

- Current Swimmer registration starts: November 1, 2018
- New Swimmer registration starts: November 8, 2018
- Earlybird prices end on December 10, 2018

- One time (\$35) Registration fee applied on first enrollment
- All new swimmers automatically receive earlybird prices
- Full payment must be made within 7 days after reservation
- All prices include HST

PRE-SCHOOL PROGRAM

LEVEL 1-4 AGES: 2.5-4 YRS DURATION: 30 MINUTES LOCATION: SWIM APEX POOL @ WOODBINE

In this low ratio class setting, swimmers will learn to get their faces wet, blow bubbles underwater, work on front and back floats, and master a short swim or kick on their front and back.

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATES	EARLYBIRD/REGULAR
MON	4-4:30PM / 4:30-5PM / 5-5:30PM / 5:30-6PM	JAN 7-MAR 4 (8 CLASSES)	FEB 18	\$216 / \$256
WED	4-4:30PM / 4:30-5PM / 5-5:30PM / 5:30-6PM	JAN 9-MAR 6 (9 CLASSES)		\$243 / \$288
FRI	4-4:30PM / 4:30-5PM / 5-5:30PM / 5:30-6PM	JAN 11-MAR 8 (9 CLASSES)		\$243 / \$288
SAT	9-9:30AM / 9:30-10AM / 10-10:30AM / 10:30-11AM	JAN 12-MAR 9 (8 CLASSES)	FEB 16	\$216 / \$256
SUN	9-9:30AM / 9:30-10AM / 10-10:30AM / 10:30-11AM	JAN 13-MAR 10 (8 CLASSES)	FEB 17	\$216 / \$256

LEARN TO SWIM

LEVEL 1-10 AGES: 4-16 YRS DURATION: 60 MINUTES LOCATION: SWIM APEX POOL @ WOODBINE

This 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 and around water. They will also learn basic water skills and endurance.

DAY	TIME	DATES (# OF CLASSES)	NO CLASS DATE	EARLYBIRD/REGULAR
MON	4-5PM / 5-6PM / 6-7PM / 7-8PM	JAN 7-MAR 4 (8 CLASSES)	FEB 18	\$304 / \$336
TUES	4-5PM / 5-6PM / 6-7PM	JAN 8-MAR 5 (9 CLASSES)		\$342 / \$378
WED	4-5PM / 5-6PM / 6-7PM / 7-8PM	JAN 9-MAR 6 (9 CLASSES)		\$342 / \$378
THURS	4-5PM / 5-6PM / 6-7PM	JAN 10-MAR 7 (9 CLASSES)		\$342 / \$378
FRI	4-5PM / 5-6PM / 6-7PM / 7-8PM	JAN 11-MAR 8 (9 CLASSES)		\$342 / \$378
SAT	9-10AM / 10-11AM / 11-12PM / 12-1PM / 1-2PM / 2-3PM / 3-4PM / 4-5PM / 5-6PM	JAN 12-MAR 9 (8 CLASSES)	FEB 16	\$304 / \$336
SUN	9-10AM / 10-11AM / 11-12PM / 12-1PM / 1-2PM / 2-3PM / 3-4PM / 4-5PM	JAN 13-MAR 10 (8 CLASSES)	FEB 17	\$304 / \$336

SWIM FITNESS

AGES: 9 YRS + and completed Learn to Swim Program DURATION: 90 MINUTES

Swimmers train using the competitive training format. Workouts include speed-sprint training and aerobic practices. Swimmers will continue to work on stroke correction. The objective is to encourage swimmers to continue to exercise and improve their overall fitness.

DAY	TIME / LOCATION	DATES (# OF CLASSES)	NO CLASS DATES	EARLYBIRD/REGULAR
SAT	7-8:30PM @ THORNLEA POOL (8075 BAYVIEW AVE.)	JAN 12-MAR 9 (8 CLASSES)	FEB 16	\$304 / \$336
SUN	12-1:30PM @ GEORGES VANIER POOL (3000 DON MILLS RD. E)	JAN 13-MAR 10 (8 CLASSES)	FEB 17	\$304 / \$336
SAT & SUN		JAN 12-MAR 10 (16 CLASSES)	FEB 16 & 17	\$544 / \$608

LIFESAVING BRONZE MEDALLION/ CROSS + SFA

AGES: 13 YRS OR COMPLETED BRONZE STAR

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

DAY	TIME / LOCATION	DATE (# OF CLASSES)	NO CLASS DATES	EARLY BIRD/REGULAR
SAT	9-12PM/12-3pm @ SWIM APEX POOL	JAN 12-MAR 9 (8 CLASSES) *EXAM DATE TBA*	FEB 16	\$390 / \$450 (NOT INCLUDING TEXTBOOK \$50)



DEVELOPMENT GROUP

WINTER 2019



T: (905) 305-8108

WWW.SWIMAPEX.COM

E: info@swimapex.com

The goal of Apex Swim Team Development Group is to maximize each child's swimming potential and to emphasize the importance of good sportsmanship through a holistic training approach. This program will enhance the swimmer's technique, fitness level and self confidence. The coach will guide our swimmers to be physically and mentally ready for swim meets under a healthy and positive team environment. Swimmers will participate in non-qualifying swim meets and regional competitions.

Development Junior

AGES: 5-8 YRS

COMPLETED: SWIM APEX LEARN TO SWIM PROGRAM LEVEL 4 & UPON COACH'S APPROVAL

AVAILABLE TO SWIM 3X PER WEEK

LOCATION: SWIM APEX POOL

DAY	TIME	DATE	NO CLASS DATE	EARLYBIRD/REGULAR
MON & WED & FRI	4:45-6PM	JAN 7-MAR 6 (25 TRAININGS)		\$750 / \$800

SWIMMERS ARE ALLOWED 1 MAKE UP CLASS PER SESSION. SWIMMERS MUST REPORT THEIR ABSENCE BEFORE TRAINING.
FALL MAKE UP DATE: 4:45-6PM FRI. MAR. 8 @ SWIM APEX POOL.

Development Senior

AGES: 9-11 YRS

COMPLETED: SWIM APEX LEARN TO SWIM PROGRAM LEVEL 9 & UPON COACH'S APPROVAL

AVAILABLE TO SWIM 2X OR 3X PER WEEK

DAY	TIME & LOCATION	DATE	NO CLASS DATES	2X TRAINING PER WEEK EARLYBIRD/REGULAR	3X TRAINING PER WEEK EARLYBIRD/REGULAR
TUES	7-8:30PM @ SWIM APEX POOL	JAN 8-MAR 5 (9 CLASSES)		\$306 / \$342	\$288 / \$315
THURS	7-8:30PM @ SWIM APEX POOL	JAN 10-FEB 28 (8 CLASSES)		\$272 / \$304	\$256 / \$280
SAT	2-3:30PM @ NEWTONBROOK (155 HILDA AVE.)	JAN 12-MAR 9 (8 CLASSES)	FEB 16	\$272 / \$304	\$256 / \$280
SAT	7-8:30PM @ THORNLEA (8075 BAYVIEW AVE.)	JAN 12-MAR 9 (8 CLASSES)	FEB 16	\$272 / \$304	\$256 / \$280
SUN	10:30-12PM @ GEORGES VANIER (3000 DON MILLS RD.)	JAN 13-MAR 10 (8 CLASSES)	FEB 17	\$272 / \$304	\$256 / \$280

SWIMMERS ARE ALLOWED 1 MAKE UP CLASS PER SESSION. SWIMMERS MUST REPORT THEIR ABSENCE BEFORE TRAINING.
FALL MAKE UP DATE: 7-8:30PM THURS. MAR. 7 @ SWIM APEX POOL.