm	10:15am
Private Swim Lessons Swimmers will be 1 on 1 with an instructor. These lessons allow the participant to learn while minimizing their contact with other children. Participants who are in level 4 and below will require a guardian to be in the water with them.	½ hour 1:1 \$298		Available upon request from 6:45 pm – 7:45 pm		Available Upon request from 10:15am – 11:45 am
Family Swim Lessons Ideal for siblings and family members in the same social bubble. These lessons allow participants to learn together while minimizing their contact with other children. Participants who are in level 4 and below will require a guardian to be in the water with them. *Alternate times available upon request*	½ hour 1:3 \$330		Available upon request from 6:45 pm – 7:45 pm		Available Upon request from 10:15am – 11:45 am