

- Current Swimmer registration starts: February 1, 2019
- New Swimmer registration starts: February 8, 2019
- Earlybird prices end on March 8, 2019
- 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 semi-private class setting (ration 1:2), 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	MAR 25-JUNE 17 (11 CLASSES)	APR 22, MAY 20	\$308 / \$352
WED	4-4:30PM / 4:30-5PM / 5-5:30PM / 5:30-6PM	MAR 27-JUNE 19 (13 CLASSES)		\$364 / \$416
FRI	4-4:30PM / 4:30-5PM / 5-5:30PM / 5:30-6PM	MAR 29-JUNE 21 (12 CLASSES)	APR 19	\$336 / \$384
SAT	9-9:30AM / 9:30-10AM / 10-10:30AM / 10:30-11AM	MAR 30-JUNE 22 (11 CLASSES)	APR 20, MAY 18	\$308 / \$352
SUN	9-9:30AM / 9:30-10AM / 10-10:30AM / 10:30-11AM	MAR 31-JUNE 23 (11 CLASSES)	APR 21, MAY 19	\$308 / \$352

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	MAR 25-JUNE 17 (11 CLASSES)	APR 22, MAY 20	\$418 / \$462
TUES	4-5PM / 5-6PM / 6-7PM	MAR 26-JUNE 18 (13 CLASSES)		\$494 / \$546
WED	4-5PM / 5-6PM / 6-7PM / 7-8PM	MAR 27-JUNE 19 (13 CLASSES)		\$494 / \$546
THURS	4-5PM / 5-6PM / 6-7PM	MAR 28-JUNE 20 (13 CLASSES)		\$494 / \$546
FRI	4-5PM / 5-6PM / 6-7PM / 7-8PM	MAR 29-JUNE 21 (12 CLASSES)	APR 19	\$456 / \$504
SAT	9-10AM / 10-11AM / 11-12PM / 12-1PM / 1-2PM / 2-3PM / 3-4PM / 4-5PM / 5-6PM	MAR 30-JUNE 22 (11 CLASSES)	APR 20, MAY 18	\$418 / \$462
SUN	9-10AM / 10-11AM / 11-12PM / 12-1PM / 1-2PM / 2-3PM / 3-4PM / 4-5PM	MAR 31-JUNE 23 (11 CLASSES)	APR 21, MAY 19	\$418 / \$462

SWIM FITNESS

AGES: 8-11 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.)	MAR 30-JUNE 22 (11 CLASSES)	APR 20, MAY 18	\$418 / \$462
SUN	12-1:30PM @ GEORGES VANIER POOL (3000 DON MILLS RD. E)	MAR 31-JUNE 23 (11 CLASSES)	APR 21, MAY 19	\$418 / \$462
SAT & SUN		MAR 30-JUNE 23 (22 CLASSES)	APR 20, 21 MAY 18, 19	\$748 / \$836

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	MAR 30-JUNE 8 (9 CLASSES) *EXAM DATE JUNE 15*	APR 20, MAY 18	\$390 / \$450 (NOT INCLUDING TEXTBOOK \$50)



**RATIO 1:3
(BEGINNER)**

**RATIO 1:4
INTERMEDIATE**

DURATION: 60 MINUTES

LOCATION: SWIM APEX POOL

DAY	TIME	DATE	PRICE
WED	10 AM/11 AM	SIGN UP LINK WILL BE EMAILED AT THE END OF EACH MONTH (PLEASE CALL FOR DETAIL)	\$380 (10 CLASSES)

T: (905) 305-8108

WWW.SWIMAPEX.COM

E: info@swimapex.com



SPRING 2019



DEVELOPMENT GROUP

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.



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	MAR 25-JUNE 19 (35 TRAININGS)	APR 19, 22, MAY 20	\$1050 / \$1120

SWIMMERS ARE ALLOWED 1 MAKE UP CLASS PER SESSION. SWIMMERS MUST REPORT THEIR ABSENCE BEFORE TRAINING.
FALL MAKE UP DATE: 4:45-6PM FRI. JUNE 21 @ SWIM APEX POOL.



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	MAR 26-JUNE 18 (13 CLASSES)		\$442 / \$494	\$416 / \$455
THURS	7-8:30PM @ SWIM APEX POOL	MAR 27-JUNE 13 (12 CLASSES)		\$408 / \$456	\$384 / \$420
SAT	2-3:30PM @ NEWTONBROOK (155 HILDA AVE.)	MAR 30-JUNE 22 (11 CLASSES)	APR 20, MAY 18	\$374 / \$418	\$352 / \$385
SAT	7-8:30PM @ THORNLEA (8075 BAYVIEW AVE.)	MAR 30-JUNE 22 (11 CLASSES)	APR 20, MAY 18	\$374 / \$418	\$352 / \$385
SUN	10:30-12PM @ GEORGES VANIER (3000 DON MILLS RD.)	MAR 31-JUNE 23 (11 CLASSES)	APR 21, MAY 19	\$374 / \$418	\$352 / \$385

SWIMMERS ARE ALLOWED 1 MAKE UP CLASS PER SESSION. SWIMMERS MUST REPORT THEIR ABSENCE BEFORE TRAINING.
FALL MAKE UP DATE: 7-8:30PM THURS. JUNE 20 @ SWIM APEX POOL.