

# SUMMER 2021



www.swimapex.com

☎: (905) 305-8108 ✉: info@swimapex.com

- One time (\$40) registration fee
- All prices include HST
- Earlybird prices end on July 24, 2021

Registration requests by email start on July 5, 2021

## LIFESAVING BRONZE MEDALLION + CROSS COMBO + SFA

This course teaches general knowledge of first aid principles and basic water rescue techniques. Full attendance is required for examination.

For swimmers age 13+ or completed Bronze Star / Apex Learn to Swim Level 9

TIME	DATES	EXAM DATE	
(i) 4:00-7:00p	July 12-23 (10 classes)	Exam Date: Sat. July 24 (12-3p)	\$540 / \$575 (Not incl. textbook \$50)
(ii) 6:00-9:00p	July 12-23 (10 classes)	Exam Date: Sun. July 25 (12-3p)	



Swimmers will swim together in a large group using the competitive training format. Workouts include speed-sprint training and aerobic practices. Swimmers will continue work on stroke correction, and learn to do competitive starts, including push-offs, underwater kick, turns, and dives. The objective of this program is to encourage swimmers to continue to exercise and improve their overall fitness. For swimmers 9 years+ who have completed the Learn to Swim Program. Duration: 60 minutes

DAY	TIME	DATES (# OF CLASSES)	EARLYBIRD/REGULAR
SAT	12-1p	JULY 24-AUG 28 (x6)	\$252 / \$270
SUN	12-1p	JULY 25-AUG 29 (x6)	\$252 / \$270

## LEARN TO SWIM

The LTS program is a comprehensive system meant to take children who have no swimming experience and teaching them all four Olympic swim strokes and how to be safe in, on and around the water. Basic water skills, endurance, and proper stroke technique are all covered in the LTS program. Children with previous swimming experience should contact Swim Apex for an assessment to place them in the appropriate level.

LEVEL 1-3 Duration: 30 min Private/Semi-Private (for siblings or same social bubble, please arrange your partner) Location: Swim Apex @ Woodbine				
DAY	TIME	DATES (# OF CLASSES)	NO CLASS	EARLYBIRD/REGULAR
<b>AM INTENSIVE</b> MONDAY-FRIDAY	9:15a / 9:45a / 10:15a 10:45a / 11:15a / 11:45a	(i) JULY 26-AUG 6 (x9)	AUG 2	Private: \$495 / \$540 Semi: \$360 / \$405
		(ii) AUG 9-20 (x10)	-	Private: \$550 / \$600 Semi: \$400 / \$450
		(iii) AUG 23-SEPT 1 (x8)	-	Private: \$440 / \$480 Semi: \$320 / \$360
<b>PM INTENSIVE</b> Every MON, WED & FRI	3p / 3:30p / 4p / 4:30p / 5p	(i) JULY 26-AUG 13 (x8)	AUG 2	Private: \$440 / \$480 Semi: \$320 / \$360
		(ii) AUG 16-SEPT 1 (x8)	-	
		(iii) JULY 27-AUG 26 (x10)	-	Private: \$550 / \$600 Semi: \$400 / \$450
SATURDAY	9a / 9:30a / 10a 10:30a / 11a / 11:30a	(i) JULY 24-AUG 28 (x6)	-	Private: \$330 / \$360 Semi: \$240 / \$270
SUNDAY		(ii) JULY 25-AUG 29 (x6)	-	

LEVEL 4-10 Duration: 45 min Group/Private/Semi-Private (for siblings or same social bubble, please arrange your partner) Location: Swim Apex @ Woodbine				
DAY	TIME	DATES (# OF CLASSES)	NO CLASS	EARLYBIRD/REGULAR
<b>AM INTENSIVE</b> MONDAY-FRIDAY	9:15a / 10a / 10:45a / 11:30a	(i) JULY 26-AUG 6 (x9)	AUG 2	Group: \$360 / \$405 Private: \$585 / \$630 Semi: \$450 / \$495
		(ii) AUG 9-20 (x10)	-	Group: \$400 / \$450 Private: \$650 / \$700 Semi: \$500 / \$550
		(iii) AUG 23-SEPT 1 (x8)	-	Group: \$320 / \$360 Private: \$520 / \$560 Semi: \$400 / \$440
<b>PM INTENSIVE</b> Every MON, WED & FRI	3:15p / 4p / 4:45p	(i) JULY 26-AUG 13 (x8)	AUG 2	Group: \$320 / \$360 Private: \$520 / \$560 Semi: \$400 / \$440
		(ii) AUG 16-SEPT 1 (x8)	-	
		(iii) JULY 27-AUG 26 (x10)	-	Group: \$400 / \$450 Private: \$650 / \$700 Semi: \$500 / \$550
SATURDAY	9a / 9:45a / 10:30a / 11:15a	(i) JULY 24-AUG 28 (x6)	-	Group: \$240 / \$270 Private: \$390 / \$420 Semi: \$300 / \$330
SUNDAY		(ii) JULY 25-AUG 29 (x6)	-	