

# HOW TO REGISTER

Member Registration: **FEBRUARY 5, 2018**

Non-Member Registration: **FEBRUARY 12, 2018**

**NO CLASSES: May 19–21, August 6**

## Program Registrations will ONLY be accepted:

**IN PERSON** at the Customer Service Desk during regular business hours.

**BY PHONE** at **403.355.1254** during our dedicated phone registration times:

- ▶ February 5th: 8:00am – 8:00pm
- ▶ February 12th: 8:00am – 8:00pm
- ▶ Monday to Friday: 8:00am – 11:00am & 5:00pm – 8:00pm
- ▶ Saturday & Sunday: 9:00am – 12:00pm

## I ALREADY HAVE AN ACCOUNT (BARCODE):

- ▶ Visit us **IN PERSON** or **PHONE** our Program Registration Line at 403.355.1254 during our dedicated phone registration times listed above. Please have your desired Course ID's ready.

## I DON'T HAVE AN ACCOUNT:

- ▶ **ACCOUNT SET UP:** You will need to create an account first. You can fill out our online **ACCOUNT SET UP FORM** up to 2 business days prior to speed up your registration. Please note, filling out this form does not guarantee registration.
- ▶ If you do not fill out this form in time, we can set up your account for you **IN PERSON** or **BY PHONE** on the day of registration. Please have the following information ready:
  - ▶ Full name of person being registered
  - ▶ Date of Birth
  - ▶ Phone Number
  - ▶ Address (including postal code)
  - ▶ Email Address
  - ▶ If the registrant is under 18, please also have the above information for the Parent/Guardian
- ▶ On day of registration, visit us **IN PERSON** during regular business hours or **PHONE** our Program Registration Line at 403.355.1254 during our dedicated phone registration times listed above. Please have your desired Course ID's ready.

SPRING/SUMMER 2018

# Aquatic Programs

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## ADULT SWIM LESSONS // Age: 18Y+

**FIT FOR LIFE:** A progressive, skill based, learn to swim and fitness program that teaches swimming and fitness skills which are centered around butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns. Beginners will start with submerging, floating, gliding, kicking and swimming short distances. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop. Advanced swimmers will benefit from stroke refinement, speed and endurance activities and should be able to swim 500m non-stop.

### SPRING PROGRAMS

#### BEGINNER

|      |    |               |                  |          |          |    |
|------|----|---------------|------------------|----------|----------|----|
| 6189 | M  | Apr 9–Jun 18  | 8:00 PM–9:00 PM  | \$85.00  | \$100.00 | 10 |
| 5995 | Tu | Apr 10–Jun 26 | 8:30 PM–9:30 PM  | \$102.00 | \$120.00 | 12 |
| 6149 | W  | Apr 11–Jun 27 | 8:00 PM–9:00 PM  | \$102.00 | \$120.00 | 12 |
| 6143 | Th | Apr 12–Jun 28 | 8:30 PM–9:30 PM  | \$102.00 | \$120.00 | 12 |
| 6141 | Sa | Apr 14–Jun 23 | 12:30 PM–1:30 PM | \$85.00  | \$100.00 | 10 |

#### INTERMEDIATE

|      |    |               |                 |          |          |    |
|------|----|---------------|-----------------|----------|----------|----|
| 6021 | M  | Apr 9–Jun 18  | 8:00 PM–9:00 PM | \$85.00  | \$100.00 | 10 |
| 6056 | Tu | Apr 10–Jun 26 | 8:30 PM–9:30 PM | \$102.00 | \$120.00 | 12 |
| 6015 | W  | Apr 11–Jun 27 | 8:00 PM–9:00 PM | \$102.00 | \$120.00 | 12 |
| 6139 | Th | Apr 12–Jun 28 | 8:30 PM–9:30 PM | \$102.00 | \$120.00 | 12 |

#### INTERMEDIATE /ADVANCED

|      |    |               |                  |         |          |    |
|------|----|---------------|------------------|---------|----------|----|
| 6014 | Sa | Apr 14–Jun 23 | 12:15 PM–1:15 PM | \$85.00 | \$100.00 | 10 |
|------|----|---------------|------------------|---------|----------|----|

#### ADVANCED

|      |    |               |                 |          |          |    |
|------|----|---------------|-----------------|----------|----------|----|
| 6046 | M  | Apr 9–Jun 18  | 8:00 PM–9:00 PM | \$85.00  | \$100.00 | 10 |
| 6005 | Tu | Apr 10–Jun 26 | 8:30 PM–9:30 PM | \$102.00 | \$120.00 | 12 |
| 6057 | W  | Apr 11–Jun 27 | 8:00 PM–9:00 PM | \$102.00 | \$120.00 | 12 |
| 6081 | Th | Apr 12–Jun 28 | 8:30 PM–9:30 PM | \$102.00 | \$120.00 | 12 |

### SUMMER PROGRAMS

#### BEGINNER

|      |    |              |                 |         |         |   |
|------|----|--------------|-----------------|---------|---------|---|
| 6246 | Tu | Jul 3–Aug 28 | 7:30 PM–8:30 PM | \$76.50 | \$90.00 | 9 |
| 6245 | W  | Jul 4–Aug 29 | 7:30 PM–8:30 PM | \$76.50 | \$90.00 | 9 |

#### INTERMEDIATE

|      |    |              |                 |         |         |   |
|------|----|--------------|-----------------|---------|---------|---|
| 6196 | Tu | Jul 3–Aug 28 | 7:30 PM–8:30 PM | \$76.50 | \$90.00 | 9 |
| 6197 | W  | Jul 4–Aug 29 | 7:30 PM–8:30 PM | \$76.50 | \$90.00 | 9 |

#### ADVANCED

|      |    |              |                 |         |         |   |
|------|----|--------------|-----------------|---------|---------|---|
| 6357 | Tu | Jul 3–Aug 28 | 7:30 PM–8:30 PM | \$76.50 | \$90.00 | 9 |
| 6358 | W  | Jul 4–Aug 29 | 7:30 PM–8:30 PM | \$76.50 | \$90.00 | 9 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## PRIVATE SWIM LESSONS // Age: 3Y+

**ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE:** Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance. It's way more than a swimming lesson! Max 1 person. For an additional charge a second participant can be added as a semi-private lesson, please contact [swimlessons@repsolsport.com](mailto:swimlessons@repsolsport.com) for more information.

### SPRING PROGRAMS

#### 30 MINUTE LESSONS

|      |    |               |                   |          |          |    |
|------|----|---------------|-------------------|----------|----------|----|
| 6076 | M  | Apr 9-Jun 18  | 6:15 PM-6:45 PM   | \$230.00 | \$250.00 | 10 |
| 5952 | M  | Apr 9-Jun 18  | 6:15 PM-6:45 PM   | \$230.00 | \$250.00 | 10 |
| 6092 | M  | Apr 9-Jun 18  | 6:30 PM-7:00 PM   | \$230.00 | \$250.00 | 10 |
| 6100 | Tu | Apr 10-Jun 26 | 6:30 PM-7:00 PM   | \$276.00 | \$300.00 | 12 |
| 6168 | Tu | Apr 10-Jun 26 | 6:30 PM-7:00 PM   | \$276.00 | \$300.00 | 12 |
| 6051 | Tu | Apr 10-Jun 26 | 6:45 PM-7:15 PM   | \$276.00 | \$300.00 | 12 |
| 6061 | Tu | Apr 10-Jun 26 | 6:45 PM-7:15 PM   | \$276.00 | \$300.00 | 12 |
| 6070 | Tu | Apr 10-Jun 26 | 7:00 PM-7:30 PM   | \$276.00 | \$300.00 | 12 |
| 6155 | W  | Apr 11-Jun 27 | 6:15 PM-6:45 PM   | \$276.00 | \$300.00 | 12 |
| 6102 | W  | Apr 11-Jun 27 | 6:15 PM-6:45 PM   | \$276.00 | \$300.00 | 12 |
| 6115 | Th | Apr 12-Jun 28 | 6:30 PM-7:00 PM   | \$276.00 | \$300.00 | 12 |
| 6120 | Th | Apr 12-Jun 28 | 6:30 PM-7:00 PM   | \$276.00 | \$300.00 | 12 |
| 5965 | Th | Apr 12-Jun 28 | 6:45 PM-7:15 PM   | \$276.00 | \$300.00 | 12 |
| 6150 | Th | Apr 12-Jun 28 | 6:45 PM-7:15 PM   | \$276.00 | \$300.00 | 12 |
| 5998 | Th | Apr 12-Jun 28 | 7:00 PM-7:30 PM   | \$276.00 | \$300.00 | 12 |
| 6127 | Th | Apr 12-Jun 28 | 7:00 PM-7:30 PM   | \$276.00 | \$300.00 | 12 |
| 6083 | Sa | Apr 14-Jun 23 | 1:00 PM-1:30 PM   | \$230.00 | \$250.00 | 10 |
| 5961 | Sa | Apr 14-Jun 23 | 1:30 PM-2:00 PM   | \$230.00 | \$250.00 | 10 |
| 6191 | Su | Apr 15-Jun 24 | 12:00 PM-12:30 PM | \$230.00 | \$250.00 | 10 |
| 6053 | Su | Apr 15-Jun 24 | 12:00 PM-12:30 PM | \$230.00 | \$250.00 | 10 |
| 6134 | Su | Apr 15-Jun 24 | 1:00 PM-1:30 PM   | \$230.00 | \$250.00 | 10 |

#### 45 MINUTE LESSONS

|      |    |               |                 |          |          |    |
|------|----|---------------|-----------------|----------|----------|----|
| 6182 | M  | Apr 9-Jun 18  | 1:30 PM-2:15 PM | \$330.00 | \$385.00 | 10 |
| 6112 | M  | Apr 9-Jun 18  | 2:30 PM-3:15 PM | \$330.00 | \$385.00 | 10 |
| 6177 | M  | Apr 9-Jun 18  | 2:30 PM-3:15 PM | \$330.00 | \$385.00 | 10 |
| 5971 | M  | Apr 9-Jun 18  | 3:15 PM-4:00 PM | \$330.00 | \$385.00 | 10 |
| 6034 | M  | Apr 9-Jun 18  | 3:15 PM-4:00 PM | \$330.00 | \$385.00 | 10 |
| 6183 | M  | Apr 9-Jun 18  | 4:00 PM-4:45 PM | \$330.00 | \$385.00 | 10 |
| 6091 | M  | Apr 9-Jun 18  | 4:00 PM-4:45 PM | \$330.00 | \$385.00 | 10 |
| 6181 | M  | Apr 9-Jun 18  | 4:45 PM-5:30 PM | \$330.00 | \$385.00 | 10 |
| 6093 | M  | Apr 9-Jun 18  | 4:45 PM-5:30 PM | \$330.00 | \$385.00 | 10 |
| 5958 | M  | Apr 9-Jun 18  | 5:30 PM-6:15 PM | \$330.00 | \$385.00 | 10 |
| 6121 | M  | Apr 9-Jun 18  | 5:30 PM-6:15 PM | \$330.00 | \$385.00 | 10 |
| 6087 | M  | Apr 9-Jun 18  | 5:30 PM-6:15 PM | \$330.00 | \$385.00 | 10 |
| 5953 | Tu | Apr 10-Jun 26 | 4:00 PM-4:45 PM | \$396.00 | \$462.00 | 12 |
| 6138 | Tu | Apr 10-Jun 26 | 4:00 PM-4:45 PM | \$396.00 | \$462.00 | 12 |
| 6064 | Tu | Apr 10-Jun 26 | 4:45 PM-5:30 PM | \$396.00 | \$462.00 | 12 |
| 6028 | Tu | Apr 10-Jun 26 | 5:00 PM-5:45 PM | \$396.00 | \$462.00 | 12 |
| 5979 | Tu | Apr 10-Jun 26 | 5:30 PM-6:15 PM | \$396.00 | \$462.00 | 12 |
| 6096 | W  | Apr 11-Jun 27 | 1:30 PM-2:15 PM | \$396.00 | \$462.00 | 12 |
| 5951 | W  | Apr 11-Jun 27 | 2:30 PM-3:15 PM | \$396.00 | \$462.00 | 12 |
| 6008 | W  | Apr 11-Jun 27 | 2:30 PM-3:15 PM | \$396.00 | \$462.00 | 12 |
| 6059 | W  | Apr 11-Jun 27 | 3:15 PM-4:00 PM | \$396.00 | \$462.00 | 12 |
| 6103 | W  | Apr 11-Jun 27 | 3:15 PM-4:00 PM | \$396.00 | \$462.00 | 12 |
| 6054 | W  | Apr 11-Jun 27 | 4:00 PM-4:45 PM | \$396.00 | \$462.00 | 12 |
| 6000 | W  | Apr 11-Jun 27 | 4:00 PM-4:45 PM | \$396.00 | \$462.00 | 12 |
| 6186 | W  | Apr 11-Jun 27 | 4:00 PM-4:45 PM | \$396.00 | \$462.00 | 12 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

|      |      |               |                     |          |          |    |
|------|------|---------------|---------------------|----------|----------|----|
| 6002 | W    | Apr 11-Jun 27 | 4:45 PM-5:30 PM     | \$396.00 | \$462.00 | 12 |
| 6022 | W    | Apr 11-Jun 27 | 4:45 PM-5:30 PM     | \$396.00 | \$462.00 | 12 |
| 6176 | W    | Apr 11-Jun 27 | 5:30 PM-6:15 PM     | \$396.00 | \$462.00 | 12 |
| 6052 | W    | Apr 11-Jun 27 | 5:30 PM-6:15 PM     | \$396.00 | \$462.00 | 12 |
| 5994 | Th   | Apr 12-Jun 28 | 4:00 PM-4:45 PM     | \$396.00 | \$462.00 | 12 |
| 6154 | Th   | Apr 12-Jun 28 | 4:00 PM-4:45 PM     | \$396.00 | \$462.00 | 12 |
| 6039 | Th   | Apr 12-Jun 28 | 4:45 PM-5:30 PM     | \$396.00 | \$462.00 | 12 |
| 6036 | Th   | Apr 12-Jun 28 | 5:00 PM-5:45 PM     | \$396.00 | \$462.00 | 12 |
| 6184 | Th   | Apr 12-Jun 28 | 5:30 PM-6:15 PM     | \$396.00 | \$462.00 | 12 |
| 6140 | Sa   | Apr 14-Jun 23 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 5959 | Sa   | Apr 14-Jun 23 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 6119 | Sa   | Apr 14-Jun 23 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 6006 | Sa   | Apr 14-Jun 23 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 5985 | Sa   | Apr 14-Jun 23 | 10:30 AM-11:15 AM   | \$330.00 | \$385.00 | 10 |
| 5970 | Sa   | Apr 14-Jun 23 | 10:30 AM-11:15 AM   | \$330.00 | \$385.00 | 10 |
| 6075 | Sa   | Apr 14-Jun 23 | 11:30 AM-12:15 PM   | \$330.00 | \$385.00 | 10 |
| 6144 | Sa   | Apr 14-Jun 23 | 11:30 AM-12:15 PM   | \$330.00 | \$385.00 | 10 |
| 5989 | Sa   | Apr 14-Jun 23 | 11:30 AM-12:15 PM   | \$330.00 | \$385.00 | 10 |
| 6172 | Sa   | Apr 14-Jun 23 | 12:30 PM-1:15 PM    | \$330.00 | \$385.00 | 10 |
| 6165 | Sa   | Apr 14-Jun 23 | 1:15 PM-2:00 PM     | \$330.00 | \$385.00 | 10 |
| 5981 | Sa   | Apr 14-Jun 23 | 1:15 PM-2:00 PM     | \$330.00 | \$385.00 | 10 |
| 6114 | Su   | Apr 15-Jun 24 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 6074 | Su   | Apr 15-Jun 24 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 6071 | Su   | Apr 15-Jun 24 | 9:00 AM-9:45 AM     | \$330.00 | \$385.00 | 10 |
| 5962 | Su   | Apr 15-Jun 24 | 9:45 AM-10:30 AM    | \$330.00 | \$385.00 | 10 |
| 5987 | Su   | Apr 15-Jun 24 | 9:45 AM-10:30 AM    | \$330.00 | \$385.00 | 10 |
| 5956 | Su   | Apr 15-Jun 24 | 9:45 AM-10:30 AM    | \$330.00 | \$385.00 | 10 |
| 6084 | Su   | Apr 15-Jun 24 | 11:30 AM-12:15 PM   | \$330.00 | \$385.00 | 10 |
| 6173 | Su   | Apr 15-Jun 24 | 11:30 AM-12:15 PM   | \$330.00 | \$385.00 | 10 |
| 6097 | Su   | Apr 15-Jun 24 | 12:15 PM-1:00 PM    | \$330.00 | \$385.00 | 10 |
| 6016 | Su   | Apr 15-Jun 24 | 12:15 PM-1:00 PM    | \$330.00 | \$385.00 | 10 |
| 6026 | Su   | Apr 15-Jun 24 | 12:30 PM-1:15 PM    | \$330.00 | \$385.00 | 10 |
| 5980 | Su   | Apr 15-Jun 24 | 12:30 PM-1:15 PM    | \$330.00 | \$385.00 | 10 |
| 6030 | Su   | Apr 15-Jun 24 | 1:30 PM-2:15 PM     | \$330.00 | \$385.00 | 10 |
| 5955 | Su   | Apr 15-Jun 24 | 1:30 PM-2:15 PM     | \$330.00 | \$385.00 | 10 |
| 6124 | Su   | Apr 15-Jun 24 | 1:30 PM-2:15 PM     | \$330.00 | \$385.00 | 10 |
| 6586 | M,W  | May 7 - Jun 4 | 11:00 AM - 11:45 AM | \$264.00 | \$308.00 | 8  |
| 6587 | M,W  | May 7 - Jun 4 | 11:00 AM - 11:45 AM | \$264.00 | \$308.00 | 8  |
| 6588 | M,W  | May 7 - Jun 4 | 11:00 AM - 11:45 AM | \$264.00 | \$308.00 | 8  |
| 6589 | T,Th | May 8 - 31    | 11:00 AM - 11:45 AM | \$264.00 | \$308.00 | 8  |
| 6590 | T,Th | May 8 - 31    | 11:00 AM - 11:45 AM | \$264.00 | \$308.00 | 8  |
| 6591 | T,Th | May 8 - 31    | 11:00 AM - 11:45 AM | \$264.00 | \$308.00 | 8  |

### SUMMER PROGRAMS

#### 30 MINUTE LESSONS

|      |     |               |                   |          |          |    |
|------|-----|---------------|-------------------|----------|----------|----|
| 6421 | M-F | Jul 3-13      | 11:45 AM-12:15 PM | \$207.00 | \$225.00 | 9  |
| 6420 | M-F | Jul 3-13      | 11:45 AM-12:15 PM | \$207.00 | \$225.00 | 9  |
| 6422 | M-F | Jul 3-13      | 11:45 AM-12:15 PM | \$207.00 | \$225.00 | 9  |
| 6403 | M-F | Jul 16-27     | 11:45 AM-12:15 PM | \$230.00 | \$250.00 | 10 |
| 6231 | M-F | Jul 16-27     | 11:45 AM-12:15 PM | \$230.00 | \$250.00 | 10 |
| 6404 | M-F | Jul 16-27     | 11:45 AM-12:15 PM | \$230.00 | \$250.00 | 10 |
| 6438 | M-F | Jul 30-Aug 10 | 11:45 AM-12:15 PM | \$207.00 | \$225.00 | 9  |
| 6439 | M-F | Jul 30-Aug 10 | 11:45 AM-12:15 PM | \$207.00 | \$225.00 | 9  |
| 6440 | M-F | Jul 30-Aug 10 | 11:45 AM-12:15 PM | \$207.00 | \$225.00 | 9  |
| 6457 | M-F | Aug 13-24     | 11:45 AM-12:15 PM | \$230.00 | \$250.00 | 10 |

| ID                       | DAY | DATES         | TIMES             | MEMBERS  | NON-MEMBERS | # OF CLASS |
|--------------------------|-----|---------------|-------------------|----------|-------------|------------|
| 6458                     | M-F | Aug 13-24     | 11:45 AM-12:15 PM | \$230.00 | \$250.00    | 10         |
| 6459                     | M-F | Aug 13-24     | 11:45 AM-12:15 PM | \$230.00 | \$250.00    | 10         |
| <b>45 MINUTE LESSONS</b> |     |               |                   |          |             |            |
| 6300                     | Tu  | Jul 3-Aug 28  | 4:00 PM-4:45 PM   | \$297.00 | \$346.50    | 9          |
| 6322                     | Tu  | Jul 3-Aug 28  | 4:00 PM-4:45 PM   | \$297.00 | \$346.50    | 9          |
| 6337                     | Tu  | Jul 3-Aug 28  | 4:45 PM-5:30 PM   | \$297.00 | \$346.50    | 9          |
| 6354                     | Tu  | Jul 3-Aug 28  | 4:45 PM-5:30 PM   | \$297.00 | \$346.50    | 9          |
| 6329                     | Tu  | Jul 3-Aug 28  | 5:30 PM-6:15 PM   | \$297.00 | \$346.50    | 9          |
| 6353                     | Tu  | Jul 3-Aug 28  | 5:30 PM-6:15 PM   | \$297.00 | \$346.50    | 9          |
| 6301                     | Tu  | Jul 3-Aug 28  | 6:15 PM-7:00 PM   | \$297.00 | \$346.50    | 9          |
| 6356                     | Tu  | Jul 3-Aug 28  | 6:15 PM-7:00 PM   | \$297.00 | \$346.50    | 9          |
| 6327                     | Tu  | Jul 3-Aug 28  | 7:15 PM-8:00 PM   | \$297.00 | \$346.50    | 9          |
| 6292                     | Tu  | Jul 3-Aug 28  | 7:15 PM-8:00 PM   | \$297.00 | \$346.50    | 9          |
| 6295                     | W   | Jul 4-Aug 29  | 4:00 PM-4:45 PM   | \$297.00 | \$346.50    | 9          |
| 6334                     | W   | Jul 4-Aug 29  | 4:00 PM-4:45 PM   | \$297.00 | \$346.50    | 9          |
| 6319                     | W   | Jul 4-Aug 29  | 4:45 PM-5:30 PM   | \$297.00 | \$346.50    | 9          |
| 6291                     | W   | Jul 4-Aug 29  | 4:45 PM-5:30 PM   | \$297.00 | \$346.50    | 9          |
| 6306                     | W   | Jul 4-Aug 29  | 5:30 PM-6:15 PM   | \$297.00 | \$346.50    | 9          |
| 6309                     | W   | Jul 4-Aug 29  | 5:30 PM-6:15 PM   | \$297.00 | \$346.50    | 9          |
| 6320                     | W   | Jul 4-Aug 29  | 6:15 PM-7:00 PM   | \$297.00 | \$346.50    | 9          |
| 6350                     | W   | Jul 4-Aug 29  | 6:15 PM-7:00 PM   | \$297.00 | \$346.50    | 9          |
| 6349                     | W   | Jul 4-Aug 29  | 7:15 PM-8:00 PM   | \$297.00 | \$346.50    | 9          |
| 6328                     | W   | Jul 4-Aug 29  | 7:15 PM-8:00 PM   | \$297.00 | \$346.50    | 9          |
| 6409                     | M-F | Jul 3-13      | 9:30 AM-10:15 AM  | \$297.00 | \$346.50    | 9          |
| 6411                     | M-F | Jul 3-13      | 9:30 AM-10:15 AM  | \$297.00 | \$346.50    | 9          |
| 6410                     | M-F | Jul 3-13      | 9:30 AM-10:15 AM  | \$297.00 | \$346.50    | 9          |
| 6408                     | M-F | Jul 3-13      | 11:00 AM-11:45 AM | \$297.00 | \$346.50    | 9          |
| 6413                     | M-F | Jul 3-13      | 11:00 AM-11:45 AM | \$297.00 | \$346.50    | 9          |
| 6412                     | M-F | Jul 3-13      | 11:00 AM-11:45 AM | \$297.00 | \$346.50    | 9          |
| 6407                     | M-F | Jul 3-13      | 11:30 AM-12:15 PM | \$297.00 | \$346.50    | 9          |
| 6415                     | M-F | Jul 3-13      | 11:30 AM-12:15 PM | \$297.00 | \$346.50    | 9          |
| 6414                     | M-F | Jul 3-13      | 11:30 AM-12:15 PM | \$297.00 | \$346.50    | 9          |
| 6416                     | M-F | Jul 3-13      | 12:45 PM-1:30 PM  | \$297.00 | \$346.50    | 9          |
| 6406                     | M-F | Jul 3-13      | 12:45 PM-1:30 PM  | \$297.00 | \$346.50    | 9          |
| 6417                     | M-F | Jul 3-13      | 12:45 PM-1:30 PM  | \$297.00 | \$346.50    | 9          |
| 6418                     | M-F | Jul 3-13      | 1:30 PM-2:15 PM   | \$297.00 | \$346.50    | 9          |
| 6405                     | M-F | Jul 3-13      | 1:30 PM-2:15 PM   | \$297.00 | \$346.50    | 9          |
| 6419                     | M-F | Jul 3-13      | 1:30 PM-2:15 PM   | \$297.00 | \$346.50    | 9          |
| 6389                     | M-F | Jul 16-27     | 9:30 AM-10:15 AM  | \$330.00 | \$385.00    | 10         |
| 6390                     | M-F | Jul 16-27     | 9:30 AM-10:15 AM  | \$330.00 | \$385.00    | 10         |
| 6333                     | M-F | Jul 16-27     | 9:30 AM-10:15 AM  | \$330.00 | \$385.00    | 10         |
| 6391                     | M-F | Jul 16-27     | 11:00 AM-11:45 AM | \$330.00 | \$385.00    | 10         |
| 6296                     | M-F | Jul 16-27     | 11:00 AM-11:45 AM | \$330.00 | \$385.00    | 10         |
| 6393                     | M-F | Jul 16-27     | 11:00 AM-11:45 AM | \$330.00 | \$385.00    | 10         |
| 6395                     | M-F | Jul 16-27     | 11:30 AM-12:15 PM | \$330.00 | \$385.00    | 10         |
| 6396                     | M-F | Jul 16-27     | 11:30 AM-12:15 PM | \$330.00 | \$385.00    | 10         |
| 6394                     | M-F | Jul 16-27     | 11:30 AM-12:15 PM | \$330.00 | \$385.00    | 10         |
| 6352                     | M-F | Jul 16-27     | 12:45 PM-1:30 PM  | \$330.00 | \$385.00    | 10         |
| 6398                     | M-F | Jul 16-27     | 12:45 PM-1:30 PM  | \$330.00 | \$385.00    | 10         |
| 6397                     | M-F | Jul 16-27     | 12:45 PM-1:30 PM  | \$330.00 | \$385.00    | 10         |
| 6315                     | M-F | Jul 16-27     | 1:30 PM-2:15 PM   | \$330.00 | \$385.00    | 10         |
| 6399                     | M-F | Jul 16-27     | 1:30 PM-2:15 PM   | \$330.00 | \$385.00    | 10         |
| 6400                     | M-F | Jul 16-27     | 1:30 PM-2:15 PM   | \$330.00 | \$385.00    | 10         |
| 6425                     | M-F | Jul 30-Aug 10 | 9:30 AM-10:15 AM  | \$297.00 | \$346.50    | 9          |
| 6427                     | M-F | Jul 30-Aug 10 | 9:30 AM-10:15 AM  | \$297.00 | \$346.50    | 9          |
| 6428                     | M-F | Jul 30-Aug 10 | 9:30 AM-10:15 AM  | \$297.00 | \$346.50    | 9          |

| ID   | DAY | DATES         | TIMES             | MEMBERS  | NON-MEMBERS | # OF CLASS |
|------|-----|---------------|-------------------|----------|-------------|------------|
| 6430 | M-F | Jul 30-Aug 10 | 11:00 AM-11:45 AM | \$297.00 | \$346.50    | 9          |
| 6431 | M-F | Jul 30-Aug 10 | 11:00 AM-11:45 AM | \$297.00 | \$346.50    | 9          |
| 6426 | M-F | Jul 30-Aug 10 | 11:00 AM-11:45 AM | \$297.00 | \$346.50    | 9          |
| 6429 | M-F | Jul 30-Aug 10 | 11:30 AM-12:15 PM | \$297.00 | \$346.50    | 9          |
| 6432 | M-F | Jul 30-Aug 10 | 11:30 AM-12:15 PM | \$297.00 | \$346.50    | 9          |
| 6433 | M-F | Jul 30-Aug 10 | 11:30 AM-12:15 PM | \$297.00 | \$346.50    | 9          |
| 6435 | M-F | Jul 30-Aug 10 | 12:45 PM-1:30 PM  | \$297.00 | \$346.50    | 9          |
| 6434 | M-F | Jul 30-Aug 10 | 12:45 PM-1:30 PM  | \$297.00 | \$346.50    | 9          |
| 6424 | M-F | Jul 30-Aug 10 | 12:45 PM-1:30 PM  | \$297.00 | \$346.50    | 9          |
| 6436 | M-F | Jul 30-Aug 10 | 1:30 PM-2:15 PM   | \$297.00 | \$346.50    | 9          |
| 6437 | M-F | Jul 30-Aug 10 | 1:30 PM-2:15 PM   | \$297.00 | \$346.50    | 9          |
| 6423 | M-F | Jul 30-Aug 10 | 1:30 PM-2:15 PM   | \$297.00 | \$346.50    | 9          |
| 6443 | M-F | Aug 13-24     | 9:30 AM-10:15 AM  | \$330.00 | \$385.00    | 10         |
| 6444 | M-F | Aug 13-24     | 9:30 AM-10:15 AM  | \$330.00 | \$385.00    | 10         |
| 6442 | M-F | Aug 13-24     | 9:30 AM-10:15 AM  | \$330.00 | \$385.00    | 10         |
| 6452 | M-F | Aug 13-24     | 11:00 AM-11:45 AM | \$330.00 | \$385.00    | 10         |
| 6445 | M-F | Aug 13-24     | 11:00 AM-11:45 AM | \$330.00 | \$385.00    | 10         |
| 6451 | M-F | Aug 13-24     | 11:00 AM-11:45 AM | \$330.00 | \$385.00    | 10         |
| 6446 | M-F | Aug 13-24     | 11:30 AM-12:15 PM | \$330.00 | \$385.00    | 10         |
| 6447 | M-F | Aug 13-24     | 11:30 AM-12:15 PM | \$330.00 | \$385.00    | 10         |
| 6448 | M-F | Aug 13-24     | 11:30 AM-12:15 PM | \$330.00 | \$385.00    | 10         |
| 6449 | M-F | Aug 13-24     | 12:45 PM-1:30 PM  | \$330.00 | \$385.00    | 10         |
| 6453 | M-F | Aug 13-24     | 12:45 PM-1:30 PM  | \$330.00 | \$385.00    | 10         |
| 6454 | M-F | Aug 13-24     | 12:45 PM-1:30 PM  | \$330.00 | \$385.00    | 10         |
| 6450 | M-F | Aug 13-24     | 1:30 PM-2:15 PM   | \$330.00 | \$385.00    | 10         |
| 6455 | M-F | Aug 13-24     | 1:30 PM-2:15 PM   | \$330.00 | \$385.00    | 10         |
| 6456 | M-F | Aug 13-24     | 1:30 PM-2:15 PM   | \$330.00 | \$385.00    | 10         |
| 6460 | M-F | Aug 27-31     | 10:15 AM-11:00 AM | \$165.00 | \$192.50    | 5          |
| 6461 | M-F | Aug 27-31     | 10:15 AM-11:00 AM | \$165.00 | \$192.50    | 5          |
| 6284 | M-F | Aug 27-31     | 10:15 AM-11:00 AM | \$165.00 | \$192.50    | 5          |
| 6465 | M-F | Aug 27-31     | 11:00 AM-11:45 AM | \$165.00 | \$192.50    | 5          |
| 6464 | M-F | Aug 27-31     | 11:00 AM-11:45 AM | \$165.00 | \$192.50    | 5          |
| 6463 | M-F | Aug 27-31     | 11:00 AM-11:45 AM | \$165.00 | \$192.50    | 5          |
| 6467 | M-F | Aug 27-31     | 12:00 PM-12:45 PM | \$165.00 | \$192.50    | 5          |
| 6466 | M-F | Aug 27-31     | 12:00 PM-12:45 PM | \$165.00 | \$192.50    | 5          |
| 6462 | M-F | Aug 27-31     | 12:00 PM-12:45 PM | \$165.00 | \$192.50    | 5          |

## DUCKLINGS // Age: 3M-12M

**ACTIVE START:** Come play and learn with your 3 months - 1 year old! Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their care givers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

## SPRING PROGRAMS

|      |    |               |                   |         |         |    |
|------|----|---------------|-------------------|---------|---------|----|
| 6024 | M  | Apr 9-Jun 18  | 12:00 PM-12:30 PM | \$50.00 | \$70.00 | 10 |
| 6001 | M  | Apr 9-Jun 18  | 6:15 PM-6:45 PM   | \$50.00 | \$70.00 | 10 |
| 6011 | Tu | Apr 10-Jun 26 | 6:15 PM-6:45 PM   | \$60.00 | \$84.00 | 12 |
| 5975 | W  | Apr 11-Jun 27 | 12:00 PM-12:30 PM | \$60.00 | \$84.00 | 12 |
| 5991 | W  | Apr 11-Jun 27 | 6:15 PM-6:45 PM   | \$60.00 | \$84.00 | 12 |
| 5992 | Th | Apr 12-Jun 28 | 6:15 PM-6:45 PM   | \$60.00 | \$84.00 | 12 |
| 5963 | Sa | Apr 14-Jun 23 | 11:30 AM-12:00 PM | \$50.00 | \$70.00 | 10 |
| 6055 | Sa | Apr 14-Jun 23 | 12:00 PM-12:30 PM | \$50.00 | \$70.00 | 10 |
| 5986 | Su | Apr 15-Jun 24 | 11:30 AM-12:00 PM | \$50.00 | \$70.00 | 10 |
| 5969 | Su | Apr 15-Jun 24 | 1:00 PM-1:30 PM   | \$50.00 | \$70.00 | 10 |

| ID                     | DAY | DATES        | TIMES             | MEMBERS | NON-MEMBERS | # OF CLASS |
|------------------------|-----|--------------|-------------------|---------|-------------|------------|
| <b>SUMMER PROGRAMS</b> |     |              |                   |         |             |            |
| 6234                   | Tu  | Jul 3-Aug 28 | 4:00 PM-4:30 PM   | \$45.00 | \$63.00     | 9          |
| 6236                   | Tu  | Jul 3-Aug 28 | 6:30 PM-7:00 PM   | \$45.00 | \$63.00     | 9          |
| 6238                   | W   | Jul 4-Aug 29 | 4:00 PM-4:30 PM   | \$45.00 | \$63.00     | 9          |
| 6235                   | W   | Jul 4-Aug 29 | 6:30 PM-7:00 PM   | \$45.00 | \$63.00     | 9          |
| 6237                   | F   | Jul 6-Aug 31 | 12:15 PM-12:45 PM | \$45.00 | \$63.00     | 9          |

## DINOS // Age: 12M-3Y

**ACTIVE START:** Come play and learn with your 1 year - 3 year old! Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their caregivers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

## SPRING PROGRAMS

|      |    |               |                   |         |         |    |
|------|----|---------------|-------------------|---------|---------|----|
| 6157 | M  | Apr 9-Jun 18  | 12:00 PM-12:30 PM | \$50.00 | \$70.00 | 10 |
| 6125 | M  | Apr 9-Jun 18  | 6:15 PM-6:45 PM   | \$50.00 | \$70.00 | 10 |
| 6040 | Tu | Apr 10-Jun 26 | 4:30 PM-5:00 PM   | \$60.00 | \$84.00 | 12 |
| 6020 | Tu | Apr 10-Jun 26 | 6:15 PM-6:45 PM   | \$60.00 | \$84.00 | 12 |
| 5977 | W  | Apr 11-Jun 27 | 6:15 PM-6:45 PM   | \$60.00 | \$84.00 | 12 |
| 6085 | W  | Apr 11-Jun 27 | 12:00 PM-12:30 PM | \$60.00 | \$84.00 | 12 |
| 6029 | Th | Apr 12-Jun 28 | 6:15 PM-6:45 PM   | \$60.00 | \$84.00 | 12 |
| 6063 | Sa | Apr 14-Jun 23 | 11:30 AM-12:00 PM | \$50.00 | \$70.00 | 10 |
| 6073 | Sa | Apr 14-Jun 23 | 12:00 PM-12:30 PM | \$50.00 | \$70.00 | 10 |
| 6019 | Su | Apr 15-Jun 24 | 11:30 AM-12:00 PM | \$50.00 | \$70.00 | 10 |
| 5983 | Su | Apr 15-Jun 24 | 1:00 PM-1:30 PM   | \$50.00 | \$70.00 | 10 |

## SUMMER PROGRAMS

|      |    |              |                   |         |         |   |
|------|----|--------------|-------------------|---------|---------|---|
| 6257 | Tu | Jul 3-Aug 28 | 4:00 PM-4:30 PM   | \$45.00 | \$63.00 | 9 |
| 6254 | Tu | Jul 3-Aug 28 | 6:30 PM-7:00 PM   | \$45.00 | \$63.00 | 9 |
| 6258 | W  | Jul 4-Aug 29 | 4:00 PM-4:30 PM   | \$45.00 | \$63.00 | 9 |
| 6256 | W  | Jul 4-Aug 29 | 6:30 PM-7:00 PM   | \$45.00 | \$63.00 | 9 |
| 6255 | F  | Jul 6-Aug 31 | 12:15 PM-12:45 PM | \$45.00 | \$63.00 | 9 |

## I CAN SWIM PRESCHOOL // Age: 3Y-5Y

**ACTIVE START:** I Can Swim Preschool is a progressive, skill based, learn to swim program that teaches 51 water skills and focuses on entries and exits, submersion and breath control, floating, gliding and treading water. Building upon these initial skills, swimmers will begin to work on skills needed for butterfly, backstroke, breaststroke and freestyle.

## DOLPHINS 1

Children become comfortable with their first independent water experiences. Fundamental movement skills are introduced.

## SPRING PROGRAMS

|      |    |               |                   |         |         |    |
|------|----|---------------|-------------------|---------|---------|----|
| 5997 | M  | Apr 9-Jun 18  | 12:30 PM-1:00 PM  | \$65.00 | \$75.00 | 10 |
| 6062 | M  | Apr 9-Jun 18  | 4:00 PM-4:30 PM   | \$65.00 | \$75.00 | 10 |
| 5960 | Tu | Apr 10-Jun 26 | 5:30 PM-6:00 PM   | \$78.00 | \$90.00 | 12 |
| 6089 | W  | Apr 11-Jun 27 | 12:30 PM-1:00 PM  | \$78.00 | \$90.00 | 12 |
| 6109 | W  | Apr 11-Jun 27 | 6:15 PM-6:45 PM   | \$78.00 | \$90.00 | 12 |
| 6137 | Th | Apr 12-Jun 28 | 4:30 PM-5:00 PM   | \$78.00 | \$90.00 | 12 |
| 6122 | Th | Apr 12-Jun 28 | 6:00 PM-6:30 PM   | \$78.00 | \$90.00 | 12 |
| 5974 | Sa | Apr 14-Jun 23 | 9:00 AM-9:30 AM   | \$65.00 | \$75.00 | 10 |
| 6004 | Sa | Apr 14-Jun 23 | 10:30 AM-11:00 AM | \$65.00 | \$75.00 | 10 |
| 6072 | Su | Apr 15-Jun 24 | 9:30 AM-10:00 AM  | \$65.00 | \$75.00 | 10 |
| 6065 | Su | Apr 15-Jun 24 | 11:00 AM-11:30 AM | \$65.00 | \$75.00 | 10 |

| ID                     | DAY | DATES         | TIMES             | MEMBERS | NON-MEMBERS | # OF CLASS |
|------------------------|-----|---------------|-------------------|---------|-------------|------------|
| <b>SUMMER PROGRAMS</b> |     |               |                   |         |             |            |
| 6277                   | Tu  | Jul 3-Aug 28  | 4:00 PM-4:30 PM   | \$58.50 | \$67.50     | 9          |
| 6275                   | Tu  | Jul 3-Aug 28  | 5:15 PM-5:45 PM   | \$58.50 | \$67.50     | 9          |
| 6278                   | W   | Jul 4-Aug 29  | 4:00 PM-4:30 PM   | \$58.50 | \$67.50     | 9          |
| 6280                   | W   | Jul 4-Aug 29  | 5:15 PM-5:45 PM   | \$58.50 | \$67.50     | 9          |
| 6276                   | M-F | Jul 3-13      | 10:15 AM-10:45 AM | \$58.50 | \$67.50     | 9          |
| 6273                   | M-F | Jul 16-27     | 10:15 AM-10:45 AM | \$65.00 | \$75.00     | 10         |
| 6279                   | M-F | Jul 30-Aug 10 | 10:15 AM-10:45 AM | \$58.50 | \$67.50     | 9          |
| 6274                   | M-F | Aug 13-24     | 10:15 AM-10:45 AM | \$65.00 | \$75.00     | 10         |

## DOLPHINS 2

For children who are comfortable being independent in the water. Preschoolers are introduced to front and back paddle and various deep water skills.

## SPRING PROGRAMS

|      |    |               |                   |         |         |    |
|------|----|---------------|-------------------|---------|---------|----|
| 6049 | M  | Apr 9-Jun 18  | 12:30 PM-1:00 PM  | \$65.00 | \$75.00 | 10 |
| 6082 | M  | Apr 9-Jun 18  | 1:00 PM-1:30 PM   | \$65.00 | \$75.00 | 10 |
| 6175 | M  | Apr 9-Jun 18  | 4:30 PM-5:00 PM   | \$65.00 | \$75.00 | 10 |
| 6043 | M  | Apr 9-Jun 18  | 6:00 PM-6:30 PM   | \$65.00 | \$75.00 | 10 |
| 6080 | Tu | Apr 10-Jun 26 | 5:00 PM-5:30 PM   | \$78.00 | \$90.00 | 12 |
| 5954 | Tu | Apr 10-Jun 26 | 6:00 PM-6:30 PM   | \$78.00 | \$90.00 | 12 |
| 6013 | W  | Apr 11-Jun 27 | 12:30 PM-1:00 PM  | \$78.00 | \$90.00 | 12 |
| 6118 | W  | Apr 11-Jun 27 | 1:00 PM-1:30 PM   | \$78.00 | \$90.00 | 12 |
| 6104 | W  | Apr 11-Jun 27 | 5:15 PM-5:45 PM   | \$78.00 | \$90.00 | 12 |
| 6009 | W  | Apr 11-Jun 27 | 6:15 PM-6:45 PM   | \$78.00 | \$90.00 | 12 |
| 6047 | Th | Apr 12-Jun 28 | 4:00 PM-4:30 PM   | \$78.00 | \$90.00 | 12 |
| 6135 | Th | Apr 12-Jun 28 | 5:00 PM-5:30 PM   | \$78.00 | \$90.00 | 12 |
| 6098 | Sa | Apr 14-Jun 23 | 9:30 AM-10:00 AM  | \$65.00 | \$75.00 | 10 |
| 5957 | Sa | Apr 14-Jun 23 | 12:30 PM-1:00 PM  | \$65.00 | \$75.00 | 10 |
| 6178 | Su | Apr 15-Jun 24 | 9:00 AM-9:30 AM   | \$65.00 | \$75.00 | 10 |
| 5982 | Su | Apr 15-Jun 24 | 10:00 AM-10:30 AM | \$65.00 | \$75.00 | 10 |

## SUMMER PROGRAMS

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6210 | Tu  | Jul 3-Aug 28  | 5:15 PM-5:45 PM   | \$58.50 | \$67.50 | 9  |
| 6209 | Tu  | Jul 3-Aug 28  | 6:30 PM-7:00 PM   | \$58.50 | \$67.50 | 9  |
| 6206 | W   | Jul 4-Aug 29  | 5:15 PM-5:45 PM   | \$58.50 | \$67.50 | 9  |
| 6207 | W   | Jul 4-Aug 29  | 6:30 PM-7:00 PM   | \$58.50 | \$67.50 | 9  |
| 6212 | M-F | Jul 3-13      | 10:15 AM-10:45 AM | \$58.50 | \$67.50 | 9  |
| 6208 | M-F | Jul 16-27     | 10:15 AM-10:45 AM | \$65.00 | \$75.00 | 10 |
| 6214 | M-F | Jul 30-Aug 10 | 10:15 AM-10:45 AM | \$58.50 | \$67.50 | 9  |
| 6211 | M-F | Aug 13-24     | 10:15 AM-10:45 AM | \$65.00 | \$75.00 | 10 |

## DOLPHINS 3 & SUPER DOLPHINS

Dolphins 3 - Children develop the basic skills for freestyle, backstroke, breaststroke and butterfly. Super Dolphins - Children are challenged to develop skills at the Stage 2 level to prepare them to transition into the Stage 2 class.

## SPRING PROGRAMS

### DOLPHINS 3

|      |    |               |                   |         |         |    |
|------|----|---------------|-------------------|---------|---------|----|
| 6108 | M  | Apr 9-Jun 18  | 1:00 PM-1:30 PM   | \$65.00 | \$75.00 | 10 |
| 6012 | M  | Apr 9-Jun 18  | 5:30 PM-6:00 PM   | \$65.00 | \$75.00 | 10 |
| 6185 | Tu | Apr 10-Jun 26 | 4:30 PM-5:00 PM   | \$78.00 | \$90.00 | 12 |
| 5950 | W  | Apr 11-Jun 27 | 1:00 PM-1:30 PM   | \$78.00 | \$90.00 | 12 |
| 6193 | W  | Apr 11-Jun 27 | 4:45 PM-5:15 PM   | \$78.00 | \$90.00 | 12 |
| 6078 | Sa | Apr 14-Jun 23 | 11:00 AM-11:30 AM | \$65.00 | \$75.00 | 10 |
| 6164 | Su | Apr 15-Jun 24 | 12:30 PM-1:00 PM  | \$65.00 | \$75.00 | 10 |

| ID                                     | DAY | DATES         | TIMES             | MEMBERS | NON-MEMBERS | # OF CLASS |
|--|-----|---------------|-------------------|---------|-------------|------------|
| <b>DOLPHINS 3 &amp; SUPER DOLPHINS</b> |     |               |                   |         |             |            |
| 6086                                   | M   | Apr 9-Jun 18  | 1:30 PM-2:15 PM   | \$75.00 | \$85.00     | 10         |
| 6067                                   | M   | Apr 9-Jun 18  | 4:00 PM-4:45 PM   | \$75.00 | \$85.00     | 10         |
| 6163                                   | Tu  | Apr 10-Jun 26 | 5:45 PM-6:30 PM   | \$90.00 | \$102.00    | 12         |
| 6151                                   | W   | Apr 11-Jun 27 | 1:30 PM-2:15 PM   | \$90.00 | \$102.00    | 12         |
| 6129                                   | W   | Apr 11-Jun 27 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00    | 12         |
| 6142                                   | Th  | Apr 12-Jun 28 | 6:15 PM-7:00 PM   | \$90.00 | \$102.00    | 12         |
| 6169                                   | Sa  | Apr 14-Jun 23 | 11:30 AM-12:15 PM | \$75.00 | \$85.00     | 10         |
| 6066                                   | Su  | Apr 15-Jun 24 | 11:30 AM-12:15 PM | \$75.00 | \$85.00     | 10         |

### SUMMER PROGRAMS

#### DOLPHINS 3 & SUPER DOLPHINS

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6252 | Tu  | Jul 3-Aug 28  | 4:30 PM-5:15 PM   | \$67.50 | \$76.50 | 9  |
| 6249 | W   | Jul 4-Aug 29  | 4:30 PM-5:15 PM   | \$67.50 | \$76.50 | 9  |
| 6251 | M-F | Jul 3-13      | 10:15 AM-11:00 AM | \$67.50 | \$76.50 | 9  |
| 6248 | M-F | Jul 16-27     | 10:15 AM-11:00 AM | \$75.00 | \$85.00 | 10 |
| 6250 | M-F | Jul 30-Aug 10 | 10:15 AM-11:00 AM | \$67.50 | \$76.50 | 9  |
| 6369 | M-F | Aug 13-24     | 10:15 AM-11:00 AM | \$75.00 | \$85.00 | 10 |

### I CAN SWIM SCHOOL // Age: 6Y-12Y

**FUNDAMENTALS, LEARN TO TRAIN:** A progressive, skill based, learn to swim program that teaches 54 water skills and focuses on butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns.

#### STAGE 1

Orientation to water: Establishes a sound basis for the future acquisition of swimming skills. Children develop the fundamentals of swimming while learning to be comfortable and relaxed in the water.

The focus of Stage 1 Beginner is: entry and immersion, buoyancy and floatation (on front and back), submersion and breath control, and safe movement in the water.

The focus of Stage 1 Intermediate/Advanced is propulsion through the water: glides and kick. Introduction to deep water, and a 25m assisted swim.

### SPRING PROGRAMS

#### BEGINNER

|      |    |               |                   |         |         |    |
|------|----|---------------|-------------------|---------|---------|----|
| 6167 | M  | Apr 9-Jun 18  | 5:00 PM-5:30 PM   | \$65.00 | \$75.00 | 10 |
| 6133 | Tu | Apr 10-Jun 26 | 4:00 PM-4:30 PM   | \$78.00 | \$90.00 | 12 |
| 6136 | W  | Apr 11-Jun 27 | 5:45 PM-6:15 PM   | \$78.00 | \$90.00 | 12 |
| 6090 | Th | Apr 12-Jun 28 | 5:30 PM-6:00 PM   | \$78.00 | \$90.00 | 12 |
| 5964 | Sa | Apr 14-Jun 23 | 10:00 AM-10:30 AM | \$65.00 | \$75.00 | 10 |
| 6170 | Su | Apr 15-Jun 24 | 10:30 AM-11:00 AM | \$65.00 | \$75.00 | 10 |

#### INTERMEDIATE/ADVANCED

|      |    |               |                   |         |          |    |
|------|----|---------------|-------------------|---------|----------|----|
| 6171 | M  | Apr 9-Jun 18  | 6:15 PM-7:00 PM   | \$75.00 | \$85.00  | 10 |
| 6192 | Tu | Apr 10-Jun 26 | 6:15 PM-7:00 PM   | \$90.00 | \$102.00 | 12 |
| 6107 | W  | Apr 11-Jun 27 | 4:00 PM-4:45 PM   | \$90.00 | \$102.00 | 12 |
| 6010 | Th | Apr 12-Jun 28 | 5:45 PM-6:30 PM   | \$90.00 | \$102.00 | 12 |
| 6147 | Sa | Apr 14-Jun 23 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |
| 6033 | Su | Apr 15-Jun 24 | 11:15 AM-12:00 PM | \$75.00 | \$85.00  | 10 |

### SUMMER PROGRAMS

#### BEGINNER

|      |     |              |                   |         |         |    |
|------|-----|--------------|-------------------|---------|---------|----|
| 6240 | Tu  | Jul 3-Aug 28 | 5:15 PM-5:45 PM   | \$58.50 | \$67.50 | 9  |
| 6242 | W   | Jul 4-Aug 29 | 5:15 PM-5:45 PM   | \$58.50 | \$67.50 | 9  |
| 6243 | M-F | Jul 3-13     | 10:15 AM-10:45 AM | \$58.50 | \$67.50 | 9  |
| 6371 | M-F | Jul 16-27    | 10:15 AM-10:45 AM | \$65.00 | \$75.00 | 10 |

| ID                           | DAY | DATES         | TIMES             | MEMBERS | NON-MEMBERS | # OF CLASS |
|------------------------------|-----|---------------|-------------------|---------|-------------|------------|
| 6370                         | M-F | Jul 30-Aug 10 | 10:15 AM-10:45 AM | \$58.50 | \$67.50     | 9          |
| 6372                         | M-F | Aug 13-24     | 10:15 AM-10:45 AM | \$65.00 | \$75.00     | 10         |
| <b>INTERMEDIATE/ADVANCED</b> |     |               |                   |         |             |            |
| 6224                         | Tu  | Jul 3-Aug 28  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50     | 9          |
| 6220                         | W   | Jul 4-Aug 29  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50     | 9          |
| 6222                         | M-F | Jul 3-13      | 10:15 AM-11:00 AM | \$67.50 | \$76.50     | 9          |
| 6373                         | M-F | Jul 16-27     | 10:15 AM-11:00 AM | \$75.00 | \$85.00     | 10         |
| 6221                         | M-F | Jul 30-Aug 10 | 10:15 AM-11:00 AM | \$67.50 | \$76.50     | 9          |
| 6223                         | M-F | Aug 13-24     | 10:15 AM-11:00 AM | \$75.00 | \$85.00     | 10         |

#### STAGE 2

Focuses on basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing.

The focus of Stage 2 Beginner is: streamline positioning and propulsion on front and back working up to 25m un-assisted, and introduction of over-arm action for freestyle and backcrawl.

The focus of Stage 2 Intermediate is: Arm action and breathing for Freestyle and Backstroke, working up to 25m. Introduction to breaststroke, basic dolphin movement and dives.

The focus of Stage 2 Advanced is: Arm action, leg action and breathing for Freestyle, Backstroke and Breaststroke working up to 50m continuously. Introduction to basic dolphin movement, and continuous endurance (200-400m).

### SPRING PROGRAMS

#### BEGINNER

|      |    |               |                   |         |          |    |
|------|----|---------------|-------------------|---------|----------|----|
| 5993 | M  | Apr 9-Jun 18  | 4:00 PM-4:45 PM   | \$75.00 | \$85.00  | 10 |
| 6126 | Tu | Apr 10-Jun 26 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00 | 12 |
| 5996 | W  | Apr 11-Jun 27 | 4:00 PM-4:45 PM   | \$90.00 | \$102.00 | 12 |
| 6116 | Th | Apr 12-Jun 28 | 4:00 PM-4:45 PM   | \$90.00 | \$102.00 | 12 |
| 6128 | Th | Apr 12-Jun 28 | 5:30 PM-6:15 PM   | \$90.00 | \$102.00 | 12 |
| 6101 | Sa | Apr 14-Jun 23 | 9:00 AM-9:45 AM   | \$75.00 | \$85.00  | 10 |
| 6042 | Sa | Apr 14-Jun 23 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6050 | Sa | Apr 14-Jun 23 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |
| 6158 | Su | Apr 15-Jun 24 | 9:00 AM-9:45 AM   | \$75.00 | \$85.00  | 10 |
| 6152 | Su | Apr 15-Jun 24 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6095 | Su | Apr 15-Jun 24 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |

#### INTERMEDIATE

|      |    |               |                   |         |          |    |
|------|----|---------------|-------------------|---------|----------|----|
| 6007 | M  | Apr 9-Jun 18  | 4:45 PM-5:30 PM   | \$75.00 | \$85.00  | 10 |
| 6069 | Tu | Apr 10-Jun 26 | 4:00 PM-4:45 PM   | \$90.00 | \$102.00 | 12 |
| 6106 | W  | Apr 11-Jun 27 | 5:30 PM-6:15 PM   | \$90.00 | \$102.00 | 12 |
| 6123 | Th | Apr 12-Jun 28 | 5:30 PM-6:15 PM   | \$90.00 | \$102.00 | 12 |
| 6111 | Sa | Apr 14-Jun 23 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6041 | Sa | Apr 14-Jun 23 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |
| 6160 | Su | Apr 15-Jun 24 | 9:00 AM-9:45 AM   | \$75.00 | \$85.00  | 10 |
| 6132 | Su | Apr 15-Jun 24 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6017 | Su | Apr 15-Jun 24 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |

#### ADVANCED

|      |    |               |                   |         |          |    |
|------|----|---------------|-------------------|---------|----------|----|
| 6035 | M  | Apr 9-Jun 18  | 4:45 PM-5:30 PM   | \$75.00 | \$85.00  | 10 |
| 6180 | Tu | Apr 10-Jun 26 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00 | 12 |
| 6188 | W  | Apr 11-Jun 27 | 5:30 PM-6:15 PM   | \$90.00 | \$102.00 | 12 |
| 6148 | Th | Apr 12-Jun 28 | 4:00 PM-4:45 PM   | \$90.00 | \$102.00 | 12 |
| 6161 | Sa | Apr 14-Jun 23 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6023 | Su | Apr 15-Jun 24 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## SUMMER PROGRAMS

### BEGINNER

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6267 | Tu  | Jul 3-Aug 28  | 4:30 PM-5:15 PM   | \$67.50 | \$76.50 | 9  |
| 6263 | W   | Jul 4-Aug 29  | 4:30 PM-5:15 PM   | \$67.50 | \$76.50 | 9  |
| 6374 | M-F | Jul 3-13      | 10:15 AM-11:00 AM | \$67.50 | \$76.50 | 9  |
| 6265 | M-F | Jul 16-27     | 10:15 AM-11:00 AM | \$75.00 | \$85.00 | 10 |
| 6266 | M-F | Jul 30-Aug 10 | 10:15 AM-11:00 AM | \$67.50 | \$76.50 | 9  |
| 6264 | M-F | Aug 13-24     | 10:15 AM-11:00 AM | \$75.00 | \$85.00 | 10 |

### INTERMEDIATE

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6217 | Tu  | Jul 3-Aug 28  | 4:30 PM-5:15 PM   | \$67.50 | \$76.50 | 9  |
| 6219 | W   | Jul 4-Aug 29  | 4:30 PM-5:15 PM   | \$67.50 | \$76.50 | 9  |
| 6216 | M-F | Jul 3-13      | 10:45 AM-11:30 AM | \$67.50 | \$76.50 | 9  |
| 6218 | M-F | Jul 16-27     | 10:45 AM-11:30 AM | \$75.00 | \$85.00 | 10 |
| 6375 | M-F | Jul 30-Aug 10 | 10:45 AM-11:30 AM | \$67.50 | \$76.50 | 9  |
| 6215 | M-F | Aug 13-24     | 10:45 AM-11:30 AM | \$75.00 | \$85.00 | 10 |

### ADVANCED

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6271 | Tu  | Jul 3-Aug 28  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50 | 9  |
| 6269 | W   | Jul 4-Aug 29  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50 | 9  |
| 6268 | M-F | Jul 3-13      | 11:00 AM-11:45 AM | \$67.50 | \$76.50 | 9  |
| 6272 | M-F | Jul 16-27     | 11:00 AM-11:45 AM | \$75.00 | \$85.00 | 10 |
| 6384 | M-F | Jul 30-Aug 10 | 11:00 AM-11:45 AM | \$67.50 | \$76.50 | 9  |
| 6270 | M-F | Aug 13-24     | 11:00 AM-11:45 AM | \$75.00 | \$85.00 | 10 |

### STAGE 3

Focuses on improving reaction/rhythm and increasing endurance for all four strokes. Advanced dives and basic starts and turns are also covered.

The focus of Stage 3 Beginner is: Perfecting breathing, technique, and stroke timing for: Freestyle, Backstroke, and Breaststroke. Introduction to arm action and breathing for Butterfly. Introduction to turns, advanced diving, and continuous endurance (400-600m).

The focus of Stage 3 Intermediate and Advanced is: Perfecting breathing, technique, and stroke timing for: Freestyle, Backstroke, Breaststroke, and Butterfly. Improving endurance (600-1000m) and techniques for turns and diving. Introduction to sprints and starting skills.

## SPRING PROGRAMS

### BEGINNER

|      |    |               |                   |         |          |    |
|------|----|---------------|-------------------|---------|----------|----|
| 6153 | M  | Apr 9-Jun 18  | 5:30 PM-6:15 PM   | \$75.00 | \$85.00  | 10 |
| 6044 | Tu | Apr 10-Jun 26 | 5:30 PM-6:15 PM   | \$90.00 | \$102.00 | 12 |
| 6117 | W  | Apr 11-Jun 27 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00 | 12 |
| 6077 | Th | Apr 12-Jun 28 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00 | 12 |
| 6025 | Sa | Apr 14-Jun 23 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6060 | Su | Apr 15-Jun 24 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |

### INTERMEDIATE/ADVANCED

|      |    |               |                   |         |          |    |
|------|----|---------------|-------------------|---------|----------|----|
| 6130 | M  | Apr 9-Jun 18  | 5:30 PM-6:15 PM   | \$75.00 | \$85.00  | 10 |
| 6018 | Tu | Apr 10-Jun 26 | 5:30 PM-6:15 PM   | \$90.00 | \$102.00 | 12 |
| 6068 | W  | Apr 11-Jun 27 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00 | 12 |
| 6187 | Th | Apr 12-Jun 28 | 4:45 PM-5:30 PM   | \$90.00 | \$102.00 | 12 |
| 6190 | Sa | Apr 14-Jun 23 | 9:45 AM-10:30 AM  | \$75.00 | \$85.00  | 10 |
| 6156 | Su | Apr 15-Jun 24 | 10:30 AM-11:15 AM | \$75.00 | \$85.00  | 10 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## SUMMER PROGRAMS

### BEGINNER

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6204 | Tu  | Jul 3-Aug 28  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50 | 9  |
| 6205 | W   | Jul 4-Aug 29  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50 | 9  |
| 6201 | M-F | Jul 3-13      | 10:45 AM-11:30 AM | \$67.50 | \$76.50 | 9  |
| 6203 | M-F | Jul 16-27     | 10:45 AM-11:30 AM | \$75.00 | \$85.00 | 10 |
| 6202 | M-F | Jul 30-Aug 10 | 10:45 AM-11:30 AM | \$67.50 | \$76.50 | 9  |
| 6385 | M-F | Aug 13-24     | 10:45 AM-11:30 AM | \$75.00 | \$85.00 | 10 |

### INTERMEDIATE/ADVANCED

|      |     |               |                   |         |         |    |
|------|-----|---------------|-------------------|---------|---------|----|
| 6362 | Tu  | Jul 3-Aug 28  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50 | 9  |
| 6361 | W   | Jul 4-Aug 29  | 5:45 PM-6:30 PM   | \$67.50 | \$76.50 | 9  |
| 6363 | M-F | Jul 3-13      | 10:45 AM-11:30 AM | \$67.50 | \$76.50 | 9  |
| 6359 | M-F | Jul 16-27     | 10:45 AM-11:30 AM | \$75.00 | \$85.00 | 10 |
| 6360 | M-F | Jul 30-Aug 10 | 10:45 AM-11:30 AM | \$67.50 | \$76.50 | 9  |
| 6386 | M-F | Aug 13-24     | 10:45 AM-11:30 AM | \$75.00 | \$85.00 | 10 |

## SWIM ABILITIES // Age: 3Y-17Y

**ACTIVE START. FUNDAMENTALS. LEARN TO TRAIN. FIT FOR LIFE:** Designed to support swimmers with special needs in achieving their beginner swimmer goals and to increase their safety, independence, and enjoyment in and around the water. Progressions accommodate swimmers with no previous swimming experience to those building to supported swims of up to 25m. Swimmers are provided with one-on-one support from parents, caregivers or aides who participate in the program with them. **Swim Abilities 1** – geared towards beginning swimming experience. **Swim Abilities 2** – geared towards individuals already comfortable in the water.

### SWIM ABILITIES 1

|      |   |               |                 |         |          |    |
|------|---|---------------|-----------------|---------|----------|----|
| 5972 | W | Apr 11-Jun 27 | 5:30 PM-6:15 PM | \$90.00 | \$102.00 | 12 |
|------|---|---------------|-----------------|---------|----------|----|

### SWIM ABILITIES 2

|      |    |               |                  |         |          |    |
|------|----|---------------|------------------|---------|----------|----|
| 5967 | W  | Apr 11-Jun 27 | 6:15 PM-7:00 PM  | \$90.00 | \$102.00 | 12 |
| 6099 | Sa | Apr 14-Jun 23 | 12:15 PM-1:00 PM | \$75.00 | \$85.00  | 10 |

## MERMAID & MERMAN SCHOOL // Age: 8Y-12Y

**FUNDAMENTALS. LEARN TO TRAIN:** Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical program. These classes will include a mix of basic synchronized swimming skills, dolphin kick undulation, mono-fin training and tail care tips. Classes will be taught by certified I Can Swim Instructors whose life-long wish is to become Mermaids. Classes will take place in the Teach Pool and Dive tank. This program is for participants between 8-12 years that have completed Stage 2 or equivalent (Red Cross Swim Kids 5 or Lifesaving Swimmer 3). **NOTE:** Tails/mono-fins are required, and are not included within the program cost. Tails with monofins start at \$99US through Fin Fun, check them out at: [www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html](http://www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html)

Once you have found the tail you want contact us to place the order or order online directly through Fin Fun. You are also able to bring your own tail made from breathable swimsuit material. Please contact us at [swimlessons@repsolsport.com](mailto:swimlessons@repsolsport.com) for orders or more information.

|      |    |               |                  |          |          |    |
|------|----|---------------|------------------|----------|----------|----|
| 5966 | W  | Apr 11-Jun 27 | 7:00 PM-8:00 PM  | \$120.00 | \$144.00 | 12 |
| 5973 | Sa | Apr 14-Jun 23 | 12:15 PM-1:15 PM | \$100.00 | \$120.00 | 10 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

### JUNIOR MASTERS SWIM CLUB // Age: 8Y-17Y

**LEARN TO TRAIN:** Are you a swimmer who has achieved basic swimming skills and wants to refine and perfect these skills, but is not able to put the commitment in to join a competitive swim club? Junior Masters is a new and exciting approach to learning advanced swimming skills for children and youth 8 to 17 years old. The program will provide professional coaching, and stroke correction, technical instruction, and a swim meet. Our goal is to help instill a lifetime passion for swimming and spark a higher interest in competition. **PRE-REQUISITE:** Stage 3, Swimmer 6, Level 10, Star 6 or equivalent. *If you are unsure of the participants' skill level please contact us at swimlessons@repsolsport.com before registering.*

#### SPRING PROGRAMS

|      |       |               |                                   |          |          |    |
|------|-------|---------------|-----------------------------------|----------|----------|----|
| 5984 | Sa,Su | Apr 9-Jun 27  | 1:30 PM-3:00 PM<br>7:00 PM-8:00PM | \$258.00 | \$301.00 | 43 |
| 6038 | Sa,Su | Apr 10-Jun 28 | 1:30 PM-3:00 PM<br>7:30 PM-8:30PM | \$264.00 | \$308.00 | 44 |

#### SUMMER PROGRAMS

|      |     |           |                 |          |          |    |
|------|-----|-----------|-----------------|----------|----------|----|
| 6281 | M-F | Jul 3-13  | 1:00 PM-2:30 PM | \$90.00  | \$108.00 | 9  |
| 6468 | M-F | Aug 13-24 | 1:00 PM-2:30 PM | \$100.00 | \$120.00 | 10 |

### JUNIOR MASTERS I CAN SWIM FAST // Age: 8Y-17Y

**LEARN TO TRAIN:** Designed for those participants that cannot make the commitment to all four days of the Junior Masters Club, for those that want to transition into the full Junior Master Club, and/or for those unable to make it into the Club.

|      |    |               |                 |          |          |    |
|------|----|---------------|-----------------|----------|----------|----|
| 6583 | Sa | Apr 14-Jun 23 | 3:00 PM-4:30 PM | \$100.00 | \$120.00 | 10 |
| 6179 | Su | Apr 15-Jun 24 | 3:00 PM-4:00 PM | \$95.00  | \$105.00 | 10 |

### SWIM STROKE CLINICS // Age: 8Y-17Y

**FUNDAMENTALS. LEARN TO TRAIN:** Swim Stroke Clinics are designed for those individuals that want one focused class on a particular stroke with our experienced coaches. Whether this one stroke is holding you back from completing a level or you just want to improve that particular stroke these clinics are for you! Please read the individual descriptions to determine which stroke we are running on each day.

#### FREESTYLE

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 6094 | Su | Apr 22 | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |
| 6145 | Su | May 27 | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |

#### BACKSTROKE

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 6113 | Su | Apr 29 | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |
| 6166 | Su | Jun 3  | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |

#### BREASTROKE

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 6003 | Su | May 6  | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |
| 6079 | Su | Jun 10 | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |

#### BUTTERFLY

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 6027 | Su | May 13 | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |
| 6048 | Su | Jun 17 | 3:00 PM-4:00 PM | \$10.00 | \$12.00 | 1 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

### LIFESAVING BRONZE STAR // Age: 8Y+

**FIT FOR LIFE:** A pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

|      |       |               |                  |         |          |    |
|------|-------|---------------|------------------|---------|----------|----|
| 6105 | Su    | Apr 15-Jun 24 | 12:15 PM-1:30 PM | \$90.00 | \$100.00 | 10 |
| 6239 | Tu-Th | Jul 17-19     | 1:00 PM-5:00 PM  | \$90.00 | \$99.00  | 3  |

### LIFESAVING BRONZE MEDALLION // Age: 13Y+

**FIT FOR LIFE:** Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at an I Can Swim Stage 3, Red Cross Swim Kids 10, or Lifesaving Swimmer 6 level.

**Prerequisites:** Bronze Star or 13 years old.

|      |    |           |                  |          |          |   |
|------|----|-----------|------------------|----------|----------|---|
| 5978 | Sa | Apr 14-15 | 12:00 PM-8:00 PM | \$150.00 | \$156.00 | 2 |
|      | Su |           |                  |          |          |   |
| 5990 | Sa | Jun 9-10  | 12:00 PM-8:00 PM | \$150.00 | \$156.00 | 2 |
|      | Su |           |                  |          |          |   |
| 6253 | Sa | Jul 7-8   | 12:00 PM-8:00 PM | \$150.00 | \$156.00 | 2 |
|      | Su |           |                  |          |          |   |
| 6530 | Sa | Aug 4-5   | 12:00 PM-8:00 PM | \$150.00 | \$156.00 | 2 |
|      | Su |           |                  |          |          |   |

### LIFESAVING BRONZE CROSS // Age: 13Y+

**FIT FOR LIFE:** Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Exam fees are included!

**Prerequisites:** Bronze Medallion.

|      |    |           |                  |          |          |   |
|------|----|-----------|------------------|----------|----------|---|
| 6058 | Sa | Apr 21-22 | 12:00 PM-8:00 PM | \$110.00 | \$116.00 | 2 |
|      | Su |           |                  |          |          |   |
| 6194 | Sa | Jun 16-17 | 12:00 PM-8:00 PM | \$110.00 | \$116.00 | 2 |
|      | Su |           |                  |          |          |   |
| 6365 | Sa | Jul 14-15 | 12:00 PM-8:00 PM | \$110.00 | \$116.00 | 2 |
|      | Su |           |                  |          |          |   |
| 6364 | Sa | Aug 18-19 | 12:00 PM-8:00 PM | \$110.00 | \$116.00 | 2 |
|      | Su |           |                  |          |          |   |

### LIFESAVING NATIONAL LIFEGUARD // Age: 16Y+

**FIT FOR LIFE:** The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included! **Prerequisites:** Bronze Cross, Standard First Aid (separate 16hr course not included in Bronze Cross) and a minimum of 16 years of age.

|      |     |           |                                      |          |          |   |
|------|-----|-----------|--------------------------------------|----------|----------|---|
| 5999 | F   | May 4-13  | 6:00 PM-10:00 PM<br>12:00 PM-8:00 PM | \$301.80 | \$312.00 | 6 |
| 6368 | M-F | Jul 9-13  | 9:00 AM-5:00 PM                      | \$302.00 | \$312.00 | 5 |
| 6367 | M-F | Jul 23-27 | 9:00 AM-5:00 PM                      | \$302.00 | \$312.00 | 5 |
| 6531 | M-F | Aug 20-24 | 9:00 AM-5:00 PM                      | \$302.00 | \$312.00 | 5 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

### RECERT

|      |    |        |                  |         |         |   |
|------|----|--------|------------------|---------|---------|---|
| 6037 | Su | May 6  | 10:30 AM-2:30 PM | \$70.00 | \$80.00 | 1 |
| 6247 | Su | Jul 22 | 10:30 AM-2:30 PM | \$70.00 | \$80.00 | 1 |

### NATIONAL LIFEGUARD INSTRUCTOR CLINIC // Age: 16Y+

**ACTIVE FOR LIFE:** The National Lifeguard Instructor/Examiner Clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic.

**Prerequisites:** Application, current National Lifeguard option, and current Lifesaving Instructor.

|      |      |           |                |          |          |   |
|------|------|-----------|----------------|----------|----------|---|
| 6592 | F    | Aug 24-26 | 6:00PM-10:00PM | \$259.50 | \$270.00 | 3 |
|      | SaSu |           | 10:00AM-6:00PM |          |          |   |

### SWIM AND LIFESAVING INSTRUCTOR // Age: 16Y+

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes, and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Instructors are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. The Lifesaving Instructor certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta & Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/Examiner certifications. **Prerequisites: 16 years old and Bronze Cross or higher.**

|      |       |           |                  |          |          |   |
|------|-------|-----------|------------------|----------|----------|---|
| 5988 | F     | Jun 8-17  | 6:00 PM-10:00 PM | \$288.00 | \$300.00 | 6 |
|      | Sa,Su |           | 12:00 PM-8:00 PM |          |          |   |
| 6366 | M-F   | Jul 2-6   | 9:00 AM-5:00 PM  | \$290.00 | \$300.00 | 5 |
| 6529 | M-F   | Aug 13-17 | 9:00 AM-5:00 PM  | \$290.00 | \$300.00 | 5 |
| 6528 | M-F   | Aug 27-31 | 9:00 AM-5:00 PM  | \$290.00 | \$300.00 | 5 |

### SWIM AND LIFESAVING INSTRUCTOR RECERTIFICATION // Age: 16Y+

**LEARNING TO TRAIN, ACTIVE FOR LIFE:** The Swim/Lifesaving Instructor Recertification Course evaluates instructor skills, provides instructors with updates from the Lifesaving Society, will be an opportunity for instructors to give feedback to the Lifesaving Society and is the required component for lifesaving instructor and swim instructor recertification. There is an in-water portion.

**NOTE:** Lifesaving Instructors and Lifesaving Swim Instructors can attend this recertification. It also automatically recertifies your Lifesaving CPR Instructor Award, and any Lifesaving Education and Proficiency awards you hold.

**Prerequisites:** Mandatory Up-dates (Swim for Life 2015 Mandatory Up-date and First Aid and Resuscitation Content 2016 Mandatory Up-date)

### RECERT

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 5968 | Su | May 6  | 2:30 PM-6:30 PM | \$80.00 | \$90.00 | 1 |
| 6259 | Su | Jul 22 | 2:30 PM-6:30 PM | \$80.00 | \$90.00 | 1 |

### LIFESAVING STANDARD FIRST AID // Age: 8Y+

Provides comprehensive training of all aspects of first aid and CPR. This course is for those who want an in-depth understanding of basic emergency first aid procedure. You will come out of this course equipped with the knowledge and skill base to treat; breaks, sprains, strains, hot/cold injuries, chest injuries, burns, and sudden medical emergencies. Includes AED/CPR-C certification. Lifesaving Standard First Aid is a workplace approved certification in Alberta.

|      |    |           |                 |          |          |   |
|------|----|-----------|-----------------|----------|----------|---|
| 6045 | Sa | Apr 28-29 | 9:00 AM-5:00 PM | \$150.00 | \$160.00 | 2 |
|      | Su |           |                 |          |          |   |
| 6244 | Sa | Jul 21-22 | 9:00 AM-5:00 PM | \$150.00 | \$160.00 | 2 |
|      | Su |           |                 |          |          |   |

### STANDARD FIRST AID RECERT

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 6159 | Su | Apr 15 | 9:00 AM-3:00 PM | \$70.00 | \$80.00 | 1 |
| 6533 | Su | Aug 12 | 9:00 AM-3:00 PM | \$70.00 | \$80.00 | 1 |

### CPR/C/AED RECERT

|      |    |        |                 |         |         |   |
|------|----|--------|-----------------|---------|---------|---|
| 6162 | Su | Apr 15 | 9:00 AM-1:00 PM | \$60.00 | \$70.00 | 1 |
| 6532 | Su | Aug 12 | 9:00 AM-1:00 PM | \$60.00 | \$70.00 | 1 |



SPRING/SUMMER 2018

# Training Programs

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## BABY & ME POST NATAL TRAINING // Age: 16Y+

**FIT FOR LIFE:** This class will provide a safe, educational, social environment for parents with their babies. Focus will be on the parent's health and wellness, incorporating all aspects of strength, cardiovascular and endurance training to ensure weight-loss and fitness gains. Please bring a stroller to class.

**Babies must be under 1 year old**

### SPRING

|      |    |               |                   |          |          |    |
|------|----|---------------|-------------------|----------|----------|----|
| 6378 | WF | Apr 4-May 11  | 10:30 AM-11:30 AM | \$110.04 | \$125.04 | 12 |
| 6379 | WF | May 16-Jun 22 | 10:30 AM-11:30 AM | \$110.04 | \$125.04 | 12 |

### SUMMER

|      |       |          |                   |         |         |   |
|------|-------|----------|-------------------|---------|---------|---|
| 6376 | Tu.Th | Jul 3-26 | 10:00 AM-11:00 AM | \$73.36 | \$83.36 | 8 |
| 6377 | Tu.Th | Aug 7-30 | 10:00 AM-11:00 AM | \$73.36 | \$83.36 | 8 |

# Personal Training

**FIT FOR LIFE:** Personal Training is about understanding your needs to develop the right program for you to achieve your goals. Our team of qualified Trainers will develop a customized strength and conditioning program to get the results you are looking for. Your Trainer will guide you through a program that focuses on proper exercise technique to give you the knowledge to help reduce injury and to develop the confidence to improve your fitness. Our trainers take pride in your performance and successes. Training specialities include pre- and post-natal conditioning, pre- and post-rehabilitation and athletic and sport-specific training.

### ONE-ON-ONE SESSIONS:

|                      |              |              |
|----------------------|--------------|--------------|
| Under 12 sessions    | MEMBERS:     | \$69/session |
|                      | NON-MEMBERS: | \$76/session |
| 12 sessions and over | MEMBERS:     | \$65/session |
|                      | NON-MEMBERS: | \$72/session |

### GROUP TRAINING - TWO TO THREE PEOPLE:

|                      |              |                     |
|----------------------|--------------|---------------------|
| Under 12 sessions    | MEMBERS:     | \$46/person/session |
|                      | NON-MEMBERS: | \$51/person/session |
| 12 sessions and over | MEMBERS:     | \$42/person/session |
|                      | NON-MEMBERS: | \$46/person/session |

### GROUP TRAINING - FOUR PEOPLE:

|                      |              |                     |
|----------------------|--------------|---------------------|
| Under 12 sessions    | MEMBERS:     | \$35/person/session |
|                      | NON-MEMBERS: | \$39/person/session |
| 12 sessions and over | MEMBERS:     | \$30/person/session |
|                      | NON-MEMBERS: | \$33/person/session |

**TO REGISTER:** Please email [personaltraining@repsolsport.com](mailto:personaltraining@repsolsport.com)

SPRING/SUMMER 2018

# Preschool for Active Living

Repsol Sport Centre's unique licensed preschool program will help your child develop their social, intellectual, physical and emotional skills!

With the expert guidance of our team of creative Early Childhood Education Specialists your child will learn through hands-on activities in all areas of our spacious facility – gym, pool, park and classroom. While your child is getting active in our Preschool For Active Living (PAL) program you could be enjoying all the benefits of Repsol Sport Centre! Check out our membership options.

### PLEASE NOTE:

Children need to be the correct age by February 28, 2019 for the 2018/2019 school year. Children turning the correct age after this date will be considered on a case by case basis.

A \$20 premium fee will be added per month until the child turns 3.

|             | DAYS        | TIMES            | RETURNING FAMILY | NEW FAMILY |
|-------------|-------------|------------------|------------------|------------|
| 3 year olds | Tues, Thurs | 9:00am – 11:30am | \$185/m          | \$205/m    |
| 4 year olds | Mon/Wed/Fri | 9:00am – 11:30am | \$220/m          | \$245/m    |

### To register FOR PRESCHOOL please contact:

**Lisa Montgomery, Group Fitness & Programs Manager**

**Phone: 403.355.1246**

**Email: [lmontgomery@repsolsport.com](mailto:lmontgomery@repsolsport.com)**

**NOTE:** A \$100 non-refundable registration fee is required.

# SPRING/SUMMER 2018

# Youth Programs

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## PD Day Camps

Join us for Repsol Recess! Repsol Sport Centre is excited to introduce PD Day Camps for children, ages 6 to 12! CoreSPORT & SPORtainment is our exclusive two pronged approach to delivering some of the coolest, most innovative and exhilarating camp programming out there. Take a look and see all the ways your kids can get active and catch the love of sport!

*\*Your child must be of age for the program by December 31st 2018*

### Signature Offerings

- ▶ FREE pre-care (7:30am- 8:30am) & post-care (4:30pm-5:30pm) (no additional registration required for this service)
- ▶ Lunch Pit (supervised lunch)

### CoreSPORT Activities

- ▶ Sport Discovery on land, in the water and in the air
- ▶ Daily Swimming

### SPORtainment Activities

- ▶ Ninja Chamber
- ▶ BOUNCEables
- ▶ FLOATables

Please ensure you fill out an online [Camp Participant Form](#) for your child prior to camp day. >> [repsolsport.com/PDcamps](http://repsolsport.com/PDcamps)

## SPORT N' ADVENTURE CAMP // Age: 6Y-7Y

**FUNDAMENTALS:** Sport n' Adventure camp is a full PD day camp designed for kids who are looking for fun on the edge of xtreme! Each PD Day Camp has a balance of COREsport and SPORtainment features allowing your child to play, discover, and engage in a wide variety of activities and sports. This day camp also includes an afternoon spent in the pool! A focus on physical literacy skills will help your child be more confident when trying new physical activities or sports.

|      |   |          |                 |         |         |   |
|------|---|----------|-----------------|---------|---------|---|
| 6575 | F | April 20 | 8:30 AM-4:30 PM | \$42.80 | \$47.00 | 1 |
| 6576 | F | May 18   | 8:30 AM-4:30 PM | \$42.80 | \$47.00 | 1 |

## XTREME SPORT N' NINJA CAMP // Age: 8Y-9Y

**FUNDAMENTALS, LEARN TO TRAIN:** Unleash your inner Ninja in this full PD day camp geared towards kids who are looking for action, thrills and challenging obstacles. Campers will explore and grow basic skills for activities and sports using fundamental movement patterns that build agility, balance and coordination in our COREsport sessions. SPORtainment features, such as our Ninja Chamber, will push the limits of action and excitement. An afternoon exploring aquatic activities will be sure to get your child engaged and excited! Sign your Ninja up today!

|      |   |             |                 |         |         |   |
|------|---|-------------|-----------------|---------|---------|---|
| 6580 | F | April 20-20 | 8:30 AM-4:30 PM | \$42.80 | \$47.00 | 1 |
| 6579 | F | May 18-18   | 8:30 AM-4:30 PM | \$42.80 | \$47.00 | 1 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## ULTIMATE SPORT N' WARRIOR CAMP // Age: 10Y-12Y

**LEARN TO TRAIN:** This full PD day camp is packed with excitement and sport experiences to get your heart pumping! Unleash your inner athlete and compete to be the Ultimate Warrior in a variety of our COREsport and SPORtainment activities, such as swimming, court sports and a floatable obstacle course. Warriors - it is time to test your limits!

|      |   |             |                 |         |         |   |
|------|---|-------------|-----------------|---------|---------|---|
| 6578 | F | April 20-20 | 8:30 AM-4:30 PM | \$42.80 | \$47.00 | 1 |
| 6577 | F | May 18-18   | 8:30 AM-4:30 PM | \$42.80 | \$47.00 | 1 |

## PLUS REGISTER NOW FOR OUR SPRING/SUMMER SPORT CAMPS!

### SPRING CAMPS:

**Ages 4 - 12**

**March 26 - 29, 2018 & April 2 - 6, 2018**

### SUMMER CAMPS:

**Ages 4 - 14**

**July/August 2018**

**Download our Spring & Summer Sport Camp price list online:**

[repsolsportcentre.com/programs/sport-camps](http://repsolsportcentre.com/programs/sport-camps)

# 3433 Programs

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## 3433 RSC RUN BASE CAMP // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, LEARN TO TRAIN:** Striving to improve your run distance? Looking to build volume or speed into your training to advance without potential injury? Whether you are just getting started or a seasoned racer, our brand new performance based running program is designed to fit the individual. Led by 3433 Endurance Coaches, athletes will learn techniques, drills and tips in weekly interval sessions. To maximize your Run Base Camp experience our facility offers access to a steam room, Sport Recovery cold tub, and numerous cross-training options.

|      |    |              |                 |          |          |    |
|------|----|--------------|-----------------|----------|----------|----|
| 6469 | Tu | Apr 3-Jun 19 | 6:00 PM-7:00 PM | \$168.00 | \$204.00 | 12 |
| 6470 | Th | Apr 5-Jun 21 | 6:00 PM-7:00 PM | \$168.00 | \$204.00 | 12 |

## 3433 STRENGTH TRAINING FOR ATHLETES // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** This program is ideal for cyclists, triathletes and runners looking to improve performance and reduce risk of injury. Through evidence-based strength training methods athletes, will receive coaching on basic strength movements such as Barbell Squats, Deadlifts & Power Cleans. Sessions will be individualized and periodized for each athlete to maximize their returns in the weight room. To ensure each participant gets enough individual attention and coaching, we will be limiting the initial program to only 8 athletes.

|      |   |              |                 |          |          |    |
|------|---|--------------|-----------------|----------|----------|----|
| 6481 | W | Apr 4-Jun 20 | 6:00 AM-7:00 AM | \$216.00 | \$264.00 | 12 |
| 6480 | W | Apr 4-Jun 20 | 6:30 PM-7:30 PM | \$216.00 | \$264.00 | 12 |

## 3433 TRIATHLON SWIM // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** These Monday/ Wednesday/ Friday noon-hour swim sessions are designed for all triathletes interested in refining techniques to maximize comfort, efficiency, speed and endurance in the water. Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently, not just how to survive in the water.

|      |   |              |                  |          |          |   |
|------|---|--------------|------------------|----------|----------|---|
| 6477 | M | Apr 2-May 28 | 12:00 PM-1:00 PM | \$104.00 | \$128.00 | 8 |
| 6478 | W | Apr 4-May 30 | 12:00 PM-1:00 PM | \$117.00 | \$144.00 | 9 |
| 6479 | F | Apr 6-Jun 1  | 12:00 PM-1:00 PM | \$117.00 | \$144.00 | 9 |

## 3433 Youth Programs

### DISCOVER TRIATHLON // Age: 8Y-12Y

**LEARN TO TRAIN, TRAIN TO TRAIN:** Looking for an introduction to the Sport of Triathlon? This program is designed for kids new to the sport. They will learn the "FUN" fundamentals of triathlon with the primary focus on youth fitness and skill development. The NCCP certified coaches will deliver the lessons in a safe, fun and supportive environment through a variety of drills and games. The program will lead up to the Calgary Kids of Steel Race on June 17, 2018. <https://www.calgarykos.com/race-info/>  
*Swim and Run gear only are required.*

|      |    |              |                   |          |          |    |
|------|----|--------------|-------------------|----------|----------|----|
| 6593 | Sa | Apr 7-Jun 16 | 11:00 AM-12:30 PM | \$207.00 | \$225.00 | 10 |
|------|----|--------------|-------------------|----------|----------|----|

### DEVELOPMENTAL TRIATHLON // Age: 12Y-14Y

**LEARN TO TRAIN, TRAIN TO TRAIN:** Do you have an active interest in further developing your triathlon skills and not yet ready to join a club? This program will focus on the development of the three disciplines of triathlon: swim, bike and run. NCCP coaches will teach specific triathlon skills and provide information on transitions, nutrition, race day tactics, etc. The program will lead up to with the Calgary Kids of Steel Race on June 17, 2018. <https://www.calgarykos.com/race-info/>  
*Swim and Run gear only are required.*

|      |    |               |                 |          |          |    |
|------|----|---------------|-----------------|----------|----------|----|
| 6594 | Tu | Apr 10-Jun 12 | 6:30 PM-8:00 PM | \$207.00 | \$225.00 | 10 |
|------|----|---------------|-----------------|----------|----------|----|

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | # OF CLASS |
|----|-----|-------|-------|---------|-------------|------------|
|----|-----|-------|-------|---------|-------------|------------|

## 3433 ADULT LEARN2TRI // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Discover the sport of triathlon and compete in a short race. Coached by our 3433 Endurance Coaches and designed to introduce adults to triathlon. You can register for a swim and bike class, a bike and run class, or both. Our coaches will introduce to you this growing endurance sport while developing your technique, tactics and approach to racing.

|      |    |              |                 |          |          |  |
|------|----|--------------|-----------------|----------|----------|--|
| 6471 | Tu | Apr 3-May 29 | 7:00 PM-8:30 PM | \$207.00 | \$225.00 |  |
| 6472 | Th | Apr 5-May 31 | 7:00 PM-8:30 PM | \$207.00 | \$225.00 |  |

## 3433 GROUP BRICK // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN**  
The ability to run after the cycling portion of a triathlon is a key element to success in this sport. This group training session is designed to fine tune and increase your ability to run quickly and comfortably once off the bike. The 3433 Group Brick will help athletes adapt to the transition between the cycle and the run. Coaches will provide athletes with opportunities to build their aerobic base in order to increase their running speed. Coaches will also educate athletes on pacing strategies and provide them opportunities to practice the skills required for a quick transition.

|      |   |              |                  |          |          |   |
|------|---|--------------|------------------|----------|----------|---|
| 6473 | W | Apr 4-May 30 | 9:30 AM-11:00 AM | \$157.50 | \$171.00 | 9 |
|------|---|--------------|------------------|----------|----------|---|

## 3433 GROUP TRAINING - ENDURANCE ATHLETES // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE:** Combining strength, agility and conditioning training with a small group atmosphere to meet your athletic goals.

|      |    |              |                 |          |          |    |
|------|----|--------------|-----------------|----------|----------|----|
| 6482 | MW | Apr 2-May 30 | 7:30 PM-8:30 PM | \$306.00 | \$374.00 | 17 |
|------|----|--------------|-----------------|----------|----------|----|

## 3433 OFF SEASON CYCLING PACKAGE // Age: 17Y+

**FIT FOR LIFE, COMPETITIVE FOR LIFE, TRAIN TO TRAIN, LEARN TO TRAIN:**  
Ideal for the performance or competitive minded cyclist, this offseason cycling package is the perfect mix of one group training session at the Repsol Sport Centre and two training sessions at home. The weekly in-class session and two homework sessions are provided through TrainingPeaks™ online or mobile application. These sessions build throughout the year and are structured to help the cyclist achieve their goals while maximizing their investment in training time.

### 2 HOURS

|      |    |               |                  |          |          |   |
|------|----|---------------|------------------|----------|----------|---|
| 6476 | Sa | Apr 21-Jun 2  | 9:00 AM-11:00 AM | \$196.00 | \$217.00 | 7 |
| 6474 | M  | Apr 16-May 28 | 9:30 AM-11:30 AM | \$168.00 | \$186.00 | 6 |
| 6475 | Tu | Apr 17-May 29 | 6:30 PM-8:30 PM  | \$196.00 | \$217.00 | 7 |

# 3433 Ongoing Programs

[ open registration ]

## 3433 YOUTH TRIATHLON CLUB \$175-\$250/month

**LEARN TO TRAIN, TRAIN TO TRAIN:** This program is designed to maximize the performance potential for athletes looking race at any level, from Kids of Steel to draft legal triathlons. This program provides 11-18 year olds with a supportive and cohesive training environment that gives athletes the tools to enhance their performance at the next level. Registration is ongoing throughout the season.

## 3433 TRIATHLON CLUB Packages starting at \$131/month

**COMPETITIVE FOR LIFE:** Join the premier triathlon program in Calgary. Through challenging and supporting athletes, our coaches create a sport performance community tailored to individual athlete needs and developing excellent results. 3433 Triathlon Club is ideal for the goal-oriented individual interested in making science-based progress in their sport. We are the largest club in the city with members ranging from 23-70 years old. We develop and support a performance mindset in sprint, international, half and full ironman distance races. Many club members utilize the program to lay a base fitness for triathlon, cycling events, running races and adventure racing.

Triathlon Club members have the option to register for 2 or 3 courses per semester. They can choose from any of our registered programs above or the Triathlon Club only programs below.

## 3433 CUSTOMIZED COACHING PACKAGES \$225-\$330/month

Our Customized Coaching Packages provide athletes with a science-based training program tailored to their individual goals and busy schedule. These programs are athlete-driven and coach-designed. We believe that the best program for each individual athlete is the one that fits their lifestyle and their ultimate aims. These packages are great for busy cyclists, triathletes and runners looking to qualify for their goal race or set a new personal best.